

Topper Mantra Innovation Challenge (TMIC) 2026

Theme 2: Health, Diet & First Aid

50 Premium Hackathon Problem Statements | Classes 8–12

Segmented handbook edition with bold section labels, objective bullets, and proper spacing.

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Segment A: Nutrition & Diet Intelligence

TMIC-HDFA-001

Smart Nutrition Score for Student Meals

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Many students bring tiffins that fill the stomach but may lack protein, fibre, vitamins, minerals, or healthy fats.

Problem Statement: Design a practical solution that helps students, parents, and schools understand the nutritional quality of student meals in a simple and non-judgmental way.

Objectives:

- Balanced meal awareness
- healthier tiffin choices
- affordable nutrition guidance.

Scope of Innovation: Meal scorecards, visual food plates, tiffin analysis, nutrition games, parent guides, or canteen tools.

Expected Impact: Better daily food choices, improved energy, and stronger nutrition awareness.

Challenge Tags: Nutrition • Healthy Meals • Student Diet

TMIC-HDFA-002

Affordable Balanced Diet Planner for Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Healthy eating is often seen as costly, while many local foods like dal, sattu, chana, curd, eggs, vegetables, fruits, rice, roti, and millets can...

Problem Statement: Design a solution that helps families plan balanced meals using affordable, local, and easily available ingredients.

Objectives:

- Low-cost nutrition
- local food use
- practical meal planning.

Scope of Innovation: Budget meal planners, seasonal food charts, recipe cards, local food maps, or family nutrition guides.

Expected Impact: Students get healthier meals within realistic family budgets.

Challenge Tags: Affordable Diet • Local Food • Nutrition Planning

TMIC-HDFA-003

Early Detection of Poor Eating Patterns

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Unhealthy habits such as skipping breakfast, excessive packaged snacks, sugary drinks, irregular meals, or low protein intake may silently affect...

Problem Statement: Design a student-friendly solution that helps students identify poor eating patterns early and improve them through small daily changes.

Objectives:

- Habit awareness
- positive behaviour change
- parent/student reflection.

Scope of Innovation: Food diaries, self-check cards, gamified trackers, peer challenges, or classroom nutrition reflection models.

Expected Impact: Students become mindful of food choices without shame or fear.

Challenge Tags: Food Habits • Behaviour Change • Wellness

TMIC-HDFA-004

Reducing Sugary Drink Consumption Among Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Soft drinks, packaged juices, energy drinks, and sweetened beverages are attractive but often contain high sugar with low nutrition.

Problem Statement: Design a solution that helps students understand hidden sugar in drinks and choose healthier, affordable alternatives.

Objectives:

- Sugar awareness
- healthier hydration
- dental and diet protection.

Scope of Innovation: Sugar visualizers, beverage comparison tools, healthy drink campaigns, canteen alternatives, or hydration stations.

Expected Impact: Students reduce unnecessary sugar intake and build better hydration habits.

Challenge Tags: Sugary Drinks • Hydration • Healthy Choices

TMIC-HDFA-005

Protein Awareness for Growing Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Protein supports growth, repair, immunity, stamina, and strength. Many students do not know affordable protein sources suitable for Indian households.

Problem Statement: Design a solution that helps students understand protein needs and identify practical protein-rich foods.

Objectives:

- Protein literacy
- affordable options
- balanced meals.

Scope of Innovation: Protein charts, local food planners, tiffin improvement guides, nutrition games, or parent-student cards.

Expected Impact: Students and families include better protein sources in regular meals.

Challenge Tags: Protein • Growth • Affordable Nutrition

TMIC-HDFA-006

School Meal Quality Monitoring System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Meals served through canteens, hostels, vendors, or school programmes must be fresh, hygienic, and nutritionally acceptable.

Problem Statement: Design a solution that helps schools monitor meal quality, hygiene, freshness, and nutrition transparently.

