

Mind.AI

Nurturing Minds

Problem

People undergo stress due to multiple life factors. In many of the scenarios they could cope better if they have an understanding of its impact on them, than not knowing about it.

Market Gap

- The market lacks a personalized platform that provides tailored coping mechanisms based on an individual's unique stressors. Existing resources often offer generic advice, and individuals may struggle to find strategies that resonate with their specific situations.*
- Most of the products in the market works as a reminder and dont provide any personal support.*

Opportunity

- There is an opportunity to develop targeted programs and services that address people who actually look for support*
- Opportunity to be integrated in workplace, fostering a healthier and more productive work environment.*
- Normalize discussions around stress and mental health, encouraging individuals to proactively manage their well-being.*

Our Product- Mind.AI

Mind.AI is present to support such individuals with information about this impact and enable them to take informed decisions.

Specialized support system is available for those who seek professional support to face and win over the scenario.

Our product helps to record and analyse the input data, which are then transferred to our expert team for interpretation and the output produced by them (Reports / Recommendations) are then provided back to the user.

Target Audience

- While stress affects people of all ages, genders, and backgrounds, there is a need for targeted solutions that cater to specific demographics.
- This includes tailored interventions for students, parents, professionals, and seniors, recognizing the unique stressors each group faces.
- Volunteers who are interested to know and analyse themselves periodically

Unique Selling Point

- Personalized Suggestions based on individual data
- Expert recommended solutions
- Integrating physical, mental, and emotional well-being into a unified framework address the multifaceted nature of stress and provide individuals with a more well-rounded strategy for coping.

How Mind.AI works?

Input:

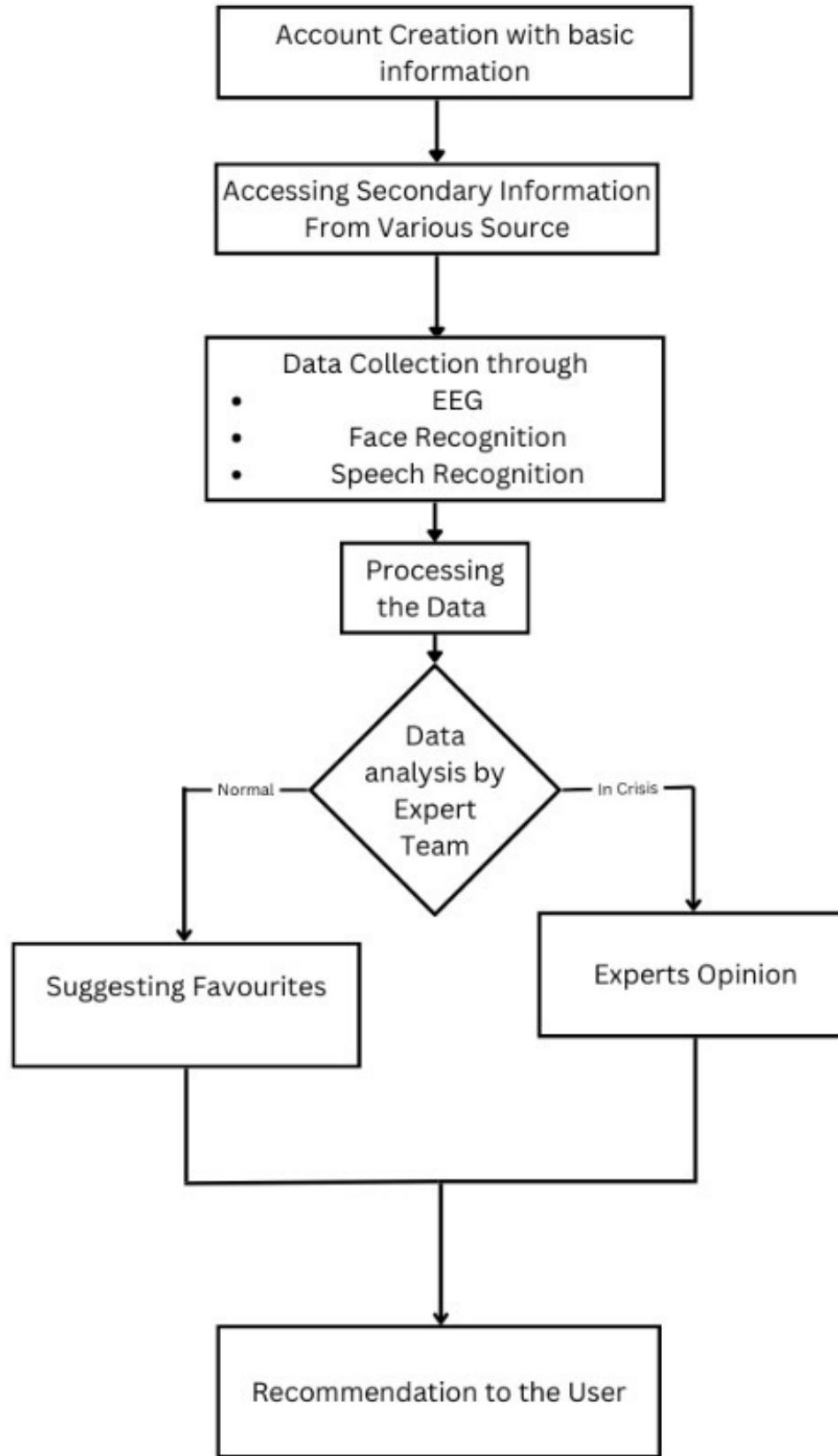
Mind.AI uses multiple sources of Input, which makes the readings much reliable and accurate, which directly reflects in the accuracy of analysis we perform.

