# EUPHONY

## "Music is an absurd form of art."

Music has always been known for its availability and accessibility in every part of the world. The power of music lies in its ability to evoke emotions and bring about a change in the listener's state of mind. Traditional and folk music has its own significant history. With the increasing demand for mental health services and the need for accessible and convenient ways of treatment, music therapy has evolved into a more structured and scientific approach. This is where Euphony comes in.

## What is Euphony?

Euphony is a music app that is designed to diagnose people with mental health problems through the use of music therapy. This app uses a combination of music and artificial intelligence to help users understand and manage their mental health. The app aims to reduce stress, anxiety, and depression, and improve mood and overall well-being with the help of music.

Music therapy is a well-known and established therapeutic practice that has been in use for decades. It involves the use of music to create a positive change in a person's mental and emotional state. Euphony takes advantage of the therapeutic aspect of music to help users relieve stress and anxiety. It benefits a

lot of people going through mental stress, sleep deprivation, insomnia, mental disorder, anger management issues, and so on.

The app works by first asking users to take a test consisting of MCQs that assess their present state of mind. After the test, it analyzes the user's music preferences and habits. Based on these Euphony creates a personalized music playlist. The app uses music that has been shown to have a positive

effect on mental health, such as classical music, ambient music, meditation, and calming sounds. One of the key features of Euphony is to track the user's mood and emotional state. It uses an algorithm that combines data from the user's preferences, emotional state, and other factors, such as sleep patterns, to create a complete picture and frame of the user's mental health. The app also provides personalized recommendations for music using this information.

In conclusion, Euphony is a music app that is designed to cope with stress and anxiety using music therapy. With its personalized playlists and guided meditation, the app provides a comprehensive approach to diagnosing mental health problems that is both effective and accessible. Whether you're someone who is struggling with stress and anxiety or simply looking for ways to relax and unwind themselves, Euphony is the perfect app for you.