Objectives:

- Food safety
- quality tracking
- feedback and accountability.

Scope of Innovation: Hygiene scorecards, freshness indicators, student feedback, inspection workflows, or canteen rating tools.

Expected Impact: Students receive safer meals and schools gain a reliable quality-check process.

Challenge Tags: Meal Quality • Food Safety • Canteen Topper Mantra Innovation Challenge (TMIC)... Segment A
Continued: Food Safety & Healthy Choices

TMIC-HDFA-007

Food Allergy-Aware School Meal System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Some students have allergies to peanuts, milk, eggs, gluten, soy, seafood, or packaged ingredients.

Problem Statement: Design a solution that helps schools manage food allergy information safely and prevent accidental exposure.

Objectives:

- Allergy awareness
- safe food sharing
- privacy and quick response.

Scope of Innovation: Confidential allergy cards, meal labels, canteen alerts, emergency workflows, or awareness campaigns.

Expected Impact: Students with allergies feel safer and protected in school.

Challenge Tags: Food Allergy • Student Safety • Privacy

TMIC-HDFA-008

Healthy Snack Alternative Design

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students often prefer chips, fried snacks, sweets, and packaged food because they are attractive and easy to buy.

Problem Statement: Design a solution that makes healthy snacks affordable, attractive, accessible, and acceptable among students.

Objectives:

- Reduce junk dependence
- improve snack choices
- involve vendors/parents.

Scope of Innovation: Healthy snack menus, student-designed snacks, vendor partnerships, reward challenges, or food clubs.

Expected Impact: Students gradually shift toward better snack habits without forced bans.

Challenge Tags: Healthy Snacks • Junk Food Reduction

TMIC-HDFA-009

Reducing Food Waste in Schools

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Food is wasted in tiffins, cafeterias, hostels, and meal programmes because of excess serving, taste issues, repeated menus, or poor planning.

Problem Statement: Design a solution that reduces food wastage while ensuring students still receive adequate and nutritious meals.

Objectives:

- Waste tracking
- portion planning
- respect for food.

Scope of Innovation: Waste logs, portion tools, feedback systems, menu improvement, composting links, or awareness drives.

Expected Impact: Schools save resources and students develop responsible food habits.

Challenge Tags: Food Waste • Sustainability • Meal Planning

TMIC-HDFA-010

Personalized Diet Awareness Without Body Shaming

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Health conversations around weight, height, body shape, and eating habits can become embarrassing or judgmental for students.

Problem Statement: Design a solution that promotes diet awareness and healthy lifestyle choices without body shaming or comparison.

Objectives:

- Positive health awareness
- privacy
- confidence and dignity.

Scope of Innovation: Private wellness journals, body-positive campaigns, reflection cards, parent resources, or inclusive fitness-linked diet tools.

Expected Impact: Students improve health awareness while feeling respected and confident.

Challenge Tags: Body Positivity • Diet Awareness • Wellness B. First Aid & Emergency Response

Segment B: First Aid & Emergency Response

TMIC-HDFA-011

Smart First-Aid Readiness System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Schools may have first-aid boxes, but they are not always stocked, easy to locate, or checked for expired items during real emergencies.

Problem Statement: Design a solution that helps schools maintain first-aid readiness through access, stock tracking, expiry monitoring, and quick guidance.

Objectives:

- Availability
- expiry checks
- fast access
- emergency confidence.

Scope of Innovation: Smart boxes, QR guides, refill alerts, classroom emergency cards, station maps, or audit models.

Expected Impact: Schools become better prepared for common injuries and minor emergencies.

TMIC-HDFA-012

Emergency Health Alert System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Health incidents like fainting, asthma attacks, injuries, dizziness, or allergic reactions require fast communication with the right people.

Problem Statement: Design a solution that sends fast, accurate, and structured health emergency alerts during student incidents.

Objectives:

- Reduce delay
- alert teachers/parents
- improve coordination.

