



TimeCapsule

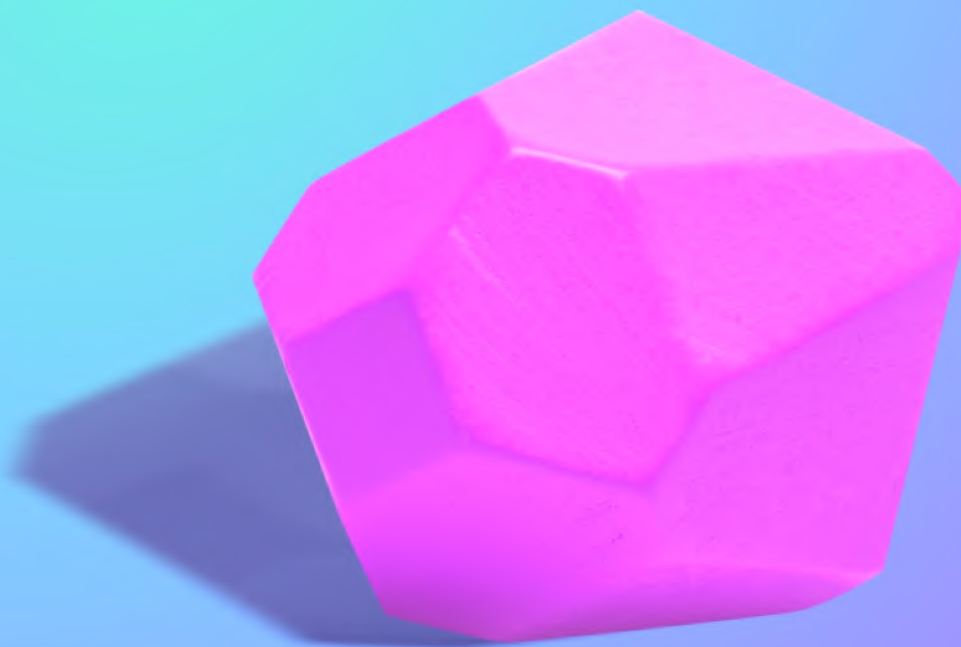


Revolutionizing Self-reflection through AI-Powered Journalling and Time Travel

TimeCapsule

Will AI kill Writing?





Journaling

Why Do people Journal?

It's not social or commercial, but rather personal

1 in 5 people have tried Journaling at some point in their lives

Benefits

- * Improves Mental Health:
- * Increase Productivity
- * Inspires Creativity

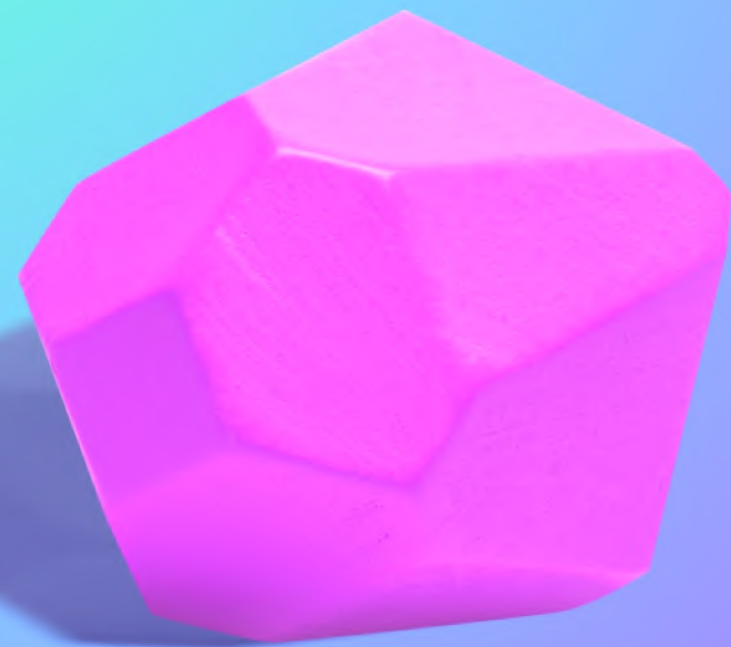


How Inefficient Journalling is?

