PROJECT U.D.A.Y.

UNDERSTANDING DIABETES AND YOU

JDRF

PROJECT
U.D.A.Y.

UNDERSTANDING DIABETES AND YOU

POWERED BY
i4c
™

Welcome to Project UDAY

OUR MISSION

To educate, advocate, and innovate for the well-being of individuals living with Type 1 Diabetes

OUR VISION

We envision a world where everyone understands, supports, and empowers individuals **living with Type 1 Diabetes enabling them to** live healthy, fulfilling lives

WHY TYPE 1 DIABETES MATTERS

Type 1 Diabetes is a lifelong autoimmune condition that affects millions of people worldwide, including children, adolescents, and adults. Managing this condition requires constant vigilance, insulin therapy, and a deep understanding of one's own body.

At Project UDAY, we recognize the challenges faced by those living with Type 1 Diabetes, as well as the vital importance of early diagnosis, education, and support. We are driven by the knowledge that with the right information, resources, and community, individuals with Type 1 Diabetes can lead an active, healthy life while managing their condition effectively.

Join us in our mission to make a difference in the lives of individuals living with Type 1 Diabetes.

TYPE 1 DIABETES SCHOOL HACKATHON

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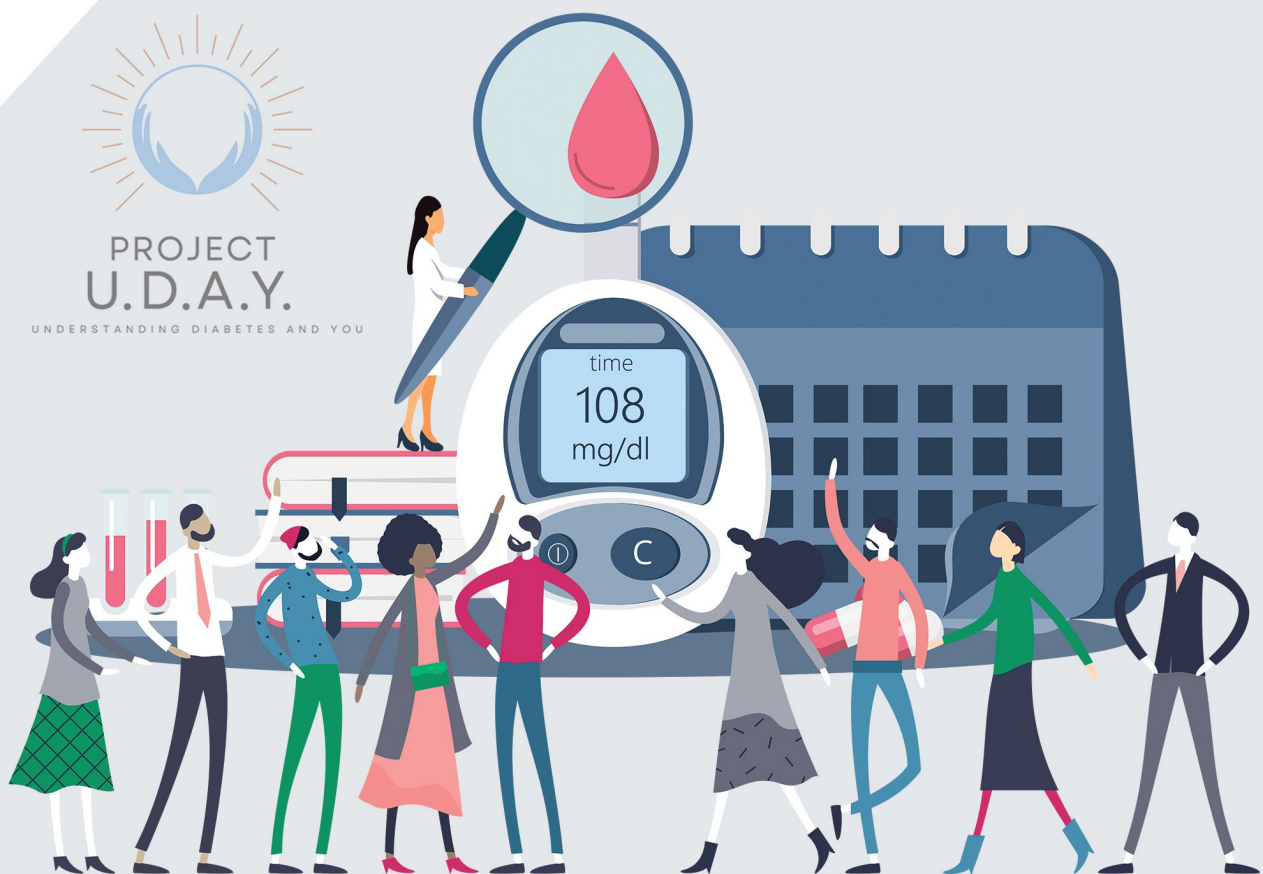
Welcome to the Type 1 Diabetes School Hackathon!
Join us for a transformative journey of innovation and impact.
Starts on 18th September 2023

