DIGI EDU HACK 2025

DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	Mindora Bloom	**Team name:**	CyberBloom
Challenge addressed:	Protect yor mind and Digital World: Self-Care and Safety Online	**Challenge category:**	Well - being in digital education

Background of the team:

(multiple selections possible in case of mixed teams)

X Higher Education Students	Researchers	Professionals	
X 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?

Mindora is a mobile app that accompanies young students in caring for their emotional and digital well-being. It invites them to express themselves freely, connect without social pressure, and cultivate offline habits to find balance amid the academic pace. Instead of noisy social networks, it offers safe anonymous expression spaces where emotions are validated through reactions, without judgments or comments. Additionally, it features an "auras" system that allows users to feel accompanied in a relaxing way and a habit tracker that transforms disconnection into a positive experience.
It is developed in React Native with Firebase, Google Cloud Vision API for content moderation, and AWS Rekognition for secure age verification, all under local encryption to protect user privacy.
The implementation plan includes three main milestones: Month 1-3: Functional MVP with venting module and auras system; Month 4-5: Beta testing with 100 students for validation; Month 6: Public launch. It requires a team of leaders (project, analysis, communication), two full-stack developers, one UX/UI designer, and a budget of $5,000. Its biggest challenge will be real-time moderation and sustained user retention, requiring continuous monitoring to measure stress level reduction and onboarding validation during the first weeks. Its educational approach aligns with the current need to teach healthy boundaries with technology, digital privacy, and conscious self-care.
Success will be measured by a 30% reduction in stress or anxiety levels determined by pre and post-use surveys, 70% weekly active users, a 40% increase in conscious disconnection sessions recorded in the app (self-reported digital breaks), and user satisfaction (NPS) above 50%.
Prototype: https://nicoleabsanchez.github.io/mindora-28h/

Video: https://youtu.be/WkftaD7aW6Q?si=XLm7-qr3xAwkYyDA

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?

The problem we seek to solve is emotional saturation and digital dependency that particularly affects university students. According to collected data, 75% of respondents spend more than eight hours a day in front of screens. Constant screen exposure, both for academic and leisure purposes, generates mental fatigue, anxiety, and feelings of guilt. Although students recognize the problem, they lack effective tools for self-regulation.

Mindora aligns with the DigiEduHack 2025 theme by offering an empathetic and technological solution that promotes emotional self-care, healthy online time management, and digital safety. It addresses the challenge "Protect yor mind and Digital World: Self-Care and Safety Online" through tools that detect psychological risks, foster conscious habits, and provide emotional support to users.

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 target audience of the Mindora app focuses on young students aged 18 to 26 who spend, on average, more than 8 hours on screens, combining academic and recreational activities, data supported by a conducted survey. This group faces mental fatigue, digital saturation, and emotional disconnection, which impacts their well-being and concentration capacity. The application benefits them by offering digital emotional support that allows them to express their emotions anonymously, participate in accompanied activities, connect with others, and develop healthy habits away from screens, in a safe environment. The solution is relevant because it responds to a real need for emotional and social balance in the digital age, promoting positive bonds. To engage these young people, the application adapts to their routines and emotions through a personalized, gamified, and empathetic experience, facilitating change from within their own digital environment. Additionally, continuous feedback mechanisms and periodic surveys will be implemented to modify and adapt the application according to users' real needs.

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?

Mission:
Mindora seeks to catalyze a change in education by promoting conscious digital well-being. Its purpose is for students to learn not only how to use technology but also how to take care of themselves while using it.
Value Proposition:
Mindora integrates emotional well-being into the educational process, empathy, and human connection in digital environments.

- For students, it offers a safe space to identify and express emotions, reducing digital fatigue and improving concentration.
- For teachers and universities, Mindora acts as a complementary tool that allows them to understand the collective emotional state and foster healthy digital habits without violating student privacy. By offering a space where students can express how they feel anonymously and securely, it helps tutors identify the group's emotional climate and adapt their support strategies in a more empathetic and human way.

