



Aahana  
Jain

# MEET THE TEAM BEHIND KOKORO

Nandhu  
Saravanan

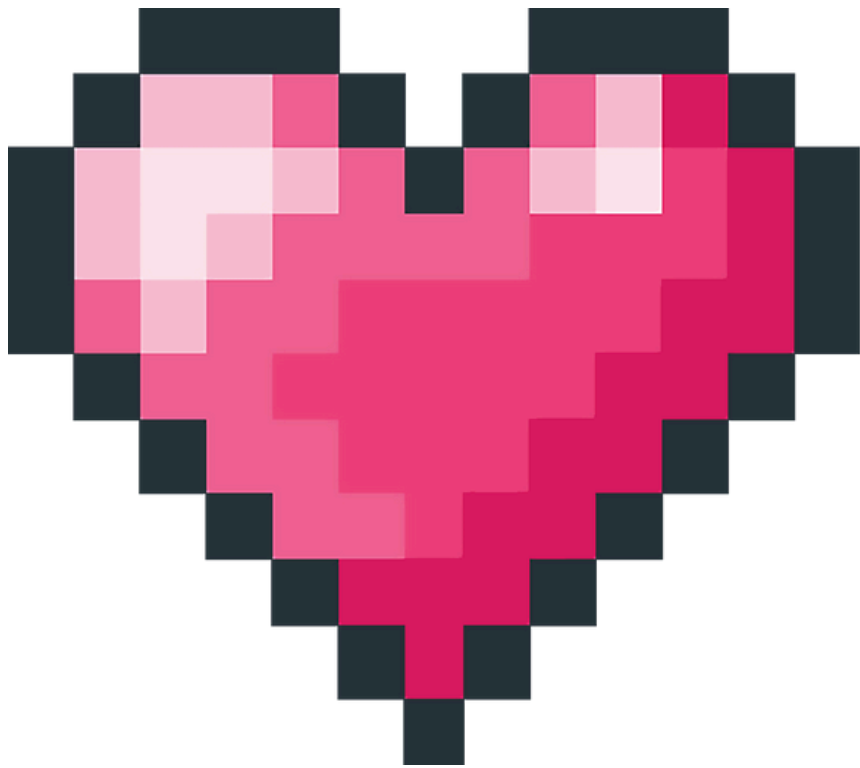
Christa  
Ashok

We couldn't have built this without the  
creativity, care, and collaboration of  
our amazing team.

Together, we poured our  
HEART (心) into Kokoro.

