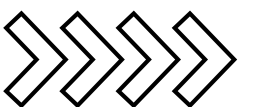


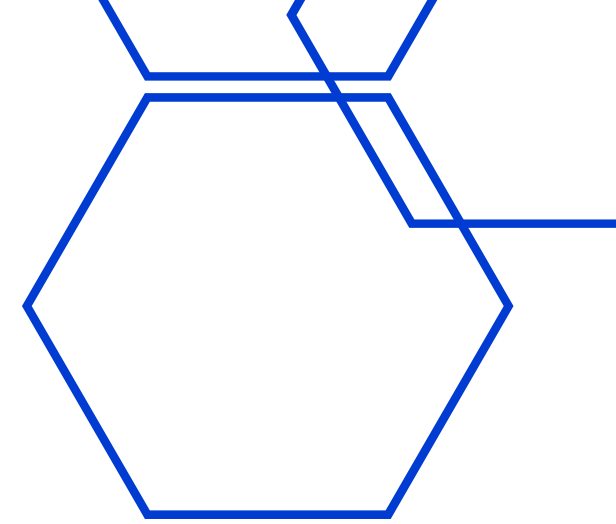
Instagram IP for SoulNPsyche



Successbrew



Purpose



To position **Dr. Yoseph, Dr. Rupesh, Rasika** (*Yoga Expert*), and **Kamalpreet** (*Psychologist*) as global thought leaders in Brain Health and create a magnetic content presence that:

- Educates high-performing professionals, founders, CXOs, and global elites on optimizing brain health.
- Generates inbound high-ticket client leads for premium services.
- Attracts brand collaborations and speaking opportunities in the mental health and high-performance space.





soul_nPsyche ...

SoulNPsyche

24 posts 226 followers 5 following

Where Psychiatry & Psychology meets Spirituality 🧠✨
Helping you understand the mind & elevate the self.

📖 Begin your... more



Followed by successbrew.in, apoorvaagarwal_ + 3 more

Following ▾

Message



The
Need
Behind



Because the world doesn't
need more noise it needs
more healing.

The
Force
Behind



Passionate,
Purpose Driven, Persistent



The
Purpose
Behind



Understanding the Mind.
Elevating the Self.

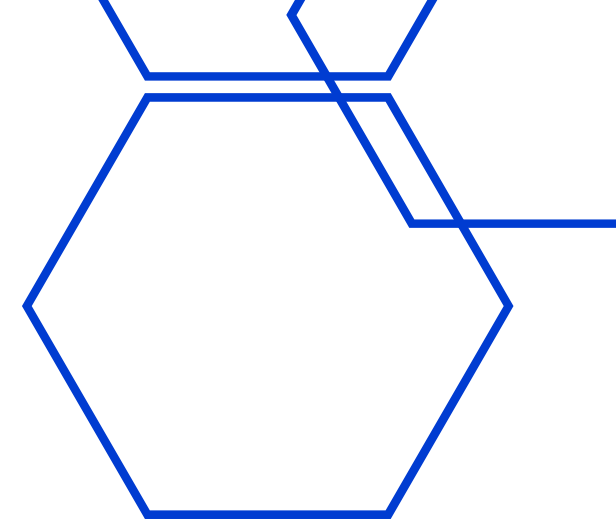
@soulNpsyche

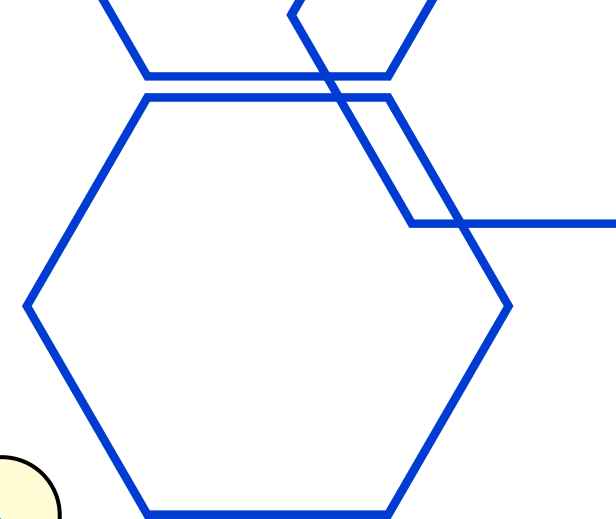
The
Parents
Guilt

Am I doing
enough for
my child?



