SMART INDIA HACKATHON 2022

Organization Name: National Council of Educational Research and Training (NCERT), Department of School Education & Literacy (DoSEL).

PS Code: KH1152

Problem Statement Title: To develop mindfulness and promote well-being among students across ages..

Team Name: Enigmatic

Team Leader Name: Manchi Sarapu Sharat Chandra

Institute Code (AISHE): C-26162

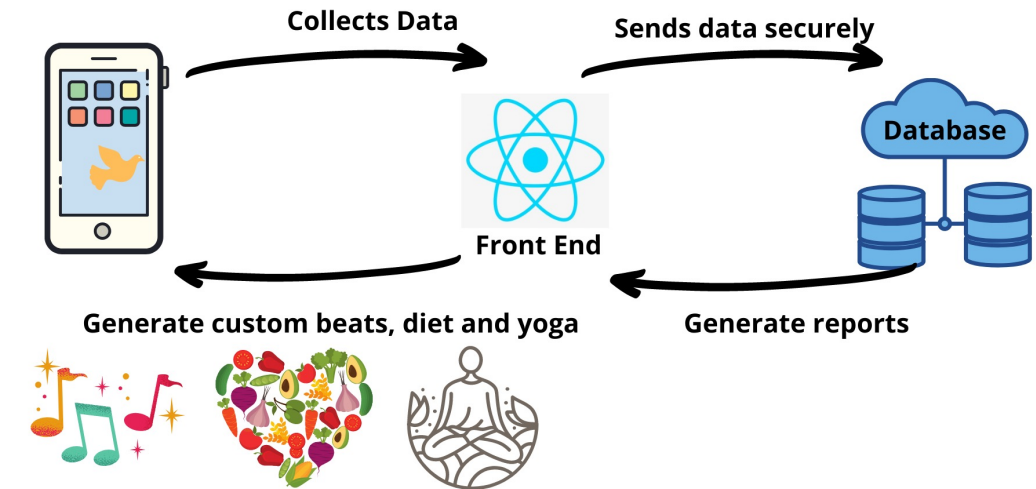**Institute Name:** Vasavi College of Engineering

Theme Name: Miscellaneous

Idea Details

- A first of its kind app to let users meditate according to their mood using binaural beats

- Leveraging Bio-Hacking studies and research progress and trying to upgrade the whole process of meditation, sleep and diet

- Bringing nature close to the users using high quality natural sounds to heal stress and anxiety

- Carefully curated proven study music to enhance focus and memory for students to study longer and maintain enthusiasm and energy

- Integrated with smart wearables to track your sleep and accordingly shift the frequencies of music to give high quality REM cycle sleep

- Our app leverages Vedic yoga techniques with proven techniques to guide students with workouts to be energetic throughout the day and be stress free

- We also recommend nutritious diet to also ensure healthy body and mind

Architectural Design

Collects Data — Sends data securely

Front End

Database

Generate custom beats, diet and yoga — Generate reports

Technology Stack

React Native   (Frontend Framework)
Firebase Firestore (Backend)

Use Cases:

- Students suffering with stress and anxiety can use our custom meditation services and feel relaxed
- Students can use our binaural beats to enhance their mood and practice mindfulness
- Students and adults can leverage bio hacking and use respective frequency bands while doing their tasks
- Users can gain a great sleep quality with assisted music frequency monitoring to aid better REM cycles with curated music
- Students can read and learn about various brain foods and practice mindful eating
- Users can energize themselves with quick but powerful yoga workouts backed by Vedas
- All in all, users can simply plug in and relax to gain an escape from their mundane noisy lives with our EXPLORE mode

Show stoppers:

Researching about biohacking and understanding its depth and effect on humans

Understanding the science behind music therapy

Investigating various diet and yoga techniques and finding out the best patterns that yield results and integrating them with our app

Team Member Details

Team Leader Name: Manchi Sarapu Sharat Chandra
Branch : **BE**   Stream : **CSE**   Year :   **III**

Team Member 1 Name: Sameeha Mubeen
Branch : **BE**   Stream : **CSE**   Year :   **III**

Team Member 2 Name: Imran Mirza
Branch : **BE**   Stream : **CSE**   Year :   **III**

Team Member 3 Name: Krishnapriya V.S. Garimella
Branch : **BE**   Stream : **CSE**   Year :   **III**

Team Member 4 Name: Monishka Das
Branch : **BE**   Stream : **CSE**   Year :   **III**

Team Member 5 Name: Guru sai shreesh Tirumalla
Branch : **BE**   Stream : **CSE**   Year :   **II**

Team Mentor 1 Name: T Jalaja
Category : **Academic**   Expertise : **Software Development and Programming**   Domain Experience (in years): **11**

Team Mentor 2 Name: Vinay Kumar
Category: **Academic**   Expertise: **RPA, Full Stack Development and Cloud**   Domain Experience (in years): **16**