

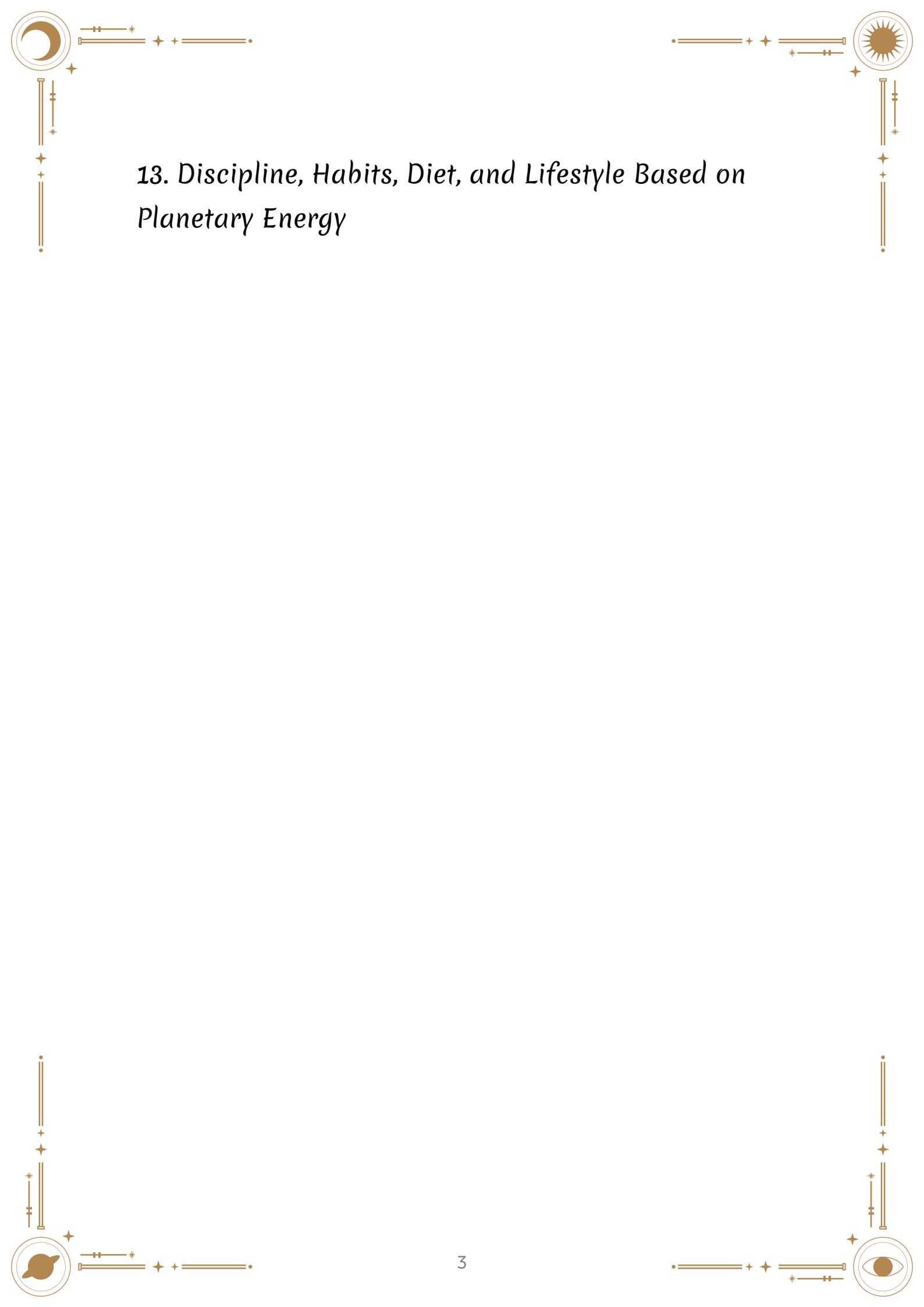
# Tharani's First Astrology Report



WITH  
**Astro kids**



- # Contents
1. Child Astrology Details
  2. Birth Chart Analysis
  3. Child's Life Path (Favorable and Unfavorable Timings)
  4. Pancha Bhoota: Fire, Air, Water, Ether, Earth Compositions in the Child's Body
  5. Child's Ayurvedic Body Type (Vata, Pitta, Kapha)
  6. Dominant Chakra (Energy Center of the Child)
  7. Child's True Self (Sun, Moon, Ascendant/Lagna)
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- A decorative border at the bottom of the page featuring gold-colored symbols. On the left is a small sun-like circle with a face. In the center is a small eye with a golden iris. On the right is a crescent moon with stars. The border is composed of thin gold lines and small gold stars.