Building a habit of journaling and getting insights or tracking self progress is difficult.

Key Pain Points

- * Ambiguity in the writing Process
- * Hard to Reflect or Revisit
- * Being Consistent



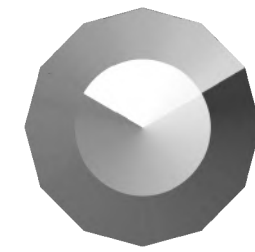
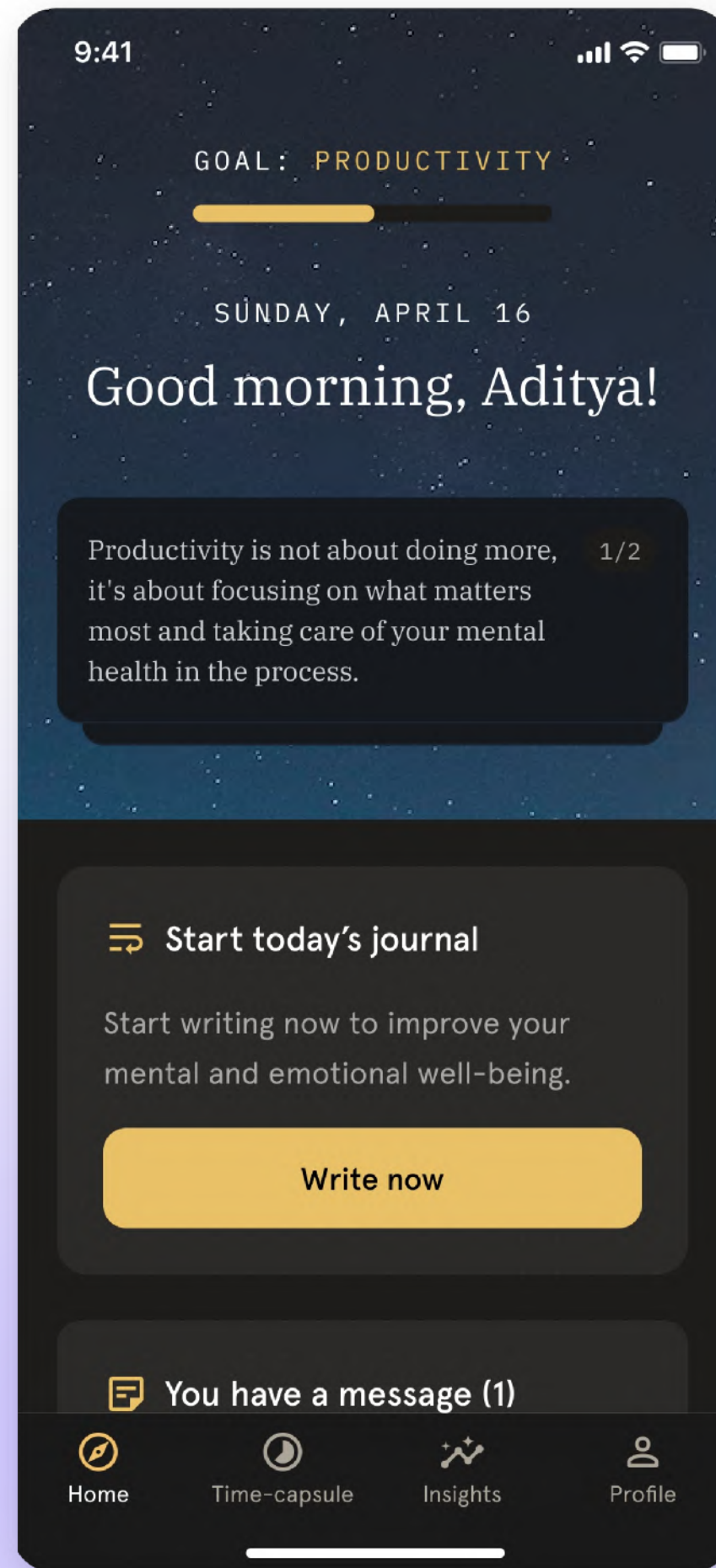
The Mental Health Epidemic

