AI MoodMate - Session Summary

Date/Time: 2025-10-11 18:39:21

Input Mode: Image

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 | Link: https://www.youtube.com/watch?v=ZbZSe6N_BXs
- Katrina Kaif - Nachde Ne Saare | Reason: Energetic tempo matches joyful state | Link: https://www.youtube.com/watch?v=3PgmGq3oPoE

Reading & Mindfulness:

- The Happiness Advantage (Achor) | Why: Sustain positive habits to compound wellbeing
- Gratitude journaling (5 mins) | Why: Consolidates positive affect into memory

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