8 Messages





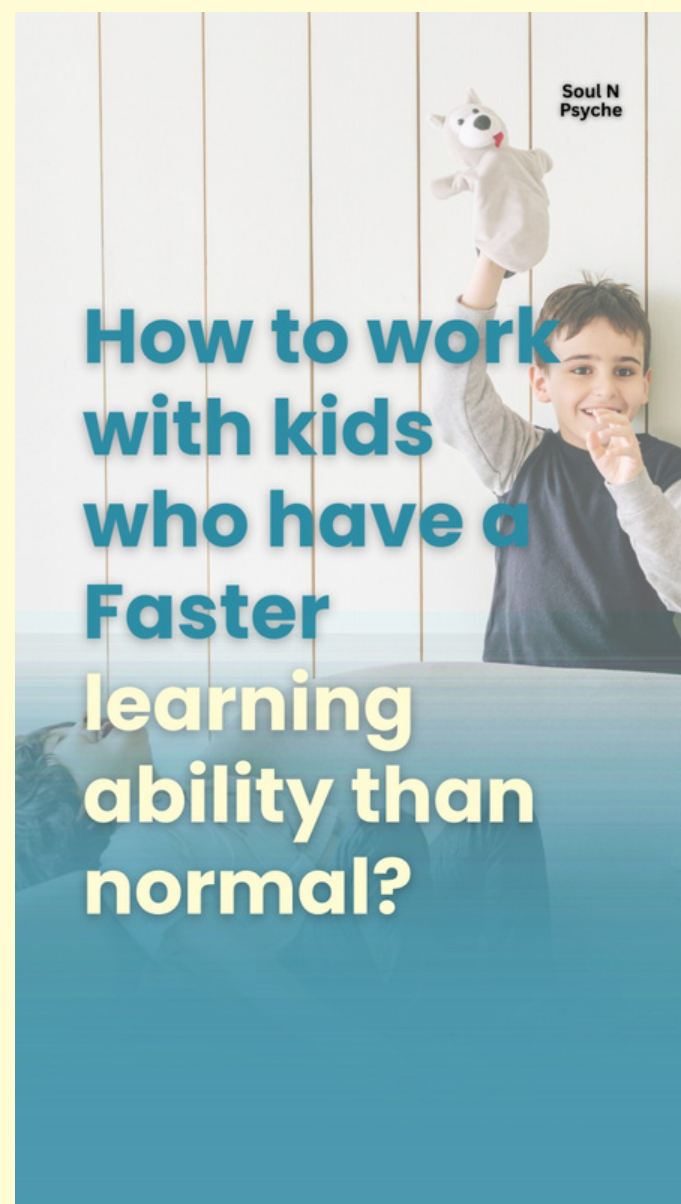
Soul N Psyche

How **Unhealthy food** is impacting your **Mental Health**



Soul N Psyche

How to work with kids who have a **Faster learning ability than normal?**



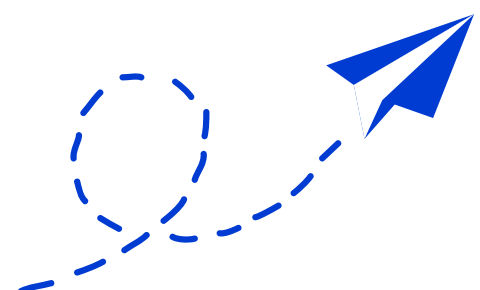
Soul N Psyche

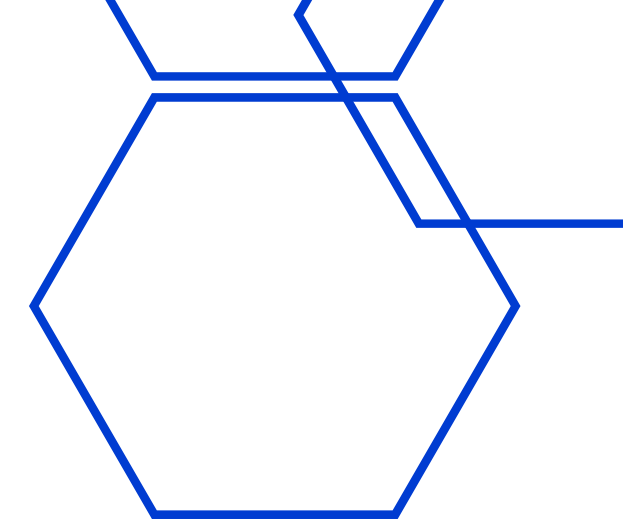
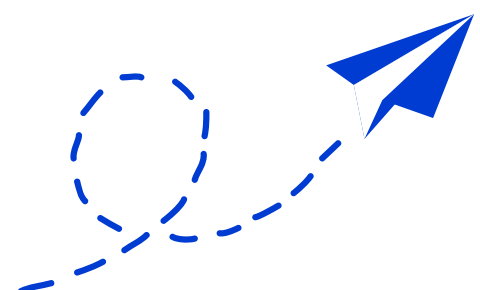
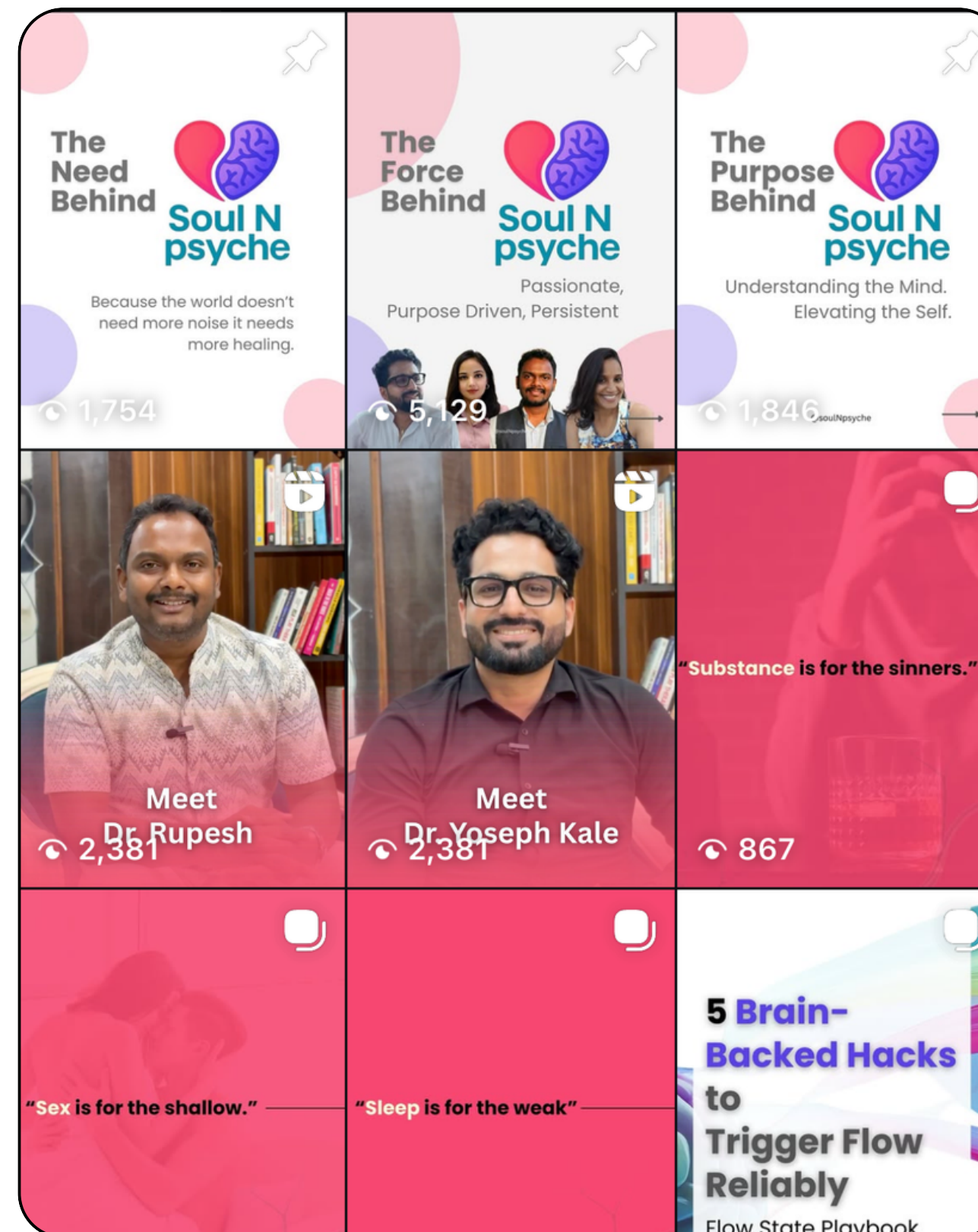
Simple Hack for **Stress Management**