Social and Environmental Impact:

- At a social level, Mindora fosters more empathetic and collaborative communities, reduces isolation, and promotes a more humane educational environment. Its institutional implementation can reduce academic burnout and strengthen collective emotional well-being.
- At an environmental level, by encouraging more conscious and balanced use of devices, it contributes to digital sustainability by reducing energy consumption and promoting more responsible technological habits.

It contributes to the Sustainable Development Goals (SDG 3: Health and well-being, SDG 4: Quality education, and SDG 12: Responsible production and consumption).
In practice, it could be used before classes or evaluations for students to express how they feel, allowing tutors to adapt their strategies according to the group's emotional climate. In remote education contexts, Mindora would function as a parallel space where students can reconnect, release tensions, and reduce digital fatigue. During virtual classes or exam weeks, they could use the app to express themselves anonymously or activate the relaxing auras mode, sharing a sense of companionship without the need to chat. In this way, emotional closeness among classmates is maintained even at a distance, without depending on constant screen exposure.

Describe it in a tweet

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

Mindora is your emotional garden in the digital age: express what you feel, cultivate conscious habits, and connect without guilt in a safe and trustworthy environment. An app that guides you toward well-being, even when the world is online 24/7.

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?

Mindora offers an emotionally safe and technologically empathetic experience that directly responds to the real needs of young students. Unlike other solutions that focus on blocking apps or measuring screen time or productivity, Mindora allows users to express emotions anonymously, connect with others in accompanied activities, and cultivate healthy habits away from screens, directly addressing the need for emotional connection revealed in our surveys. Additionally, it not only identifies intelligent patterns of emotional risk but also acts as a bridge between the user and entities willing to help, such as psychologists, SOS hotlines, and volunteer networks, facilitating access to specialized support. This combination of empathetic technology, emotional design, and concrete action makes Mindora an original, human, and transformative solution.

Transferability

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

Yes, Mindora can be easily adapted to other educational contexts or disciplines where emotional well-being and digital management are key. For example, it could be integrated into university tutoring programs or teacher support spaces to measure emotional climate before evaluations or job interviews. It can also be applied in artistic or technical training institutions, where students face high levels of creative pressure or intensive practice, helping to foster conscious breaks and a healthier relationship with technology.

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?

After developing the prototype, our goal is to validate it with real users to measure its impact on reducing digital stress and improving their emotional experience. We will conduct pilots with young students from first year, mid-career, and final year, which will allow us to adapt the solution to different stages of the acoayearning to detect patterns of emotional distress from anonymous interactions, and improve the personalized rgnuecommendation engine based on the data obtained. We will also adapt the tool to multiple platforms (mobile app, web extension, etc.) to increase its accessibility. Cybersecurity is a cross-cutting axis: Mindora offers a secure environment, with data protection and early risk detection. In the long term, we seek to scale the solution through partnerships with universities, companies, and digital well-being programs, promoting a culture of self-care and emotional safety in educational environments. We believe the project can be sustained and grow in the medium and long term thanks to its adaptable, interdisciplinary approach and its potential to generate a positive and sustained impact on digital mental health.

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 multidisciplinary team combines technical, analytical, and creative knowledge that allows us to address the challenge of digital well-being from a comprehensive perspective. We are the ideal team because we unite scientific rigor, technological innovation, and human-centered design, developing solutions that promote balance, connection, and well-being in the digital age.
Our team includes Dina Salazar and Grecia Avellaneda, biomedical engineering students, who provide the scientific and emotional foundation to understand the effects of prolonged screen use and design self-regulation strategies; Karen Fuertes, an Industrial Design student, responsible for creating a visually and emotionally empathetic experience that connects with real user needs; and Nicole Sanchez, a Computer Science student, in charge of technological development and digital environment security. Additionally, we have the guidance of a mentor, Luis Raymundo, an expert in Computer Science, who guides the technical and methodological process, ensuring that each decision responds to criteria of well-being and digital sustainability.
We plan to continue working together because we share the same vision: creating more human technology that fosters empathy, self-reflection, and a more balanced relationship with the digital environment. We are closely familiar with the challenges we seek to solve because we have also experienced them; therefore, we develop Mindora from real experience and genuine empathy. United by this event, we have discovered not only the impact it generates on each of us but also the joy of participating in a project that can truly make a difference.

European Commission