## 13. Discipline, Habits, Diet, and Lifestyle Based on Planetary Energy

# Tharani's Astrology Details



# Horoscope Details

Name : Tharani

Date Of Birth : 23 December 2023

Time Of Birth : 03:03:00 AM

Place Of Birth : Madurai, Tamil Nadu , India

Birth Nakshatra, Lord : Bharani, Venus

Birth Rasi, Lord : Aries, Mars

Birth Lagnam, Lord : Libra, Venus

Tithi : Ekadashi

Nithya Yogam : Shiva

Karanam : Vishti

Birth Week Day : Saturday

Atma Karagam, Lord : Venus,Goddess Lakshmi

Ishta Devata : Lord Hanuman

Benefic Stars : Krittika, Uttara Phalguni, Uttara Ashadha,

Benefic Number : 2,6

Life Stone : Diamond

Benefical Stone : Blue Sapphire

Lucky Stone : Emerald



# Birth Chart

Mercury	Sun		Rahu	Saturn
Venus				Ascendant Jupiter
Mars	Ketu		Moon	

# Navamsa Chart

	Ascendant	Rahu	Saturn
Mars			
			Jupiter
	Venus	Sun	Ketu
	Mercury		Moon



# Planetary Positions



Planet : Ascendant

Full Degree: 200.62606

Sign: Libra

Sign Lord: Venus

Retrograde: False

Nakshatra: Vishakha

Karagan: Uyir Karagan

Status: Ubayam



Planet : Sun

Full Degree: 246.57738

Sign: Sagittarius

Sign Lord: Jupiter

Retrograde: False

Nakshatra: Mula

Karagan: Pithrukaragam

Status: Friend



Planet : Moon

Full Degree: 16.41160

Sign: Aries

Sign Lord: Mars

Retrograde: False

Nakshatra: Bharani

Karagan: Mathrukaram

Status: Neutral



Planet : Mercury

Full Degree: 246.31243

Sign: Sagittarius

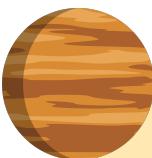
Sign Lord: Jupiter

Retrograde: True

Nakshatra: Mula

Karagan: Vidya Karagam

Status: Enemy



Planet : Venus

Full Degree: 207.39934

Sign: Libra

Sign Lord: Venus

Retrograde: False

Nakshatra: Vishakha

Karagan: Kalathra Karagam

Status: Neutral



Planet : Mars

Full Degree: 236.40111

Sign: Scorpio

Sign Lord: Mars

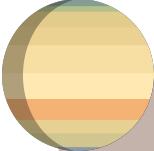
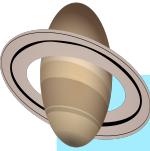
Retrograde: False

Nakshatra: Jyeshta

Karagan: Sagotharakaram

Status: Neutral



 <p><b>Planet : Jupiter</b></p> <p><b>Full Degree:</b> 11.50748</p> <p><b>Sign:</b> Aries</p> <p><b>Sign Lord:</b> Mars</p> <p><b>Retrograde:</b> True</p> <p><b>Nakshatra:</b> Ashwini</p> <p><b>Karagan:</b> Dhana Karagam</p> <p><b>Status:</b> Friend</p>	 <p><b>Planet : Saturn</b></p> <p><b>Full Degree:</b> 308.29687</p> <p><b>Sign:</b> Aquarius</p> <p><b>Sign Lord:</b> Saturn</p> <p><b>Retrograde:</b> False</p> <p><b>Nakshatra:</b> Shatabhisha</p> <p><b>Karagan:</b> Ayul Karagam</p> <p><b>Status:</b> Neutral</p>
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 <p><b>Planet : Rahu</b></p> <p><b>Full Degree:</b> 357.16839</p> <p><b>Sign:</b> Pisces</p> <p><b>Sign Lord:</b> Jupiter</p> <p><b>Retrograde:</b> True</p> <p><b>Nakshatra:</b> Revati</p> <p><b>Karagan:</b> Pitha mahakaragan</p> <p><b>Status:</b> Enemy</p>
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 <p><b>Planet : Ketu</b></p> <p><b>Full Degree:</b> 177.16839</p> <p><b>Sign:</b> Virgo</p> <p><b>Sign Lord:</b> Mercury</p> <p><b>Retrograde:</b> True</p> <p><b>Nakshatra:</b> Chitra</p> <p><b>Karagan:</b> Matha Mahakaragan</p> <p><b>Status:</b> Neutral</p>
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# Tharani's Favorable Times



