I would like to do an app on the benefits of Meditation. The app is named Dhyana. Dhyana will educate people on 5 benefits of meditation. The benefits will be listed on the benefits page and if each benefit is clicked, a pop up with the scientific reasoning behind it will be popped.

Features of the app are:

1. benefits and scientific reasoning behind meditation
2. how to meditate
3. some related external links
4. settings required for meditating (includes a timer, tune to be played at end of the set timer, silencing the phone during the set timer)

I choose to do this app because i practice meditation and would like to spread this knowledge, especially stressing on the benefits in a scientific approach. The population that would be targeted are beginners and experts in meditation who want to know the benefits from a scientific view.

I have chosen the images and UI to emphasize on the stillness and clarity. So, the app would be very simple in layout design. It will have a page/activity for ‘how-to’ meditate, one for ‘benefits’ with scientific reasoning and one with related links. Also, there will be an activity for setting timer and related settings for mediating using this app. The app will have a means of sharing it easily(a share icon in menu). The opening activity will stress on the importance of meditating everyday. A uniformity in color, shape, size of views and fonts will be maintained by using styles, strings, color and other xmls. Also localization will be provided in 'Tamil' language.

A Help about this app will also be provided. The Help will provide a link for sending suggestions/comments and one link for rating the app when it is put on Google play store.