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**TP1 – Team 4 – Mindscape**
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**This project framing document details the description of our project, the problem we're trying to address, our target users, our top 3 competitors, and how our project differs from the competition.**

**Description -**

Our Project – Mindscape, is a mindfulness mobile application that offers guided meditations, breathing exercises, and stress-reducing techniques integrated with an AI chat-bot that asks a series of questions to gauge the kind of support the user needs.

The way this app works is when the user opens the application, they are directed to the chatbot which asks them questions like 'How are you feeling today?', 'How much time do you have for meditation right now?', 'Would you like guided meditation or ambient music to relax to?' and so on to form a conversation on the basis of which it will recommend a resource. For example, 'Based on your responses, I recommend {recommendation}' which can be a Spotify podcast or a YouTube video, or even a free application on the App Store. This app is designed to provide free resources with minimal searching.

**The problem we're trying to address -**

In this cut-throat era, everyone has a busy lifestyle. People do not have much time for themselves. They are overworked and tired. Mental health is a prevalent issue these days. Depression is increasing day by day.

Because of all the stress, people are suffering in their day-to-day life and are not able to enjoy life. In such circumstances they seek out diverse ways to relax. We are trying to address the specific problem of calming one's mind. This will not only better the mental health of people but also positively impact their overall lifestyle. We want people to connect with their inner peace through meditation and stress-reducing techniques that are easy to find and at no extra cost to the user.

**Our Target Users -**

    a. People who want to relax
    b. Working professionals

c. People who seeking for mental support
d. People who interesting on mindfulness

**Top 3 Competitor products and how our product differs -**

- Headspace
- Calm
- Insight Timer

The existing products mainly offer a library of guided meditations, breathing exercises, and sleep aids to help users reduce their stress, improve focus, and achieve better overall well-being. Our mindfulness mobile application with an integrated AI chat-bot that offers guided meditations, breathing exercises, and stress-reducing techniques will provide a unique and personalized experience to help users reduce anxiety and stress, improve sleep quality, and achieve better overall well-being. The AI chat-bot will generate personalized recommendations based on the user's mood, time availability and preferences to satisfy their specific needs. The variety of resources that our app provides makes it more versatile than other competitor products. The integration with other platforms offers a wider range of resources for users to choose from. Overall, our product provides a unique and personalized experience that offers a variety of resources to help users cultivate a greater sense of peace and mindfulness in their daily lives.