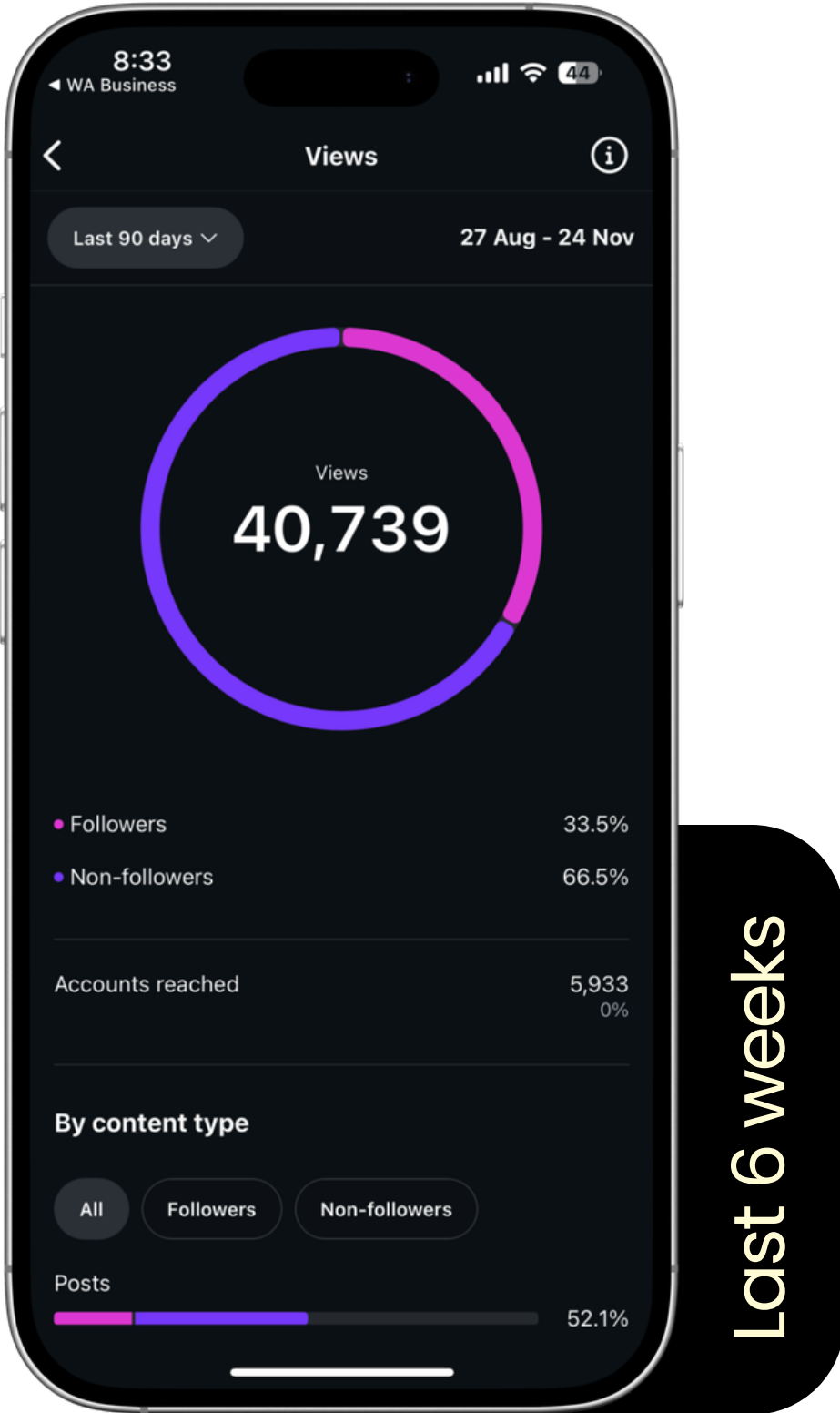
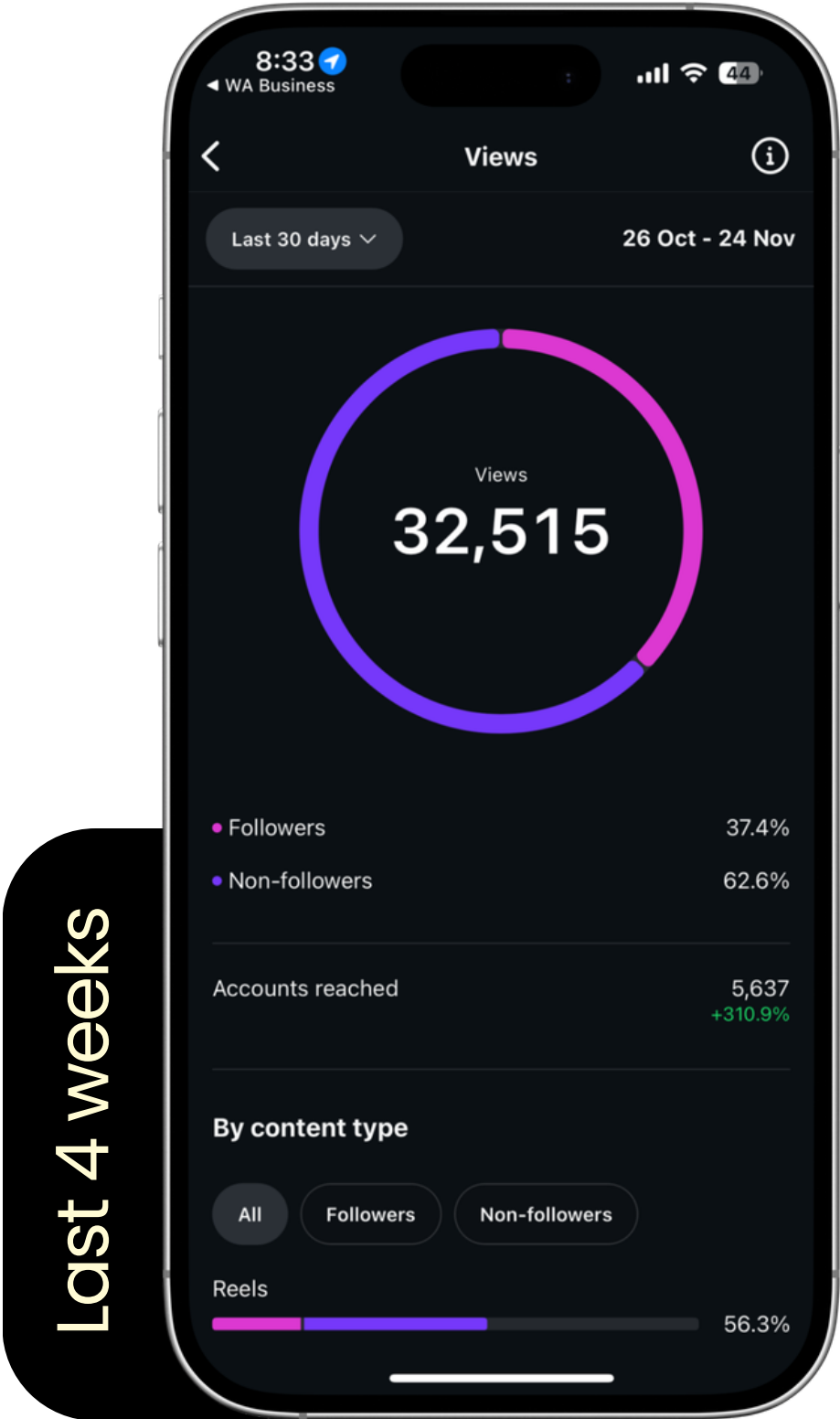
Soul N Psyche