EEG [Electroencephalography] : A test that measures electrical activity in the brain using small, metal discs (electrodes) attached to the scalp. Brain cells communicate via electrical impulses and are active all the time

Facial & Speech based emotion Analysis: The facial expressions are recorded through our application and analysed to create a dataset of basic emotions.

Processing & delivery:

The acquired raw data are filtered, interpreted and instant suggestions are given. Our expert panel, come up with insights and deliver Reports & Recommendations which we deliver back to the client.



Meet Ashwin!



Instant Suggestion delivered to user

Podcasts:

- "The Tim Ferriss Show"
- "The School of Greatness"
- "The Tony Robbins Podcast"

Music:

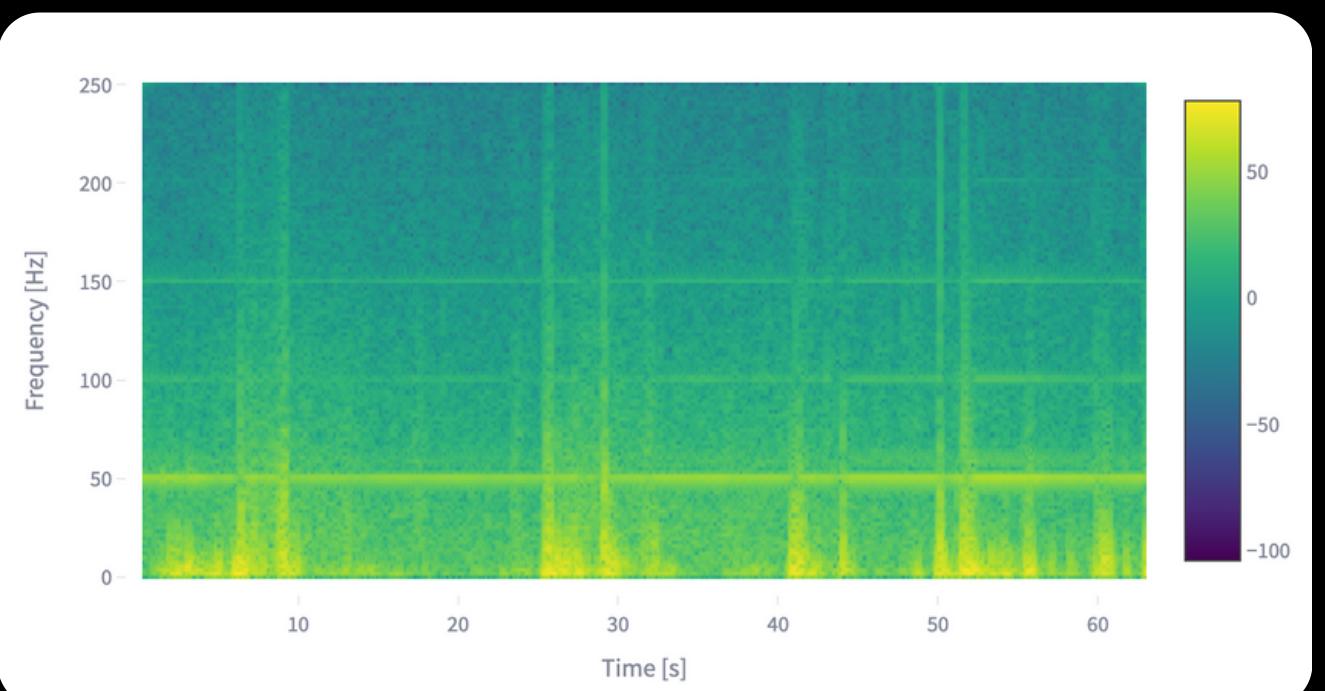
- "Eye of the Tiger" by Survivor
- "Lose Yourself" by Eminem
- "Hall of Fame" by The Script ft. will.i.am

Try:

- Indoor rock climbing .
- Attend a motivational seminar or workshop
- Set specific goals and track your progress

Seek expert advice

Spectrogram



Alpha Stastistical Analysis



Statistical Analysis Explanation:

The box plot visually compares the distribution of alpha power during eyes open and eyes closed states.

The t-test result indicates statistical significance in the difference.

Mean (Eyes Open): 109376.69963233318

Mean (Eyes Closed): 359134.4155279921

Standard Deviation (Eyes Open): 94613.27235497149

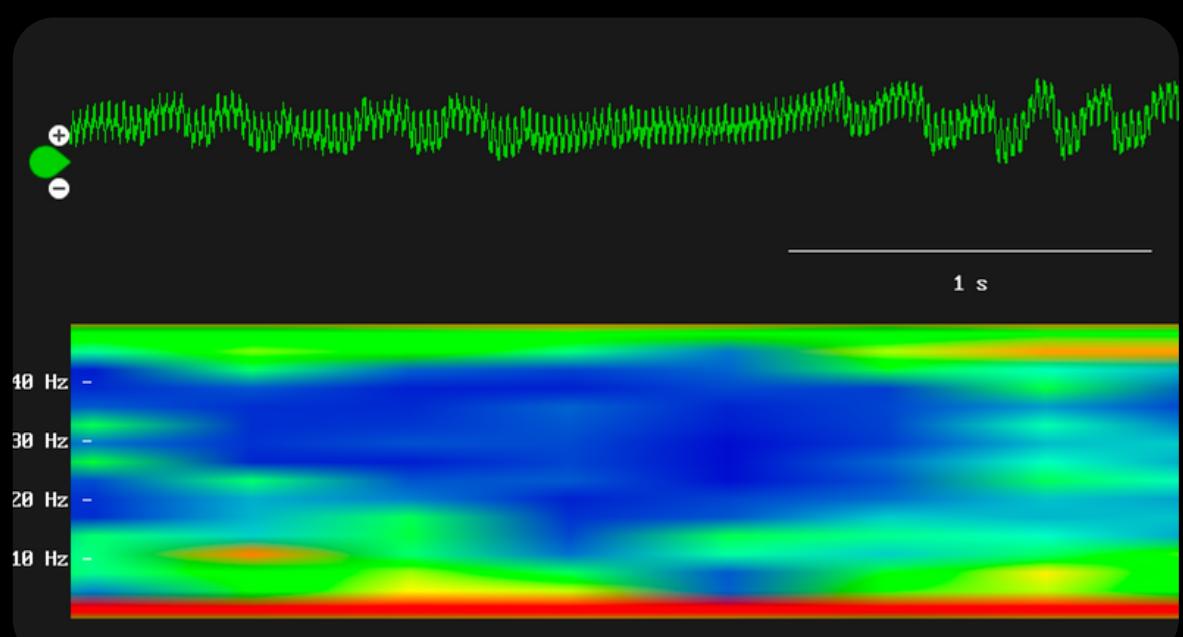
Standard Deviation (Eyes Closed): 50883.56774553458

