

(54) Title of the invention : SYSTEM AND METHOD TO MONITOR USAGE OF A COMPUTING DEVICE OF A USER

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(57) Abstract :

The present disclosure relates to a system and method to monitor usage of a computing device of a user. The method includes computing and storing a set of instructions in a database upon receiving an authentication by an authorised user. The method also includes identifying the computing device being within a pre-defined range. The method also includes generating an alert notification representative of an indication for allowing the user to keep away with the computing device for a pre-defined interval of time within the pre-defined range. The method also includes generating a notification associated to at least one of the set of instructions stored in the database for assisting the user in effectively utilising time upon monitoring the usage of the computing device of the user.

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