Design Sprint
’Awareness-Intelligence’

SAMSUNG
Ideathon RunnerUp ’24

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Contents

01
- Brainstorming
- Introduction
- Existing Aware Intelligence Technologies
- Mindmap
- Affinity Mapping
- Scenarios

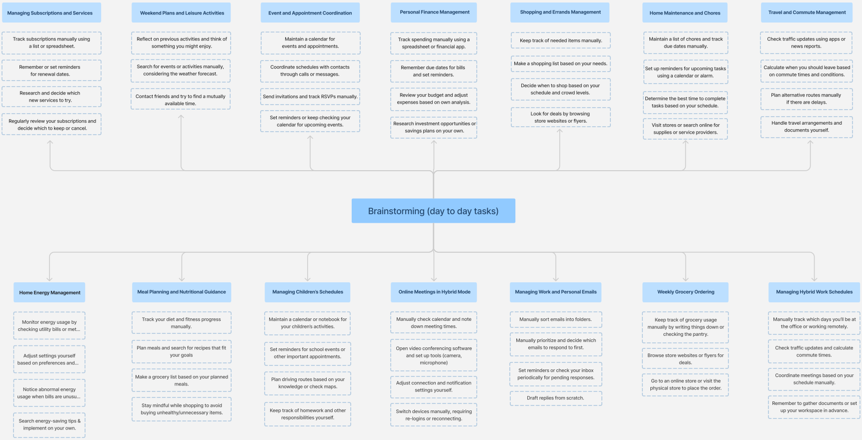
02
- Insights
- Potential Problem Areas
- Problem Statement
- The Action Priority Matrix

03
- Introduction to Assistant Personality
- How it works
- Limitations
- Example Scenario
- Storyboarding
- Impact
- Future Scope

to begin with

we started with a deep dive into understanding the everyday tasks we handle using our devices. This initial brainstorming phase was crucial in mapping out the full spectrum of your daily activities. We aimed to uncover how these tasks interconnect and identify the opportunities where aware intelligence could make a significant impact. Let's explore the brainstorming map that guided our journey from concept to solution....

Brainstorming



Brainstorming (day to day tasks)

Managing Subscriptions and Services
- Track subscriptions manually using a list or spreadsheet.
- Remember or set reminders for renewal dates.
- Research and decide which new services to try.
- Regularly review your subscriptions and decide which to keep or cancel.

Weekend Plans and Leisure Activities
- Reflect on previous activities and think of something you might enjoy.
- Search for events or activities manually, considering the weather forecast.
- Contact friends and try to find a mutually available time.

Event and Appointment Coordination
- Maintain a calendar for events and appointments.
- Coordinate schedules with contacts through calls or messages.
- Send invitations and track RSVPs manually.
- Set reminders or keep checking your calendar for upcoming events.

Personal Finance Management
- Track spending manually using a spreadsheet or financial app.
- Remember due dates for bills and set reminders.
- Review your budget and adjust expenses based on own analysis.
- Research investment opportunities or savings plans on your own.

Shopping and Errands Management
- Keep track of needed items manually.
- Make a shopping list based on your needs.
- Decide when to shop based on your schedule and crowd levels.
- Look for deals by browsing store websites or flyers.

Home Maintenance and Chores
- Maintain a list of chores and track due dates manually.
- Set up reminders for upcoming tasks using a calendar or alarm.
- Determine the best time to complete tasks based on your schedule.
- Visit stores or search online for supplies or service providers.

Travel and Commute Management
- Check traffic updates using apps or news reports.
- Calculate when you should leave based on commute times and conditions.
- Plan alternative routes manually if there are delays.
- Handle travel arrangements and documents yourself.

Home Energy Management
- Monitor energy usage by checking utility bills or met...
- Adjust settings yourself based on preferences and...
- Notice abnormal energy usage when bills are unusu...
- Search energy-saving tips & implement on your own.

Meal Planning and Nutritional Guidance
- Track your diet and fitness progress manually.
- Plan meals and search for recipes that fit your goals
- Make a grocery list based on your planned meals.
- Stay mindful while shopping to avoid buying unhealthy/unnecessary items.

Managing Children's Schedules
- Maintain a calendar or notebook for your children's activities.
- Set reminders for school events or other important appointments.
- Plan driving routes based on your knowledge or check maps.
- Keep track of homework and other responsibilities yourself.

Online Meetings in Hybrid Mode
- Manually check calendar and note down meeting times.
- Open video conferencing software and set up tools (camera, microphone)
- Adjust connection and notification settings yourself.
- Switch devices manually, requiring re-logins or reconnecting.

Managing Work and Personal Emails
- Manually sort emails into folders.
- Manually prioritize and decide which emails to respond to first.
- Set reminders or check your inbox periodically for pending responses.
- Draft replies from scratch.

Weekly Grocery Ordering
- Keep track of grocery usage manually by writing things down or checking the pantry.
- Browse store websites or flyers for deals.
- Go to an online store or visit the physical store to place the order.

Managing Hybrid Work Schedules
- Manually track which days you'll be at the office or working remotely.
- Check traffic updates and calculate commute times.
- Coordinate meetings based on your schedule manually.
- Remember to gather documents or set up your workspace in advance.

Our Topic

Hybrid Work Culture.

To gain a comprehensive understanding of how professionals navigate their work tasks, we focused on exploring the hybrid work culture and how it influences their daily responsibilities and interactions, drawing insights from our initial brainstorming of tasks

Definition : Hybrid work culture refers to a flexible work arrangement where employees split their time between working remotely and working from a physical office. This model aims to offer a balance between the convenience of remote work and the collaborative benefits of in-person interactions.

Key features

Flexibility : Employees can choose to work remotely or in-office based on their needs and preferences.

Collaboration : Office time is utilized for meetings, brainstorming sessions, and team-building through advanced digital platforms.

