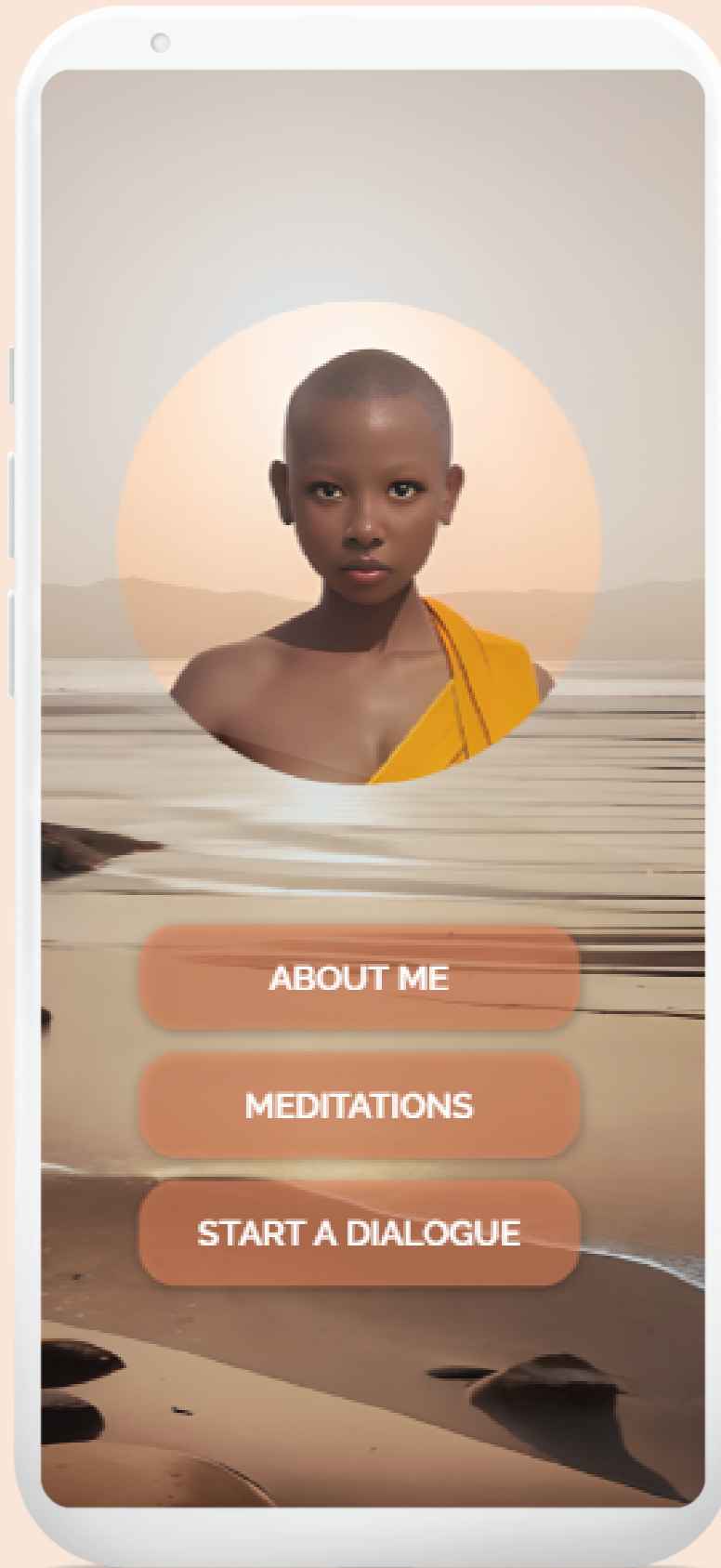


hari

a guide to calmness



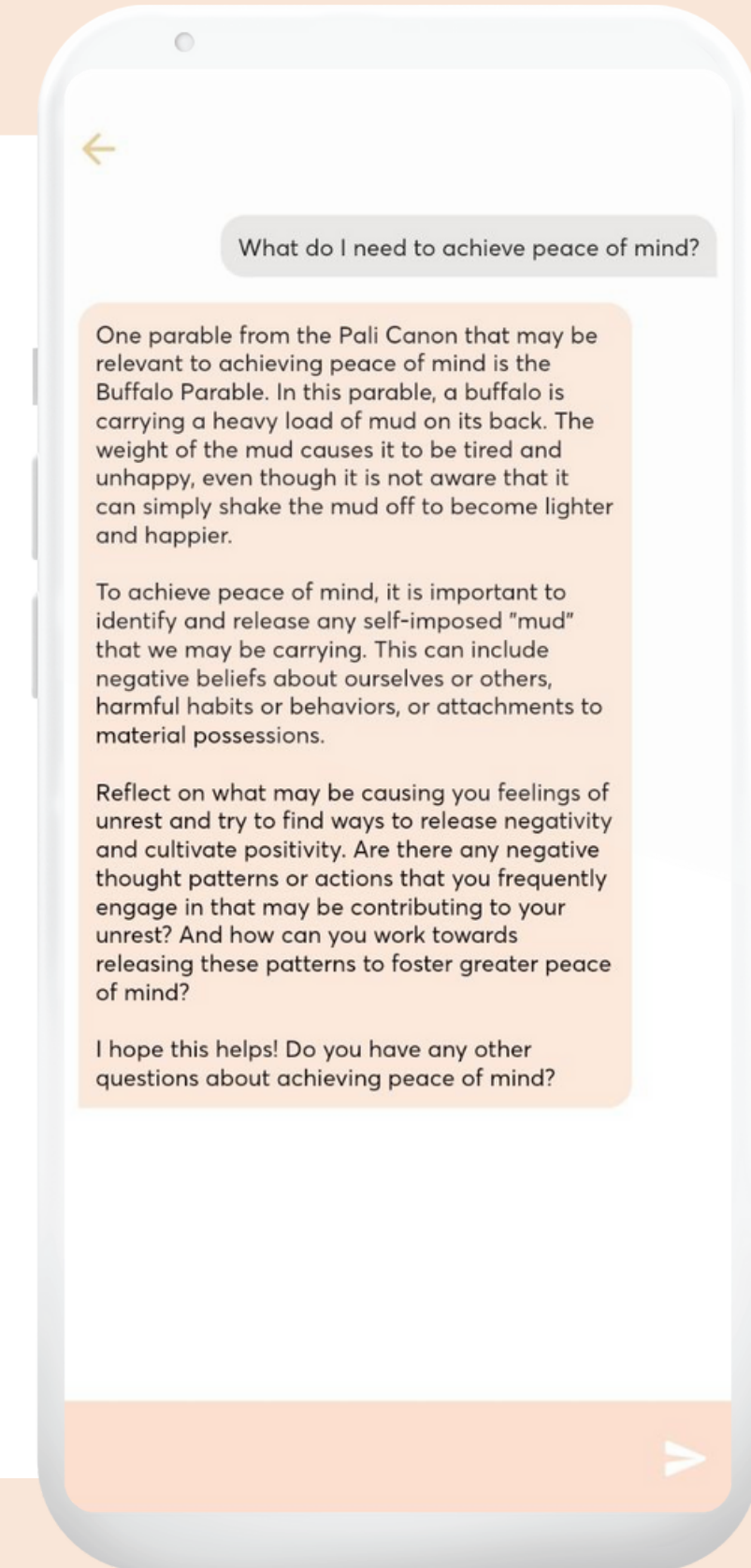
Hari is a personified AI interlocutor, created in the image of a Buddhist nun.

Communication with hari helps to relax, calm your thoughts and reflect on topics far from the daily hustle and bustle.

hari can lead a supportive conversation or be a guide according to the Pali Canon – the oldest Buddhist text.

