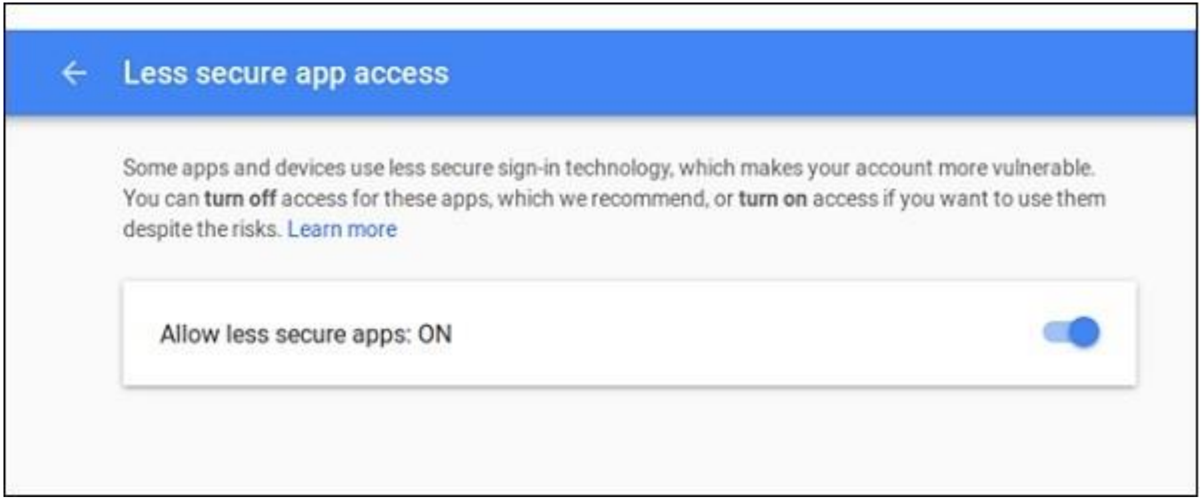
INSTRUCTIONS

- Clone the repository.
- In the main.py file change the email id: example@gmail.com and password: example12 component with the respective valid email id and password. The “C:\\Users\\USER\\Desktop\\STRESS” component has to be change with respect to the respective relative path.
- We are using Google's Gmail service to send the mail. So we need some settings (if required) for Google’s security purposes. If those settings are not set up, then the code may not work, if the google does not support the access from third-party app.
  To allow the access, we need to set 'Less Secure App Access' settings in the google account. If the two step verification is on, we cannot use the less secure access. To complete this setup, go to the Google's Admin Console, and search for the Less Secure App setup.



← Less secure app access

Some apps and devices use less secure sign-in technology, which makes your account more vulnerable. You can **turn off** access for these apps, which we recommend, or **turn on** access if you want to use them despite the risks. Learn more

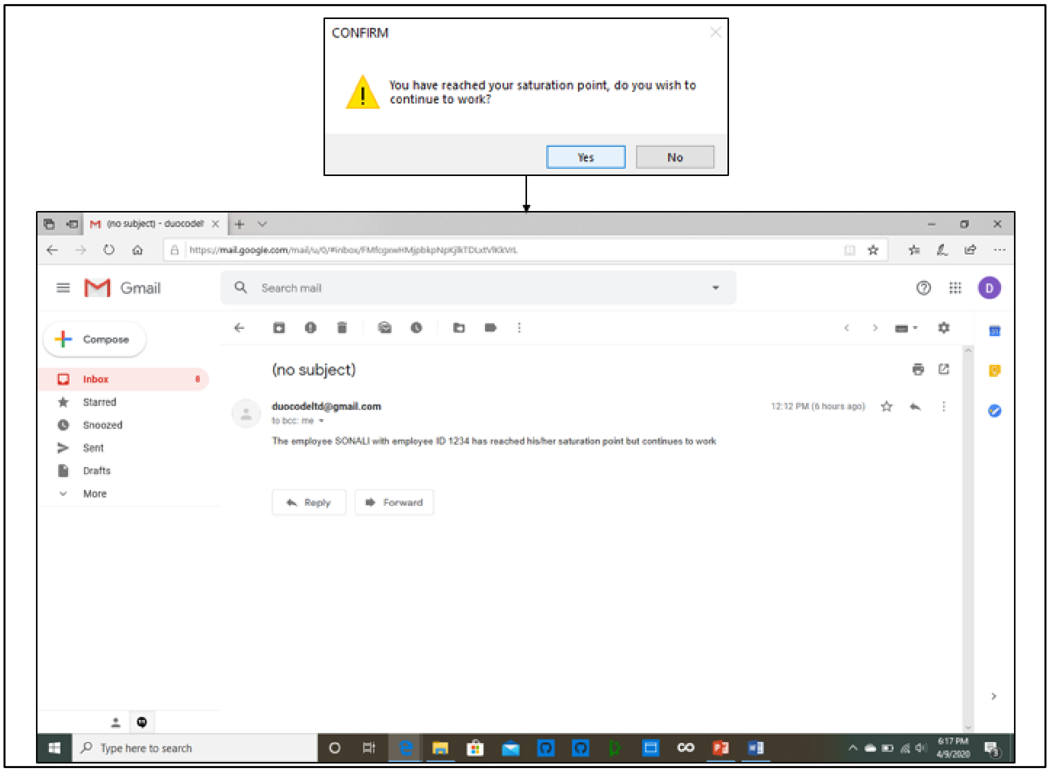
Allow less secure apps: ON

- The main.py file is then run.

- The user who in this case is an employee first enters his/her name and employee ID. He/she then clicks on the start button and the stress detector starts functioning. The webcam pops up and the stress levels are calculated. The user can minimize the webcam window can continue with his/her work. The stress detector will work in the background.

- The conditions which detect stress are tested. If all the conditions are satisfied, a message box pops up. The message box informs the user that he has reached his saturation point and the program questions the user if he would like to continue with his work or discontinue with his work. If the user opts to continue with his work by clicking on the yes button, the stress detector starts again and the loop continues. If the user opts to discontinue his work and rejuvenate himself by clicking on the no button, the program terminates.

- If the user opts to continue with his working by clicking on the yes button, an email is sent to the health care unit stating that the user is continuing to work despite been worked out.



CONFIRM

You have reached your saturation point, do you wish to continue to work?

(no subject)

duocodeltd@gmail.com
to bcc: me
12:12 PM (6 hours ago)

The employee SONALI with employee ID 1234 has reached his/her saturation point but continues to work

Email