Autonomy : Allows employees to manage their own schedules and work environment, leading to increased productivity and job satisfaction.

Why this topic?

The modern workplace is evolving rapidly. Hybrid work culture has emerged as a dominant model, reflecting the need for flexibility and balance in today’s work environment.

Current Adoption Rates:

"As of 2024, over 70% of companies globally have adopted hybrid work models, and this number is projected to rise to 85% by 2026."

(Data Source: Global Workplace Analytics, 2024)

Employee Trends:

"Approximately 60% of employees are currently working in hybrid settings, with 75% expressing a preference for this model moving forward."

(Data Source: Gallup, 2024)

Impact on Business:

"Businesses adopting hybrid models have seen a 25% decrease in operational costs, translating into a 15% boost in profitability."

(Data Source: PwC, 2024)

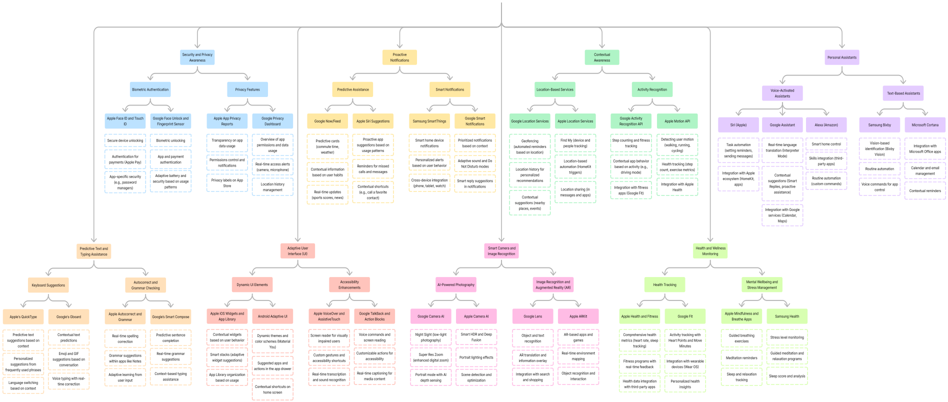
Why aware-intelligence is crucial?

Despite the growing prevalence of hybrid work, aware intelligence solutions tailored to this context are still underdeveloped. Professionals in hybrid settings often face unique challenges that current tools do not adequately address, such as balancing productivity and personal well-being in a flexible environment.

Existing Aware Intelligence

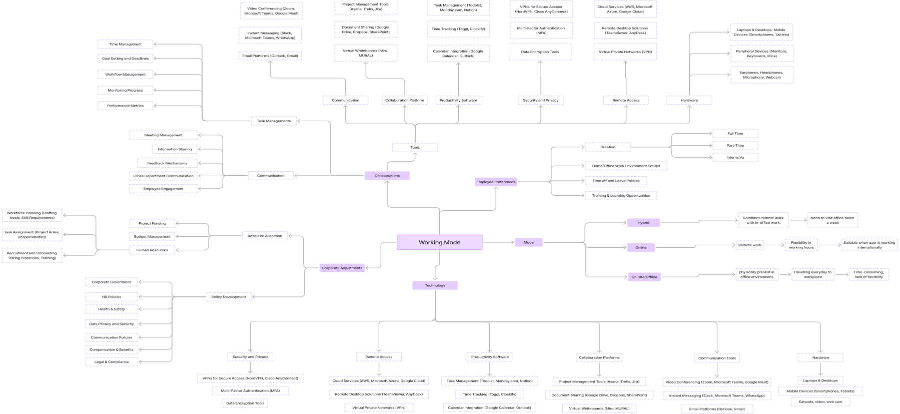
In addition to exploring hybrid work culture, we also conducted a thorough research phase to evaluate existing aware intelligence solutions. This helped us understand how current technologies are being utilized and identify their potential gaps. Our goal was to see how well these solutions address the needs of users in general and to uncover opportunities for enhancing their effectiveness in for the context choosen.