ABOUT THE HACKATHON

The **Type 1 Diabetes** School Hackathon empowers students to use their creativity, innovative thinking, and skills to make a positive impact on the lives of individuals living with Type 1 Diabetes.
The hackathon is open for students from classes 5th to 10th. Teachers & parents are **encouraged to be** part of the hackathon.

HACKATHON HIGHLIGHTS

Innovation for a Cause: Create innovative solutions that help individuals with Type 1 Diabetes.

Awareness Program: Gain insights into Type 1 Diabetes management.

Community Support: Connect with individuals living with Type 1 Diabetes and healthcare professionals.

Prizes and Recognition: Win awards for your innovative solutions.

PROBLEM STATEMENTS

1. How can I help my friend with Type 1 diabetes feel supported, when they require insulin or need to treat a hypo (low blood sugar) and help them to participate in activities without feeling conscious or held back by their condition?

Description: In this challenge, we're looking for creative and empathetic solutions that promotes awareness and provides support for individuals with Type 1 diabetes (T1D) while minimizing any potential stigma and empower your friends with Type 1 diabetes to take part in various events and activities while ensuring they feel comfortable and confident.

Participants should consider the following aspects when addressing this problem:

Educational Initiatives: Develop innovative ways to educate friends and peers about Type 1 diabetes, its symptoms, and the importance of support. This could involve workshops, awareness campaigns, or engaging educational materials.

Supportive Tools: Create tools, apps, or resources that help friends of individuals with T1D to understand their needs better. These tools should provide information about when it's appropriate to help, such as providing sugar or helping with insulin, without making the person with T1D feel uncomfortable.

Communication Strategies: Explore effective communication strategies that allow individuals with T1D to express their needs discreetly and confidently to their friends and support network. This may include digital or physical signaling methods

Inclusive Event Planning: When planning events, consider the needs of your friends with Type 1 diabetes. Ensure there's easy access to water, space for blood sugar checks, and options for diabetes-friendly snacks.

Buddy System: Create a buddy system where friends with Type 1 diabetes can attend events together, providing each other with support and encouragement.

The goal is to create a supportive and inclusive environment where your friends with Type 1 diabetes feel encouraged and confident to participate in school events and activities. Your initiatives can help them lead fulfilling lives while managing their condition.

2. (i.) How can we make Diabetes Monitoring Devices more attractive and appealing, or,

2.(ii.) How can we make daily wear apparel/clothes more accessible to wear their devices like insulin pumps and glucose monitors?
(Students can work on either one of the challenges & not both)

Description: - In this challenge, we want participants to explore creative ways to improve the aesthetics of Diabetes devices. Or students can think of ways to make it easier and more fashionable for individuals with Type 1 diabetes to wear their necessary devices, like insulin pumps and glucose monitors.

Participants should consider the following aspects when addressing this problem:

Cool Designs: Imagine creative designs that can make these devices look exciting and easy to use. Think about using fun colors and patterns that kids and teens would love on these devices.

Fashionable Accessories: Design clothing or accessories (like belts, bracelets, or phone cases) with built-in pockets or compartments to easily hold diabetes devices.

Stylish Pouches: Create stylish and customizable pouches or cases that can be attached to belts or clothing to carry diabetes devices comfortably.

Personal Touch: How about adding ways for kids and teens to customize these devices & accessories so they feel special?

Ask for Opinions: Talk to kids and teens who use these devices and find out what they like and what would make them happier.

Try It Out: If you have ideas, try making models or drawings to show how these devices could look cooler.

The goal is to make wearing diabetes devices not only practical but also fashionable and comfortable. We want to make managing diabetes more fun and less of a hassle. Your creative ideas can make a big difference!

3. How can we help people be aware of the early signs and symptoms of Type 1 diabetes?

Description: - In this challenge, we want students to think about ways to tell people about the symptoms of Type 1 diabetes before someone actually gets diagnosed. Knowing these signs early can help save lives. Participants should consider the following aspects when addressing this problem:

Informative Materials: Create posters, brochures, or simple videos that explain the common symptoms of Type 1 diabetes in easy-to-understand language.

