



DIGIEDUHACK SOLUTION CANVAS

Title of the solution:

MindGy

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:

MindEnergy

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?

Our solution is MindGy, a gamified mobile app that helps people balance their time between digital and real life, improving their emotional well-being and study habits. MindGy combines a freemium system, with basic features such as daily challenges, a dynamic emotional avatar, an integrated Pomodoro method, and weekly reports, with a premium version (MindGy Plus) that includes AI emotional analysis, advanced reports, store discounts, and a wide range of exclusive accessories for the avatar. The core technology is based on artificial intelligence, data analysis, and geolocation to offer personalized recommendations and measure the user's emotional and productivity progress.

The implementation plan includes four milestones: functional prototype design, pilot testing in universities, launch on mobile platforms, and expansion through academic and commercial partnerships. The required resources involve a multidisciplinary team (developers, psychologists, UX/UI designers, and data analysts) and cloud infrastructure for scalable and secure data management. Foreseen challenges include maintaining user engagement and developing B2B integrations with educational institutions while ensuring strong data privacy standards.

MindGy can improve current digital education by encouraging mindful study habits, reducing technological overload, and promoting active breaks, thereby improving students' concentration and mental health. Its success can be measured using quantitative and qualitative indicators (KPIs), such as the number of people who download the app, reduction in screen time, increase in challenge completion, emotional well-being reports, and positive feedback from partner educational institutions.

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?

A study by the Honorio Delegado - Hideyo Noguchi National Institute of Mental Health (INSM HD - HN) revealed that spending more than five hours a day in front of screens increases the risk of depression in adolescents by 450% (Mendoza, 2025).

MindGy seeks to resolve the imbalance between digital time and real life among university students, a problem that affects their emotional and academic well-being. Our app promotes digital self-care through artificial intelligence and daily challenges (gamification), helping to manage conscious cell phone use and encourage healthy habits. This solution aligns with the theme "Take care of your mind, protect your world" by not prohibiting technology but using it as an ally for well-being and education.

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?

MindGy's target audience is university students between the ages of 16 and 23 in Metropolitan Lima from all socioeconomic backgrounds who are looking to balance their digital and academic time.

The app benefits them by improving their concentration, reducing anxiety, and promoting healthy habits through gamified challenges and real rewards. It is relevant to them because it responds to their need to consciously manage their digital lives and make the most of their time in productive activities. They will be engaged through partnerships with universities, pre-university programs, and digital campaigns that promote the use and dissemination of the app in student communities.

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?

MindGy transforms education by promoting conscious digital learning, where students learn to manage their time and energy. It encourages self-regulation, concentration, and emotional balance, reducing academic stress and improving performance. For example, a student organizes their study using the Pomodoro method, reducing their academic stress with active breaks.

In the social and mental sphere, it promotes self-care, reduces digital anxiety, and strengthens real relationships among young people. For example, in youth groups, it replaces the use of social media with related activities such as hiking, creating an orchestra, etc.

At the environmental level, it contributes to reducing energy consumption by encouraging offline activities, resulting in fewer hours spent in front of screens.



Describe it in a tweet

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

MindGy is the app that transforms your digital time into real well-being. It consists of AI and gamified challenges to help you achieve your goals. Accompanied by an avatar that provides emotional support to users.

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?

MindGy stands out by integrating emotional well-being, productivity, and digital education into a single experience, something that few apps achieve. Unlike Forest or Headspace, which focus only on blocking distractions or meditating, MindGy combines personalized emotional AI, real-time habit tracking, and real rewards to motivate the user. Its dynamic avatar reflects the user's emotional state and guides the digital balance process, while integration with Google Calendar, Khan Academy, and tracking systems enhances conscious learning. This fusion of gamification, data analysis, and empathetic support makes MindGy an innovative tool that not only improves habits but also transforms the user's relationship with technology.

Transferability

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

MindGy can be easily adapted to different educational contexts beyond the university environment, such as schools or pre-university centers, thanks to its focus on habits, gamification, and digital well-being. For example, in pre-university programs, the application can be integrated with platforms such as Khan Academy, using AI to track academic progress and personalize learning. In the area of health, the avatar could focus on self-care habits, such as nutrition, rest, and therapies, providing constant support and monitoring. In addition, MindGy could be implemented in Asian countries, where high school students face high levels of stress due to public exams that define their academic future (Chyu & Chen, 2022). This would help manage pressure and promote more autonomous learning. In this way, the solution is transferable and adaptable to different realities 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?

Once the MindGy prototype has been validated, the next step is to develop a full multi-platform version (iOS and Android) that integrates emotional AI, digital habit tracking, and data analytics to personalize user experiences. In the medium term, we plan to expand to educational institutions such as schools, pre-university centers, and universities, enabling them to promote students' well-being and productivity through aggregated insights. In the long term, we aim to strengthen partnerships with educational organizations and mental health professionals to integrate academic and emotional data into personalized development plans, ensuring sustainable growth and measurable impact on 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 consists of Fernanda Sánchez Abregú, Ana Andía Salazar, Elizabeth Alliccarima Quispe, and Rodrigo Pacheco Rodríguez, university students studying psychology, medicine, communication, and engineering, accompanied by a web programmer mentor. Fernanda leads the emotional well-being and digital mental health approach; Ana designs the visual and interactive experience of the app; Elizabeth manages communication, user validation, and dissemination; and Rodrigo develops the technical and sustainable aspects of the project. This diversity of profiles allows us to integrate technology, design, and mental health into a coherent and innovative proposal. We are the ideal team because we share the same vision: to use technology to generate positive social impact and promote emotional well-being in the digital age. We plan to continue collaborating beyond this initiative, given our strong interdisciplinary synergy and shared commitment to promoting emotional health and responsible technology use through innovative digital solutions. Our mentor provides ongoing guidance in system architecture, artificial intelligence integration, and multi-platform development, strengthening the project's technical foundation and long-term sustainability.

Prototype link: <https://marvelapp.com/prototype/82h4je0/screen/98096824>

YouTube video: <https://youtu.be/3dB-7mzKFRY>