Mental Health Through Music Therapy

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Abstract*: This project, Mental Health Through Music Therapy, focuses on leveraging the therapeutic power of music to support mental well-being while integrating a robust user management system. It offers a secure and interactive platform where users can engage with therapy-specific music tailored to their needs. The system features user registration with age verification, ensuring appropriate access, and securely stores user details in structured files and a CSV database for efficient session tracking and future analysis. Users can explore categorized music folders, read therapeutic text files, and enjoy a seamless music playback experience, fostering a relaxing and personalized environment. Designed with a neon-themed interface, the platform incorporates custom animations and error-handling mechanisms for an engaging and user-friendly experience. By combining the emotional benefits of music therapy with modern technological advancements, this project aims to provide an innovative and practical solution for improving mental health and enhancing emotional well-being.*

Keywords: mental health, music therapy, emotional well- being, personalized therapy, therapeutic music, user management system, age verification, secure platform, relaxation and healing, neon-themed interface, custom animations, session tracking, music playback, therapy-specific music, modern technology integration, stress relief, emotional balance, mental wellness, CSV database, interactive platform

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