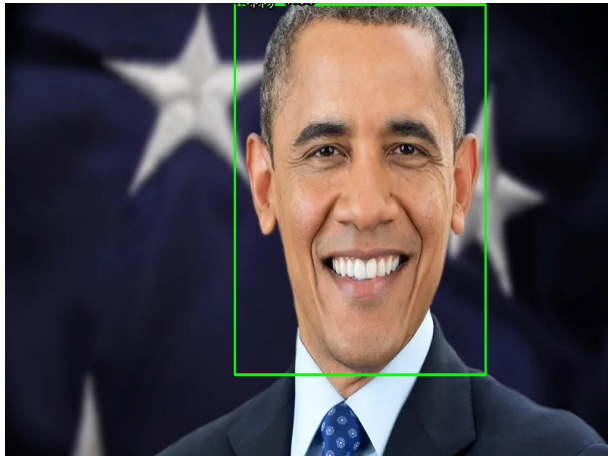# AI MoodMate - Session Summary

Date/Time: 2025-10-13 12:57:45

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