**Critical Design Thinking**

**ASSIGNMENT 3**

Do ideation and identify top 3 solutions for the problem selected in

What is Design Thinking ?

Design thinking is a process for solving problems by prioritizing the consumer's needs above all else. It relies on observing, with empathy, how people interact with their environments, and employs an iterative, hands-on approach to creating innovative solutions.

Ideation :

Ideation is a creative process where designers generate ideas in sessions

Different Techniques of Ideation :

Following are the various ways:

Brainstorming: Build good ideas from each other’s wild ideas

Sketching/Sketchstorming - Use rough sketches/diagrams to express ideas/potential solutions and explore the design space

Storyboarding – Develop a visual problem/design/solution-related story to illustrate a situation’s dynamics

Storyboards communicate a concept by visualizing user interactions

 it illustrate user experiences in their context in order to provoke discussions about weaknesses and opportunities for improvement

Solution for top 3 problems

All of problems are occurred because of over use of smartphone so solution is simple to control Smartphone usage.

Your brain always wants something new and unpredictable which exites it releasing a harmone called “Dopamine” which gives pleasure that is always wanted by our body that’s why social media is so addictive. And so these problems occur

*1.Sleep deprivation and disturbed eating schedule.*

*2.Anxiety issues.*

*3.Time wastage.*

**Here are solutions For above problems :**

Self Realisation: It is very important that you realise how much Time&Energy you are wasting on Social media without realising it . For that nowdays there are various apps that will moniter your social media usage .

Meditation&Yoga : Doing Meditation and Yoga calms your mind giving You stability and relief inturn giving you mental power to abandon your social media.

Extracurricular Activity : extracurricular activities like indoor or outdoor games, part time jobs,artistic and creative persuits, leadership work, volunteering and community services etc. helps to distract yourself from social media and builds up your social status developing skills.

Etc.

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