

Basic Details:

Name: Suraj

Age: 23

Gender : Male

DOB : 27/07/2002

Overall Mood

Hey your overall mood was neutral

Suggested activity on Your mood

Yes absolutely! Exercise is great for both physical and mental health, and helps to boost your overall mood. Here are some ideas for good exercises to do: 1. Running or jogging - an excellent way to help clear your head and feel more energized. 2. Yoga - a great way to focus on your breath and your body, helping to relax and de-stress. 3. Swimming - an excellent way to stay active and achieve full-