**Venus**  
(0-15)Age

**May 2018**  
**Mar 2038**

Venus	upto Jul 2021
Sun	upto Jul 2022
Moon	upto Mar 2024
Mars	upto May 2025
Rahu	upto May 2028
Jupiter	upto Jan 2031
Saturn	upto Feb 2034
Mercury	upto Nov 2036
Ketu	upto Feb 2038



**Sun**  
(15-21)Age

**Mar 2038**  
**May 2044**

Sun	upto May 2038
Moon	upto Nov 2038
Mars	upto Apr 2039
Rahu	upto Mar 2040
Jupiter	upto Jan 2041
Saturn	upto Jan 2042
Mercury	upto Nov 2042
Ketu	upto Apr 2043
Venus	upto Apr 2044



**Moon**  
(22-31)Age

**May 2044**  
**Jun 2054**

Moon	upto Mar 2045
Mars	upto Oct 2045
Rahu	upto May 2047
Jupiter	upto Aug 2048
Saturn	upto Mar 2050
Mercury	upto Jul 2051
Ketu	upto Mar 2052
Venus	upto Oct 2053
Sun	upto May 2054



**Mars**  
(31-38)Age

**Jun 2054**  
**Apr 2061**

Mars	upto Sept 2054
Rahu	upto Sept 2055
Jupiter	upto Sept 2056
Saturn	upto Oct 2057
Mercury	upto Oct 2058
Ketu	upto Mar 2059
Venus	upto Apr 2060
Sun	upto Aug 2060
Moon	upto Mar 2061



**Rahu**  
(40-56)Age

**Apr 2061**  
**Apr 2079**

Rahu	upto Nov 2063
Jupiter	upto Apr 2066
Saturn	upto Mar 2069
Mercury	upto Sept 2071
Ketu	upto Sept 2072
Venus	upto Sept 2075
Sun	upto Aug 2076
Moon	upto Mar 2078
Mars	upto Mar 2079



**Jupiter**  
(58-72)Age

**Apr 2079**  
**Apr 2095**

Jupiter	upto Apr 2081
Saturn	upto Oct 2083
Mercury	upto Feb 2086
Ketu	upto Feb 2087
Venus	upto Sept 2089
Sun	upto Jul 2090
Moon	upto Oct 2091
Mars	upto Oct 2092
Rahu	upto Mar 2095

 <b>Saturn</b> (75-91)Age		 <b>Mercury</b> (93-108)Age		 <b>Ketu</b> (108-115)Age	
<u>Apr 2095</u>		<u>Apr 2114</u>		<u>Apr 2131</u>	
Saturn	upto Mar 2098	Mercury	upto Jul 2116	Ketu	upto Jul 2131
Mercury	upto Nov 2100	Ketu	upto Jul 2117	Venus	upto Aug 2132
Ketu	upto Jan 2102	Venus	upto May 2120	Sun	upto Jan 2133
Venus	upto Feb 2105	Sun	upto Apr 2121	Moon	upto Jul 2133
Sun	upto Feb 2106	Moon	upto Aug 2122	Mars	upto Nov 2133
Moon	upto Aug 2107	Mars	upto Aug 2123	Rahu	upto Nov 2134
Mars	upto Sept 2108	Rahu	upto Mar 2126	Jupiter	upto Nov 2135
Rahu	upto Aug 2111	Jupiter	upto Jun 2128	Saturn	upto Jan 2137
Jupiter	upto Mar 2114	Saturn	upto Mar 2131	Mercury	upto Jan 2138

## Note:

 Favourable

 Unfavourable

 Moderate

# Tharani's Five Natural Elements

Tharani's Dominant Element are Fire and Air

Children with a dominant fire element are full of energy, confidence, and enthusiasm. They are natural leaders, passionate, and driven to explore new challenges. However, they may struggle with impulsivity, impatience, and emotional intensity.