Existing Aware Intelligences in Smartphones


Security and Privacy Awareness
Biometric Authentication
Apple Face ID and Touch ID
Secure device unlocking
Authentication for payments (Apple Pay)
App-specific security (e.g., password managers)
Google Face Unlock and Fingerprint Sensor
Biometric unlocking
App and payment authentication
Adaptive battery and security based on usage patterns
Privacy Features
Apple App Privacy Reports
Transparency on app data usage
Permissions control and notifications
Privacy labels on App Store
Google Privacy Dashboard
Overview of app permissions and data usage
Real-time access alerts (camera, microphone)
Location history management
Proactive Notifications
Predictive Assistance
Google Now/Feed
Predictive cards (commute time, weather)
Contextual information based on user habits
Real-time updates (sports scores, news)
Apple Siri Suggestions
Proactive app suggestions based on usage patterns
Reminders for missed calls and messages
Contextual shortcuts (e.g., call a favorite contact)
Smart Notifications
Samsung SmartThings
Smart home device notifications
Personalized alerts based on user behavior
Cross-device integration (phone, tablet, watch)
Google Smart Notifications
Prioritized notifications based on context
Adaptive sound and Do Not Disturb modes
Smart reply suggestions in notifications
Contextual Awareness
Location-Based Services
Google Location Services
Geofencing (automated reminders based on location)
Location history for personalized recommendations
Contextual suggestions (nearby places, events)
Apple Location Services
Find My (device and people tracking)
Location-based automation (HomeKit triggers)
Location sharing (in messages and apps)
Activity Recognition
Google Activity Recognition API
Step counting and fitness tracking
Contextual app behavior based on activity (e.g., driving mode)
Integration with fitness apps (Google Fit)
Apple Motion API
Detecting user motion (walking, running, cycling)
Health tracking (step count, exercise metrics)
Integration with Apple Health
Personal Assistants
Voice-Activated Assistants
Siri (Apple)
Task automation (setting reminders, sending messages)
Integration with Apple ecosystem (HomeKit, apps)
Google Assistant
Real-time language translation (Interpreter Mode)
Contextual suggestions (Smart Replies, proactive assistance)
Integration with Google services (Calendar, Maps)
Alexa (Amazon)
Smart home control
Skills integration (third-party apps)
Routine automation (custom commands)
Text-Based Assistants
Samsung Bixby
Vision-based identification (Bixby Vision)
Routine automation
Voice commands for app control
Microsoft Cortana
Integration with Microsoft Office apps
Calendar and email management
Contextual reminders
Predictive Text and Typing Assistance
Keyboard Suggestions
Apple's QuickType
Predictive text suggestions based on context
Personalized suggestions from frequently used phrases
Language switching based on context
Google's Gboard
Contextual text predictions
Emoji and GIF suggestions based on conversation
Voice typing with real-time correction
Autocorrect and Grammar Checking
Apple Autocorrect and Grammar
Real-time spelling correction
Grammar suggestions within apps like Notes
Adaptive learning from user input
Google's Smart Compose
Predictive sentence completion
Real-time grammar suggestions
Context-based typing assistance
Adaptive User Interface (UI)
Dynamic UI Elements
Apple iOS Widgets and App Library
Contextual widgets based on user behavior
Smart stacks (adaptive widget suggestions)
App Library organization based on usage
Android Adaptive UI
Dynamic themes and color schemes (Material You)
Suggested apps and actions in the app drawer
Contextual shortcuts on home screen
Accessibility Enhancements
Apple VoiceOver and AssistiveTouch
Screen reader for visually impaired users
Custom gestures and accessibility shortcuts
Real-time transcription and sound recognition
Google TalkBack and Action Blocks
Voice commands and screen reading
Customizable actions for accessibility
Real-time captioning for media content
Smart Camera and Image Recognition
AI-Powered Photography
Google Camera AI
Night Sight (low-light photography)
Super Res Zoom (enhanced digital zoom)
Portrait mode with AI depth sensing
Apple Camera AI
Smart HDR and Deep Fusion
Portrait lighting effects
Scene detection and optimization
Image Recognition and Augmented Reality (AR)
Google Lens
Object and text recognition
AR translation and information overlay
Integration with search and shopping
Apple ARKit
AR-based apps and games
Real-time environment mapping
Object recognition and interaction
Health and Wellness Monitoring
Health Tracking
Apple Health and Fitness
Comprehensive health metrics (heart rate, sleep tracking)
Fitness programs with real-time feedback
Health data integration with third-party apps
Google Fit
Activity tracking with Heart Points and Move Minutes
Integration with wearable devices (Wear OS)
Personalized health insights
Mental Wellbeing and Stress Management
Apple Mindfulness and Breathe Apps
Guided breathing exercises
Meditation reminders
Sleep and relaxation tracking
Samsung Health
Stress level monitoring
Guided meditation and relaxation programs
Sleep score and analysis

Mind Map

To gain a comprehensive understanding of how professionals navigate their work tasks, we focused on exploring the hybrid work culture and how it influences their daily responsibilities and interactions, drawing insights from our initial brainstorming of tasks


Working Mode
Collaborations
Tools
Communication
Collaboration Platform
Productivity Software
Security and Privacy
Remote Access
Hardware
Video Conferencing (Zoom, Microsoft Teams, Google Meet)
Instant Messaging (Slack, Microsoft Teams, WhatsApp)
Email Platforms (Outlook, Gmail)
Project Management Tools (Asana, Trello, Jira)
Document Sharing (Google Drive, Dropbox, SharePoint)
Virtual Whiteboards (Miro, MURAL)
Task Management (Todoist, Monday.com, Notion)
Time Tracking (Toggl, Clockify)
Calendar Integration (Google Calendar, Outlook)
VPNs for Secure Access (NordVPN, Cisco AnyConnect)
Multi-Factor Authentication (MFA)
Data Encryption Tools
Cloud Services (AWS, Microsoft Azure, Google Cloud)
Remote Desktop Solutions (TeamViewer, AnyDesk)
Virtual Private Networks (VPN)
Laptops & Desktops, Mobile Devices (Smartphones, Tablets)
Peripheral Devices (Monitors, Keyboards, Mice)
Earphones, Headphones, Microphone, Webcam
Task Managements
Time Management
Goal Setting and Deadlines
Workflow Management
Monitoring Progress
Performance Metrics
Communication
Meeting Management
Information Sharing
Feedback Mechanisms
Cross Department Communication
Employee Engagement
Employee Preferences
Duration
Full Time
Part-Time
Internship
Home/Office Work Environment Setups
Time off and Leave Policies
Training & Learning Opportunities
Mode
Hybrid
Combines remote work with in-office work.
Need to visit office twice a week
Online
Remote work
Flexibility in working hours
Suitable when user is working internationally
On-site/Offline
physically present in office environment.
Travelling everyday to workplace
Time-consuming, lack of flexibility
Corporate Adjustments
Resource Allocation
Project Funding
Budget Management
Human Resources
Workforce Planning (Staffing levels, Skill Requirements)
Task Assignment (Project Roles, Responsibilities)
Recruitment and Onboarding (Hiring Processes, Training)
Policy Development
Corporate Governance
HR Policies
Health & Safety
Data Privacy and Security
Communication Policies
Compensation & Benefits
Legal & Compliance
Technology
Security and Privacy
VPNs for Secure Access (NordVPN, Cisco AnyConnect)
Multi-Factor Authentication (MFA)
Data Encryption Tools
Remote Access
Cloud Services (AWS, Microsoft Azure, Google Cloud)
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Collaboration Platforms
Project Management Tools (Asana, Trello, Jira)
Document Sharing (Google Drive, Dropbox, SharePoint)
Virtual Whiteboards (Miro, MURAL)
Communication Tools
Video Conferencing (Zoom, Microsoft Teams, Google Meet)
Instant Messaging (Slack, Microsoft Teams, WhatsApp)
Email Platforms (Outlook, Gmail)
Hardware
Laptops & Desktops
Mobile Devices (Smartphones, Tablets)
Earpods, video, web cam