T-Test Result:

t-Statistic: -3.2878787200398856

p-Value: 0.04468565795869868

Live EEG Recording



Alpha Power Over Time



PERSONALISED EXPERT RECOMMENDATION

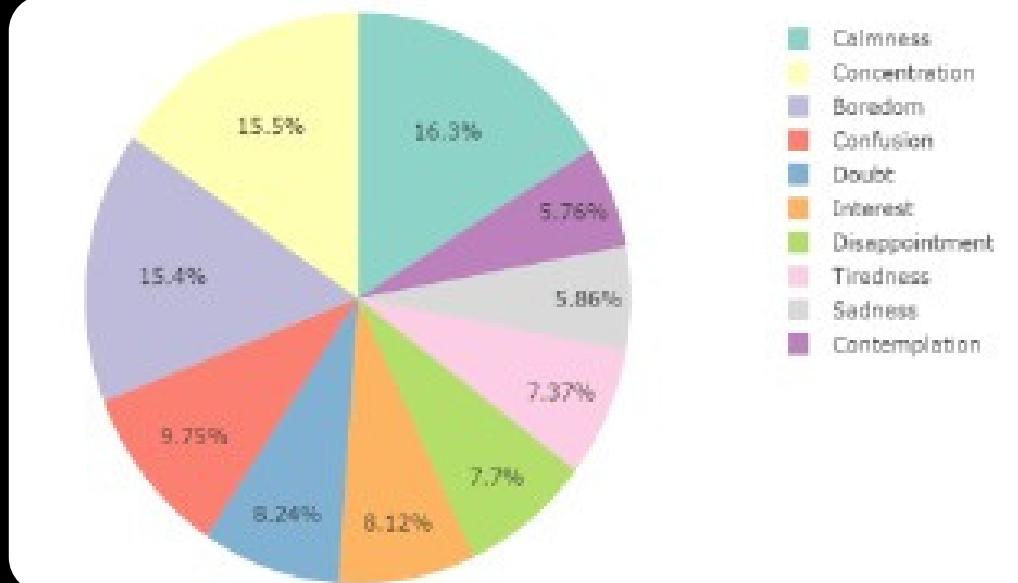
Suggested Activities:

1. Listen to Joe Rogan and PBD Podcast: Since you enjoy listening to Joe Rogan and PBD Podcast when you feel low, suggest you tune in to an episode that aligns with their interests. This can help distract from your current state, provide entertainment, and possibly even offer valuable insights or motivation.