hari reacts to the interlocutor's messages according to his mood.

hari does not let the dialogue stop – asks questions that help the user to open up and get carried away with the conversation.



TARGET AUDIENCE

01

Student (aged 18-24):

They are ready to try new things, have a high intellectual load and need support.

02

Office employees (age 25-45):

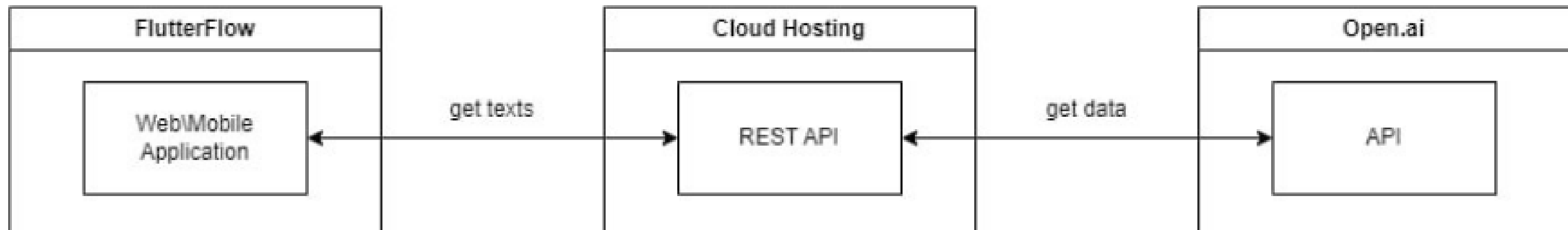
Looking for a way to relax and reduce stress during their working day.

