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Thanks for filling out this form: Project-Based Learning (PBL) Report

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Wed, Jan 7, 2026 at 12:26 PM

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Thanks for filling out this form: Project-Based Learning (PBL) Report

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Project-Based Learning (PBL) Report

Spend 5-10 minutes to fill this form.

Before filling this form, keep the following things ready:

- Your day-wise notes of all design thinking questions [Empathise, Define, Ideate, Prototype, Test]
- Screenshots of your innovation
- Screen recordings of your innovation's working model
- Innovation images generated on Day 2 take-home task

This form is to record your thoughts and ideas about the innovations you made as part of IBM SkillsBuild's PBL activity so fill this form honestly and completely.

Your email (nagasrilekhak@gmail.com) was recorded when you submitted this form.

Your Full Name *

NAGA SRILEKHA KADALI

Your Email ID (as per IBM SkillsBuild)

nagasrilekhak@gmail.com

Your Mobile Number *

9391339006

College Name *

Vignan's Foundation for Science, Technology & Research

Qualification(Degree) *

MCA

Day 1

Design Thinking Process Step 1 & 2: Empathise & Define

*Step 1: Understanding
the Need*

Which problem am I
trying to solve?

*

We are trying to solve human disconnections over digital connections.
Chats replace conversations, Emojis replace emotions, Screens replace souls.

*Step 2: What is the
problem?*

The problem I want to solve in **one clear sentence**

*

[You can try a prompt like this: "*I am ideating a solution for <enter your problem in detail> Convert this problem into a single clear sentence which I can share to an audience*"]

We are more connected than ever digitally, yet more isolated than ever emotionally, because superficial online interactions are replacing the deep, physical presence required for true human belonging.

.....

Why is this problem important to solve?

*

[You can try a prompt like this: "*Draft 1-2 lines on why this problem is important to solve. Support this with evidence using relevant data points*"]

Digital isolation is a growing public health crisis linked to a 26% increase in the risk of premature mortality.

.....

Take-home task

Ask 2–3 people (you can speak to your family members, friends, teachers, trainers) what they think about this problem. Write down surprising or new things you learn below.

*

1. The Student (Gen Z Perspective)

"Digital connection isn't a choice; it's a performance."

2. The Workplace Trainer (Professional Perspective)

"We are losing 'Soft Skills' through 'Hard Text'."

.....

Day 2

Design Thinking Process Step 3: Ideation

Step 3: Brainstorming solutions

List at least 5 different solutions (wild or realistic):

*

[You can try a prompt like this: "I am ideating solutions for <enter your problem in detail> Suggest 5 unique solutions for this problem, which I can easily accomplish in 2 days using free, open-source mobile-friendly AI tools"]

- 1.Analog communications
 - 2.No-phone zones
 - 3.Simple individual habits
 - 4.Self-compassion
 - 5.Digital sabbaths
-

Step 4: My favourite solution:

*

Digital sabbaths

Step 5: Why am I choosing this solution?

*

Can set specific times (like Sunday mornings) where all phones are turned off to focus entirely on family or friends.

Take-home task

Generate the image of your solution and how it will look
(eg: "a bag that charges your phone while you walk")

Attach the image in this box below:

*

[You can try a prompt like this: "*I am ideating a solution for <enter your problem in detail> I have selected a solution which includes <enter your solution description> Generate an image for this solution*"]

Submitted files



DCHD - Naga Srilekha Kadali.png

Tools you can use for Day 2

ChatGPT/Perplexity AI:

You can use these tools to compare your solutions and choose the most effective one

*AI Tools you can use
for the take-home task:*

Canva AI/CoPilot

AI/Meta AI: Use these mobile-based tools to generate images for the solution they want to design

Day 3

Design Thinking Process Step 4 & 5: Building & Testing my Prototype

Step 6: Prototype – Building my first version

What will my solution
look like?

[Take inspiration from the
image generated on Day 2 and describe the solution]

*

Happy and Peacefull.

What AI tools will I
need to build this?

*

[You can try a prompt like this: "*I am ideating a solution for <enter your problem in detail> I have designed a solution which includes <enter your solution description> What open-source, free AI tools that I can use to build this solution? The tools should be easily available and accessible on my mobile. Do not recommend tools which requires cost or subscription*"]

ChatGPT & Opal.AI

Top AI tools I

finally selected to build this solution? [Eg: Claude AI, Grok AI, Chatling AI]

*

Write it in 5 lines as 5 points

Opal.AI

*Step 7: Test – Getting
Feedback*

Who did I share my solution with? [You may share
it with your trainer, peers or even AI] *

My Trainee

What positive feedback did I
receive?

*

Successfull and Aesthetic Website

What feedback did I receive for improvement? *

Background Improvisation

Take-home task

Record your solution and test feedback in voice notes.

Upload your voice notes, images and your solution/model on GitHub

*AI Tools you can use
for Step 6-7:*

ChatGPT/Perplexity

AI/Claude AI/Canva AI/ChatGPT AI/Figma AI: You can use these tools to build solutions/models or mock-up dummy prototypes

Day 4

Presenting & Reflecting on my Innovation

Step 8: Presenting my Innovation

Final Project Title:

*

Digital connections and Human disconnections

Key points of
my presentation

*

[You can try a prompt like this with attachment/screenshot of your solution: “I am ideating a solution for <enter your problem in detail> I have selected a solution which includes <enter your solution description> I tested the solution with <enter details of who tested your solution> and they gave the following feedback <enter feedback given by the testers> Generate a 1-minute pitch document with following headings:

*project title, problem statement, my innovation, feedback I received from users, impact of my innovation.
Add the attached image in the pitch document"]*

Moving from distraction to intension.
Connected to digital world!
The digital sabbath.

Step 9: Reflections

What did I enjoy the most during this project-based learning (PBL) activity?

*

Discussions with my peers and other groups too.

Step 9: Reflections

What was my biggest challenge during this project-based learning (PBL) activity?

*

Background selection and font-type.

Upload images of your day-wise notes/responses of all questions *

You can also combine your images into one PDF file and upload

Submitted files



PROJECT REPORT - Naga Srilekha Kadali.pdf

Upload Mini Project link *

<https://digital-disconnect.vercel.app/>

Create your own Google Form

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