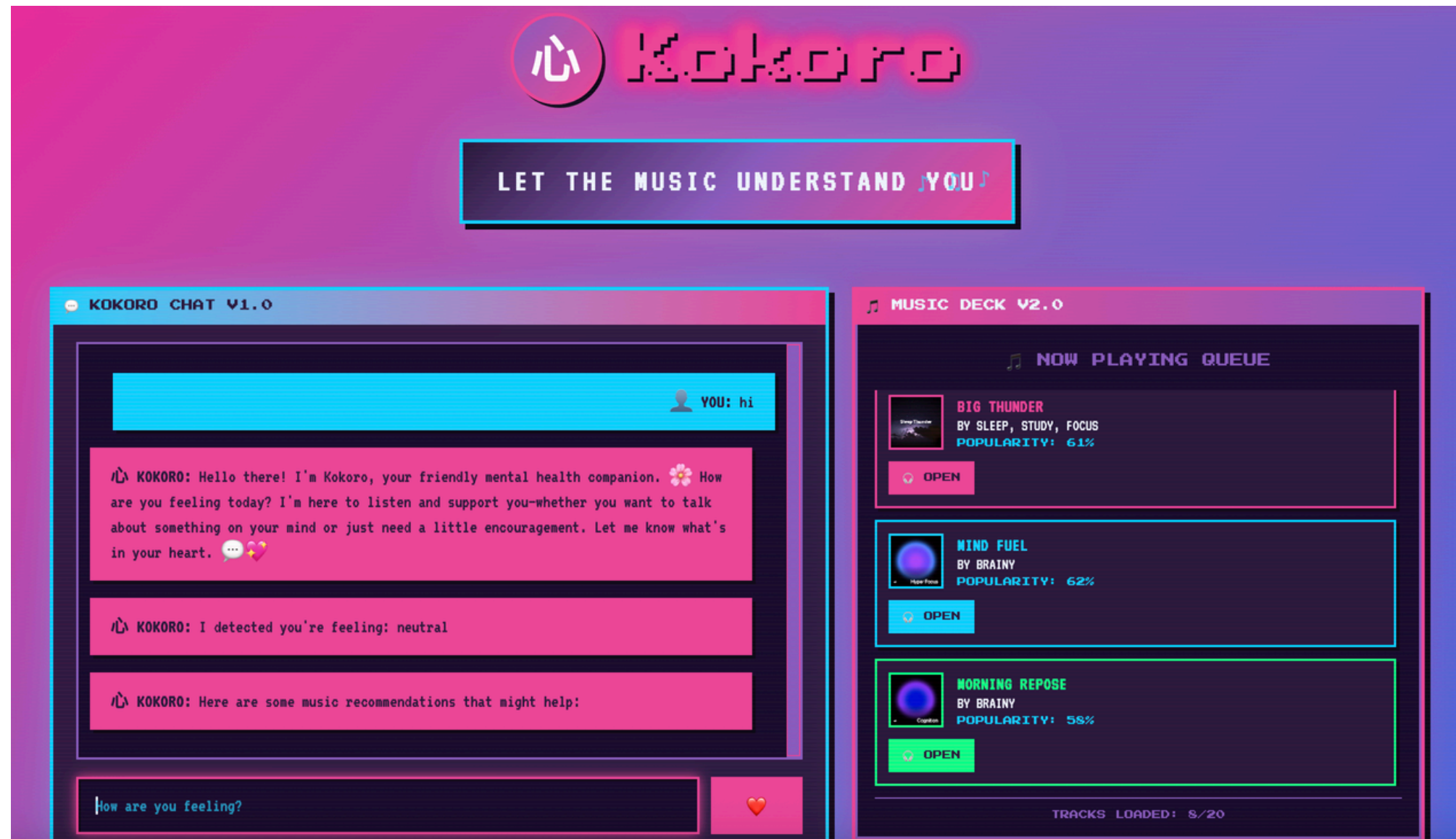
Taemin  
Park

# WHAT IS KOKORO?




- "Kokoro" (心) = Japanese for heart, mind, spirit
- A supportive space with AI and music
- 3 core features: Chatbot, Mood Buttons, Journal


# CHATBOT + EMOTION DETECTION




- Uses Hugging Face: emotion-english-distilroberta-base
- Detects joy, sadness, anger, fear
- Works with OpenRouter chat API
- Safety redirect for crisis words