- **Suicide is the leading cause of death globally**
800,000 people die by suicide each year
- **Huge Treatment Gap for Mental Health in India**
80%-92% patients don't have access to Therapy & Medication

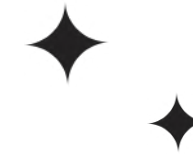


- **Journalling keeps Mental Health in check:**
Studies have shown that 76% of people who used journalling felt an improvement in their daily mood
- **Therapy & Drugs are not always the right solution**
Clinical Intervention is recommended only after when tools like Journalling, Meditation, NSDR are ineffective

Our Inner Dialogue shapes our Mental State



TimeCapsule



Our **AI copilot** offers the ultimate journaling experience by using cutting-edge AI technology to create a personalized journal, enabling users to **revisit the past** and talk to **their younger self**.

It provides **valuable insights**, empowering users to make informed decisions and **take control** of **their future**.

Join us on this journey to self-discovery.

Features



JOURNALING COPILOT

A FINETUNED LLM THAT HELPS
YOU ACHIEVE YOUR GOALS
THROUGH PERSONALIZED
JOURNALING



TIMECAPSULE

ALLOWS YOU TO
INTERACT WITH YOUR
YOUNGER SELF AND GAIN
INSIGHTS FROM PAST
EXPERIENCES.



INSIGHTS

TEMPORAL MOOD
CHART, FREQUENT ISSUES
ANALYSIS, CAUSAL
RELATIONSHIP BETWEEN
EVENTS AND EMOTIONS



Future

- Have 3D talking personas of previous selves.
- Data collection - Bio sensors , Smart glasses, Digital Activity.
- Addition of different modes for copilot - Creativity , Productivity.
- Social Media - Interact with a dead friend / relative.

