

**Your Mental Health
is Important**



Ikig-AI

**Take control over emotions to take control of
your mental health**

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Hi, Ram have a
great day ?



Suggested for you

Happiest Song



Motivational Song



Discover the happiness

15 min

morning



Deep sleep of mind

15 min

evening



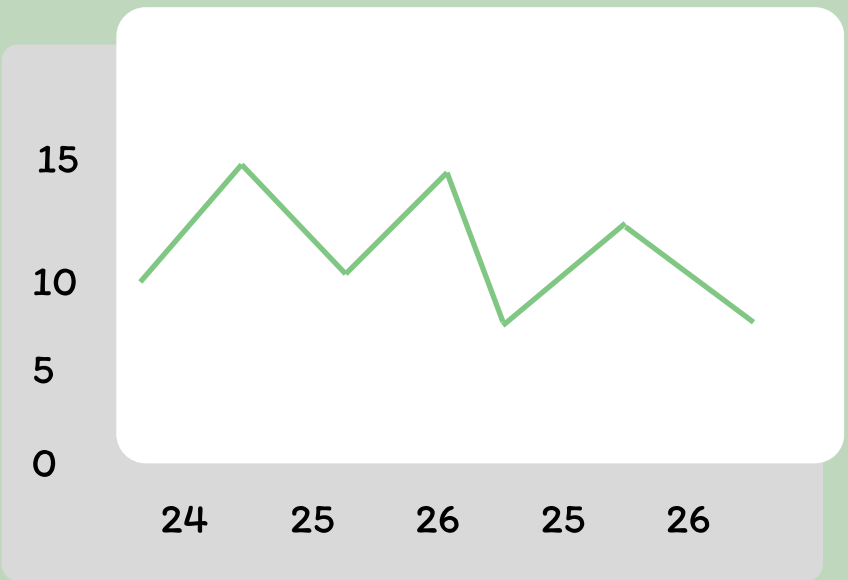


Ram

19

Chennai

Stress Activity



Leader board

1.Ajay.

2.You.

3.Tony.



Rewards

150 px



Today-50px

Yesterday-50px

29 Feb-50px





Community : The Boy'z

Member:100

Active:20

February -28.2024



Tony

Hi, How are You?



Me

I am fine, What about you?

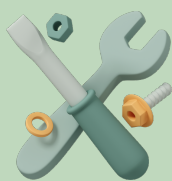


Tony

What are doing?

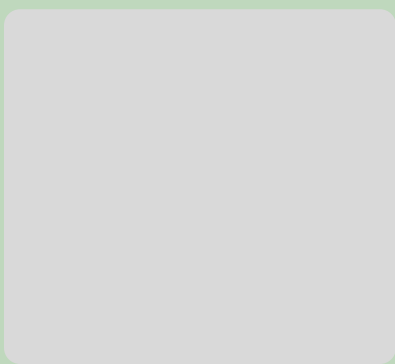
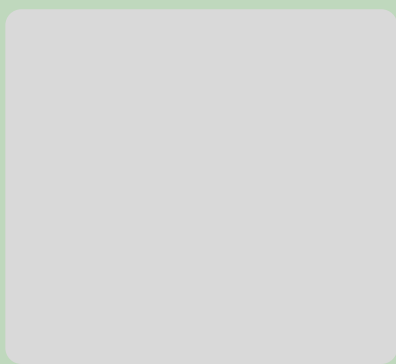
send a message





Work shops

My Activity



Upcoming Gathering

Mon-Fri

Pet Therapy

Mon-Fri

Weekly Meet

