



# The New Normal Hackathon

Sub -theme: New Normal





Presented by

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# Our digital lives

- Due to social distancing norms and nationwide lockdowns, the Covid-19 pandemic has inevitably resulted in an increase in the use of digital technologies, particularly our mobile phones.
- We are so engrossed in mobile apps, whether games, social media, or others, that we lose track of time.
- Our digital activity increases as we use more applications. Applications are designed to make us more reliant (and even addicted) to them.



# The Problem

With the outbreak of the pandemic, our digital lives have become unbalanced.



# Impact on physical health

- ◇ Eyestrain
- ◇ Poor posture
- ◇ Reduced physical activity
- ◇ Sleeping problems
- ◇ Musculo-skeletal problems
- ◇ Obesity



# Impact on mental health

- ◇ Depression
- ◇ Anxiety
- ◇ Stress
- ◇ Insecurity
- ◇ Restlessness
- ◇ Addiction
- ◇ Decreased attention span



# Impact on social health

- ◇ Decreased self esteem
- ◇ Hampers people's quality time with friends and family
- ◇ Isolation
- ◇ Increased comparison
- ◇ Rise of disinformation
- ◇ Cyberbullying



**7 in 10 young people** experience cyberbullying before they hit the age of 18.



# Current available solutions

- Parental Control
- App Timers
- Do Not Disturb Mode
- Screen Time
- Dashboard
- Browser extensions that block ads

**The above solutions mainly focus on the applications, while the solution proposal mainly focuses on the individual users.**



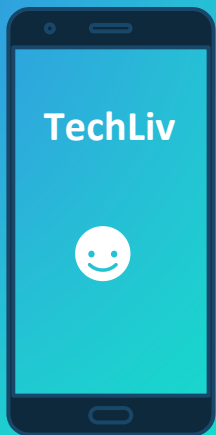
# Solution proposal

## TechLiv

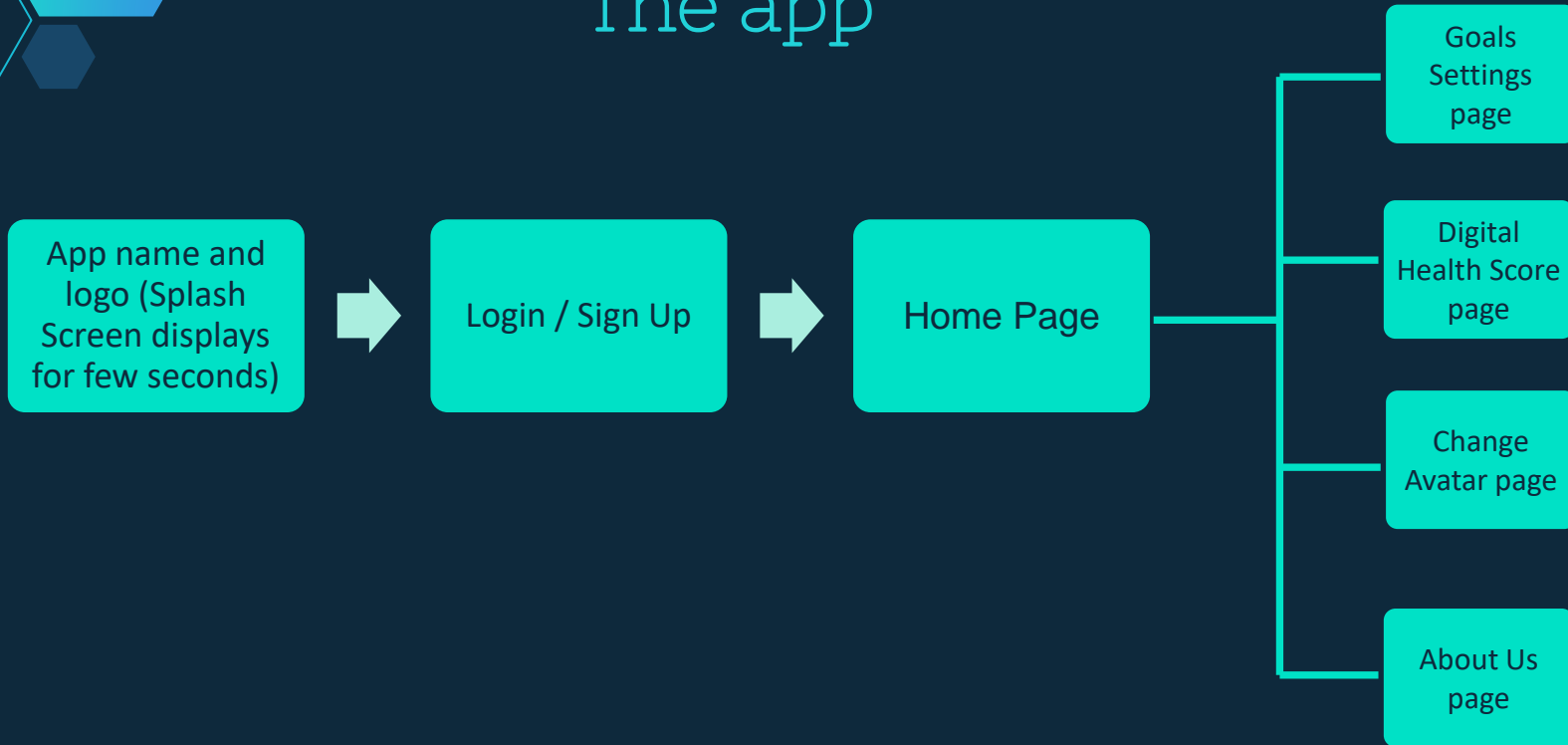
An android application that optimizes your mobile digital behaviour by: -

- Visualizing your overall well being
- Categorizing your digital identities
- Empowering you by setting your goals
- Letting you define what is healthy for you
- Regulating your digital presence

TechLiv will be an app that will restore digital balance in your life!



