

AI MoodMate - Session Summary

Date/Time: 2025-10-11 18:50:10

Input Mode: Video

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 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>
- Mindfulness meditation for happiness | Why: Practice present-moment awareness to amplify joy | Link: <https://www.headspace.com/meditation/happiness>
- The Power of Now (Tolle) | Why: Embrace present-moment happiness and inner peace | Link: <https://www.amazon.com/Power-Now-Guide-Spiritual-Enlightenment/dp/1577314808>

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>