Scope of Innovation: Alert buttons, response codes, wearable cards, parent alerts, health-room workflows, or dashboards.

Expected Impact: Schools respond faster with less panic and confusion.

Challenge Tags: Emergency Alert • Student Safety

TMIC-HDFA-013

First Aid Learning Through Simulation

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students may attend first-aid sessions but forget steps during real situations. Practice-based learning can make safety knowledge memorable.

Problem Statement: Design a simulation, game, or activity model that teaches correct response to common school injuries.

Objectives:

- Engaging training
- safe response
- adult-help awareness.

Scope of Innovation: Board games, scenario cards, role-play, classroom simulations, first-aid missions, quizzes, or practice kits.

Expected Impact: Students gain confidence and practical first-aid awareness.

Challenge Tags: First Aid Training • Simulation • Skills Segment B: First Aid & Emergency Response

TMIC-HDFA-014

Minor Injury Response Guide

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Cuts, bruises, burns, sprains, nosebleeds, and falls are common in schools, and wrong handling can worsen simple injuries.

Problem Statement: Design a solution that guides students and teachers through safe first response for common minor injuries.

Objectives:

- Clear steps
- reduce myths

- know when to seek medical help.

Scope of Innovation: Illustrated cards, posters, QR guides, audio instructions, classroom kits, or multilingual tools.

Expected Impact: Everyday injuries are handled more calmly and safely.

Challenge Tags: Minor Injuries • First Aid Guide

TMIC-HDFA-015

Sports Injury First Response System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Sports activities may cause sprains, muscle pulls, cramps, cuts, falls, or impact injuries. The first few minutes matter.

Problem Statement: Design a solution that helps schools respond quickly and correctly to sports-related injuries.

Objectives:

- Playground safety
- quick response
- teacher/captain support.

Scope of Innovation: Field-side kits, injury cards, protocols, warm-up systems, captain training, or safety checklists.

Expected Impact: Students participate in sports with better preparedness and confidence.

Challenge Tags: Sports Injury • First Response

TMIC-HDFA-016

Heatstroke and Dehydration Response System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Hot weather, long assemblies, sports days, and outdoor events can cause dehydration, dizziness, fatigue, or heat exhaustion among students.

Problem Statement: Design a solution that helps schools prevent, identify, and respond to dehydration and heat-related risks.

Objectives:

- Hydration
- warning signs
- outdoor safety
- heat preparedness.

Scope of Innovation: Hydration reminders, heat alerts, water-station maps, shade planning, sports-day protocols, or safety cards.

Expected Impact: Students remain safer and more comfortable in hot conditions.

Challenge Tags: Heat Safety • Hydration • Health

TMIC-HDFA-017

Asthma and Allergy Emergency Support

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Some students have asthma or allergies that may require urgent support. Teachers must know how to respond while protecting privacy.

Problem Statement: Design a solution that supports safe and quick asthma/allergy emergency response in schools.

Objectives:

- Preparedness
- privacy
- teacher guidance
- parent coordination.

Scope of Innovation: Confidential emergency cards, privacy-safe alerts, response kits, protocols, or classroom awareness tools.

Expected Impact: At-risk students receive timely help without loss of dignity.

Challenge Tags: Asthma • Allergy Safety • Privacy

TMIC-HDFA-018

Safe Medicine Handling in Schools

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students may carry medicines, forget dosage, share tablets, or take medicines without supervision, creating avoidable risk.

Problem Statement: Design a solution that promotes safe medicine handling and prevents careless medicine use among students.

Objectives:

- Avoid self-medication
- improve supervision
- parent-teacher communication.

Scope of Innovation: Medicine safety cards, approval workflows, storage systems, reminder labels, awareness games, or school policies.

Expected Impact: Students and schools become more responsible about medicine safety.

Challenge Tags: Medicine Safety • Awareness Topper Mantra Innovation Challenge (TMIC) 2026 Theme...

