

DIGIEDUHACK SOLUTION CANVAS

Title of the solution:	SYNERGY FLOW	Team name:	CRONOS TEAM
Challenge addressed:	Protect yor mind and Digital World: Self-Care	Challenge category:	Well - being in digital education and Safety Online
Background of the team:	☒ Higher Education Students ☒ Teachers ☐ Others (please specify) ☐ Researchers ☐ Primary School Students ☐ 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?

Synergy Flow is a web application powered by artificial intelligence (AI) that manages cognitive energy, focus, and mental well-being. Its goal is to optimize workflow and promote healthy habits through three main modules: flow and focus management, which organizes tasks and learns each user's attention patterns; self-care, which detects digital fatigue and recommends breaks; and security, which blocks distractions to maintain productivity. It uses AI, Machine Learning, and Natural Language Processing (NLP) to analyze patterns and emotions, along with a database for user management. The implementation plan includes design, prototype development, AI integration, and pilot testing. Key challenges include data protection and user acceptance of automatic blocking. In digital education, it helps improve concentration and well-being for students and teachers, and its success will be measured by productivity, consistency in healthy habits, and user satisfaction.

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 Synergy Flow seeks to address is mental exhaustion and loss of focus caused by digital overload, multitasking, and the lack of adequate breaks, factors that negatively impact mental health and productivity. The solution aligns with the DigiEduHack 2025 annual theme by promoting a more human and balanced digital education that prioritizes well-being over excessive technology use. In this way, Synergy Flow tackles the hackathon challenge by integrating technology, self-care, and digital responsibility, fostering healthy and sustainable habits in digital educational and work environments.

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 main target audience of Synergy Flow consists of students and professionals who frequently engage in digital or virtual activities such as online classes, academic or research work, remote jobs, content creation, and project management. This AI-based tool helps them improve their focus, time management, and mental well-being. The solution is especially relevant because it addresses the need to maintain a balance between productivity and mental health in today's digital environments. To achieve this goal, the project plans to involve users through pilot tests, surveys, and continuous feedback processes, allowing the application to be adapted to their 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?

Synergy Flow will promote a more balanced digital education focused on mental well-being, helping students and educators manage their cognitive energy and reduce digital fatigue. At a social level, it will encourage healthy habits and a culture of self-care in virtual environments; and at an environmental level, it will indirectly help reduce energy consumption resulting from excessive device use. For example, when integrated into university platforms, it will remind users to take active breaks, adjust study time, and provide personalized recommendations, fostering a more mindful, efficient, and sustainable learning experience.

Describe it in a tweet

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

Boost your day with Synergy Flow: the smart tool that adapts to your pace, enhances productivity, and keeps you in sync with your energy, your rhythm, and your flow.

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?

Synergy Flow stands out by seamlessly integrating focus management, digital fatigue, and mental well-being within a single platform. Unlike other apps that target productivity or self-care separately, it combines both with an educational, personalized, and preventive approach, offering a more comprehensive and effective digital experience for users.

Transferability

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

The Synergy Flow solution can be applied across various educational contexts and disciplines. Students, professionals, and online learners can use this web application to optimize focus, manage their energy, and improve performance. Even in creative or sports-related fields, it helps balance practice and rest sessions, enhancing both well-being and productivity.

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?

Once the prototype is developed, a pilot phase will be conducted with a group of potential users to assess its effectiveness and gather feedback. In the medium term, AI functionalities will be enhanced, and a mobile app version will be developed, incorporating predictive analysis of cognitive energy and advanced personalization. In the long term, efforts will focus on scaling implementation and adapting the tool to different contexts. Thanks to its flexible and modular design, Synergy Flow ensures continuous and sustainable evolution, remaining relevant and useful over time.

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 consists of three engineering students and one professor. The systems engineering students handle technological development, while the industrial engineering students contribute with process management and optimization. The professor adds expertise in digital education and innovation. This combination of technical, analytical, and pedagogical skills makes us the ideal team to develop Synergy Flow with a comprehensive approach. We plan to continue collaborating, as the synergy of our specialties ensures continuous improvement and the ongoing evolution of the project.