Fin



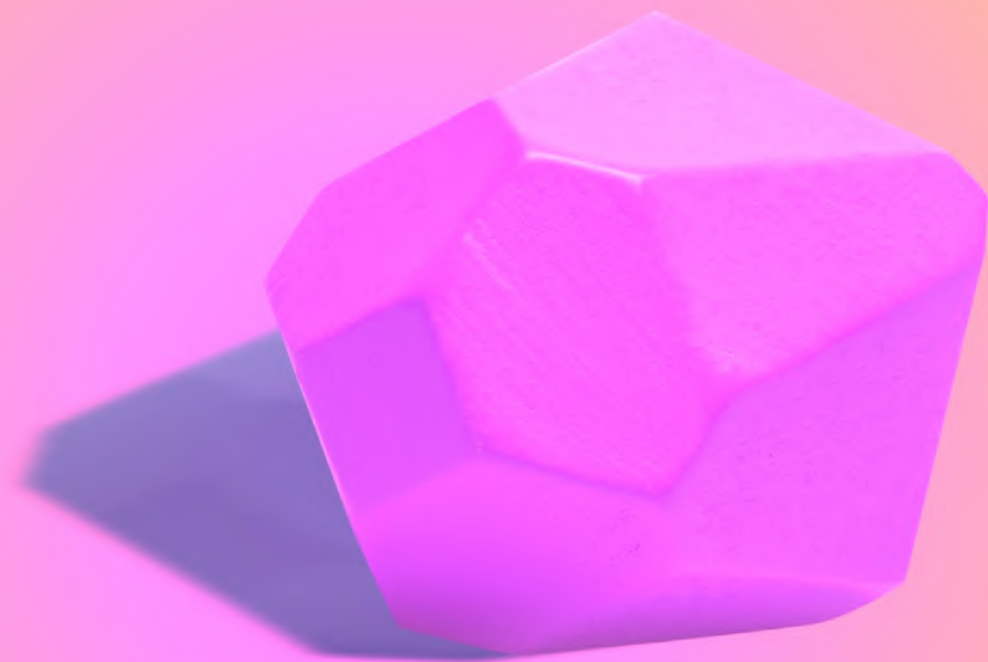
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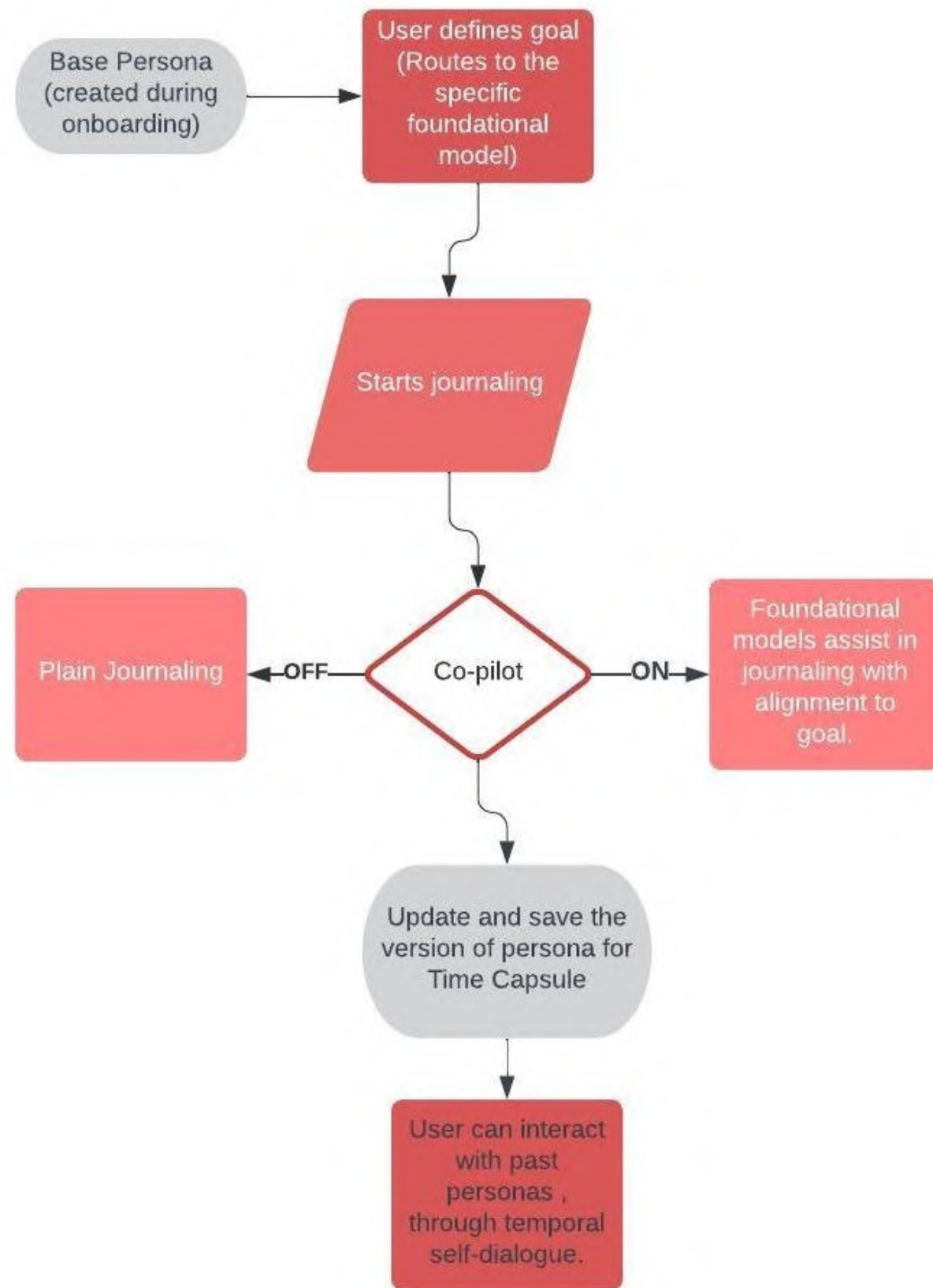
Challenges

Data Privacy Concern - Using open Sourced Models (Cerebras AI) and having all inference on device mode.