We interviewed total 4 hybrid working professionals

Vikas Joshi

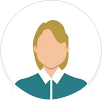
Project Manager

Sarah Deshmukh

Corporate Employee

Rutvik Desai

Corporate Employee



Jasmine Sethi

Project Manager

Hybrid Work Experience:
3 Years

Hybrid Work Experience:
3.5 Years

Hybrid Work Experience:
2 Years

Hybrid Work Experience:
3 Years

We conducted user interviews with four professionals who are actively working in hybrid settings. These conversations were crucial for capturing firsthand insights and experiences. By analyzing their feedback, we were able to draw valuable conclusions about their daily challenges, needs, and expectations. This step was essential in shaping our approach and ensuring that our solution effectively addresses real-world scenarios.

Affinity Mapping

Goals

Achieve Work Life Balance - balancing personal and work responsibilities with minimal stress and preventing burnout

Maintain Productivity- Ability to stay productive by meeting deadlines

Adhere to office timings and meeting Schedules

Foster Collaboration- Seamless collaboration and communication with team members who may be in different locations.

Optimize Work Environment- Creating a conducive work environment at home that supports focus and efficiency.

...

We delved deeper into the needs, goals, and pain points of hybrid work professionals. Through affinity mapping, we systematically organized and analyzed their experiences to identify key patterns and insights, helping us understand what truly matters in their daily work life.

Needs

Controlled Environment - Noise free environment, good lighting conditions etc

Scheduling Daily tasks and reminders - office timings, meeting schedules, break hours etc

Someone available at home to cater to all the responsibilities

Communication Tools - video conferencing, instant messaging, mails and collaborative platforms.

Need to physically visit office once or twice per week.

Commuting needs (Ola, uber etc)

Reliable Technology - high-speed internet, functional hardware like webcam, microphone, noise cancellation earphones

Tools for repetitive tasks - update of recent tasks from members, progress of tasks shown through data viz etc

Need for tracking work hours

Need to keep a track of data speed as there is requirement to switch between Wifi and VPN

Pain Points

Distractions at Home:- Background distractions and interruptions

Difficulty in adhering to strict schedules

Inconsistent Work Environment: Difficulties in maintaining the same level of productivity

Difficulties in dealing with technical issues eg: network, screen lag, rejoining calls, blank video, microphone echo's, background disturbances

Catering to different Time Zones - Varying work locations and difficulties in coordinating

Commuting difficulties during office days - traffic management, scheduling rides etc

Isolation and Loneliness - feelings of loneliness, lack of social interaction with colleagues.

Productivity is affected in home environment due tu disturbances, lack of social interaction etc

Responsibility of house in the absence of other members - security, attending outsiders etc

Scenarios

Difficulty in Commuting

Mark commutes to the office twice a week. On these days, he faces heavy traffic and struggles to find a reliable Uber or Ola ride in the early morning or busy hours leading to difficulties like arranging nearby rides, low cost and managing cancellations. Thus he often arrives stressed and tired.

Different Time Zones

John, a project manager, leads a global team. His team members are spread across three different time zones. Scheduling meetings is a challenge, as he often has to coordinate calls late at night or early in the morning, disrupting his work-life balance and making team collaboration difficult.

Managing Distractions at Home

Rahul works from home in a small apartment. His workspace is in the living room, where he frequently gets interrupted by household noise, such as the television or conversations with family members. These distractions make it difficult for him to focus on his tasks, further posing difficulty in establishing conversations with colleagues.

Inconsistent Work Environment

Megan, faces inconsistent internet connectivity at home, causing delays in accessing tools and leading to reduced productivity compared to her stable office environment.

Adhering Strict Schedules

Emily, finds it challenging to stick to a strict work schedule while working from home. Without the structure of the office environment, she sometimes starts late, works odd hours, and has difficulty managing her time effectively.

Feeling Isolated and Disconnected

Sarah, works remotely most days. She often feels isolated due to continuous work in closed environment, as spontaneous office chats and togetherness are missing from her routine. While video calls help, they don't fully replace the social connections.

Overwhelming collaboration platforms

Jake, a team lead, uses a variety of communication tools to manage his team. He constantly switches between normal calls, video calls, Slack messages, and emails to keep everyone aligned, but managing these different platforms can sometimes become overwhelming.

Juggling between multiple reminders

Linda, a product manager, uses multiple apps to schedule her day. She sets reminders for meetings, break times, and daily tasks to ensure she stays on track, but sometimes, juggling between these reminders and actual work becomes stressful.

Cotrolled Work Environment

Mark commutes to the office twice a week. On these days, he faces heavy traffic and struggles to find a reliable Uber or Ola ride in the early morning or busy hours leading to difficulties like arranging nearby rides, low cost and managing cancellations. Thus he often arrives stressed and tired.

Managing visitors in absence of family

Mark commutes to the office twice a week. On these days, he faces heavy traffic and struggles to find a reliable Uber or Ola ride in the early morning or busy hours leading to difficulties like arranging nearby rides, low cost and managing cancellations. Thus he often arrives stressed and tired.

Overall Insights

Work-Life Balance and Stress Management :

Hybrid work demands a careful balance between professional and personal responsibilities, with the need to manage home distractions, like **deliveries and household chores**, while ensuring that work hours do not extend unnecessarily.

