

Vipassanā – Insight Awareness (VIA)

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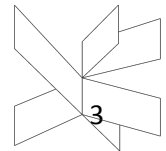
ICT Engineering

1st Semester

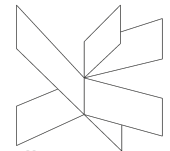
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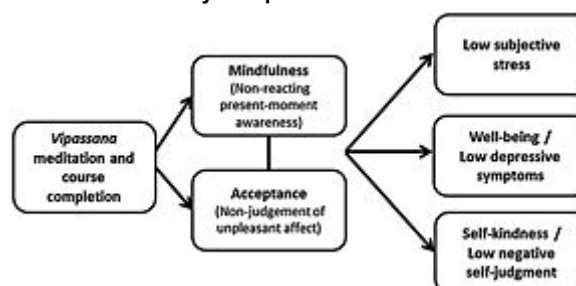
1 Background description



Vipassanā - Insight Awareness (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. They organize spiritual events, send out newsletters and sometimes articles to their members.

Vipassanā does not store any trace of lecturers, members, plans for events, work done by its council or whom they promised advertisements free of charge. This gives the rise of potential loss of clients which in turn opens a liability in the way that the organisation operates, its potential achievements and overall stability. Studies have proven that Vipassanā's meditation is rewarding to the individual - benefits such as improvement of psychological health caused the means to solve the problem of current situation of Vipassanā, the project will benefit the wide audience of people. Furthermore, there are sources which claim that Vipassanā's practices yield a more prosperous way of living as a conclusion from studies on a wide range of audiences who have been exposed to meditation courses with a wide variety of time spans. It can be concluded that stress management is an important area of concern and it should be taken care off because it is not only beneficial for the organization but at the same time it also improves individual life of employees. The following diagram shows the outcomes on people which have been subjected to a meditation course lasting six months.

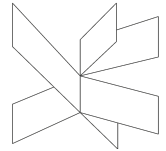
Evaluation of *Vipassanā* Meditation Course Effects on Subjective Stress, Well-being, Self-kindness and Mindfulness in a Community Sample: Post-course and 6-month Outcomes



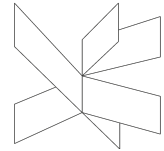
“Sometimes a single Vipassana course can give someone enough direct experience of the truth inside that for them the path is clear: “This is where I want to go. This is what I want to be.” For others it takes longer.” - Independent Publishers Group I.H 2003 9781928706212

The quote above represents the thoughts of a person who has underwent the Vipassanā course clearly pointing out that a person's perspective changes.

2 Definition of purpose



The definition of purpose for this project is to construct a system that has the ability to keep track of records which will allow Vipassana to improve its data management.



3 Problem Statement

Overall problem:

The current and future problems that the group will encounter along the way will be the lack of information that the system will process, the necessary automation methods - if, for example, a specific part of people need to be selected or contacted - what would be a necessary pre-requirement for the system to go into effect.

The questions regarding the problem statement are the following:

Q: How will the backend of the system tie with the GUI (Graphical User Interface) and what possibilities will the system have for the GUI to offer?

The possibilities of the system and the GUI structure need to be appropriate with one another for there to be a consistent logic in the systems' possibilities. Some of the possibilities are still unknown and some may likely change as the project moves forward.

Q: How will the system know who is going to have higher privileges than the other?

The system will need to differentiate between a user and a company representative so that both have easy access

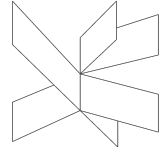
Q: How can the system store the different events and members with all of their personalized information?

Based on the actual collected information, the system needs to meet three different criterias - information handling, events handling and categorization of the said personalized user information.

Q: How can the user search for lecturers in a given category?

A good and easy-to-use user interface is a very important part in every application and system. Therefore the group should spend some time to insure an easy user experience with a good search engine.

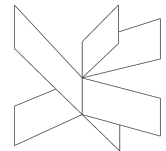
4 Delimitation



The system and the project are aimed towards the software market and are in turn developed for the clients who have requested such a service to be created - Vipassanā - Insight Awareness.

What the assigned group will firmly focus on are the technical problems, For example, how to make the system better. Otherwise, there will not be focus on problems such as searching for the most wished lectures and events.

Another thing that the group will not focus on is a good looking user interface, as the group will focus on adding key functionality to the systems' abilities.



5 Choice of models and methods

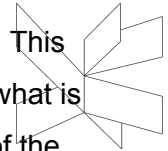
Internal group event handling:

The project's strategy of overcoming potential problems will have a direct impact on its outcomes. The aim is to gain a solid knowledge base for the team that is working on the assigned project and focus that gained knowledge whilst researching problems which will be encountered during its development. The focus in this project is going to be on creating all assets, testing and finalizing the working system - in other words words: [events handling](#). This is a critical aspect of project management as well as workflow management. Keeping track of progress of the workflow is vital as it yields a better perception of the overall outcome. The methodology behind this will be to have group work as well as individual handling of work and / or upcoming project events. The responsibility of the events handling, time planning, and workload distribution will be assigned to Angel Petrov which will in turn plan ahead of time and see through upcoming tasks and solve any obstacles related to the group work distribution. Estimated workload for this problem is predicted at around 6 to 10 hours or 5 percent to 10 percent but will solely depend on the actual problems that the team will encounter along the way of development so the representation for TTC (Time To Completion) will vary as the project moves forward.