TMIC-HDFA-019

School Health Room Management System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Health rooms may struggle with supplies, visit records, expiry dates, emergency contacts, and communication during student illness.

Problem Statement: Design a solution that helps schools manage health rooms efficiently, safely, and responsibly.

Objectives:

- Stock tracking
- visit records
- emergency readiness
- parent contact.

Scope of Innovation: Clinic logs, supply dashboards, expiry trackers, health cards, contact systems, or paper-based workflows.

Expected Impact: Schools provide faster and more organized student care.

Challenge Tags: Health Room • Student Care

TMIC-HDFA-020

Emergency Contact and Parent Alert System

Background: Schools can lose valuable time searching for parent contacts or explaining health incidents clearly during emergencies.

Problem Statement: Design a solution that enables fast, reliable, and structured communication with parents or guardians during health incidents.

Objectives:

- Updated contacts
- clear incident reporting
- parent trust.

Scope of Innovation: Emergency cards, verified contact systems, SMS/call trees, incident formats, or guardian confirmation workflows.

Expected Impact: Parents receive timely information and schools manage incidents responsibly.

Challenge Tags: Parent Alert • Emergency Contact C. Hygiene & Infection Prevention Segment C: Hygiene & Infection Prevention

Segment C: Hygiene & Infection Prevention

TMIC-HDFA-021

Smart School Hygiene Monitoring System

Background: Classrooms, washrooms, water points, canteens, labs, playgrounds, and common spaces require regular hygiene monitoring through the day.

Problem Statement: Design a solution that helps schools monitor, maintain, and improve hygiene across campus areas transparently.

Objectives:

- Cleanliness tracking
- issue reporting
- staff support
- student responsibility.

Scope of Innovation: Hygiene scorecards, QR feedback, inspection checklists, student teams, dashboards, or low-cost monitoring.

Expected Impact: Schools become cleaner, safer, and more accountable.

Challenge Tags: Hygiene • Monitoring • School Health

TMIC-HDFA-022

Clean Hands, Healthy School

Background: Many infections spread through unwashed hands, shared surfaces, toilets, lunch breaks, and playground activities.

Problem Statement: Design a solution that improves hand hygiene habits and reduces common infection spread in schools.

Objectives:

- Handwashing
- soap availability
- hygiene habits.

Scope of Innovation: Handwashing stations, reminders, soap trackers, peer monitors, games, or cleanliness challenges.

Expected Impact: Students build hygiene habits and reduce preventable infections.

Challenge Tags: Hand Hygiene • Infection Prevention

TMIC-HDFA-023

Safe Drinking Water Awareness and Monitoring

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students depend on school water points, which may face dirty taps, poor maintenance, filter issues, leakage, or overcrowding.

Problem Statement: Design a solution that helps schools ensure safer drinking water access and water hygiene awareness.

Objectives:

- Safe access
- issue reporting
- maintenance
- responsible use.

Scope of Innovation: Water-point inspections, quality indicators, reporting models, station maps, or tap hygiene campaigns.

Expected Impact: Students trust and use safer drinking water facilities.

Challenge Tags: Drinking Water • Water Hygiene

TMIC-HDFA-024

Washroom Hygiene and Student Dignity

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Poor washroom hygiene affects health, confidence, dignity, and attendance, especially for adolescent students.

Problem Statement: Design a solution that helps schools maintain clean, safe, usable, and dignified washroom facilities.

Objectives:

- Cleanliness
- privacy
- supply monitoring
- responsible use.

Scope of Innovation: Maintenance trackers, feedback systems, facility checklists, privacy ideas, behaviour campaigns, or supply tools.

Expected Impact: Students experience cleaner and more dignified school facilities.

Challenge Tags: Washroom Hygiene • Dignity Topper Mantra Innovation Challenge (TMIC) 2026 Theme...