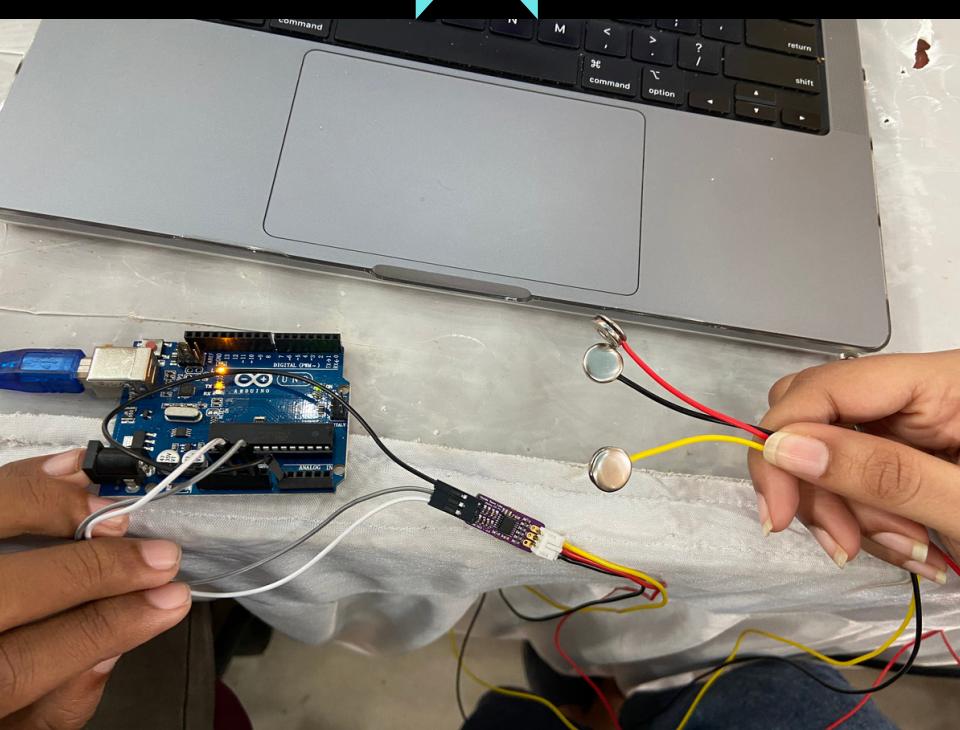
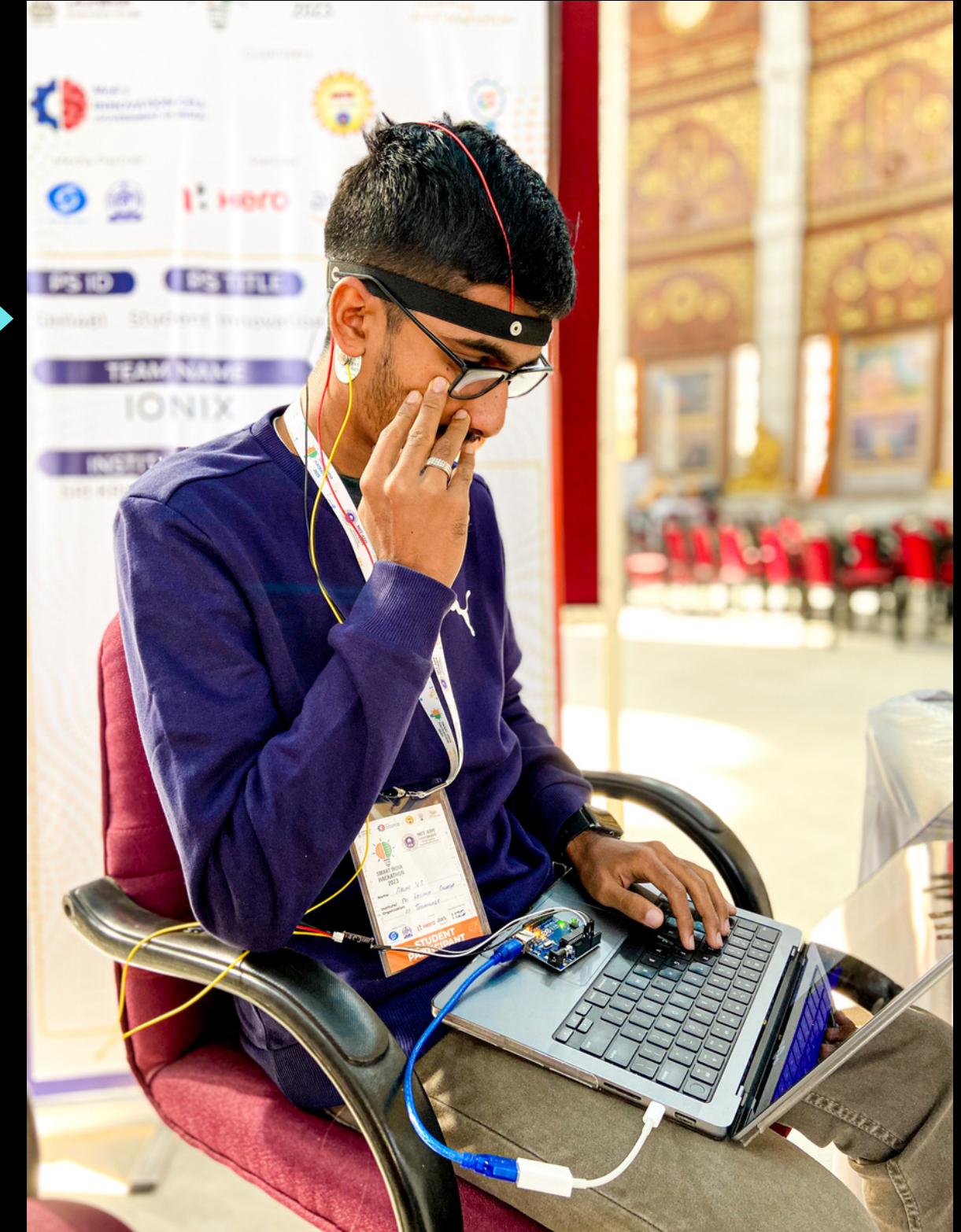
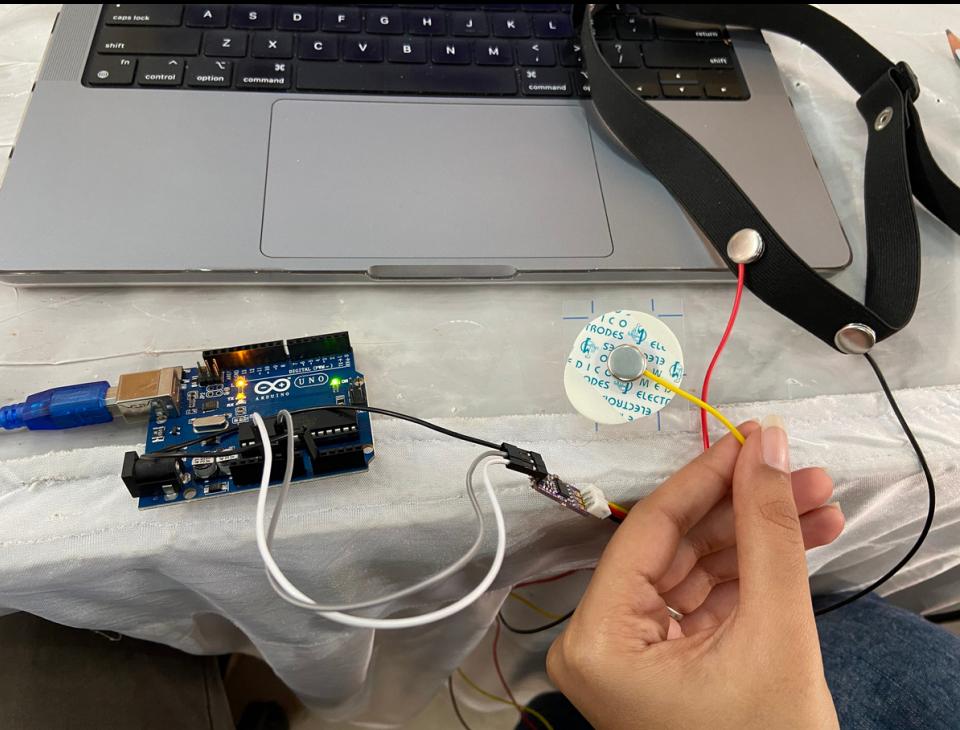
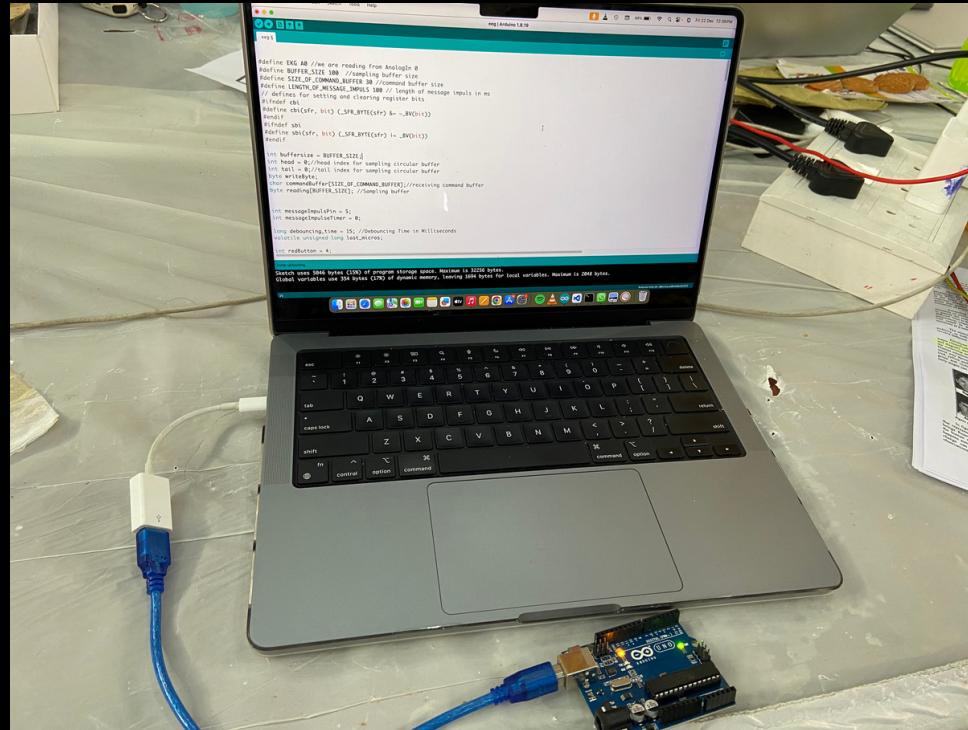
2. Engage with Music: When you feel motivated or concentrated, indulge in listening to music. Music has a powerful impact on your emotions and can help uplift mood and boost productivity. kindly create a playlist of favorite songs or explore new genres to keep the flow going.

3. Spend Time in Nature: Nature has a calming effect on the mind and can help alleviate stress and negative emotions. Spend some time in nature, whether it's taking a walk in a nearby park, sitting near a lake, or going for a hike. Being outdoors can provide a sense of serenity and peace, allowing you to relax and find solace in the beauty of the natural world.

4. Engage in Contemplative Activities: Since your focus and interest lie in contemplation, we suggest activities that encourage deep thinking and introspection. This could include reading thought-provoking books, journaling, engaging in philosophical discussions, or exploring your own thoughts and beliefs through meditation or mindfulness practices. Remember, it's important to be supportive and understanding towards yourself at this time. We recommend you to join in these activities or simply be there to listen and provide a safe space to express your feelings



Research & Development



Walk through the demo !!