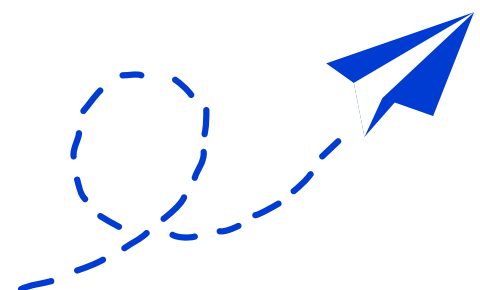
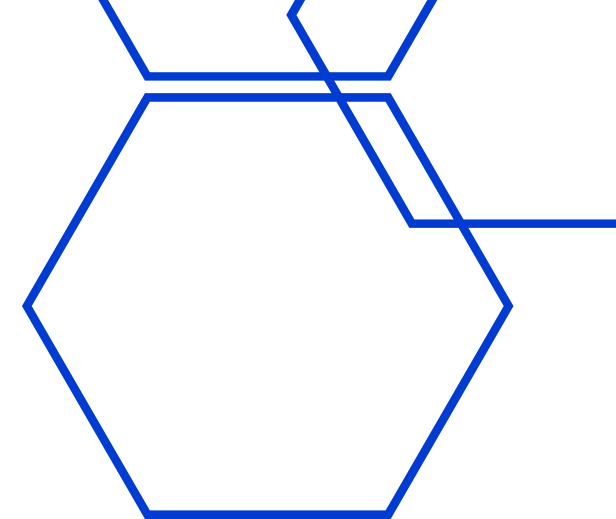