# SPOTIFY INTEGRATION

 **YOU:** I did really bad on a test

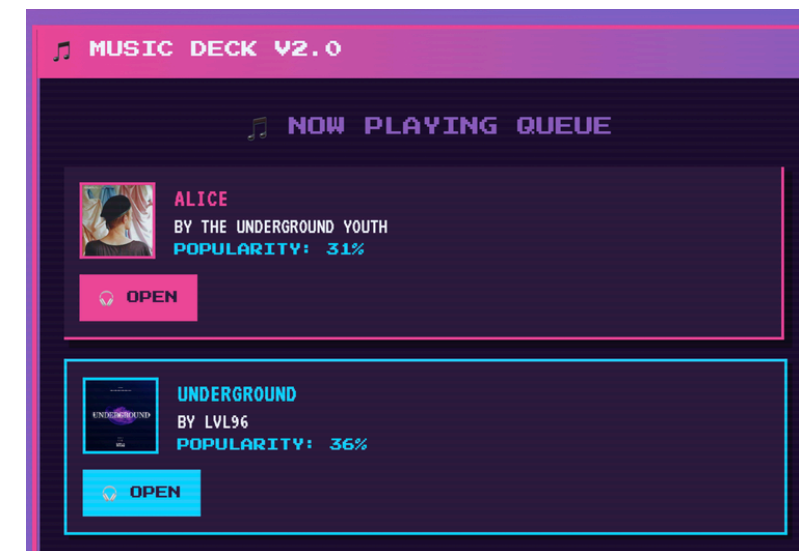
 **KOKORO:** I'm really sorry to hear that you're feeling down about your test. It's completely normal to feel disappointed or frustrated when things don't go as planned. Remember, one test doesn't define your abilities or your worth. Would you like to talk about what happened? Sometimes sharing our thoughts can help us process them better. And if you're open to it, we can also brainstorm some strategies to help you feel more prepared and confident for future tests. You're not alone in this.

 How are you feeling about it all?

- Emotion → keyword mapping
- Recommends tracks with:
  - Popularity filtering
  - Randomized offset
  - Mood-specific keywords
- Plays music through embedded Spotify player

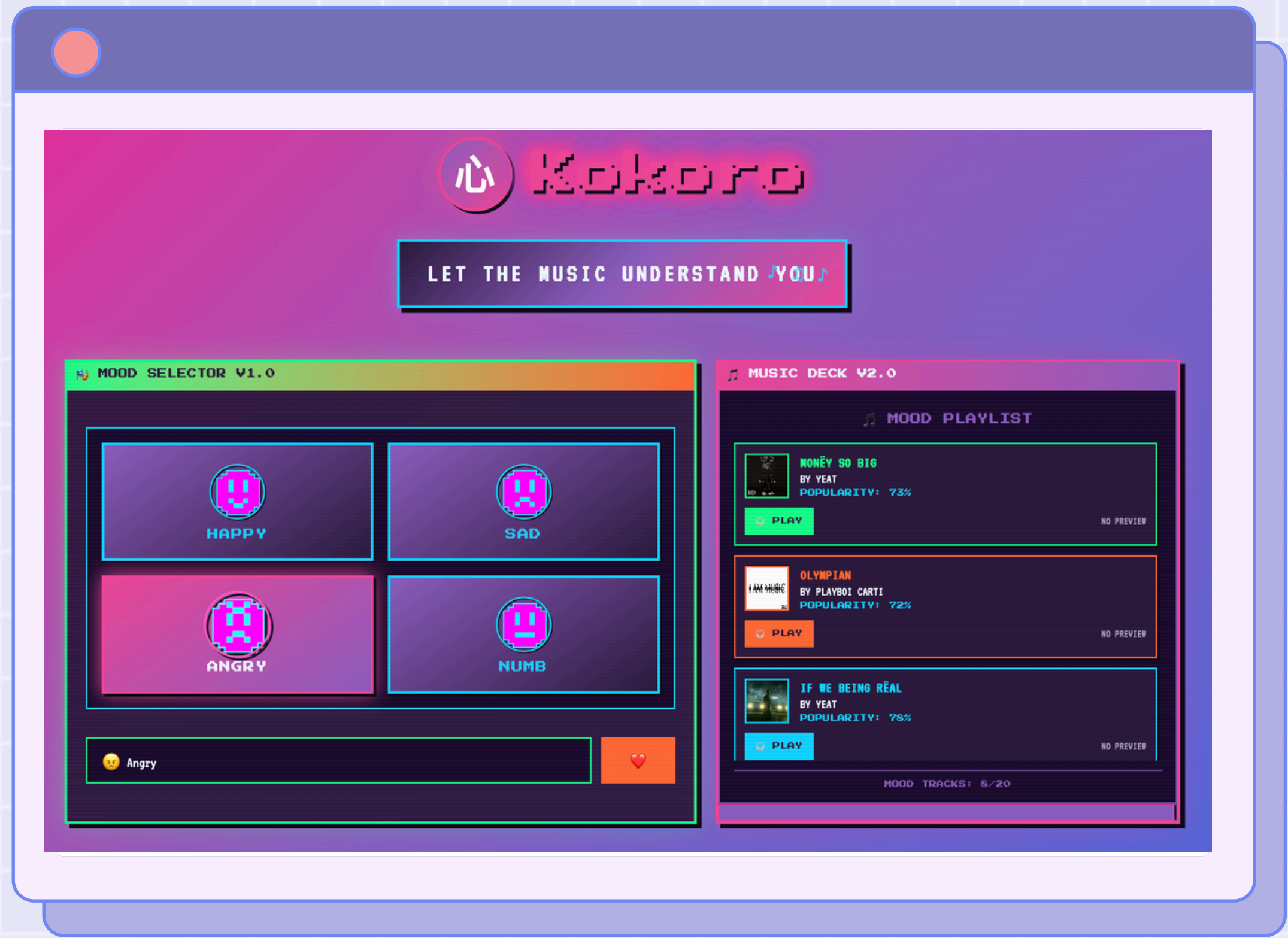
 **KOKORO:** I detected you're feeling: disgust