Productivity and Environment :

Maintaining productivity in a hybrid setup is challenging due to **distractions at home**, there is need for a conducive and **controlled work environment.**

Reliable Technology and Tools :

There is a need for tracking **internet speed**, adjusting functional hardware like **lighting conditions, earphone settings** based on the current task or meeting at hand which are crucial for minimizing disruptions and maintaining workflow.

Time Management and Scheduling :

Managing time and adhering to **office timings, meetings** and **deadlines**, necessitates the use of scheduling tools like **calendars** and **reminders** to construct work hours.

Collaboration and Communication :

Requirement of robust digital tools, such as **video conferencing, instant messaging**, **shared whiteboards** and notetaking which are essential for team cohesion, shared understanding and productivity.

Technical Issues and Disruptions :

Frequent technical difficulties, including **network issues**, **audio** and **screen lags**, **blank video**, create frustration and interrupt the workflow and are time consuming.

Isolation and Social Interaction :

The lack of regular in-person interaction in a hybrid work setup can lead to feelings of **isolation and loneliness**, underscoring the importance of fostering a sense of community and connection among remote and in-office colleagues.

Platforms :

The use of multiple platforms like **Teams for collaboration**, **Google Meet** and **Zoom** for meetings, **Outlook** for emails, and **Slack** or Teams chat for messaging is essential in hybrid work environments.

Potential Problem Areas

Through our comprehensive analysis, we were able to pinpoint several critical challenges faced by hybrid professionals. These insights reveal the core issues impacting their productivity and well-being in a hybrid work environment. We identified the following areas where implementing aware intelligence solutions could create a significant positive impact and offer practical, valuable solutions which would make a difference.

- Difficulty to manage responsibilities at home due to work
- Commuting needs (Ola, uber)
- Controlled environment - good lighting, noise cancellation
- Scheduling work tasks and daily meetings. Need for reminders.
- Repetitive tasks
- Reliable technology like Wifi speed, microphone adjustments, webcam
- Isolation and Loneliness
- Inconsistent work environment
- Distractions at home
- Balancing between personal and work life
- Improved Collaboration and communication platforms
- Affected Productivity
- Technical Issues like poor network, screen and video lags, microphone issues, etc
- Adapting to different time zones

From all these potential problem areas we narrowed down to a unique problem statement

Problem Statement

In a hybrid work environment, professionals working in isolated settings often neglect their personal health while focusing solely on tasks, leading to fatigue and reduced well-being. It is essential to maintain a healthy work-life productivity in order to avoid burnout.

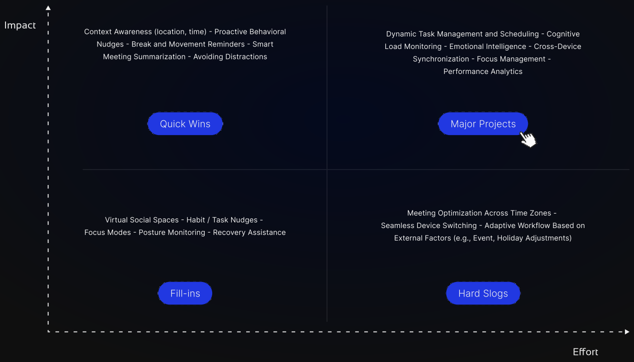
Significance and Relevance

Professionals often become so engrossed in their tasks that they overlook essential aspects of self-care, such as taking breaks, exercising, or maintaining social connections. This neglect can lead to fatigue, stress, health problems and a decline in overall well-being. Without intentional efforts to balance work and personal health, employees are at higher risk of burnout, which can reduce productivity, morale, and job satisfaction over time. Maintaining a healthy work-life balance is, therefore, crucial to sustaining long-term productivity and well-being in a hybrid work setting.

The issue of professionals neglecting their personal health in isolated hybrid work settings resonated deeply with our understanding of the challenges faced in this environment. It became evident that an aware intelligence solution could effectively address this problem, offering real-time support to enhance well-being while maintaining productivity. This problem not only aligned with our goals but also presented a unique opportunity to create a solution that could make a tangible difference in the lives of hybrid professionals.

The Action Priority Matrix

With the first round of ideations on the table, we carefully evaluated and measured these initial concepts using the Action Priority Matrix. This approach allowed us to assess each idea in terms of effort and impact, helping us gain a clearer perspective on which solutions had the potential to stand out and drive meaningful development.


Impact
Effort

Context Awareness (location, time) - Proactive Behavioral Nudges - Break and Movement Reminders - Smart Meeting Summarization - Avoiding Distractions

Quick Wins

Dynamic Task Management and Scheduling - Cognitive Load Monitoring - Emotional Intelligence - Cross-Device Synchronization - Focus Management - Performance Analytics

Major Projects

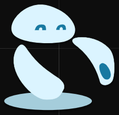
Virtual Social Spaces - Habit / Task Nudges - Focus Modes - Posture Monitoring - Recovery Assistance

Fill-ins

Meeting Optimization Across Time Zones - Seamless Device Switching - Adaptive Workflow Based on External Factors (e.g., Event, Holiday Adjustments)

Hard Slogs

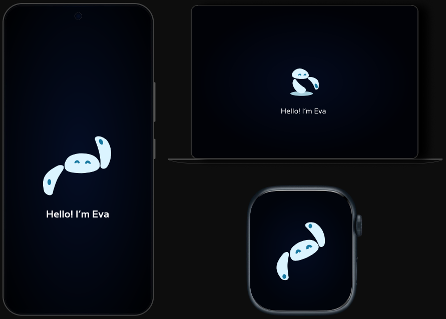
INTRODUCING



EVA

Smarter work, healthier you

Ideation



Hello! I'm Eva
Hello! I'm Eva

Integration Eco-system

Brief:

Eva

Eva is an intelligent personal assistant designed to enhance well-being and productivity in a hybrid work environment. It relies on a laptop-phone and smartwatch based eco-system to synchronize data effectively.