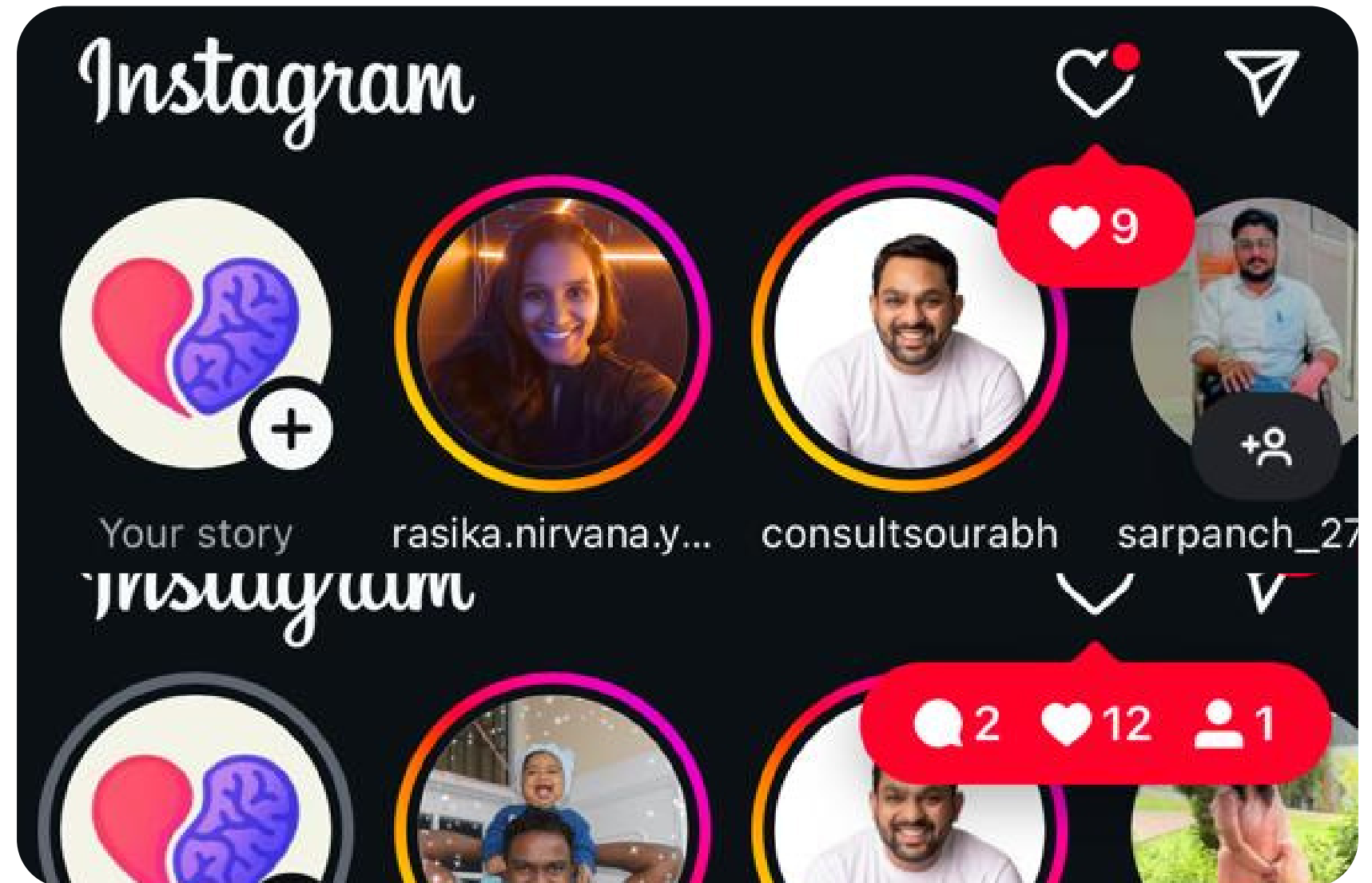
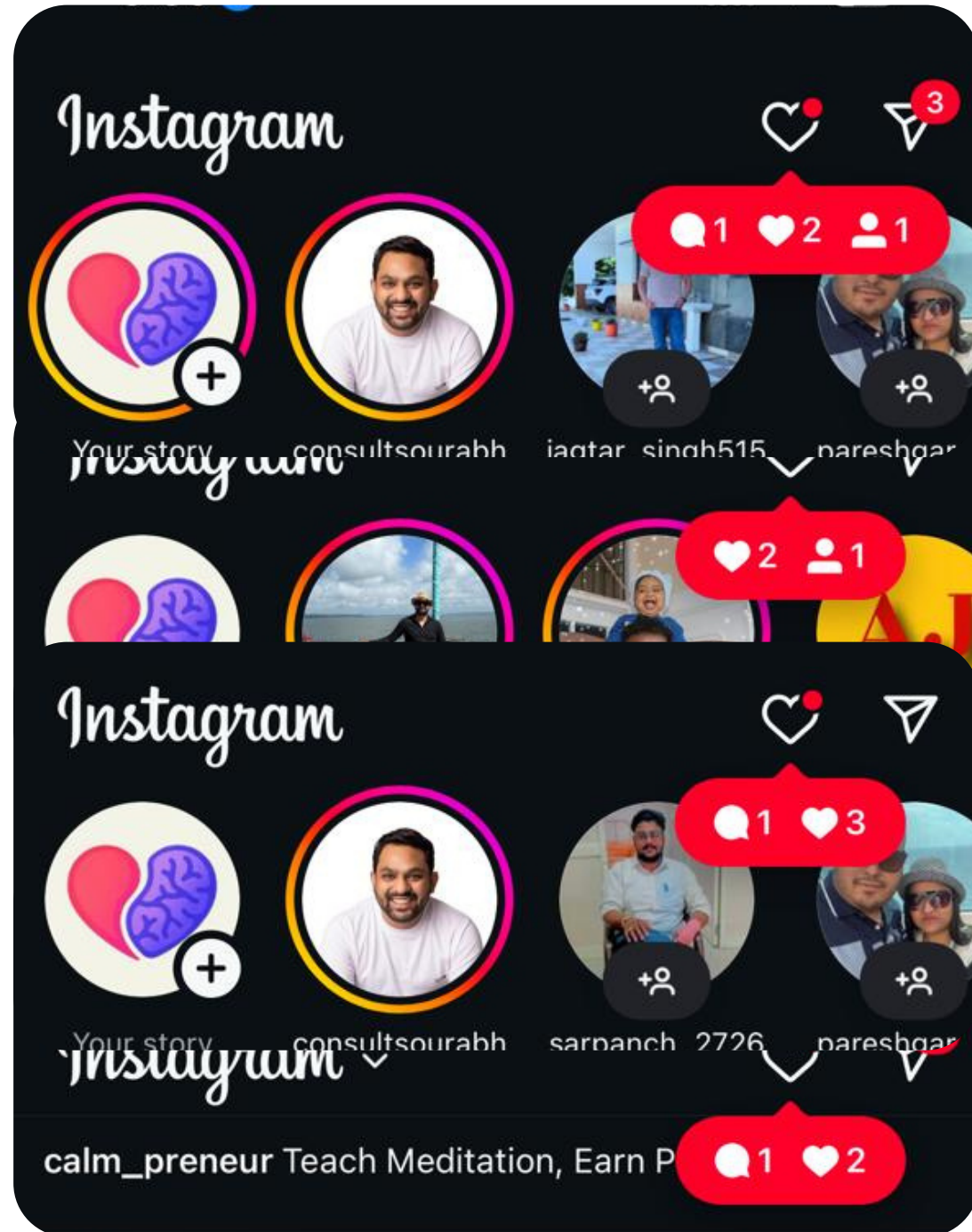
The Addiction of **CONVENIENCE**





