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# DESIGN THINKING LAB.

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## Problem statement

**THEME:** “Improving the Quality of Life of a citizen using information and communication technologies” .

**SUBTHEME:** “Controlling phone usage”

**INTRODUCTION TO THEME:** Quality of life deals generally with well-being of individuals and societies. Holistically it covers every aspect like health, family, work, security, beliefs, and most importantly the living environment. The quality of life can be easily linked with expectations, social relationships, goals, and comforts. The proposed theme is to leverage the information and communication technologies for enabling sustainability in quality living conditions and to address some of the day-to-day challenges an individual or society is facing from all walks of life through design thinking way.

### INTRODUCTION TO SUBTHEME:

In this century of technology and science, smart phones has been a major part of everyone's life. It has become so important that a lot of people find it difficult to start their day without seeing their phone. Usage of phones is on the verge of being an addiction (also it has crossed addiction levels in many cases). So it is the need of the hour to have an app that analyses the phone usage and makes necessary actions (like indicating the user to reduce the usage of a particular app etc.) So that usage of phones is reduced and people start being more productive.

### PROBLEM STATEMENT:

There is a considerable debate on addiction and abuse to Smart phones among adolescents and its consequent impact on their health and time; not only in a global context, but also specifically in the Indian population. It has become a serious issue among people in India . Especially the youth are spending most of their time on their smartphone - playing games , using social media or mindlessly surfing the web. While it may seem that losing yourself online may make feelings such as loneliness, depression ,boredom evaporate into thin air. But it actually makes it worse in the long run.

### PROTOTYPING TOOLS & TECHNOLOGIES:

Android Studio , Linux kernel support, machine learning

### EXPECTED OUTCOME

Using the concept of machine learning and collecting the data of smartphone usage through the Application. Also providing the user about the details of their smartphone usage and making sure that the unnecessary Apps won't be able to run after particular time of usage. This ensures that the user won't be able to use the blocked apps.At the same time it ensures that people would realize about their unnecessary usage of smart phones and their dependency on them.It ensures that the user won't get addicted to their smartphones and helps them to spend most of their time in productively activities and assuring their efficiency on works.

**Signature of Faculty Mentor**  
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