School Campaigns: Organize campaigns in your school to teach your fellow students and teachers about these symptoms. Maybe you can have a special day dedicated to diabetes awareness.

Family Involvement: Talk to your family about these symptoms and encourage them to share this knowledge with friends and relatives
.
Social Media: Use social media to spread the word. Create posts or stories that explain the symptoms and encourage sharing.

Local Language: Consider translating the information into different languages so that people who speak different languages can understand it.

Ask for Stories: Sometimes, personal stories can help people remember better. Ask if anyone you know has experience with Type 1 diabetes and if they'd be willing to share their story.

The goal is to make sure more people recognize the symptoms of Type 1 diabetes early, so they can seek help and get the right treatment. Your efforts can make a big difference in raising awareness and potentially saving lives!

4. How can we design ways or resources for T1Ds to support their diabetes management and store all the vital information like their insulin, and blood glucose levels, in an easy and accessible format?

Description: - In this challenge, we want students to think of ways to support children and teenagers with Type 1 diabetes to do the important things to keep themselves healthy, like taking insulin and checking their blood glucose levels and find a way to store safely store all of this vital information.

Participants should consider the following aspects when addressing this problem:

Gaming and Rewards: Can you turn self-care into a game with rewards? Maybe earning points or badges for each task completed. Educational Stories: Develop stories or comics that show why self-care is important. Sometimes, understanding the 'why' can be a great motivator.

Peer Support: Encourage teenagers to support each other. Create online or in-school groups where they can share their self-care challenges and tips.

Family Involvement: Get families involved. Maybe parents can receive reminders too, so they can support their teenagers in self-care. Reminder and Analysis: Create a smartphone app/feature that sends friendly reminders for taking insulin, testing blood glucose, and other self-care tasks. Make it fun and easy to use.

Wearable Gadgets: Think about using wearable devices like smartwatches that can send reminders and keep track of their self-care activities. This can help users understand their patterns and make informed decisions.

User-Friendly Interface: Make sure your solution is easy for all age groups, including seniors and children, to use.

Printable Reports: Provide the option to generate printable reports for healthcare providers' appointments, helping users communicate their insulin usage effectively.

The goal is to help individuals with diabetes maintain an accurate record of their insulin consumption, which can be vital for effective diabetes management and healthcare provider consultations. Your creative solutions can make a real difference in the lives of people with diabetes.

5. **"Out of the Box" Entry – The students here have a chance to think of addressing any other issues/gaps related to Type 1 Diabetes. Participants should consider the following aspects when addressing this problem:**
(The students can come up with their own problem statement and solution related to Type 1 Diabetes)
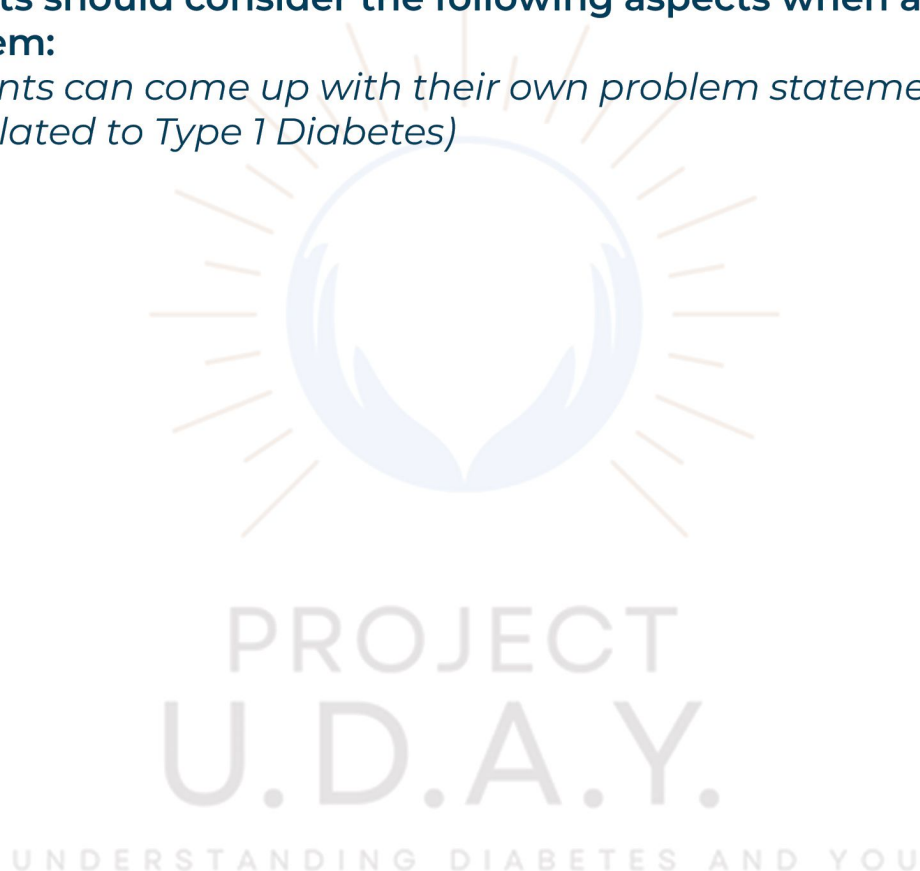
Click here to know more & Register