# The app

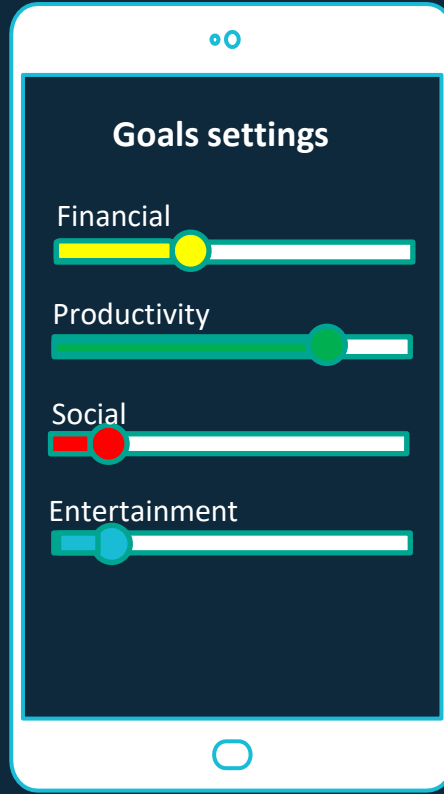




# Key features of the app

- ◇ Goals Settings page
  - > User can choose between 4 categories of apps and set the goals for that particular category
    - Financial
    - Productivity
    - Social
    - Entertainment
- ◇ Digital Health Score page
  - > Displays activity chart showing the percentage of the different categories chosen above as per the time spent on each category
  - > Displays which application was used maximum by the user
  - > Displays which fields need to be improved by the user
- ◇ Change Avatar page
  - > User can choose between many avatars
- ◇ About Us page
  - > Displays information about what the app aims to achieve





## Goals Settings Page

The users can set their goals as per their convenience. Accordingly, TechLiv monitors if the usage of the applications increases beyond the set thresholds.

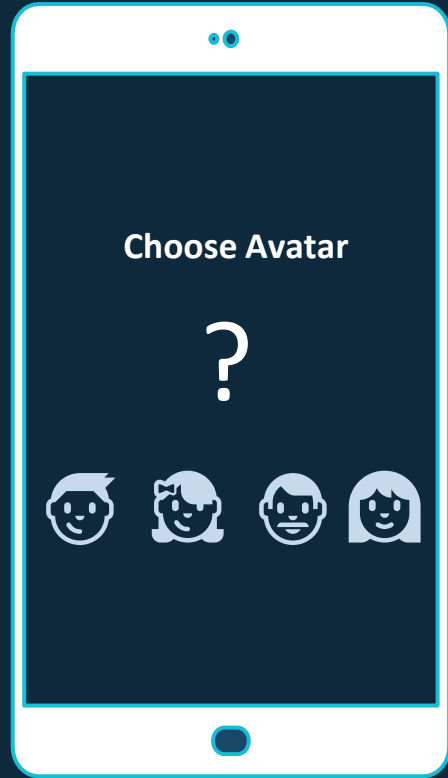


## Digital Health Score Page

The chart shows the statistics of usage of apps. The total hrs spent on apps since the last login, total apps used and the app used maximum by the user are displayed on the screen.

At the bottom of the screen, the app displays which categories have exceeded their thresholds and need improvement in terms of usage

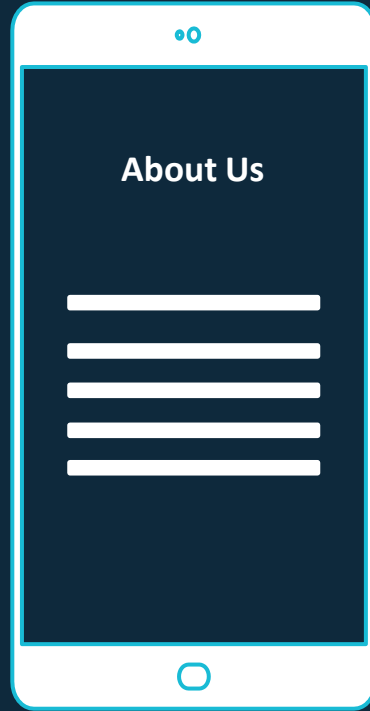




## Change Avatar Page

Users can change their avatars' icon





## About Us Page

Displaying information on  
what the app aims to achieve





## TechLiv will be built with

- Kotlin
- Firebase

TechLiv will be an android app (Nearly 90% of smartphones in the world use Android)

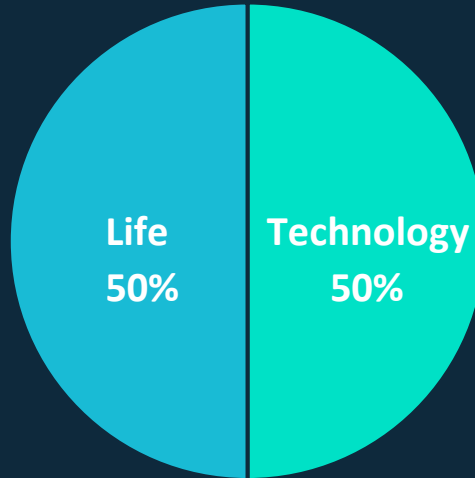




TechLiv will help millions of people all across the  
globe live healthy lives



## TechLiv aims to restore balance in a technology – driven life



# The Future

TechLiv aspires to build a future wherein technology and human lives coexist in a seamless manner, so that human health is not harmed by the negative effects of excessive usage of mobile applications.





Thank You