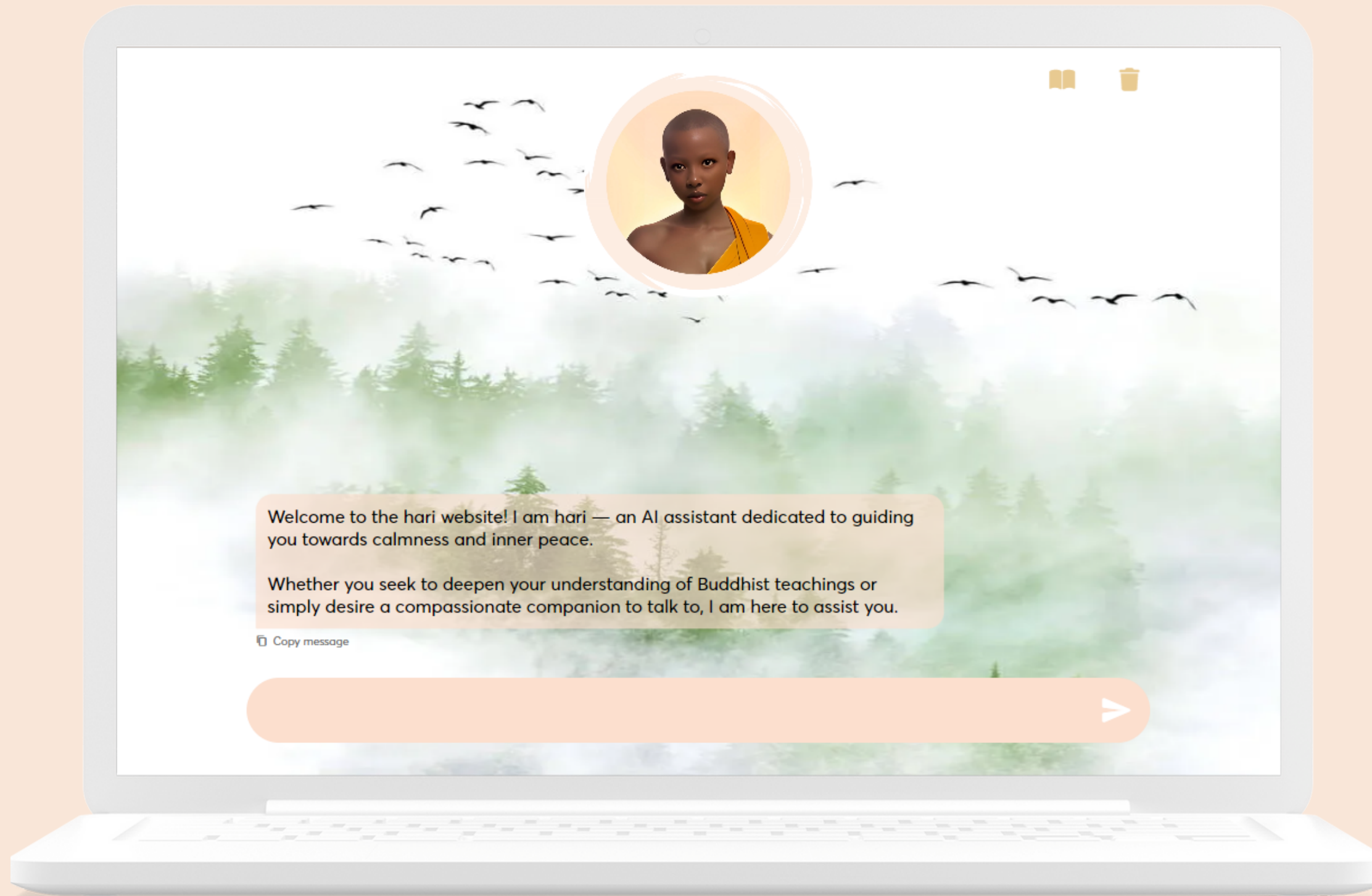
03

Mothers on maternity leave and housewives (ages 25-35):

They are looking for a way to relax and take time for themselves without breaking away from the family for a long time.

How is this done?





WHY BUDDHISM?