Fire



Earth



Air



Water

Fire: 57.14%

Earth: 0.00%

Air: 28.57%

Water: 14.29%

## Impacts on Personality

**Strength :** Leadership, high energy, motivation, creativity

**Challenges :** Impulsivity, impatience, difficulty focusing, quick temper

## Parenting Tips to Balance Fire Element

**Mindful Breaks :** Incorporate calming activities such as deep breathing, guided imagery, or short yoga sessions to help your child learn to manage their energy and emotions. Schedule these during transitions or before bedtime to create balance.

# Tharani's Ayurvedic Body Type

**Tharani's Body is Dominated by Pitta Nature**

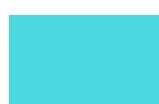
Children with a dominant Pitta dosha are confident, ambitious, and highly intelligent. They are natural leaders and have strong determination. However, they can also be prone to impatience, irritability, and a fiery temperament when stressed.



Pitta



Kapha



Vata

**Pitta: 55.00%**

**Kapha: 27.50%**

**Vata: 17.50%**

## Impacts on Body Type, Emotions, and Health

**Body Type :** Medium build, muscular, warm body temperature, often with a glowing complexion.

**Emotions :** Focused, competitive, and passionate; can become easily frustrated or angry.

**Health :** Prone to skin rashes, excessive sweating, digestive issues, and overheating.

## Parenting Tips to Balance Fire Dosha

**Cooling Diet & Calming Activities :** Include foods that have cooling properties, such as cucumbers, melons, and leafy greens. Avoid spicy, acidic, or overly salty foods. Encourage calming activities like swimming, yoga, or relaxing play to help reduce their intense energy. Establish a peaceful routine with regular breaks to prevent overstimulation and promote emotional balance.



# Tharani's Chakras

## Tharani's Dominant Chakra is Heart Chakra

A dominant heart chakra (Anahata) in children promotes love, compassion, and a strong sense of connection with others. Children with a balanced heart chakra are empathetic, caring, and able to build healthy relationships.

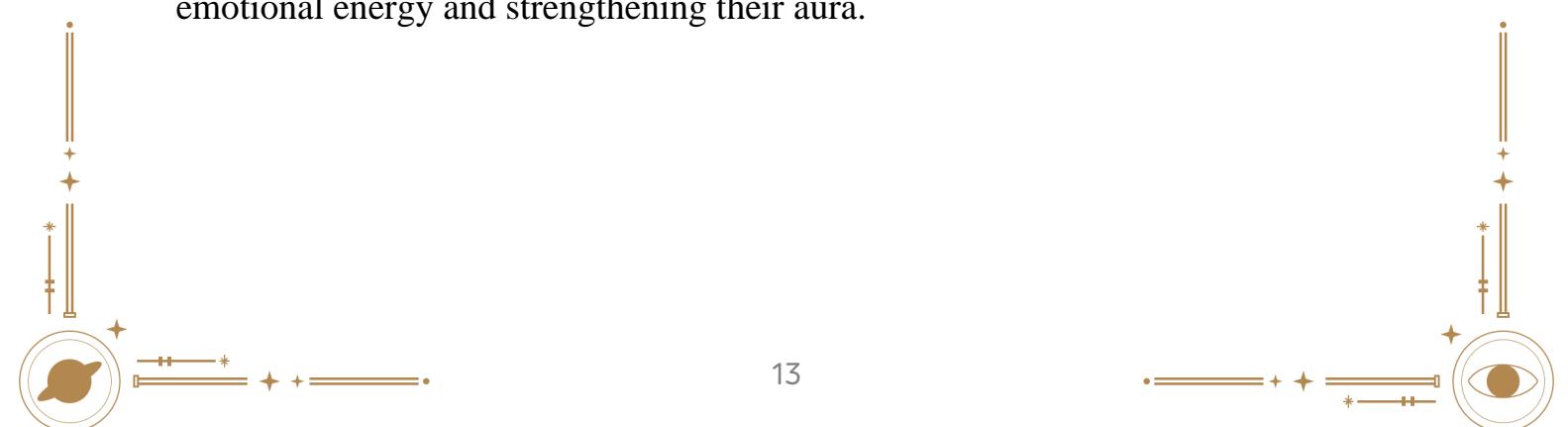
*If imbalanced, they may become overly sensitive, clingy, or struggle with self-love and setting boundaries.*



## Heart Chakra

### Parenting Tips to Increase Tharani's Aura and Energy Level

**Acts of Kindness and Connection :** Encourage activities that foster compassion and emotional bonding, such as helping others, sharing, and spending quality time together. Engage in activities like group games or family rituals that emphasize love and connection. This nurtures the heart chakra, boosting their emotional energy and strengthening their aura.