November 2025





 5 weeks

Keep up the good work! You shared content 5 weeks in a row.

Sharing content consistently helped you increase your views.

Last week, you shared 6 reels

14K

Reels and post views
+11% from previous week

63%

Views from non-followers
+18% from previous week

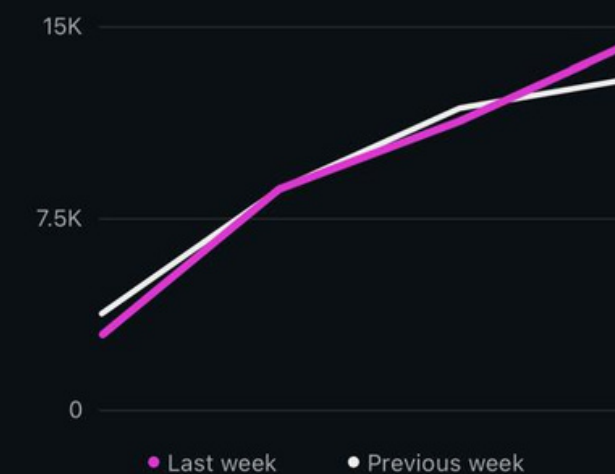
Most viewed



Your views are looking up

Your reel and post views were up 11% compared to the previous week. You're continuing to reach new audiences!

Reel and post views last week



 You shared 2 more reels than the previous week, which helped improve your views.

By top content

[See All](#)



Audience ⓘ

 Audience demographics are not available for this time period. Please select the last 7- or 30-day period.

