

Functional Requirements Document (FRD) for PEACE Meditation App

Table of Contents

1. Abstract

1.1 Background and Purpose

1.2 Objectives

1.3 Scope

1.4 Assumptions and Constraints

1.5 Dependencies and Risks

2. Project Delivery

2.1 Deliverables

2.2 Timescales

2.3 Work Distribution

2.4 Project Resources

3. Summary

4. References

1. Abstract

1.1 Background and Purpose

Meditation, yoga, and sleep play vital roles in maintaining good physical and mental health, particularly given the stress prevalent in today's work and personal lives. Recognizing the significance of mental health, a meditation app named PEACE is being developed to help users achieve relaxation, stress reduction, and overall well-being. The app provides meditation exercises, guided sessions, and tailored content based on user preferences.

1.2 Objectives

The PEACE app aims to provide various features to different levels of users, including System Administrators and regular Users. The app will enable users to:

- Sign up and manage profiles, with social sign-up options.
- Access meditation exercise sessions and guided audio/video content.
- Bookmark favorite meditation tracks and sessions.
- Engage in meditation sessions tailored to different levels (beginner, intermediate, advanced).
- Participate in meditation guide sessions and video consultations with experts.
- Receive push notifications.
- Access customer support and provide feedback.
- Track progress and analyze usage through analytics.
- Customize meditation sessions based on age, gender, preferences, etc.

1.3 Scope

PEACE is designed to help users improve their mental well-being through mindfulness and meditation techniques. It caters to users experiencing stress, anxiety, and depression, aiming to promote an active and healthy aging process. The app provides content related to Anxiety & Stress Reduction, Deep Sleep, Concentration & Focus, Habit and Goal Tracking, and Mindfulness.

1.4 Assumptions and Constraints

The app's user interface is in English, potentially causing usability issues for non-English speakers. The app requires user registration through login and password; guest access is not supported. A freemium monetization model is employed, offering a free trial period followed by paid subscription options.

1.5 Dependencies and Risks

A key dependency is user possession of compatible devices. Risks include user dissatisfaction due to poor design and user experience, as well as the possibility of common bugs affecting various users.

2. Project Delivery

2.1 Deliverables

The project will deliver the following components:

- Documentation

2.2 Timescales

The project implementation time frame is outlined as follows:

1. Project Proposal: 7 days
2. Software Requirement Specification (SRS): 7 days
3. Software Designing: 21 days
4. Coding: 14 days
5. Software Testing: 7 days
6. Project Finalization: 7 days

2.3 Work Distribution

The work distribution for the project involves a single contributor:

Tisha Khandokar: All phases of the project (7-21 days per phase)

2.4 Project Resources

Hardware Requirements:

1. Processor: CORE i3 or higher
2. RAM: 128 Mb or higher
3. Hard Disk Space: 128 Mb or higher

Software Requirements:

1. Operating System: Windows XP/Vista/7/10, .NET Framework 4, IIS
2. Database: SQL Server 2010

3. Summary

PEACE is an innovative meditation app designed to enhance users' mental and emotional well-being. The app's motto, "A relaxation in your pocket," underscores its mission to provide relaxation, stress reduction, concentration, and sleep support to users. PEACE intends to make

mindfulness accessible and convenient, guiding users on their journey toward holistic health and life goals.

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. "Meditation App Development." [Online] URL:
<https://savvycomsoftware.com/meditation-app-development/> (Accessed on 07.02.2022)