# Tharani's True Self

Let's take a look at the three most influential and important sign for Tharani!

As per Tharani's kundli,



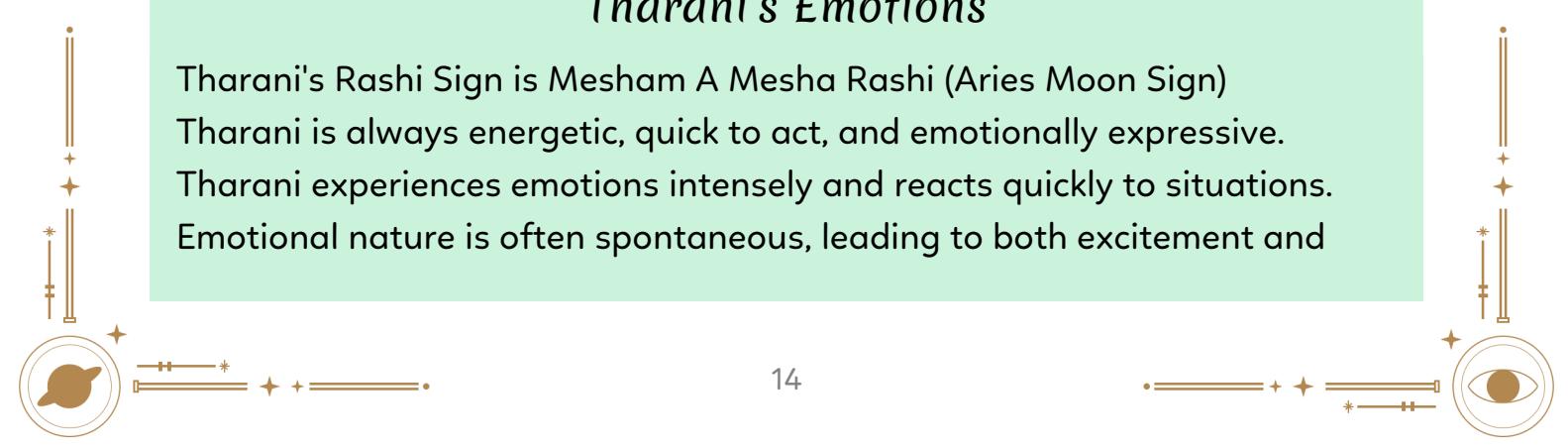
## Tharani's Personality

Tharani's Born Lagna is Tula Lagna. Tharani is always charming, diplomatic, and fair-minded. Tharani values balance and seeks harmony in relationships. Ability to see all perspectives helps Tharani mediate conflicts. Tharani's love for beauty and art brings creativity and aesthetics to life.



## Tharani's Emotions

Tharani's Rashi Sign is Mesham A Mesha Rashi (Aries Moon Sign). Tharani is always energetic, quick to act, and emotionally expressive. Tharani experiences emotions intensely and reacts quickly to situations. Emotional nature is often spontaneous, leading to both excitement and

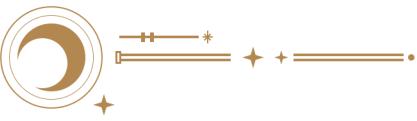


frustration. Tharani has a strong desire for independence and can feel frustrated when restricted. However, Tharani's enthusiasm helps overcome emotional challenges, bringing a positive and dynamic energy to daily life.



## Tharani's Core Identity

Tharani, born with Sun in Dhanu (Sagittarius) has an adventurous and philosophical core identity. Tharani's sense of self is defined by a love for freedom, exploration, and knowledge. Optimism and a desire to expand horizons guide Tharani's path. Tharani values truth and strives for growth, both intellectually and spiritually.



# Panchangam: A Guide to Tharani's Flourishing Future

Activating the Panchangam elements (Thithi, Vaaram, Nakshatra, Yogam, Karanam) can potentially bring balance to child's life, fostering positive energies and promoting growth.