Profile activity ⓘ

vs 15 May-12 Aug

426

0%

Profile visits

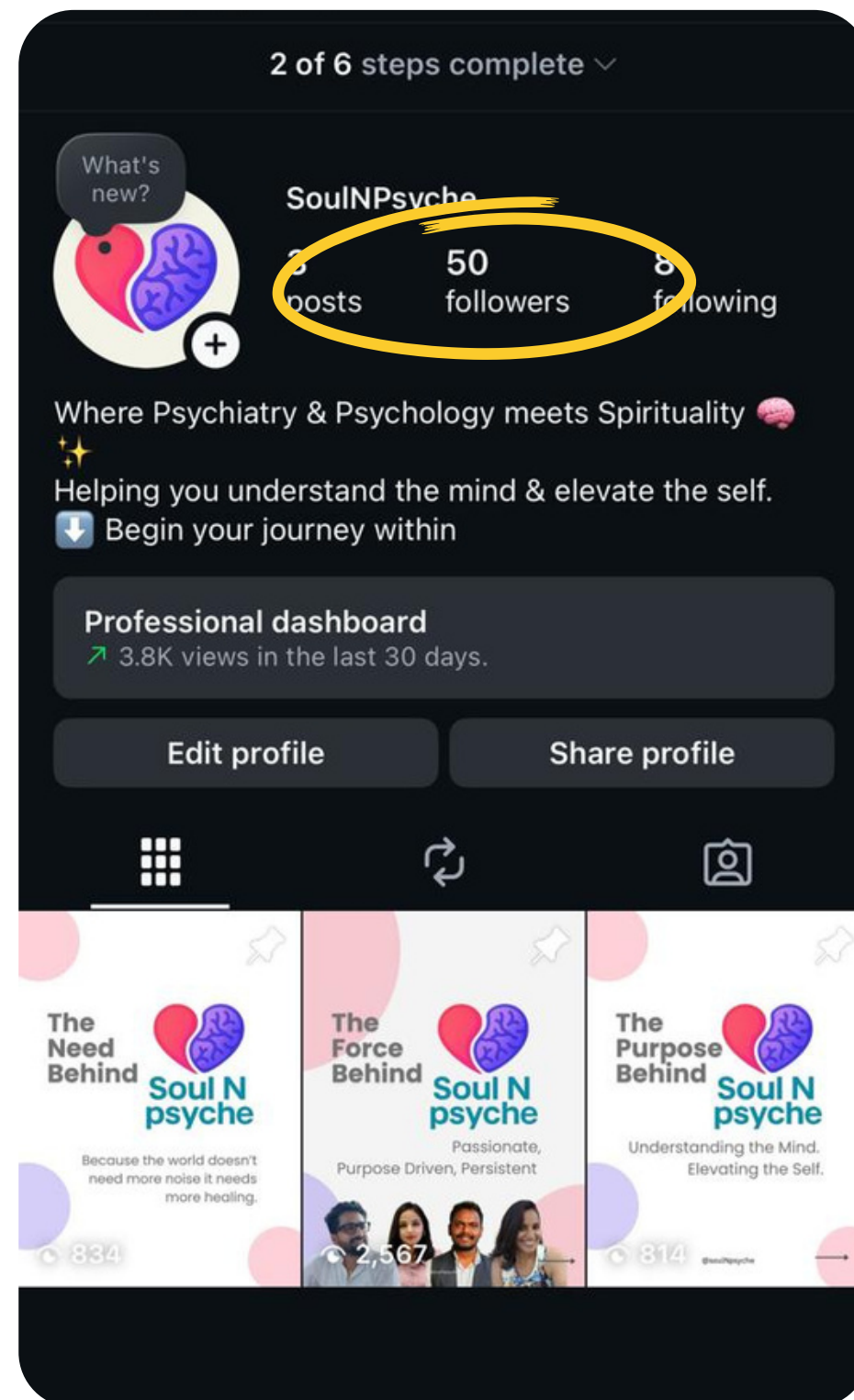
426

0%

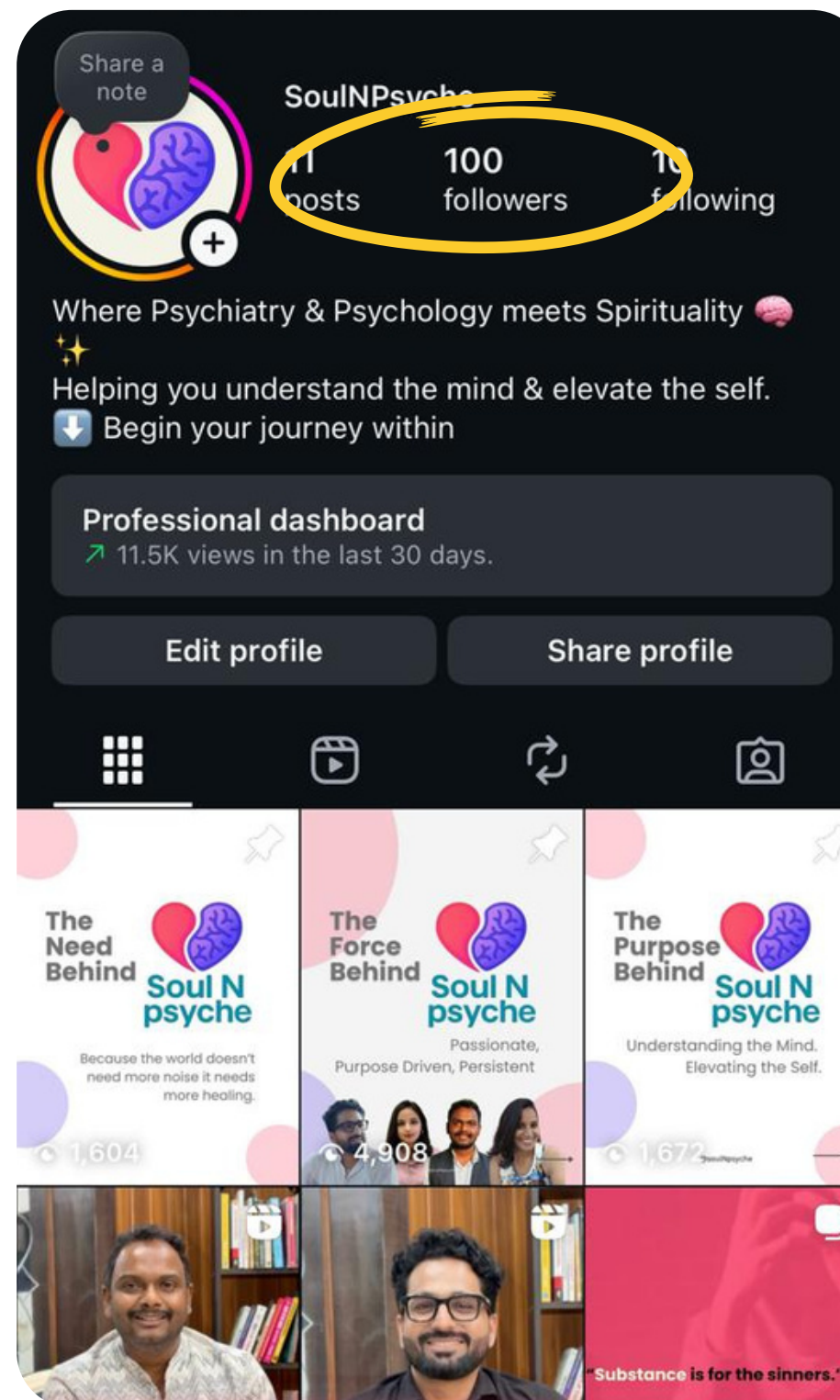
External link taps

0