TMIC-HDFA-025

Seasonal Illness Prevention System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Cold, cough, flu, dengue, heat illness, viral fever, and stomach infections can spread quickly in schools.

Problem Statement: Design a solution that helps schools prepare for, prevent, and respond to seasonal health risks.

Objectives:

- Seasonal awareness
- symptom reporting
- preventive habits.

Scope of Innovation: Health calendars, classroom alerts, mosquito awareness, hydration plans, dashboards, or prevention drives.

Expected Impact: Schools reduce absenteeism and seasonal health disruptions.

Challenge Tags: Seasonal Illness • Prevention

TMIC-HDFA-026**Germ-Free Shared Learning Materials**

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students share books, lab tools, sports equipment, instruments, stationery, and art supplies, which may carry germs during illness seasons.

Problem Statement: Design a solution that promotes hygienic sharing without discouraging collaboration.

Objectives:

- Safe sharing
- cleaning routines
- responsible material use.

Scope of Innovation: Usage logs, hygiene labels, cleaning stations, protocols, storage improvements, or awareness campaigns.

Expected Impact: Students collaborate safely with lower hygiene risk.

Challenge Tags: Shared Materials • Classroom Safety

TMIC-HDFA-027**Canteen Hygiene Rating System**

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students may not know whether canteen preparation areas, utensils, storage, and serving practices are hygienic.

Problem Statement: Design a solution that improves transparency, accountability, and student trust in canteen hygiene.

Objectives:

- Canteen monitoring
- feedback
- hygiene accountability.

Scope of Innovation: Rating cards, audit checklists, hygiene indicators, student feedback, scoreboards, or inspection workflows.

Expected Impact: Canteens become cleaner, safer, and more trusted.

Challenge Tags: Canteen Hygiene • Food Safety Segment C/D: Classroom Hygiene & Physical Health

TMIC-HDFA-028**Infection-Safe Classroom Practices**

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Crowded classrooms can spread infections, but schools cannot stop learning every time illness risk rises.

Problem Statement: Design a solution that helps classrooms reduce infection spread while maintaining normal learning.

Objectives:

- Healthy routines
- ventilation habits
- shared-material safety.

Scope of Innovation: Classroom protocols, seating practices, illness reporting cards, visual reminders, peer systems, or gamified hygiene.

Expected Impact: Learning continues in healthier classroom spaces.

Challenge Tags: Classroom Health • Infection Safety

TMIC-HDFA-029

Safe Waste Disposal for Health Protection

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Improper disposal of tissues, food waste, sanitary waste, wrappers, and hygiene materials can spread germs, odour, and pests.

Problem Statement: Design a solution that improves safe and responsible waste disposal in schools.

Objectives:

- Correct disposal
- hygiene safety
- student responsibility.

Scope of Innovation: Labelled bins, segregation games, sanitary disposal models, protocols, monitoring systems, or drives.

Expected Impact: Schools become cleaner and healthier through better disposal habits.

Challenge Tags: Waste Disposal • Clean Campus

TMIC-HDFA-030

Hygiene Habit Builder for Young Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Younger students may forget handwashing, covering coughs, using dustbins, nail cleanliness, and personal hygiene routines.

Problem Statement: Design an engaging solution that helps young students build strong daily hygiene habits.

Objectives:

- Early habit building
- fun learning
- teacher-parent involvement.

Scope of Innovation: Hygiene games, story cards, routines, rewards, comics, songs, activity kits, or buddy systems.

Expected Impact: Children develop lifelong hygiene habits.

Challenge Tags: Hygiene Habits • Young Students

Segment D: Fitness, Posture & Physical Health

TMIC-HDFA-031

Backpack Load Reduction System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Heavy bags filled with books, notebooks, bottles, lunch boxes, and files can cause back pain, shoulder strain, fatigue, and poor posture.

Problem Statement: Design a solution that helps schools reduce backpack weight and promote safe school bag habits.