 **KOKORO:** Here are some music recommendations that might help:



# MOOD BUTTON INTERFACE

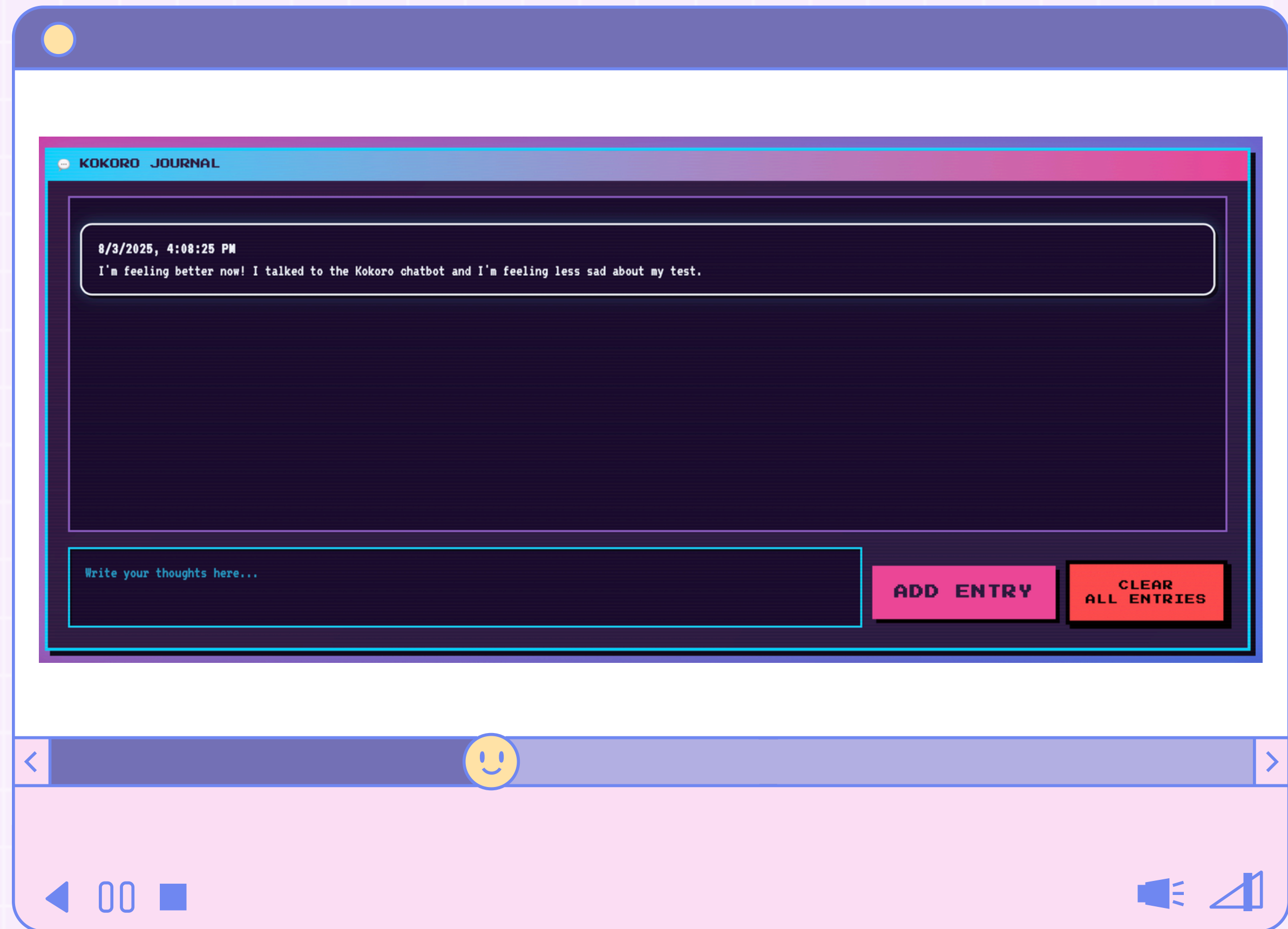
- 4 moods: 😊 😞 😡 😐
- Instant playlist generation
- No typing required