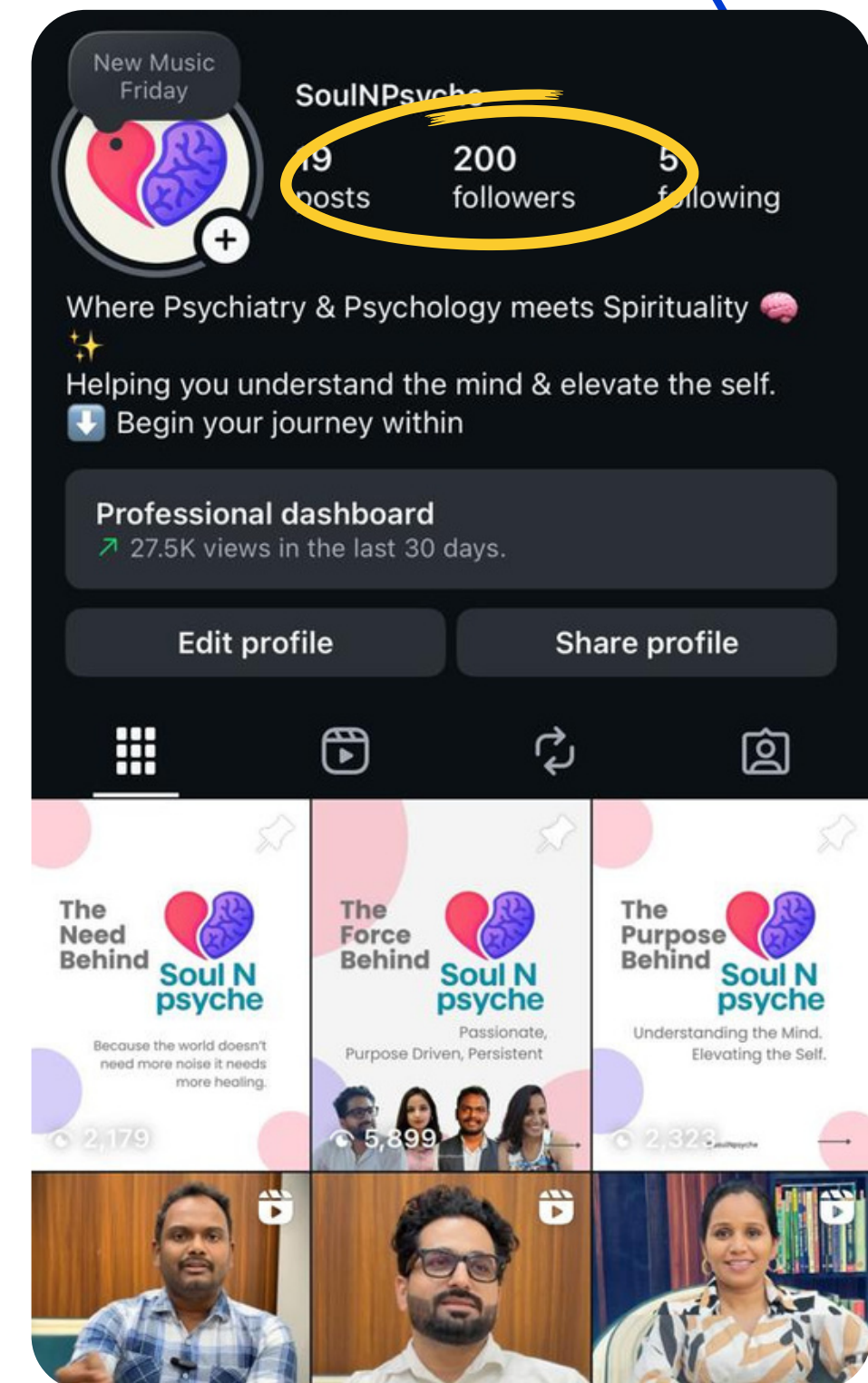
Week 1



Week 3



Week 6



SUCCESSBREW



Thank You

REACH OUT FOR ANY QUESTIONS.

EMAIL

SOURABH@SUCCESSBREW.IN

SOCIAL MEDIA

@CONSULTSOURABH