PRIZES

Winning schools, teams & teachers will get great rewards! (TBA)

Q. What is a Type 1 Diabetes hackathon?
A. The Type 1 Diabetes is a hackathon, where school students come together to develop tech-based or innovative solutions to improve the lives of individuals with Type 1 Diabetes. This is an initiative under project UDAY organized by the Juvenile Diabetes Research Foundation (JDRF) in association with i4C and other T1D communities.

Q. Which schools are eligible to participate in the Hackathon?
A. All schools are eligible to participate. There is no restriction on the medium of education – English or vernacular.

Q. Which students can participate in the hackathon?
A. Students studying in 5th, 6th, 7th, 8th and 9th, 10th class are eligible to participate.

Q. What are the benefits to the students participating in the hackathon?
A. Hackathon is a special innovation competition that aims at tapping the creativity of younger students & making them aware of the T1D

offering:
• Encouragement to students to think innovatively and out-of-the-box
• Special online training by experts
• Boost confidence and team spirit
• Plentiful guidance from the school for innovation projects
• Exciting prizes under various categories

Q. Is there a registration fee??
A. No, there is no registration fee. Participation in the Hackathon is free.

Q. What role does the school play in the hackathon?
A. The participating school needs to appoint a Single Point of Contact (SPOC) to represent it and student teams. The SPOC can either be a school principal, a science teacher or any other active faculty member who can mentor and guide teams regarding ideas, look after team registration formalities. He/she will also be a point of contact for sharing hackathon-related updates from our end.
The two other roles that the SPOC needs to play is encouraging team registration and participation, sharing hackathon details with parents and mentoring student teams whenever required. The schools can make use of tinkering labs, robotics labs or similar facilities for this purpose.

Q. How would the school SPOC receive Hackathon updates?
A. SPOCs of all participating schools would be added on a single WhatsApp group for ease of communication updates and resolving doubts. SPOC will also be responsible for publishing regular updates on their social media handles.

Q. How should teams be formed? What would be the schools' role in team registration?
A. The SPOC appointed by the school must register himself/herself on the registration link **(the link will be shared soon!)** and later register his/her school's teams and their ideas. 3 to 4 students from the same school can register in a team and they will have to sign up with a unique team name. There is no limit on the number of teams from the school.

Q. How should the teams come up with ideas? How are the ideas to be submitted?
A. We have shared problem statements (PS) on the hackathon portal. Teams are free to select any PS that appeals to them. Teams, under the guidance of their school's SPOC can come up with an idea that can help solve the problem. The idea can be explained on a 3-minute-long video/PPT where the student team will get to describe the problem

they have chosen, the idea that they propose and may show a prototype/diagram explaining their idea. The video can be uploaded on YouTube as an 'UNLISTED' video. The SPOC is expected to then register a team and its idea's YouTube link on theHackathon Registration form.

Q Will there be educational sessions on Type 1 Diabetes?
A. Yes, the hackathon includes educational sessions where participants can learn about Type 1 Diabetes and its management.

Q. How do ideas get shortlisted?
A. The submitted idea videos/PPT are viewed and evaluated by our expert panel and the final shortlisted teams to participate in the hackathon finale would be announced.

Q. How can students connect with other participants and mentors during the hackathon?
A. We provide opportunities for networking and collaboration throughout the event. You can also connect with participants and mentors through our online platform.

Q. When is the Hackathon Finale scheduled?
A. The schedule is yet to be finalized. The tentative date would be 18th November 2023.

Q. What will be the venue for the Hackathon?
A. All hackathon-related activities will be held online.

Q. What are the prizes to be won?
A. There are many exciting prizes in different categories, like Best Team and Best Innovative Idea etc.

Q. What if a team does not win?
A. Winning and losing is part of the game. The overall experience derived from participating in the initiative would benefit the students in a huge manner. Besides this, all students, whether their teams win or lose will be given Participation Certificates for School Hackathon.

For Support Contact:- sourabh@i4c.in / ashlesha_projectuday@i4c.in

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