

## **Title:**

Your Companion

## **Team Name:**

Explorers

## **Team Members:**

Rupal Bohra, Sanya Bhasin, Satyam Atreja, Rohan Singh, Riya Yadav

## **Abstract**

### **Introduction/Background:**

The program works in accordance with the data entered by the user. Giving a combined experience to the users is our priority. The program includes a clock, task managers, academic growth, and health care. The application will also act as an academic assistant for school and college students who can enter their pending assignments and projects in the user chart to keep their academics on track.

### **Objective:**

The objective of our project is to simplify user's daily life by giving them a structured routine. The program aims to enhance productivity while keeping in mind the health and fitness of users.

### **Methods:**

Your Companion uses Python and other programming languages to create a user-friendly UI interface. The website will analyze and utilize the data entered by users to provide the desired services. In short, it will notify the users as per the entered assignment submission dates and the daily, weekly, or monthly to-do or task list. It will also give the user a notification for a time slot of self-time, family time, and meditation including an hourly notification for drinking water, and having meals during the time you are on the screen.

## **Keywords:**

A simplified life with Your Companion, manage your daily tasks, excel your daily tasks, excel in your academics, and happy-healthy living life.

## **Introduction, Review of Literature, and Background**

Time is something we all wish we had a hold on in our daily lives. The second we wake up, the first thought that comes to our mind is managing our hectic schedules. Your Companion sorts it out for you. It provides a time-efficient solution in a world that's running out of time. Giving the users a personalized experience is what we believe in!

### **The three major areas of focus are:-**

- I. Task Manager
- II. Academic Assistant
- III. Your Health Buddy

Let's see what Your Companion does to accomplish all the above features: -

#### **I. Task manager:**

Manages all the tasks and works like your personal assistant, you can store all your To-Do Tasks here and can customize what work should be done when. With that it also provides clock and note pad for making time management more easier.

#### **II. Academic Assistant:**

An academic assistant assists you to do all your work and helps you to grow in your Academic field. It aids you with interfaces like calculators, book recommendations for your course, and grade calculators.

#### **III. Your Health Buddy:**

Your Health Buddy is like your Doctor lite, that keeps track of your health including weight, height, workout, etc and try its best to make you fit so you don't have to pay to doctors instead use that in healthy food.

## **Objectives**

### **Project Aim:**

When people don't have a routine or structure to their day it can cause increased stress and anxiety, as well as overwhelming feelings, lack of concentration and

focus, therefore the objective of our project is to simplify users' daily life by giving them a structured routine. Having daily habits helps to organize your time during the day because you're following a specific pattern of activities. It's like having a to-do list of which you're crossing off the items, one by one. Hence, being able to appropriately allocate the time. The aim of the program is to enhance productivity while keeping in mind the health and fitness of users.

## Methods and Materials

### Study/Project Design



#### **Hardware Specification:**

- Standard PC with at least a 1-GHz processor and 4 GB of RAM
- Standard processor with minimum Intel Core i5
- Solid State Drive of min 256 GB (with or without 1 TB Hard Disk)
- Extra Screen of around 15.6 Inches

#### **Outcome Measures:**

- Track our daily activities
- Improvement in Academics
- Growth in Time Management skill
- Benchmarking your performance

## **Drawbacks and The Limitation**

Your Dependency on this, if the server goes down, you have no clue to do things systematically.

## **Conclusion**

In this project, we have facilitated the user with overall tracking of their planning of the day and monitoring their progress towards their goals. Many Students thought that exams are stressful and depressing through this they can take their preparation level much ahead.

## **Potential Impact**

Looking at the design and objectives, we can draw the following impacts of Your Companion:

- ✓ Will increase the work efficiency of users.
- ✓ Will ensure to bring out the best of 24 hours in a day.
- ✓ It will act as a minute though considerable step towards a healthy globe.
- ✓ Being an academic assistant, Your Companion will ensure a systematic academic growth of the users.
- ✓ Will help you to take out some time from your busy schedule for yourself and your family.

## **Future Plans**

Over time, Your Companion plans to convert this website to a full-fledged application so that can simplify and modify the lives of people, directing them to a modern world with modern solutions.

## **References**

For Your Companion, there's no single reference. It takes inspiration from all the academic, health, and notification applications in the market to build one that does all! Additionally, the coding references are taken from the famous website Geeks for Geeks, the official website of Python, [www.python.org](http://www.python.org), and youtube channels

like Code With Harry. Along with that, we have installed some new and unique features in Your Companion, which makes it a smart choice for the users.