

Project Structure

Topic	Timeline	Composition	Key Point	Insight	Questions	Achievement	Prototype
Mindfulness Meditation Research and Promotion	Past	The Definition of Meditation (What)	History of Meditation	Background (Overall)	When has been found? Where it come from? Who has been involved? What countries has been influenced? What's the characteristic? How has been spread widely? How many types of meditation? What's the difference between each?	Thought (Mindfulness)	What is the definition? What is the central idea? What is the component? What is the impact for people? What is the function for people? What is the relationship with religion?
	Current	The Influence of Meditation (How)	Methodology of Meditation	Application	What's characteristic of today's? What's the relationship between history and today? What fields have been involved? What's the impact in tech field? Who are the representative? What are the methods? What's the roles in people's life? How does it spread in current society? What are the mode of spread?	Result	What are the advantages? What are the disadvantages? Why people in such field taking meditation? What is the perception of mindfulness?
	Future	The Effectiveness of Meditation (Why)	Promotion of Meditation	Stress	What's the target audience? What's the problem? Why having stress? What's the current situation?	Solution	What's the strongest and weakness point? What are the people's needs? How to apply to people's lifestyle? What are the promotion methods? What to do when problems happen? How to draw a social concern? How to promote in proper way? How to achieve a good lifestyle?