

Sparkplug4Mind

Project Team ID: 4

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Project Goal and Objectives

Project Motto : Makes mind and Soul better and best

Motivation: Being human being in this busy world is little difficult one but being Success human being in this world is more difficult than climbing Mount Everest. To be success, we need to be stress-free, worry-less, focus-more, train-more. This is where our App idea comes to play and help to be success and also good human being

Idea Inspired by TED talk, idea worth Spreading, "All it takes is 10 mindful minutes "by Andy Puddicombe

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

Uniqueness and Significance: This mobile application has stress-reliever games, Proven brain wave music to your alpha, beta, gamma wave of brain, yoga, meditation, and many more in one place.

Objective: Our project objective is simple and effective life turning App. Sparkplug Mind is your own personal trainer and motivator which helps you to train your mind and soul in our pocket.

Application Feature:

- Interactive stress-reliever games.
- Structured and Proven weekly course work for stress-free and more-success life
- Medical brain wave music according to user focus improvement.
- Motivation video tailored specific to user
- Yoga or Mediation trainer to different age group

Related project:

There are many products and App is available. Check out the list – related app in below URL:

<http://www.techtimes.com/articles/57571/20150605/12-mobile-apps-that-help-relieve-stress-and-anxiety.htm>

Note: Our app is one place app unlike above list and better app too.

Back up Project: Expense Tracking Application to keep track of weekly and monthly expenses and monthly income in graphical manner.

Technical Specification:

- Android application
- Interactive user feature includes games

Bibliography:

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