



## Can We Digitalise Performance.....? – A Study

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### ABSTRACT

In the present era everything is being digitalised. So my question is can we digitalise performance? It is the pursuit of human mind that computer itself possess human mind and guide us in our day to day ventures. So this paper of ours is a small attempt in that direction. We feel that the Computer possessing human mind is a blur margin between fact and fiction but nevertheless the Question is can my research paper answer to the Question that - “is it possible for the technology to guide us in our everyday life?....”

**Keywords :** Digitalise, Digital Technology, Digital Devices , Academic Toppers, Digitalised

### I. INTRODUCTION

The foundation of the research paper is the survey we did over 21 class toppers who are either doing their PG or UG courses. When the survey was made a common pattern evolved in the day to day life style of these class toppers. And we found that this common pattern can indeed be adapted in the digital technology. Once this common pattern can be adapted in the digital technology then it is not tough task to make the digital devices to warn us if we sway away too much from this established pattern. Hence the digital devices will make sure that we follow this common pattern which itself is being followed by the academic toppers and the same digital devices when they track our day to day life they can accurately predict the probability of us getting top result in a class.

### II. The Survey

A survey was done over 21 class toppers who are either doing their PG or UG courses it also included those candidates who had passed in net exams.

A common pattern was observed In their day to day training

Those points are mentioned as below.

- 1.A life changing incident happened in their life because of which to “become the topper of the class became the paramount importance in there life”
- 2.The zeal to become the topper of the class was so strong in them that hunger, Leisure or other performance hindering activities took 2nd priority in them Working hard to achieve topper position became the paramount importance to them
- 3.Every topper selected a place to sit and study, which the topper found it very comfortable to sit and study.
- 4.The topper begin to sit in that comfort place everyday without fail for a minimum of 2 hours 30 minutes to study this ritual was practiced come rain or shine ,sickness or boredom.
- 5.They practiced sitting in that comfortable place for a minimum of 2.5 to 3 months..

### III. The challenge to track our day to day activities

What if our smart watch ensures we are spending 2.30 hrs to 3 hrs Sitting on our comfortable place each and

everyday and if we fail to do so the smart watch will give an alarm beep!!!!  
This is the challenge we faced!!!

Why Smart watch why not smart phone to track our Activities

Smart phone we don't carry always but smart watch will be with us till we go to bed hence the smart watch will locate whether we are at our study place and if we are indeed at our study place it ensures whether we are sitting their for a duration of 2.30 hrs to 3 hrs without walking around too much.

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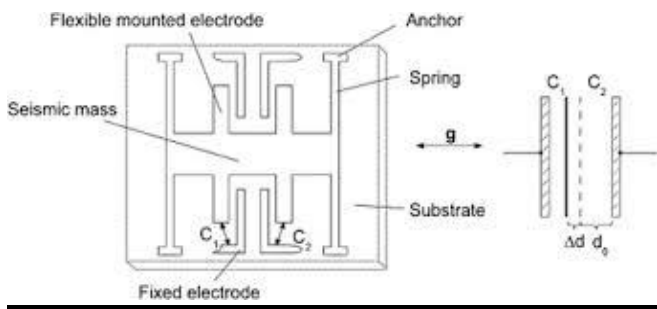
If we walk around too much it gives a warning beep that the walking around will hinder your performance And it will warn us too if we fall asleep at our study desk!!!!

To invent this App is the goal of this research paper.

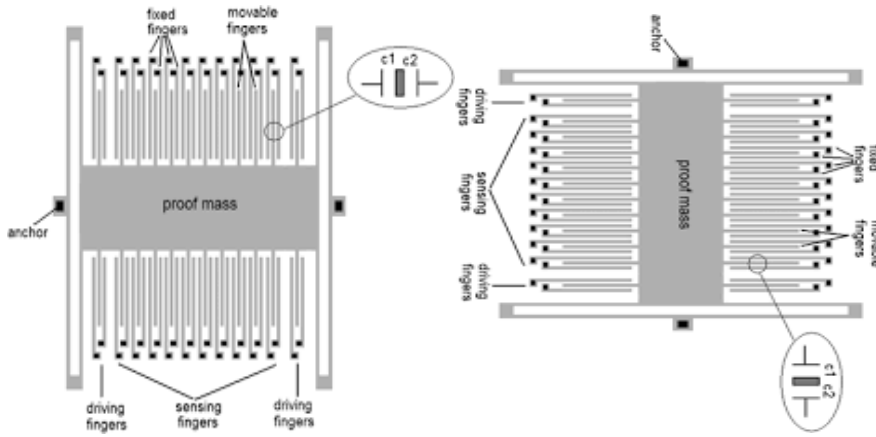
#### IV. A Real Life Scenario

So the candidate has sat in his place how to track he is not walking around too much?!!!.....

This can be done by pedometer



**Every time the hand swings the distance between the capacitor plate widens which increases the electric charge stored between the capacitor plates. This increase of electric charge is considered as hand movement**



**X-axis**

**Y- Axis**

Which senses the horizontal movement of our hand which happens while walking and every horizontal swinging of our hand is considered as walking

Which senses the vertical movement of our hand which happens in any other movement other than walking.