**Narrator (Rudra) : Our Screen time tracker app called *SCREEN SAGE* monitors the users screen time across devices—phones and tablets. The user gets daily and weekly reports, and gentle reminders when he/she is reaching the limit. It’s like having a wellness coach for our digital life.**

**Narrator (Arnav) : We have built a physical model that takes it a step further—it uses light sensors and a microcontroller to detect when the screen is active. Once the preset time limit is up, it automatically shuts the screen down.**