Objectives:

- Lower bag load
- organize materials
- timetable planning.

Scope of Innovation: Bag-weight monitors, locker plans, book-sharing, timetable redesign, audits, or resource systems.

Expected Impact: Students experience less physical strain and better comfort.

Challenge Tags: Backpack Safety • Posture

TMIC-HDFA-032

Healthy Classroom Posture System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Long sitting hours, unsuitable desk height, lack of movement, and poor posture can lead to discomfort and reduced focus.

Problem Statement: Design a solution that improves posture awareness and classroom sitting comfort among students.

Objectives:

- Posture habits
- movement
- seating comfort.

Scope of Innovation: Posture reminders, stretch cards, desk-height mapping, ergonomic ideas, visual guides, or comfort audits.

Expected Impact: Students sit more comfortably and reduce strain.

Challenge Tags: Posture • Ergonomics

TMIC-HDFA-033

Inclusive Fitness Habit Builder

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Many students avoid physical activity due to academic pressure, low confidence, competition, body comparison, or lack of suitable activities.

Problem Statement: Design a solution that helps every student build enjoyable and inclusive fitness habits.

Objectives:

- Regular activity
- non-intimidating fitness
- lifelong habits.

Scope of Innovation: Fitness challenges, non-competitive games, peer groups, activity trackers, wellness clubs, or inclusive sports.

Expected Impact: More students participate in movement with confidence.

Challenge Tags: Fitness • Inclusion

TMIC-HDFA-034

Active Classroom Movement Breaks

Background: Students often sit continuously for long periods, which can reduce attention, circulation, energy, and physical comfort.

Problem Statement: Design a solution that introduces short movement breaks without disturbing academics.

Objectives:

- Reduce sitting
- improve focus
- easy teacher routines.

Scope of Innovation: Two-minute routines, activity timers, stretch cards, peer-led breaks, low-space exercises, or subject-linked movement.

Expected Impact: Students stay more active, alert, and comfortable.

Challenge Tags: Movement Breaks • Focus Segment D: Fitness, Posture & Physical Health

TMIC-HDFA-035

Safe Sports Equipment Usage System

Background: Damaged or poorly maintained sports equipment can cause injuries and reduce participation. Schools need routine checks.

Problem Statement: Design a solution that ensures safe use, maintenance, and tracking of sports equipment.

Objectives:

- Equipment safety
- maintenance
- responsible use.

Scope of Innovation: QR tracking, inspection logs, storage systems, safety labels, student monitors, or maintenance checklists.

Expected Impact: Sports become safer and equipment is managed better.

Challenge Tags: Sports Equipment • Safety

TMIC-HDFA-036

Physical Activity for Non-Sporty Students

Background: Some students dislike competitive sports but still need movement for health, mood, confidence, and long-term fitness.

Problem Statement: Design a solution that encourages non-sporty students to stay active through enjoyable, non-competitive activities.

Objectives:

- Inclusive movement
- confidence
- active habits.

Scope of Innovation: Walking clubs, yoga circuits, dance routines, activity trails, fitness missions, or hobby-based movement.

Expected Impact: Inactive students begin participating in healthy movement.

Challenge Tags: Non-Sporty Students • Wellness

TMIC-HDFA-037

Eye Strain Prevention for Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Reading, writing, screen use, poor lighting, and lack of breaks can cause eye strain, headaches, and blurred vision.

Problem Statement: Design a solution that promotes eye-care habits and reduces screen or reading-related strain.

Objectives:

- Eye health
- screen breaks
- lighting awareness
- early identification.

Scope of Innovation: Break reminders, lighting checks, reading posture guides, self-check tools, habit cards, or trackers.

Expected Impact: Students protect eye health and identify support needs early.

Challenge Tags: Eye Health • Screen Strain

TMIC-HDFA-038

Healthy Sleep Routine Builder

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Late sleep due to homework, coaching, screens, stress, or irregular schedules affects memory, mood, immunity, and learning readiness.