System readability and management:

Another partial problem is making the system as [easy to understand](#) as possible so that the end users don't have any problems such as encountering bugs or compatibility issues. Managing code is also within this category - adding comments for "what goes where" or "what this thing does" is a good way of understanding things that fellow colleagues have implemented. A better outcome is expected as others are going to have a better understanding of what the person who implemented that specific area of the project actually meant and if they see the need, they will have a better idea of how to improve that specific area. The main person who will be responsible for this area will be Rytis Kunigiskis, however everyone will assume this role to a certain extent but the

responsible person for this area will have a focus on going through all the code. This said person will have the opportunity to go through all of the code and discuss what is right or wrong and propose, to add or remove specific parts from the structure of the system. A rough estimated workload for this part will be around 10 percent or 11 hours of the overall workload of 110 hours but overall the timing will solely rely on which parts of the project are currently being evaluated, their length and meaning within the project (some parts do not need to be explained, others do).



Finding sponsors for newsletters:

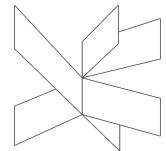
The system will not only store sponsors that have been sponsoring Vipassana successfully before, but also will allow to maintain the list, add new sponsors or delete the old ones and add or edit the description of each sponsor. It will allow the customer to keep track of their sponsors and quickly get information about them, give them feedback about the sponsors for the categories that they show interest in. Diyar Hussein will take responsibility for this point and estimated workload for this point should be around 5 hours or around 5 percent of the overall workload.

Finding non-finalized events to finalize them:

Planning events requires a lot of information and quick access to it with a good search engine will provide fast planning to finalize all non-finalized events. The user will be able to review the status of any event and see all required details about it. Rodrigo Pereira will hold responsibility for this point. Estimated time for fulfilling this task should be around 25 hours or around 23 percent.

Storing needed data for the system:

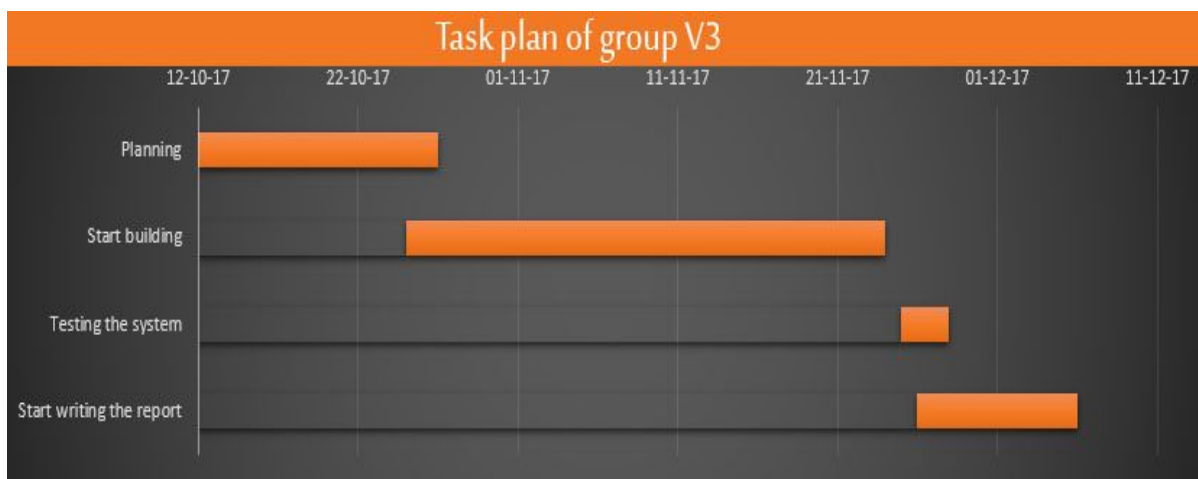
Data will be stored locally. This will ensure data protection. Everyone in the group is responsible for this point. Estimated work hours around 10 hours or around 9 percent.

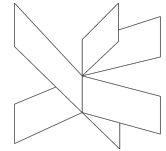


6 Time schedule

Our group will work on the project based on the [Waterfall](#) model which will in turn yield a progressive style of software development throughout the different project stages as opposed to using models such as, for example, [SCRUM](#) or [Kanban](#).

The following table represents the assigned group's workload and work span in a given category based on the Waterfall model:

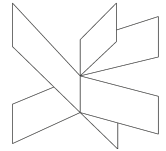




7 Risk assessment

Risks	Description	Likelihood	Severity	Risk mitigation	Identifiers	Responsible
Running out of time	Time management is a necessity	3	4	Work in the specified work time and plan	Coming up project deadline, stalling	Group 3
Lack of knowledge of how to perform some project parts	To get the best out of the system, knowledge has to be well collected	2	3	Research and ask questions	No initial planning	Group 3
Security of the Information	Securing information, will ensure data leak	4	5	Use basic encryption	Probability of information leak	Group 3
Infringement on third party sources	Relying on proprietary content for "inspiration"	1	3	Avoid at all costs	External code used that is guarded by a proprietary licence	Group 3

8 Sources of Information



Background description:

- ❖ [Source № 1](#) (login required)
- ❖ [Source № 2](#)
- ❖ [Source № 3](#)
- ❖ [Source № 4](#) (login required) - [alternative link](#)

9 Appendices

- Group contract

