



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:

LUMINAH

Challenge addressed:

Protect your mind and Digital World: Self-Care and Safety Online

Background of the team:

(multiple selections possible in case of mixed teams)

☒ Higher Education Students
☐ Teachers
☐ Others (please specify)

Team name:

EDUNOVA

Challenge category:

Well - being in digital education

Researchers

Primary School Students

Professionals

Secondary School Students

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?

Luminah is a mobile application that promotes emotional well-being and digital security among university students and professionals. It combines programmed artificial intelligence and responsible gamification to guide users in developing healthy habits regarding technology use. Through short routines, active breaks, and self-care challenges, the app fosters balance between the mind, body, and digital environment. It includes a reward system called Lumis, which can be redeemed for real-life experiences or social actions, an educational module named Active Digital Shield that teaches cybersecurity, and a Safe Community Mode, where users share achievements without revealing personal information. Its implementation is divided into four phases: prototype design, development, pilot testing with university students, and public launch. Luminah aligns with modern digital education by promoting emotional well-being within technological environments. Its success will be measured by the reduction of stress, improvement in rest quality, and user satisfaction levels.

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 that Luminah seeks to address is the negative impact of excessive technology use on young people's mental health. Recent studies show that individuals who spend more than three hours a day on social media are twice as likely to experience anxiety or depression. According to the Spanish Society of Adolescent Medicine (2023), more than 50% of young people aged 16 to 30 exhibit symptoms of digital stress.

Luminah responds to this challenge by aligning with the DigiEduHack 2025 theme: fostering technological solutions that care for the mind and promote responsible digital education. Through artificial intelligence and active learning, the app educates users on how to balance emotional well-being and online safety, teaching self-regulation, healthy habits, and digital self-awareness.

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 Luminah consists of young adults aged 18 to 30, including university students and early-career professionals who spend a significant portion of their time connected to digital devices. This group often experiences anxiety, digital stress, difficulty disconnecting, and concerns about online privacy. Luminah offers them a solution that does not aim to distance them from the digital world, but rather teaches them to coexist with technology in a healthy, balanced, and mindful way. The app engages users through personalized challenges, socially driven rewards, mindful reminders, and emotional support, creating a positive and empathetic experience that transforms digital well-being into a daily habit and an integral part of their lifestyle.

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?

Luminah catalyzes a shift in how young people perceive digital education and self-care. At an educational level, it teaches emotional management, active breaks, and digital safety in a practical and engaging way. At a social level, it fosters a safe community where users can share achievements without personal exposure. And at an environmental level, it allows users to redeem Lumis points for sustainable actions, such as donations to ecological causes. In this way, every positive digital action creates a tangible impact on both the individual and their surroundings. Luminah transforms well-being into a process of continuous learning, demonstrating that caring for oneself can also help transform society.

Describe it in a tweet

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

Luminah transforms your digital well-being. Using artificial intelligence and motivational challenges, it teaches you how to disconnect from stress without distancing yourself from the world. Take care of your mind, balance your time, and turn every digital action into real well-being.

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?

Luminah is innovative because, unlike traditional wellness apps, it does not aim for total disconnection but rather balance. It uses programmed artificial intelligence to adapt challenges according to the user's emotional state and applies responsible gamification focused on consistency rather than competition. Its virtual companion, Lumi, strengthens the emotional connection by guiding users through warm and motivational messages. This combination of technological empathy and mindful digital education makes Luminah a unique and forward-thinking proposal in the field of youth well-being.

Transferability

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

The Luminah model can be easily applied in educational institutions or organizations seeking to strengthen mental health and digital literacy. For example, schools and universities could use the app as a complement to student well-being programs, while companies and organizations could integrate it into training sessions on digital stress management. Furthermore, its modular design allows adaptation to different contexts and age groups, expanding its impact to educators, professionals, and educational communities facing similar challenges of hyperconnection and digital fatigue.

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 the prototype phase, Luminah plans to establish partnerships with universities, volunteer programs, and mental health organizations to expand its reach. In the medium term, it will incorporate workshops and certified content on digital well-being and cybersecurity. Its sustainability model is based on affordable subscriptions, institutional collaborations, and purpose-driven sponsorships, allowing the platform to scale while generating social and educational benefits. Thanks to its solidarity-based gamification model, Luminah can remain active and create a meaningful impact without relying exclusively on advertising, fostering a self-sustaining community grounded in well-being and responsible digital education.

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 composed of Karla, Thais, and Nikole. We believe we are the ideal team because we combine complementary skills: Nikole, a psychology student, contributes expertise in emotional well-being and understanding of human behavior, while Karla and Thais, students of Business Administration and Marketing, provide strengths in organization, communication, and audience analysis. This diversity has allowed us to develop a balanced and innovative proposal focused on emotional well-being through the use of artificial intelligence. Moreover, we work with excellent communication, commitment, and collaboration, which is why we plan to continue working together in the future — as a united, creative, and efficient team.