Problem Statement: Design a solution that helps students build healthier sleep and recovery routines.

Objectives:

- Sleep awareness
- time management
- family involvement.

Scope of Innovation: Sleep planners, screen routines, bedtime challenges, journals, study schedules, or wellness campaigns.

Expected Impact: Students improve energy, focus, and emotional balance.

Challenge Tags: Sleep Health • Routine

TMIC-HDFA-039

Dental Health Habit Builder

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Cavities, gum issues, tooth pain, and bad breath are common when sugary snacks and poor brushing habits continue unchecked.

Problem Statement: Design a solution that helps students build oral hygiene habits and understand diet-dental links.

Objectives:

- Brushing habits
- sugar awareness
- early care.

Scope of Innovation: Dental games, habit trackers, sugar tools, peer challenges, charts, parent guides, or check-up models.

Expected Impact: Students reduce preventable dental problems.

TMIC-HDFA-040

Healthy School Day Routine Designer

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: A student day includes travel, classes, meals, water, movement, homework, screens, rest, and sleep. Poor routine affects learning and health.

Problem Statement: Design a solution that helps students build a balanced daily routine for health and academic readiness.

Objectives:

- Balanced habits
- energy and focus
- time management.

Scope of Innovation: Routine cards, planners, trackers, wellness challenges, family guides, visual schedules, or routine systems.

Expected Impact: Students develop healthier routines that support learning.

Challenge Tags: Daily Routine • Healthy Habits E. Mental Wellness, Adolescent Health & Preventive... Segment E: Mental Wellness & Adolescent Health

Segment E: Mental Wellness, Adolescent Health & Preventive Care

TMIC-HDFA-041

Exam Stress Early Support System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Exams may create anxiety, headaches, poor sleep, skipped meals, dehydration, fear of failure, and emotional exhaustion.

Problem Statement: Design a solution that helps students identify and manage exam stress early while promoting healthy preparation habits.

Objectives:

- Stress awareness
- healthy study routines
- parent-teacher support.

Scope of Innovation: Wellness planners, check-ins, relaxation routines, peer support, hydration reminders, or guidance kits.

Expected Impact: Students face exams with better focus, confidence, and balance.

Challenge Tags: Exam Stress • Mental Health

TMIC-HDFA-042

Emotional Check-In Without Stigma

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students may feel lonely, stressed, angry, confused, or overwhelmed but hesitate to ask for help because they fear judgment.

Problem Statement: Design a solution that allows students to express emotional concerns safely and helps schools provide timely support.

Objectives:

- Safe expression
- privacy
- early support
- empathy.

Scope of Innovation: Check-in cards, anonymous channels, reflection tools, trusted-teacher workflows, or creative expression spaces.

Expected Impact: Students feel heard and emotionally safer at school.

Challenge Tags: Emotional Wellbeing • Support

TMIC-HDFA-043

Menstrual Hygiene Support System

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Many girls face challenges around menstrual hygiene, emergency supplies, privacy, disposal, pain, attendance, and stigma.

Problem Statement: Design a solution that provides menstrual hygiene support with dignity, privacy, accessibility, and proper disposal.

Objectives:

- Access
- dignity
- stigma reduction
- safe disposal.

Scope of Innovation: Private supply systems, emergency kits, disposal models, awareness modules, peer support, or facility improvements.

Expected Impact: Girls feel safer, more confident, and better supported.

Challenge Tags: Menstrual Hygiene • Girls Health

TMIC-HDFA-044

Puberty Awareness for Adolescents

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Adolescents experience physical, emotional, and social changes, often without reliable guidance, leading to myths and embarrassment.

Problem Statement: Design an age-appropriate solution that helps students understand puberty, hygiene, body changes, emotions, and self-respect.

Objectives:

- Factual awareness
- reduce myths
- self-care
- respectful behaviour.