It seamlessly integrates with your calendar and collaboration tools to schedule strategic micro-breaks, provides reminders and recommendations based on real-time data, such as task intensity, stress levels, and fatigue indicators. Eva personalizes notifications, minimizes distractions, and suggests activities like relaxation exercises, social interactions, or soothing music to keep you balanced throughout the day.

By learning your work patterns, it enforces boundaries between work and personal life, ensuring you maintain a healthy work-life balance.

Meet EVA

Encouraging

Proactive

Empathetic

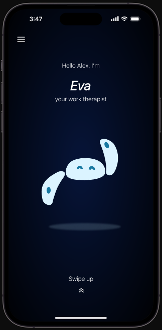
Font Family : SANSATION

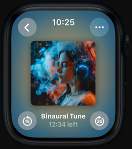
Your work therapist

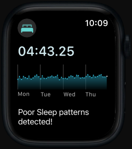
Adaptive

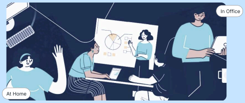
Insightful

Flexible


3:47
Hello Alex, I'm
Eva
your work therapist
Swipe up

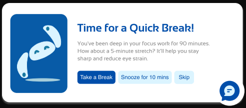

10:25
Binaural Tune
12:34 left
15
30


10:09
04:43.25
Mon
Tue
Wed
Thu
Poor Sleep patterns detected!


In Office
At Home

Your Smart Work Ally, Blends Productivity With Well-Being In Your Hybrid Work Routine!

My New User
Rajesh, 26
Software Developer at Wipro, Pune



Time for a Quick Break!

You've been deep in your focus work for 90 minutes. How about a 5-minute stretch? It'll help you stay sharp and reduce eye strain.

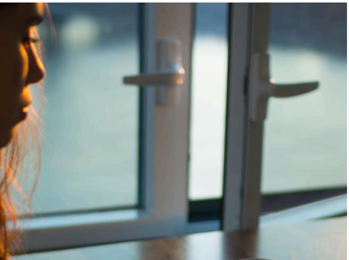
Take a Break
Snooze for 10 mins
Skip

Work Flow

Before the Day Begins : The assistant scans the user's schedule and identifies high-intensity periods with back-to-back meetings. It plans short breaks and prepares focus modes accordingly.

During Meetings : The assistant tracks both physiological signs and behavioral cues (like voice tone). If it detects stress or fatigue, it sends discreet suggestions for quick recovery activities.

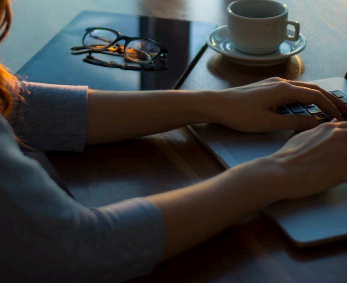
Post-Meeting Analysis : Assistant summarizes productivity metrics like time spent in focus mode, fatigue levels, offering insights for better future planning.



How it Works?

Assistance in Scheduling Breaks : Eva integrates with user's personal calendar apps and collaboration platforms to analyze the daily tasks, work timings and meeting schedules of the user. It uses this data to plan strategic micro-break reminders and offers suggestions based on user's current work context. This helps users stay calm and refreshed throughout the day.

Dynamic Nature :



Eva's suggestions are dynamic and personalized. It monitors user's activities in real time based on factors like :

a. the intensity of your current task,
b. your stress levels,
c. how long you've been working
d. task type and its mental demand (administrative, repetitive, creative etc).

This ensures that each break is not only timely but it is exactly what the users need at that particular moment. Eva offers measures for immediate recovery as well as sets lifestyle modifications.

Parameters

Fatigue Monitoring : Eva uses sensors from your smartwatch and phone to monitor signs of fatigue and stress, such as heart rate variability (HRV), blood oxygen levels, stress levels, sleep patterns, and physical activity (like step count). By analyzing this data, Eva provides personalized advice to help users recover when it identifies signs of fatigue, especially before or during demanding tasks or meetings.

Voice Tone Analysis : Eva listens to your voice during both virtual meetings and phone calls, analyzing tone, pitch, and speech patterns to detect signs of distress, frustration, exhaustion or any other similar emotions.

Screen Time & Eye Strain :

Eva uses screen time data to monitor your app usage patterns, specifically looking at how long you spend on different apps.

Excessive use of work-related apps outside of regular work hours may indicate a poor work-life balance, prompting Eva to suggest downtime.

If browsing apps become a significant distraction during work hours, Eva might recommend focus strategies, such as minimizing notifications, or offer tips to manage distractions more effectively.

Eva also tracks screen time during prolonged tasks, advising on eye exercises or screen breaks to prevent digital eye strain..

Types of Micro-Break Suggestions

- **Relaxation Exercises :** Eva may recommend short breaks that include a variety of activities like relaxation exercises, physical stretches, breathing techniques, quick walks, mindfulness practices, or meditation. It can suggest varying types of exercises each time to keep users engaging.
- **Study Material :** Eva may offer articles, blogs, videos, or podcasts that are relevant to your current work tasks during your break, providing a productive yet relaxing way to recharge.

- **Social Connection :** Eva might suggest reconnecting with friends, either those you haven't spoken to in a while or those you frequently chat with, by selecting contacts from your phone's list. This helps you unwind and refresh through social interaction.
- **Inspirational Quotes :** Eva might share motivational or inspirational quotes to lift your spirits and keep you motivated during challenging work moments.

- **Soothing Music :** If you're feeling stressed, Eva can suggest calming musical tunes to help you relax, or provide background music while you continue working to maintain focus and serenity.
- **Lighthearted Entertainment :** If you're open to a bit of fun, Eva can suggest riddles or jokes to lighten your mood and help you relax, especially if it detects patterns of continuous fatigue.