# JOURNAL PAGE

- Local entries
- Timestamped logs
- Ability to save entries (after reloading), erase entries, or clear all entries



- Auto-redirect if suicidal phrases detected
- Links to international crisis support

I feel like I want to die

Immediately redirects



## Emergency Resources

### CRISIS ALERT

If you are in immediate danger or having thoughts of suicide, please call emergency services (911) or go to your nearest emergency room immediately.

### 24/7 Crisis Hotlines

#### 988

Suicide & Crisis Lifeline

Free, confidential support for people in distress and prevention resources for you or your loved ones.

Call Now

Text 988

#### 1-800-366-8288

Self-Injury Outreach & Support

Support for those who self-injure and their loved ones.

Call Now

#### 1-800-950-6264

NAMI Helpline

National Alliance on Mental Illness - Information, referrals and support for mental health.

Call Now

#### 1-800-985-5990

SAMHSA National Helpline

Treatment referral and information service for mental health and substance abuse.

Call Now

DETECTIVE  
EVERGREEN  
ZONER



Includes coping mechanisms and safety plan

Immediate Coping Strategies

- Breathing Exercise: Breathe in for 4 counts, hold for 4, breathe out for 6. Repeat 5 times.
- Grounding Technique: Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- Call Someone: Reach out to a trusted friend, family member, or counselor.
- Change Your Environment: Go to a safe, comfortable space or step outside for fresh air.
- Use Ice: Hold ice cubes or splash cold water on your face to redirect intense emotions.
- Write or Journal: Express your feelings on paper to help process them.

Create Your Safety Plan

- A safety plan is a personalized guide that helps you stay safe during a crisis. Consider including:
- Warning signs that a crisis may be developing
  - Coping strategies that have worked for you
  - Trusted people you can call for support
  - Professional contacts (therapist, doctor, crisis line)
  - Safe environments and people who help you feel better
  - Steps to make your environment safe (remove means of harm)

Remember: You are not alone. Your life has value. Help is available.

← Back to Kokoro

DEFEAT YOUR GIGGLES

LIVE  
DEMO!





Thank  
You!

With Kokoro, you are  
never alone.

"Sometimes, the right  
song can help you feel  
seen."



HACK WITH  
THE BEAT