

AI MoodMate - Session Summary

Date/Time: 2025-10-13 11:22:04

Input Mode: Image

Detection Images:



Detection Image 1

Average Emotion Percentages:

- Angry: 0.0%
- Contempt: 0.0%
- Disgust: 0.0%
- Fear: 0.0%
- Happy: 100.0%
- Natural: 0.0%
- Sad: 0.0%
- Sleepy: 0.0%
- Surprised: 0.0%

Dominant Emotion: Happy

Recommended Songs:

- Pharrell Williams - Happy | Reason: Upbeat rhythm reinforces positive affect and boosts mood naturally | Link: https://www.youtube.com/watch?v=ZbZSe6N_BXs
- Katrina Kaif - Nachde Ne Saare | Reason: Energetic tempo matches joyful state and encourages movement | Link: <https://www.youtube.com/watch?v=3PgmGq3oPoE>
- Bruno Mars - Uptown Funk | Reason: High-energy funk that amplifies happiness and confidence | Link: <https://www.youtube.com/watch?v=OPf0YbXqDm0>

Reading & Mindfulness:

- The Happiness Advantage (Achor) | Why: Sustain positive habits to compound wellbeing | Link: <https://www.amazon.com/Happiness-Advantage-Principles-Psychology-Performance/dp/0307591549>
- Gratitude journaling (5 mins) | Why: Consolidates positive affect into memory | Link:

<https://www.mindful.org/how-to-start-a-gratitude-practice/>

- Flow: The Psychology of Optimal Experience (Csikszentmihalyi) | Why: Learn to find joy in focused activities
| Link: <https://www.amazon.com/Flow-Psychology-Experience-Perennial-Classics/dp/0061339202>

Support & Counseling Resources:

- NIMHANS (India): National mental health institute with clinical services | <https://www.nimhans.ac.in/>
- iCALL Tata Institute of Social Sciences: Professional counseling helpline | <https://icallhelpline.org/>
- Fortis Mental Health: Counseling & psychiatry network |
<https://www.fortishealthcare.com/india/clinical-speciality/mental-health-and-behavioural-sciences>