



Project Description

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Background Description

Nowadays due to the fact that people are living in a rush 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. Globally, more than 300 million people suffer from this disease. That is one of the biggest issues of the 21st century (WHO, 2017).

One way of solving the issue of spreading of depression 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. Such practices, to take an example meditating, can reduce stress (Psychiatry online, 2006). 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.

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. 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. The organization is in a need of keeping track of events, members, lecturers 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). Moreover, a computer-based system would solve the complication of searching for proper lecturers. What is more, the system should be maintainable, what would enable Vipassana to easily add new functionalities. 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 maintainable system that provides Vipassana an easy access to information, as well as provides solution for finding proper lecturers.

Problem Statement

Questions to be answered are the following:

- How to store data about events, members and lecturers?
- How to find proper lecturers for events?
- How to make the system easy to extend and provide new functionalities?

Delimitation

- The system will not use database to store data.
- Data will be provided by files, not from real users.
- The system will not be storing feedback.
- The system will not be sending emails automatically to users.
- The system will not look for events between a specific time period.



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 about events, members and lecturers?	To enable an easy access to the data	Use objects serialization
How to find proper lecturers for events?	To save time needed to plan events	Use data collections and write search engine Use UML modelling and abstraction
How to make the system easy to extend and provide new functionalities?	To have the possibility of developing the system further - i.e. database compatibility	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].

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Appendices

Appendix 1 – Group Contract