The suggestions Eva offers are fetched and analyzed through various parameters. For example, if you've maintained a high level of physical activity, Eva might recommend more relaxation-focused activities. If it detects signs of frustration during calls or notices eye strain, Eva could suggest a calming walk in the garden. In some cases, Eva may even recommend more significant adjustments, such as revising your daily schedule to better align with your well-being.

Reward System & Graphs

To enhance engagement and motivation, Eva introduces a reward system that tracks your healthy habits, such as taking regular breaks, managing stress, or maintaining a balanced work-life routine. Users can earn points or badges for achieving daily wellness goals, which are visually represented through an intuitive dashboard. This dashboard offers data visualization, allowing you to see trends in your stress levels, productivity, and overall well-being over time. The visual insights help you understand the impact of your habits and encourage continuous improvement, making your wellness journey both interactive and rewarding.

Adaptive Focus Mode (Notifications):

Non-essential Notifications

Eva personalizes your notifications based on your current context, muting non-essential alerts before meetings to ensure only critical reminders are active during important or high-priority tasks, helping you stay focused.

Overtime Alerts

If Eva detects overworking patterns, especially when combined with insufficient sleep, it will alert you, highlighting the need for rest.

No-work mode

Eva could learn your work patterns and automatically set boundaries between work and personal life. For example, it could enforce "no work" zones after a certain time by silencing work-related notifications on your phone and laptop, or by shifting your focus to personal tasks like family time, hobbies, fitness, or social interactions.

Summary of the Day

At the end of the day, Eva could provide a summary based on the overall well-being, stress levels and productivity. This could include suggestions for the next day based on the data collected (e.g., “You seemed less stressed after your midday walk; consider scheduling another walk tomorrow at the same time.”).

Pattern Recognition and Predictive Modelling

Eva learns the user’s preferred break types and alters suggestions or timing of activities accordingly. Using historical data, Eva could predict when the user is likely to experience stress or fatigue based on past patterns and preemptively suggest interventions.

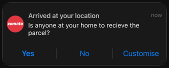
Limitations or Other Considerations

Device Dependency : The effectiveness of Eva assistant is tied to the user's access to a compatible smartwatch, limiting its utility for those without such devices.

Potential Distraction : Frequent reminders, if not appropriately timed, might become more of a distraction than a benefit, especially during critical meetings.

Example Scenario

Amit is in the middle of an important meeting
when he receives a parcel delivery notification.

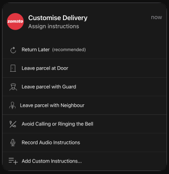


Arrived at your location
Is anyone at your home to recieve the parcel?

Yes | No | Customise

EVA asks if anyone is there at home.

He selects **Customise** as no one else is at home.

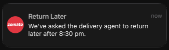


Customise Delivery
Assign instructions

- Return Later (recommended)
- Leave parcel at Door
- Leave parcel with Guard
- Leave parcel with Neighbour
- Avoid Calling or Ringing the Bell
- Record Audio Instructions
- Add Custom Instructions...

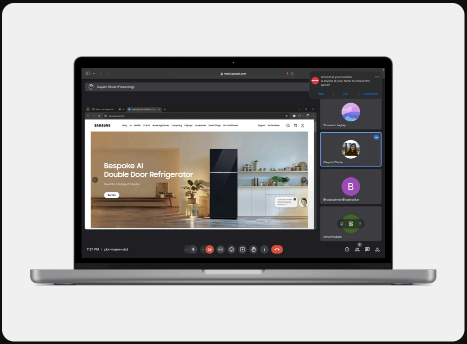
After selecting customise, options are provided to Amit.

He selects **Return Later** option.



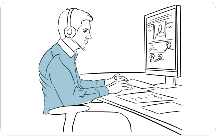
Return Later
We've asked the delivery agent to return later after 8:30 pm.

Eva analyzes the calendar and asks the delivery personnel to return later after his meeting is over.

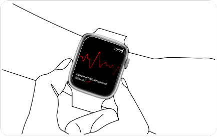


Arrived at your location
Is anyone at your home to recieve the parcel?
Yes
No
Customise
Gayatri Dhole (Presenting)
SAMSUNG
Bespoke AI
Double Door Refrigerator
Shravani Jagtap
Gayatri Dhole
B
Bhagyashree Bhagwatkar
shruti kokate
7:37 PM | pbi-mqew-sbd

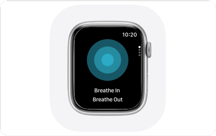
Storyboarding 1



Frame 1 : Alex has a big presentation approaching, and the pressure is starting to build.

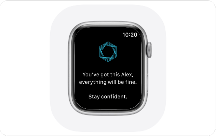


Frame 2 - As the day goes on. Eva detects a drop in Alex's heart rate variability, signaling rising stress levels



10:20
Breathe In
Breathe Out

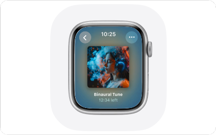
Frame 3 - To help him stay calm and composed, Eva suggests taking a few minutes for deep breathing exercises



You've got this Alex, everything will be fine.

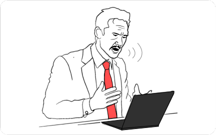
Stay confident.

Frame 4 - Reassuring him with a gentle reminder that everything will be fine and encouraging him to remain confident.

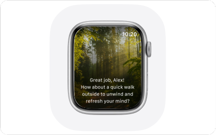


10:25
Binaural Tune
12:34 left

Frame 5 - Eva also offers to play a binaural tune which positively influences brainwave patterns for focus and relaxation

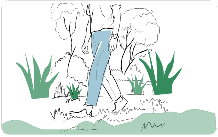


Frame 6 - During the meeting, Eva subtly monitors the situation, detecting any signs of strain in Alex's voice.



