The Sangam is a person who works in the TI company as a QA.

1. What's a typical day like at your home? Are there physical activities involved?

* A typical day at home involves regular chores like cooking and cleaning. Sometimes I do some light exercises or go for a walk in the evening.

1. Have you tried making your daily tasks simpler or more efficient?

* Yes, I try to find easier ways to finish my tasks faster, like organizing my schedule or using helpful social media.

1. How do you usually spend your free time or holidays?

* During my free time or holidays, I enjoy relaxing with family, watching movies, playing badminton, or reading books.

1. What are the major challenges in your job, and how do you manage your time to handle them?

* In my job, meeting deadlines and many times some things testing can be challenging. I manage time by prioritizing tasks and staying organized.

1. Do you do anything specific to stay healthy during busy periods? How do you relax and clear your mind?

* I try to eat well and take short breaks to stretch or meditate during busy periods. Relaxing music helps me unwind.

1. What do you think about your health? Do you have any concerns, and why?

* I think I'm healthy, but I sometimes worry about maintaining a balanced lifestyle.

1. How do you feel about new technologies or innovations for health?

* New technologies and innovations are exciting, especially if they simplify daily life or enhance productivity but have no ideas for any health-related information.

1. What do you look for in physical activities that you find helpful or enjoyable?

* I prefer physical activities that are fun yet beneficial, like cycling or playing sports.

1. Can you remember a recent time when it was hard to maintain a healthy lifestyle?

* There was a time when work demanded a lot, making it tough to stick to a healthy routine.

1. Do you have any wish existed to make health-related tasks easier for you?

* It would be great to have an app that suggests quick and healthy meal options based on a busy schedule.

1. what do want to need for physical feeds on your health?

* For my physical health, I need nutritious meals and some form of exercise regularly to stay active and fit.