



1.1. Overview

1.1.1. Background

Meditation, yoga, and having a good night sleep are three aspects that have become staples of everyone's lives to ensure good physical and mental health, given the amount of stress they experience on a regular basis in their work and personal lives. Everyone recognized the importance of mental health during the pandemic, and today, more and more people are conscious of it and are willing to take steps to strengthen it. Meditation is advised not only by spiritual practitioners but also by physicians, mental health professionals, therapists, and psychologists all over the world to relax. Those physicians, professionals and therapist consider as teacher and also consider all situation of this stage, age. We are creating a meditation app named **PEACE**.

1.1.2. Objectives

The system will have different level of user. The one who is not registered as a user will only be able to view the basic information page. The users profile will be-

1. System Administrator
2. User

The list of operations that the system will provide are-

1. Onboarding
2. Social Sign up & Profile Management
3. Meditation Exercise Sessions
4. Audio/Video for guided meditation

5. Favorite meditation tracks and sessions
6. Meditation sessions based on level (beginner, intermediate or advanced)
7. Meditation guide sessions and video consultation with experts
8. Push notifications
9. Customer support & Feedback
10. Track progress & Analytics
11. Customized sessions based on age, gender, preference, etc.

1.1.3. Scope

Mindfulness is a secular and scientific psychological technique based on meditation techniques from Eastern traditions with demonstrated efficacy in many illnesses and in psychiatry, as well as its utility in healthy people, in order to increase their well-being and quality of life. This paper presents the first prototype of a mobile application to help people during the practice of mindfulness. This practice will promote the well-being and an active and healthy aging. The good acceptance of this app has been demonstrated in a pilot experience. Specifically, the app will be useful for helping people who are in stress, anxiety and depression.

Along with this app user get segment of:

Anxiety & Stress Reduction, Deep Sleep, Concentration & Focus, Tracking Habits and Goals, Mindfulness

1.1.4. Assumptions and Constraints

The user interface is in English as a result people lacking in English skill will face difficulty in using the system. Login and password is used for identification of user and there is no facility for guest.

Therefore, This is the monetization model used for the majority of these applications. When a user installs the app, they are granted a free trial period of one to two weeks. The app user can purchase a paid subscription to continue using the app or gain access to a more advanced app edition at the end of the trial period.

1.1.5. Dependencies and Risks

The user must have a device order to use the system. The main risk behind implementing the project is design. If somebody feel bored or thier user experience is not so much good then it will be a total disorder. So during development it will be one of our major concerns. Another concern is having common bugs such as the common users are having the same functionalities.

1.2. Project Delivery

1.2.1 Deliverables

The following contents will be delivered with the project:

- a) Documentation

1.2.2 Timescales

The time frame for implementing the project is given in **Figure 1.2.1**.

1.2.3 Work Distribution

The work distribution of the project is given in **Table 1.2.1**.

1.2.4 Project Resources

The resources required to finish the project is given in **Table 1.2.2**.

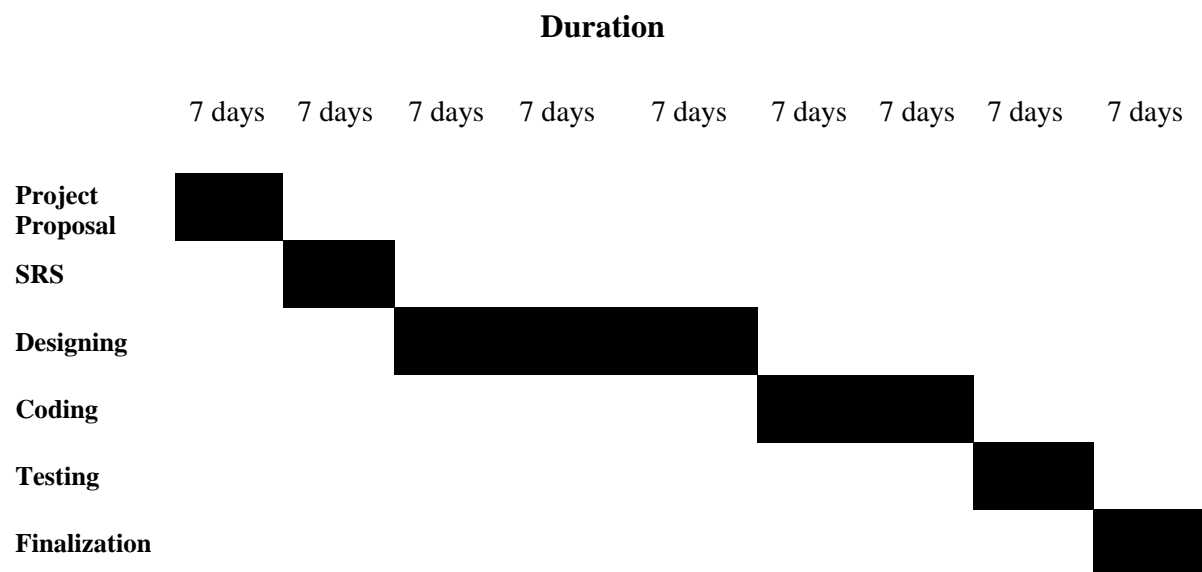


Figure 1.2.1: Time frames for project implementation

Project Proposal	Munim Ahmed	7days
Software Requirement Specification	Munim Ahmed	7 days
Software Design	Munim Ahmed	21 days
Coding	Munim Ahmed	14 days
Software Testing	Munim Ahmed	7 days
Project Finalization	Munim Ahmed	7 days

Table 1.2.1 Work Distribution

Hardware Requirements		
Processor	RAM	Hard Disk Space
CORE i3 or higher	128 Mb or higher	128 Mb or higher
Software Requirements		
Operating System		Database
For user no specific OS is required. The server machine must have Windows XP/Vista/7/10 along with .NET framework 4 and IIS.		SQL Server 2010

Table 1.2.2 Project Resources

1.3. Summary

PEACE helps and process a depressed, anxiety and stress soul to a healthy, shine, beautiful mind. For those we make this app in an art to visible and virtual world.

Our motto- 'A relaxation in your pocket'

In our perspective mindfulness is not only about focus it needs also relaxation, stress reduction, concentration, sleep. That's why we making this pocket type relaxation to explore your daily round with your life goals.

1.4. References

1. HowTo: Write a project proposal [Online] URL:

<http://mogadalai.wordpress.com/2007/05/28/howto-write-a-project-proposal> (Accessed on 13.02.2011)

2. Savvycom [Online] URL: <https://savvycomsoftware.com/meditation-app-development/> (Accessed on 07.02.2022)