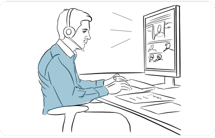
Great job, Alex!
How about a quick walk outside to unwind and refresh your mind?

Frame 7 - Once the presentation is over, Eva recommends a short walk outside to help Alex unwind and clear his mind.

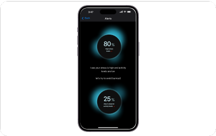


Frame 8 - Alex goes on walk in garden to unwind and clear his mind.

Storyboarding 2

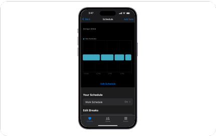


Frame 1 - John has been spending long hours on work-related apps even after office hours, leading to a poor work-life balance.



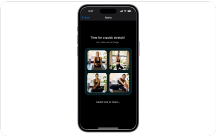
Alerts
80%
25%

Frame 2 - Eva observes that his physical activity levels have dropped, and his stress levels are consistently high.



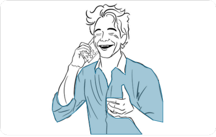
Schedule
Edit Schedule
Your Schedule
Work Schedule
Edit Breaks

Frame 3 - Recognizing the signs of burnout, Eva schedules micro-breaks throughout his day.

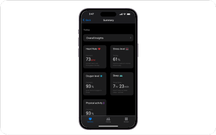


Alerts
Time for a quick stretch!
Select one or more...

Frame 4 - Recommending quick stretches to promote relaxation and short walks between meetings.

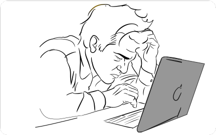


Frame 5 - Eva suggests reconnecting with friends he often chats with, encouraging a call during one of the breaks for some social interaction.

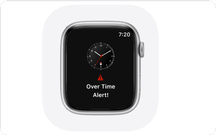

3:47
Back
Summary
Today
Overall Insights
Heart Rate
73 BPM
Stress level
61 %
Oxygen level
93 %
Sleep
7 hr 23 min
Physical activity
93 %

Frame 6 - Eva provides John with a summary of his mental health and activities

Storyboarding 3

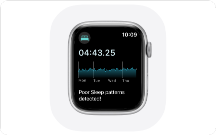


Frame 1 - John has been spending long hours on work collaboration platforms and apps even after office hours, leading to a poor work-life balance.



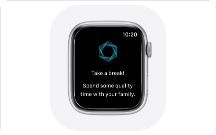
Over Time Alert!

Frame 2 - Eva detects that John has surpassed his daily work limit.


10:09
04:43.25
Mon
Tue
Wed
Thu

Poor Sleep patterns detected!

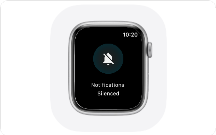
Frame 3 - Notices poor sleep patterns from data collected on his devices.



Take a break!

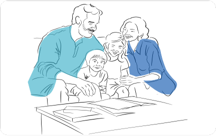
Spend some quality time with your family.

Frame 4 - Concerned about his well-being, Eva suggests John take a break to relax with his family and emphasizes the importance of getting at least six hours of sleep.



Notifications Silenced

Frame 5 - After advising John to wrap up his work, Eva turns off all non-essential work notifications, allowing only critical alerts to come through.



Frame 6 - This ensures John can focus on his personal time and rest without unnecessary interruptions, ultimately helping him restore a healthier work-life balance.

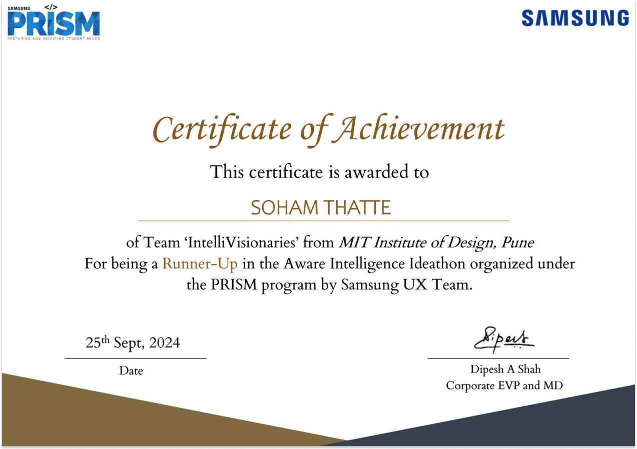
Impact of the Solution

Eva is built to revolutionize hybrid work environments by integrating aware intelligence to boost productivity and well-being. By managing stress and fatigue in real-time, Eva can increase task efficiency by up to 30%, reduce burnout by 25%, and enhance work-life balance, potentially lowering employee turnover by 15%. With personalized, proactive support, this solution not only improves individual performance and job satisfaction but also fosters a healthier, more engaging work environment.

Future Scope

Eva's future scope promises to revolutionize productivity and well-being across various sectors, including healthcare, education, and manufacturing, by offering tailored solutions to sector-specific needs. With expanded global accessibility and robust data privacy, Eva will ensure widespread benefits while safeguarding user trust. Additionally, its focus on sustainability will promote energy-efficient practices and eco-friendly work habits. Eva is poised to set new global standards for workplace excellence, driving transformative advancements in performance and balance.

Runners -up Certificate



SAMSUNG PRISM
PREPARING AND INSPIRING STUDENT MINDS

SAMSUNG

Certificate of Achievement

This certificate is awarded to

SOHAM THATTE

of Team 'IntelliVisionaries' from *MIT Institute of Design, Pune*
For being a Runner-Up in the Aware Intelligence Ideathon organized under the PRISM program by Samsung UX Team.

25th Sept, 2024
Date

Dipesh A Shah
Corporate EVP and MD

Thankyou