

AI MoodMate - Session Summary

Date/Time: 2025-10-11 18:40:22

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 | 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>