

## Project Synopsis/Project Concept Document

Project number	3
Project Title	Meditation Generator
Document	DASS Project Concept Document
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### Description

The goal is to create software for TheAtom's CMS (content management system) team. It is a startup whose aim is to create a software that creates personalised meditation audio clips based on the user's preferences. This is accomplished by using audio clip snippets, and the software then generates a sequence of meditation snippets based on the template selected by the user. So our goal is to provide the CMS team with a software that allows them to create these various templates, which the end user can then access and use to improve their meditation experience.

### Profile of Users

Designing meditation generator software for the CMS team of TheAtom which will create meditation templates which serve different types of end users of TheAtom app considering their specific needs, goals, and preferences. Here are a few examples of how this might be done:

- For individuals dealing with stress and anxiety, the software could include guided meditations specifically designed to help users relax and calm their minds.
- For individuals who are looking to improve their focus and concentration, the software could include guided meditations that focus on mindfulness and being present in the moment, as well as exercises to improve attention and concentration. It could also include tracking tools to monitor progress and set goals.
- For individuals dealing with insomnia, the software could include guided meditations specifically designed to help users relax and fall asleep, as well as sleep-inducing nature sounds and music.
- For individuals who are interested in personal growth and self-improvement, the software could include a variety of guided meditations and exercises, such as visualization, self-reflection, and gratitude practices.

- For individuals who are new to meditation, the software could include introductory guides and tutorials to help users understand the basics of meditation and how to get started. it could also have different levels of difficulty to choose from, and progress tracking to monitor improvement.

Overall, our task is to create an interface for the CMS team, which enables them to create different types of templates for different types of users.

### Feature highlights

- On the UI, several template types and their durations will be visible, as well as meditation snippets and pause times.
- Later iterations of the project will have a "Random" button that will automate the selection process mentioned above.
- The "Generate.wav" button will combine the quiet times with the provided snippets to produce a new audio file with the .wav extension.

### Milestones and Timeline (if any)

- **First 2 weeks –**
  - Project understanding and onboarding, proposal and vetting of technical implementation and understanding the schema etc, defining sprint plan, setup boiler plate code
- **Next 4 weeks –**
  - MVP - setup the basic fetching from Airtable API of audio snippet files, first version of the UI, program to "stitch" different audio files together
- **Next 4 weeks -**
  - Release 2.0 - creating additional functionality as per PRD on the UI and refinement of the UI based on user feedback
- **Final 4 weeks -**
  - Release 3.0 - advanced auto-generation capabilities tailored to meditator history and background

Milestone	Deliverable?
First 2 weeks - Understanding the project and their schemas and codebase and learning the necessary tech stack required to do the task.	NO(learning phase)
Next 4 weeks - setting up an airtable API and making the first version of UI.	YES(version 1 will be done)
Next 4 weeks - creating the additional functionality as per PRD and refining the UI.	YES(version 2 will be done)
Final 4 weeks - adding advanced auto	YES(version 3 will be done)

generation capabilities.	
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**Usage Model and Diagrams (if any) :**

<https://www.figma.com/file/cxLJDtRsGQnlFD1QZLQ5Oa/Product-Meditation-Generator-%7C-CMS?node-id=0%3A1>