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. (source) 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. (source) That is one of the biggest issues of the 21st century.

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 center 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) (source), 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. (source- Maslows pyramid) Having reduced the feeling of loneliness the first step to overcome depression has been made. (source) 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. ((source) *research on how often one should walk, the growing percentage of obesity due to the sedentary lifestyle, combating it by moving*). But 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. (source)?

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 looking for information (source), a computerized system would increase the range of attendance on the events. Moreover it would solve the complication of searching for proper lecturers. The organization faces a problem related to remembering lecturers, which of them have been received by the audience in the best way and which of them have been promised advertisements free of charge. The solution would be a storing system providing an easy access to the data. Concerning finding the most appropriate lecturers, getting feedback is needed. The easiest and most efficient way is to enable the audience of events to add it via internet and later gather it and store in the system having associated it with the lecturer. Even though similar systems already exist they don’t meet the needs of our client. That is due to the fact that VIA expects a simple server and the existing ones are simply too 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?