Buddhist texts contain information on how to effectively cope with stress, anxiety and other psychological difficulties and set you up for contemplation and calmness – which corresponds to the main task of hari.

WHAT DO USERS WANT?

I did a little research by interviewing reddit users. In addition, I conducted a closed testing of the first version of the application and collected feedback.

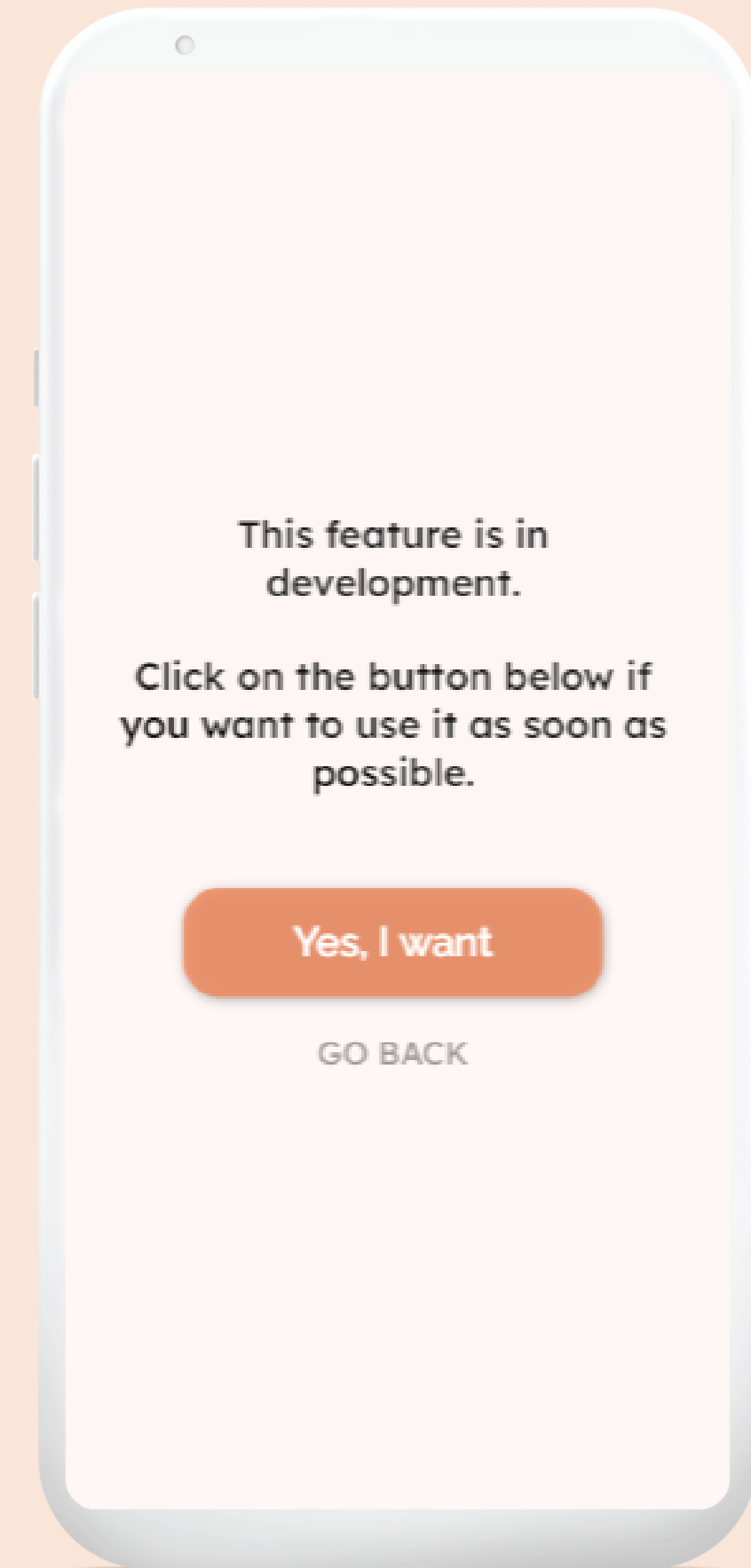
Based on the responses received, some changes were made, and a development plan was drawn up.

DEVELOPMENT PLAN:

Customization of hari's person: narrative style, level of initiative (how often hari asks questions, sets the topic of the dialogue), length of replicas, etc.

Audio meditation function: generation of meditation in real time, taking into account user settings, such as meditation style, duration, duration of silence during the session, musical accompaniment

Animated avatar of hari which will visualize the facial expressions (speech) of hari in real time





Download link for android



Link to the website