Long time quantum - Generate a base persona during user on-boarding and keep on updating it regularly . Have a previous self ready in 1 week , which will be improved in real time always.



MVP workflow



Step 1:

- 1.OCR for handwritten journals , and feeding the text to LLM.
- 2.Social media posts , using image processing and LLMs to create profiles.
- 3.An RLHF training with the user in loop to make the base persona , well aligned.

Step 2:

- 1.Based on the goal defined by the user , a pretrained foundational model is called.
- 2.Foundational model fine tuned with RLHF with help of SMEs
- 3.Prompt templates.

Step 3:

- 1.Copilot on -
 - a.Continuously studies chats and keeps on enquiring (like a therapist) or assisting based on the goal description.

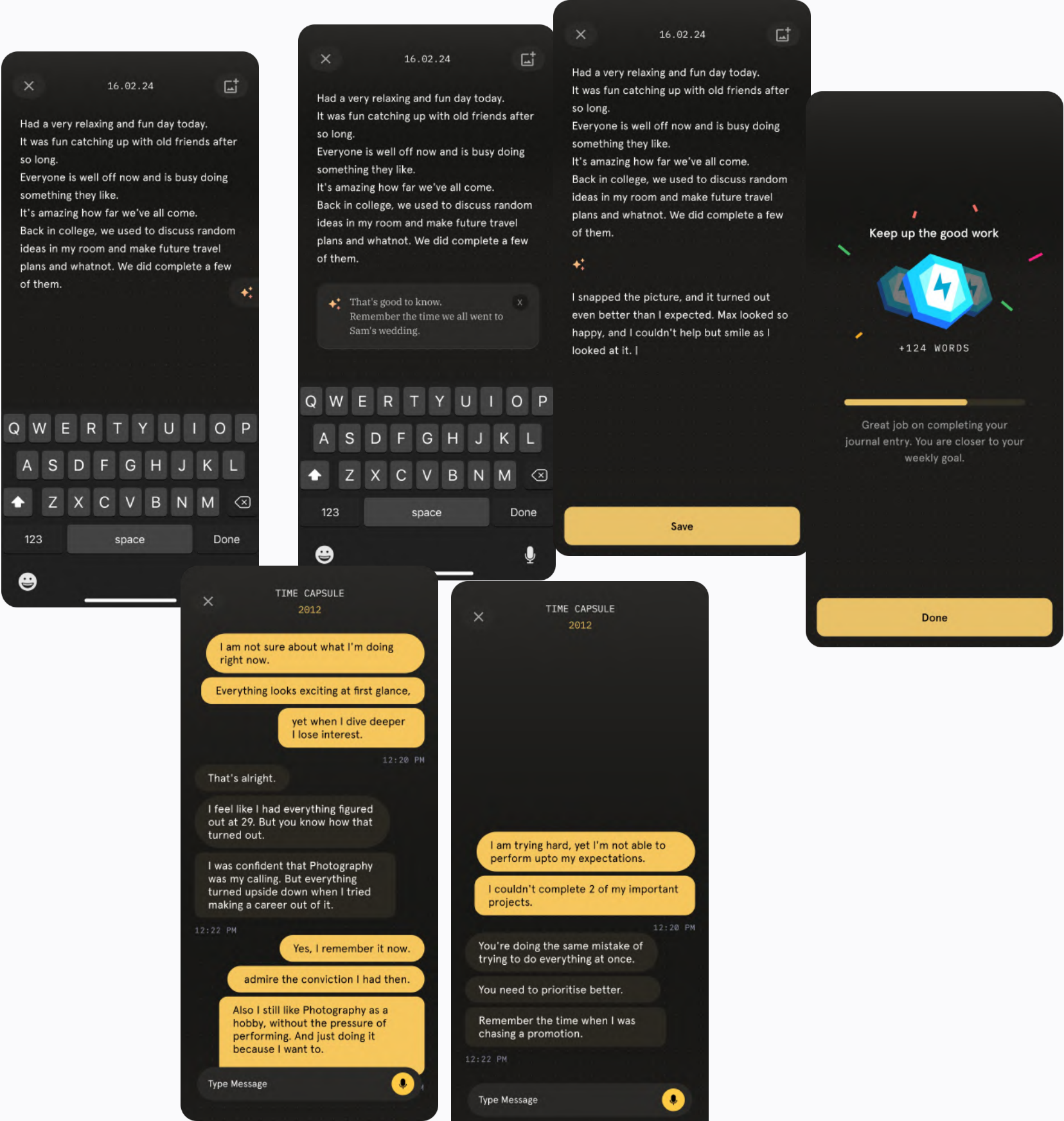
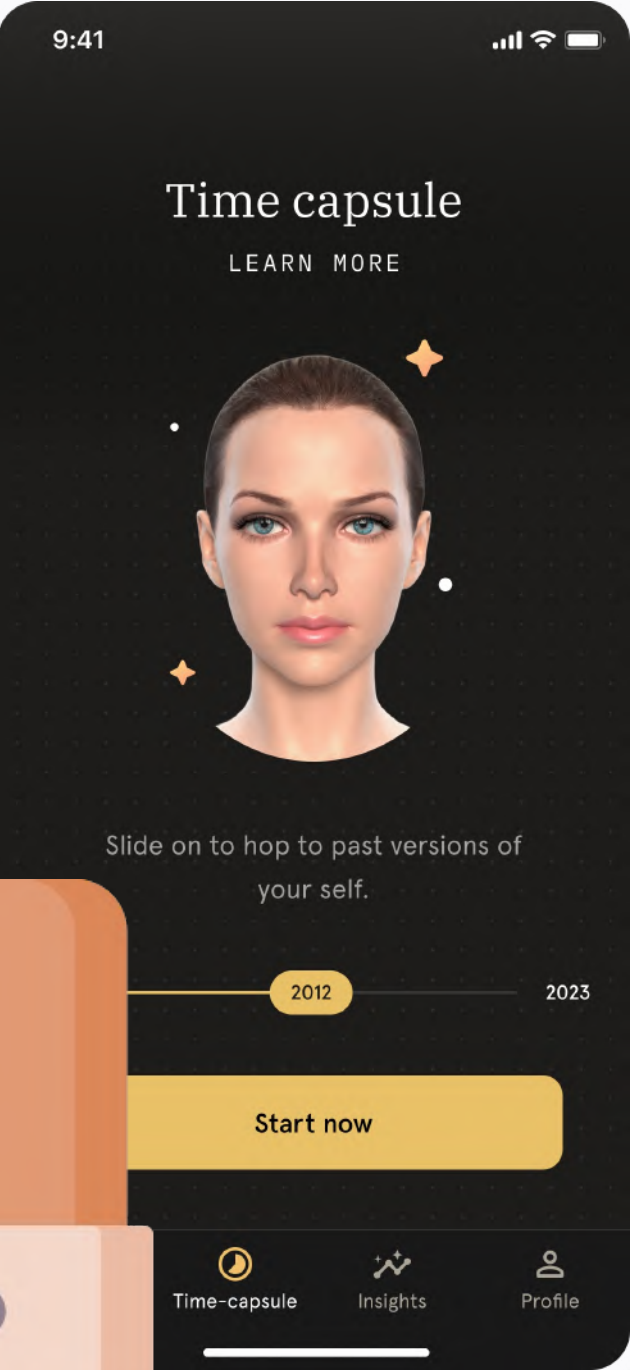
Step 4:

- i) Merges the embedding of the day's journal with a large collection of embedding (from base persona and previous journals) and saves the version.

The versions will be daily for the current month and before that it will be for a fixed period of time which will be defined on the basis of a set goal.

Step 5:

- i) Interact with previous personas and get an insight on how much progress has been made with respect to different versions.



Screens