Scope of Innovation: Education kits, anonymous questions, illustrated guides, teacher modules, parent communication, or myth-busting games.

Expected Impact: Students understand adolescence with confidence and respect.

Challenge Tags: Puberty • Adolescent Health

TMIC-HDFA-045

Preventing Body Shaming in Health Discussions

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Health conversations around weight, height, skin, fitness, or body shape can unintentionally create teasing, comparison, or low confidence.

Problem Statement: Design a solution that promotes health, nutrition, and fitness without body shaming or negative labelling.

Objectives:

- Inclusive health
- confidence
- respectful peer culture.

Scope of Innovation: Body-positive campaigns, private journals, empathy activities, inclusive fitness systems, or teacher guidance.

Expected Impact: Students improve health without embarrassment or comparison.

Challenge Tags: Body Positivity • Inclusion

TMIC-HDFA-046

Privacy-Safe Student Health Record Readiness

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Schools need basic health information such as allergies, medical conditions, emergency contacts, and parent instructions, but it must be handled...

Problem Statement: Design a privacy-safe solution that helps schools maintain essential student health readiness information.

Objectives:

- Updated info
- privacy
- emergency access
- coordination.

Scope of Innovation: Confidential cards, secure records, parent update models, sealed records, or emergency access workflows.

Expected Impact: Schools respond better while respecting student privacy.

Challenge Tags: Health Records • Privacy Segment E Continued: Preventive Care & Community Health

TMIC-HDFA-047

Early Warning for Lifestyle Health Risks

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Poor sleep, diet, inactivity, dehydration, excessive screens, stress, and irregular routines can gradually create long-term health risks.

Problem Statement: Design a solution that helps students identify and improve lifestyle risk factors early.

Objectives:

- Prevention
- habit awareness
- self-reflection
- positive improvement.

Scope of Innovation: Lifestyle scorecards, habit trackers, wellness journals, family guides, campaigns, or preventive health models.

Expected Impact: Students improve routines before health risks become serious.

Challenge Tags: Lifestyle Health • Prevention

TMIC-HDFA-048

Mental Wellness Through Guided Peer Support

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students often talk to peers first, but peer support must be guided so students do not carry emotional burdens or give unsafe advice.

Problem Statement: Design a guided peer-support model that promotes wellbeing with safety, boundaries, and adult supervision.

Objectives:

- Empathy
- safe listening
- early help-seeking
- adult escalation.

Scope of Innovation: Peer buddy programmes, listener clubs, conversation cards, wellbeing ambassadors, or supervised groups.

Expected Impact: Students feel connected while schools maintain responsible care.

Challenge Tags: Peer Support • Mental Wellness

TMIC-HDFA-049

School Health Awareness Dashboard

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Health campaigns can become random if schools do not know common student needs or whether programmes are working.

Problem Statement: Design a privacy-safe solution that helps schools understand health awareness needs and plan better wellness activities.

Objectives:

- Aggregated insights
- programme planning
- participation tracking.

Scope of Innovation: Survey dashboards, wellness calendars, feedback tools, campaign trackers, or class-level awareness maps.

Expected Impact: Schools run targeted health programmes based on real needs.

Challenge Tags: Health Dashboard • Wellness Planning

TMIC-HDFA-050

Community Health Innovation by Students

Theme: Health, Diet & First Aid

Category: Classes 8-12

Background: Students can address real community health issues such as hygiene, nutrition, first aid, safe water, menstrual health, and preventive care.

Problem Statement: Design a student-led innovation that solves a real local health, diet, hygiene, or first-aid challenge.

Objectives:

- Community impact
- leadership
- preventive awareness.

Scope of Innovation: Local health mapping, campaigns, awareness drives, low-cost tools, school-community partnerships, or hygiene interventions.

Expected Impact: Students become health innovators and create measurable local impact.

Challenge Tags: Community Health • Social Impact