



Project Description

Daniela Koch 266502, Matej Michalek 266827

Michal Karol Pompa 266494, Michaela Golhova 266099

Supervisors:

Line Lindhardt Egsgaard

Michael Viuff

Mona Wendel Andersen

ICT Engineering

1st Semester

October 2017



Table of content

Background Description.....	1
Purpose	2
Problem Statement	2
Delimitation.....	2
Choice of model and method	3
Time Schedule.....	3
Risk assessment.....	4
Sources of information	5

Appendices



Background Description

Nowadays due to the fact that people are living in a rush- they hurry to work, hurry home, hurry to eat dinner, hurry on a date- and that the professional life has taken advantage on the other aspects of life they are often exposed on a huge amount of stress (WHO, 2017). Together with the popular unhealthy lifestyle- both physically (the sedentary lifestyle) and mentally (continuous stress) - it often causes depression. If depression is not being cured it leads to fatal consequences. Globally, more than 300 million people suffer from depression. That is one of the biggest issues of the 21st century (WHO, 2017).

One way of solving the issue of spreading of depression and the growing percentage of committed suicides is provided by Vipassanā - Insight Awareness (VIA). VIA is a centre for spiritual events originally with a base in the Buddhist principles of meditation as an insight with awareness of what is happening as it happens. Today events at VIA also includes spiritual practices not directly linked to any religion like dream interpretations, healing, alternative health care, etc. Such practices not only can reduce stress (what is done for instance by meditating) (Psychiatry online, 2006), but also give one a feeling of being a member of a group, being important. It is not a mystery that depression associates with loneliness and being surrounded with people, in particular being a part of a group can reduce that feeling. This is due to the fact that these are one of the basic needs in the Maslow pyramid (Maslow A.H., 1943). Having reduced the feeling of loneliness the first step to overcome depression has been made. Furthermore taking part in lectures, seminars or workshops which are provided by VIA keeps one's mind away from work and lets it rest and relax.

What helps people even more are the trips promoted by the organization. Not only do they allow one to forget about the everyday routine, but also force one to move, breathe fresh air and spend time close to the nature. The first two aspects: moving and fresh air have an enormous influence on the physical health. However, connected with the latter they also affect the mental health of a person. Moving on fresh air in the nature makes one calm, gives time to think in peace and provides a positive attitude. (Akindutire, I. O. & Olanipekun, J. A., 2017)

However Vipassanā - Insight Awareness is not adapted to the today's world based on new technology. As the world depends more and more on the work of computers, keeping a paper-based system is hardly possible. The organization is in a need of keeping track of events, members, lecturers and the work done by its council in an easy way. It needs a system that would store data and provide both an easy access to them (to take an example to simplify



sending emails to the members) and an easy way of sharing them (to ease promoting organized events). Due to the fact that today the internet is one of the most popular sources of information (Taylor & Francis, 2017), a computerized system would increase the range of attendance on the events. Moreover it would solve the complication of searching for proper lecturers. Even though similar systems already exist they do not meet the needs of our client. That is due to the fact that VIA expects a simple server and the existing ones are complicated.

Purpose

The purpose is to make a server that enables storing data and an easy access to them.

Problem Statement

The project focus is to make data available for users in object-oriented way. The server will be responsible for collecting data from user and storing them in files. The user will be able to retrieve data from the server on request.

Questions to be answered are the following:

- How to store data in files?
- How to search for specific values in data?
- How to make the system maintainable, i.e. relatively easy to provide database compatibility?
- How to make the system scalable – e.g. from 2 to 200 lecturers?

Delimitation

- We will not use database to store data.
- Data will be provided by files, not from real users



Choice of model and method

What Partial problem	Why Why study this problem?	Which Which models/theories are expected to be used to solve the problem?
How to store data in files?	To enable an easy access to the data	Use objects serialization (XML/JSON)
How to search for specific values in data?	To enable an easy access to specific data, one of the main features of the system	Use data collections and write search engine Use UML modelling and abstraction
How to make the system maintainable, i.e. relatively easy to provide database compatibility?	Easy to include and store data after first release	Use UML modelling and objects serialization

Time Schedule

Basing on ECTS the time schedule is estimated at 550 hours. The schedule will be divided into 4 time periods: analysis, design, implementation and test.

The deadlines for specific parts are as following:

1. **Analysis:** 13th of November
2. **Design:** 20th of November
3. **Implementation:** 4th of December
4. **Testing:** 19th of December



Risk assessment

RISK	PROBABILITY	IMPACT	EFFECT	RISK REDUCTION ACTIONS	RESPONSE
Change in user requirements	Low	High	Time, full project completion	Agreed requirements before	Implement project change, postpone deadline
Group member's illness	Medium	Medium	Time	Divide group work in small tasks	Redistribute group work
Technical breakdown	Medium	Medium	Time, completion of key tasks	Work with reliable technical equipment, Backup important files	Replace with alternative stuff
Group member's sabotage	Low	Medium	Time, concord among group members	Team-buildings	Redistribute group work
Unrealistic planning and scheduling	High	High	Time, full project completion	Detailed pre-analysis of time schedule	Postpone deadline



Sources of information

WHO | Stress at the workplace. 2017. WHO | Stress at the workplace. [ONLINE] Available at: http://www.who.int/occupational_health/topics/stressatwp/en/. [Accessed 05 October 2017].

Maslow A.H. (1943). A theory of human motivation. *Psychological Review*, 50, 370–396. [Crossref](#)

World Health Organization. 2017. WHO | World Mental Health Day 2017. [ONLINE] Available at: http://www.who.int/mental_health/world-mental-health-day/2017/en/. [Accessed 05 October 2017].

Akindutire, I. O. & Olanipekun, J. A., 2017, *Sedentary Life-Style as Inhibition to Good Quality of Life and Longevity*. [pdf] Available at: <http://files.eric.ed.gov/fulltext/EJ1143963.pdf> [Accessed 05 October 2017].

Psychiatry online. 2006 [ONLINE] Available at: <http://ajp.psychiatryonline.org/doi/abs/10.1176/ajp.149.7.936>. [Accessed 05 October 2017].

Taylor & Francis. (2017). A Model of Consumer Choice of the Internet as an Information Source. [online] Available at: <http://www.tandfonline.com/doi/abs/10.1080/10864415.2001.11044217> [Accessed 05 October 2017].



VIA University
College

PROJECT DESCRIPTION

Appendices

Appendix 1 – Group Contract