

AI MoodMate - Session Summary

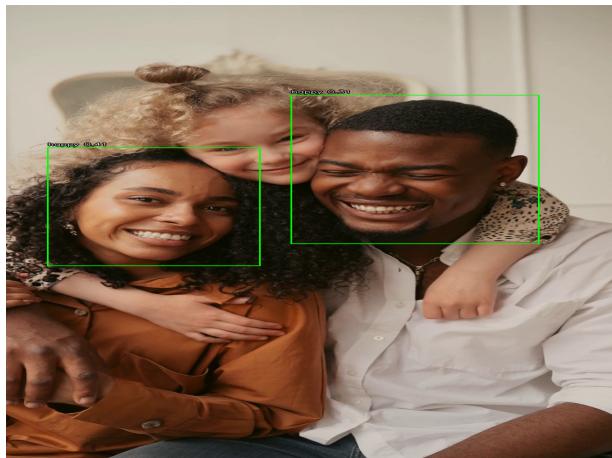
Date/Time: 2025-10-13 13:07:47

Input Mode: Video

Detection Images:



Detection Image 1



Detection Image 2



Detection Image 3

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>
- Taylor Swift - Shake It Off | Reason: Empowering lyrics help shake off negativity and embrace joy | Link: https://www.youtube.com/watch?v=nfWlot6h_JM
- Arijit Singh - Tum Hi Ho | Reason: Melodic celebration of love and happiness in relationships | Link: <https://www.youtube.com/watch?v=7wtfhZwyrc>

Reading & Mindfulness:

- The Science of Happiness - Greater Good | Why: Free research-based happiness practices | Link: <https://greatergood.berkeley.edu/topic/happiness>
- Gratitude Journaling Guide - Mindful.org | Why: Free step-by-step gratitude practice | Link: <https://www.mindful.org/how-to-start-a-gratitude-practice/>
- Positive Psychology Exercises - Verywell Mind | Why: Free activities to boost wellbeing | Link: <https://www.verywellmind.com/positive-psychology-exercises-2795045>
- Savoring Positive Moments - Psychology Today | Why: Free techniques to extend joy | Link: <https://www.psychologytoday.com/us/blog/fulfillment-any-age/201201/how-savor-positive-moments>
- Flow State Activities - Mindful.org | Why: Free guide to finding your flow | Link: <https://www.mindful.org/how-to-find-your-flow-state/>

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>