



DIGIEDUHACK SOLUTION CANVAS

Title of the solution: CALMIND

Challenge addressed: Digital Citizenship:skills and knowledge for the common good

Background of the team:

Higher Education Students	Researchers	Professionals
Teachers	Primary School Students	Secondary School Students
Others (please specify)		

Solution description

What is the final product/service/tool/activity you're proposing? What are its main elements, technologies and objectives? Could you please include a brief implementation plan with some key overall milestones, resources required and eventual barriers foreseen?

How could your solution be used to enhance digital education nowadays? How could its success be measured?

The project proposes a mobile application and browser extension designed to provide emotional support and promote overall well-being in digital environments. By combining relaxation tools, emotional awareness, and healthy lifestyle habits, it aims to reduce stress and encourage a more conscious and balanced relationship with technology.

Key features include an empathetic chat, breathing and guided meditation exercises, healthy recipes, relaxation techniques, a space to connect with psychologists, and a trusted contacts section, all presented through a calm, intuitive, and accessible visual interface.

Regarding implementation, the plan begins with the development of the prototype in Figma, followed by the creation of a functional version for Android and Chrome. Subsequently, pilot tests with users will be conducted to evaluate usability and impact, and strategic partnerships with educational and technological institutions will be established to broaden its reach.

Required resources include technical support, UX design, emotional well-being specialists, and public-private funding. Potential challenges involve limited awareness of digital health and the need to foster consistent user engagement during the initial stages.

Furthermore, the solution strengthens digital education by reducing prolonged leisure time on social media, enhancing emotional self-regulation, and improving academic and professional performance. Finally, success will be measured through indicators such as the number of active users, frequency of interaction with well-being tools, user satisfaction levels, and reported decreases in stress and anxiety symptoms

Link prototipo:
<https://find-engine-81126882.figma.site/>
Link video:
<https://youtu.be/sbEr2y5B5I0>

Context

What is the current or future problem you're trying to solve? How does your solution align with DigiEduHack 2025 annual theme?

How does your solution confront the challenge posed by the hackathon organiser and how does it address the challenge category?

According to a 2022 study published in PubMed, conducted with 400 university students in Lima, 23% showed symptoms of anxiety and 17% experienced significant levels of stress. These figures highlight the magnitude of the issue and the urgent need to promote emotional well-being within educational environments.

In response to this reality, CALMIND emerges as an innovative tool designed to address the growing impact of stress, anxiety, and digital burnout, which particularly affect young people and students. The proposal aligns perfectly with the DigiEduHack 2025 annual theme: "Digital Citizenship — skills and knowledge for the common good", by promoting responsible digital competencies, online empathy, and a healthy balance between emotion and technology.

Moreover, it directly addresses the category of digital well-being and emotional safety, offering accessible tools that help users manage their emotions, reduce overexposure, and build healthy technological habits that contribute to the common good.

Team name: FortisMentis

Challenge category: Digital well-being and emotional safety

Target group

Who is/are the target group/s of your solution and how will they benefit from it? Why is your solution relevant to them? how do you plan to engage these groups so you fully meet their specific needs?

The initiative is primarily aimed at young people, university students, teachers, and professionals who spend a significant portion of their time in digital environments and experience high levels of technological stress. It also supports educational institutions and well-being programs seeking to promote healthier and more balanced digital habits.

Users will benefit from a supportive and inclusive environment offering guided breaks, breathing exercises, meditation sessions, healthy recipes, relaxation techniques, and trusted contacts, helping them maintain harmony between their mental health and digital life.

Its relevance lies in providing accessible, human-centered emotional support that prevents digital overload and encourages self-care in an increasingly connected world.

To actively engage participants, the team plans to establish alliances with universities, carry out social media awareness campaigns, and organize digital well-being workshops, building a community that integrates emotional health into everyday life and learning.

Impact

How will your solution catalyse changes in education and what impacts will it have at social and environmental level? Could you provide examples or scenarios illustrating how such changes and impacts might unfold?

The initiative drives a structural transformation in education by integrating emotional management and digital well-being into the learning process. On a social level, it helps improve coexistence, reduce school dropout rates, and strengthen empathy. From an educational perspective, it increases motivation, focus, and academic performance. At an environmental level, it fosters self-care, mindfulness, and the responsible use of digital resources.

For example, a student who uses the app daily can identify their emotions, apply regulation techniques, and improve classroom performance, while a teacher can prevent burnout and strengthen their connection with students. Together, these changes contribute to the creation of more balanced, empathetic, and sustainable educational communities.

Describe it in a tweet

How would you describe your solution in a short catchy way with maximum 280 characters?

Calmind is an educational app that combines neuroscience, AI and gamification to improve the emotional well-being of students and teachers. Promotes concentration, self-regulation and healthy learning in digital environments. Education with mind and heart!

Innovativeness

What makes your solution different and original? Are there similar solutions or approaches currently available or implemented by education sector practitioners? If so, why and to what extent is your solution better?

CALMIND stands out for introducing the concept of emotional cybersecurity, combining technology, mental health, and digital well-being.

Unlike other applications that focus only on productivity or general mental health, CALMIND provides an integrated experience that emotionally supports users in their digital lives.

It includes an empathetic chat, guided breaks, healthy recipes, breathing exercises, guided meditation, relaxation techniques, a space to connect with psychologists, and a trusted contacts section for immediate emotional support.

Its preventive, educational, and human-centered approach anticipates emotional fatigue and promotes healthy habits through empathy and digital balance, making CALMIND a unique tool that protects not only users' data but also their emotional well-being. It helps users feel accompanied, supported, and understood throughout their digital journey.

Transferability

Can your solution partly or fully be used in other education/learning contexts or disciplines? Could you provide any example?

Yes, CALMIND can be applied across various contexts, both educational and professional.

Firstly, within the educational sector, it can be integrated into digital well-being programs, stress management workshops, and responsible digital citizenship courses, contributing to the development of emotional and digital competencies among students and teachers.

Moreover, in the workplace, it can be implemented in occupational health initiatives and active break programs to prevent mental fatigue and enhance productivity.

Furthermore, its modular architecture allows new content and functionalities to be added according to the specific needs of each environment, facilitating expansion, customization, and long-term impact.

Finally, it can also be linked to inclusion programs that promote mental health and equitable access to digital well-being tools.

Through these applications, CALMIND transcends individual use and becomes a flexible, educational, and adaptable tool suitable for diverse audiences and disciplines.

Sustainability

Once you have a prototype, what are your plans for a further development, implementation upscale and replication of the solution? How do you see it working in the mid- and long term?

During the development of the prototype in Figma, the main goal is to create a solid functional foundation that will later allow the creation of a fully operational version for Android and as a browser extension, in order to assess its real impact on users.

In the mid-term, the plan is to collaborate with educational institutions, universities, and technology companies, while also seeking public-private funding to ensure the project's continuity, improvement, and innovation.

The sustainability model is based on a freemium system, offering a free version with essential resources and a premium version that includes advanced features, psychological guidance, and personalized content.

Furthermore, thanks to its versatility of implementation, the tool can easily adapt to different environments, integrate new resources, connect with inclusion programs, and remain updated without losing accessibility.

Finally, in the long term, the goal is to expand CALMIND regionally, developing versions adapted to different countries and cultures, and to build a global digital community focused on emotional self-care, inclusion, and mindful technology use.

Team work

Present the members of your team.

Why are you the perfect team to develop this work and what are the competencies you all bring in so the solution is developed successfully? What is your expertise within the thematic field concerned? Are you planning to continue working as a team in the future? If so, why?

Our team is diversified, composed of students from Psychology, Systems Engineering, Fashion Design, and Gastronomy and Culinary Management, which allows us to approach digital emotional well-being from an integral and innovative perspective.

Each discipline plays a fundamental role: Psychology develops relaxation, meditation, and emotional management techniques; Systems Engineering ensures the app's functionality, security, and technological development; Fashion Design contributes an aesthetic and sensory vision that inspires calm and well-being through colors, shapes, and visual style; and Gastronomy and Culinary Management strengthens the holistic wellness approach by incorporating healthy recipes and mindful nutrition breaks.

Moreover, this combination of skills creates a balance between emotion, technology, design, and health, making CALMIND a unique and coherent proposal aligned with the challenges of digital well-being.

In addition, we share the motivation to continue working together after the hackathon, with the goal of turning CALMIND into a real emotional support and daily well-being tool.

Finally, we are guided by our mentor, a specialist in statistics, who supports data analysis and result validation to strengthen the project's measurable impact.