Tharani was born on 23 December 2023, Saturday (Vaaram), under Bharani Nakshatra, Shukla Paksha Paksha Ekadashi Thithi, Vishti Karanam, and Shiva Yogam



## Tithi Represents Tharani's Emotions, Mental Well-being

Tharani was born under Shukla Paksha Ekadashi, and the following are Thithi impacts on Tharani's Life

### Strength

- 1) Spiritually inclined and introspective
- 2) Focused and determined
- 3) Generous and kind-hearted

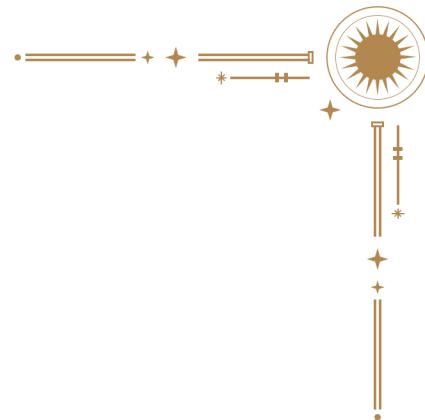
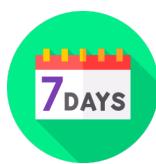
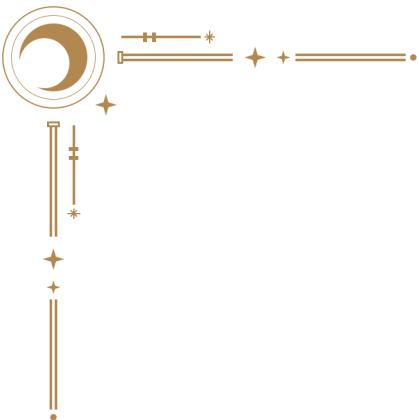
### Challenges

- 1) May isolate themselves during stress
- 2) Prone to perfectionism
- 3) Can be overly idealistic

### Thithi Lord: Vishnu (Preserver of the Universe)

**Parenting Tips :** Mindful Listening Sessions Help your child process emotions and stay grounded. Spend dedicated time listening to your child's thoughts and guiding them through their concerns without judgment.





## Vaaram Represents Tharani's Energy & Behaviour

Tharani was born on Saturday, and the following are its impacts on Tharani's life:

### Strength

- 1) Responsible and disciplined
- 2) Strong work ethic and perseverance
- 3) Good at problem-solving and planning

### Challenges

- 1) Can be overly serious or pessimistic
- 2) May have low self-esteem or be critical of themselves
- 3) Struggles with flexibility or adapting to change

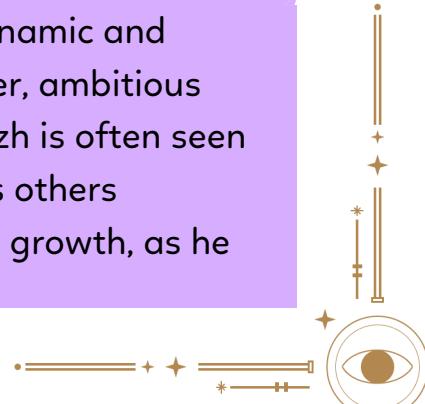
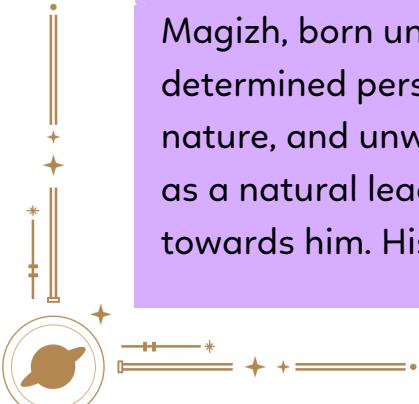
### Ruling Planet: **Saturn**

**Parenting Tips :** Encourage balance by helping them manage stress and build confidence. Introduce activities that mix routine with play, like structured but fun chores or projects. Recognize their hard work, and gently remind them that mistakes are part of learning.



## Nakshatra Represents Tharani's Personality and Life Path

Magizh, born under the Bharani Nakshatra, possesses a dynamic and determined personality. He is known for his strong willpower, ambitious nature, and unwavering focus on achieving his goals. Magizh is often seen as a natural leader, with a charismatic presence that draws others towards him. His life path is marked by transformation and growth, as he



navigates challenges with resilience and adaptability. Overall, Magizh's Bharani Nakshatra characteristics make him a force to be reckoned with, capable of achieving great success and making a lasting impact in the world.



## *Yogam Represents Tharani's Prosperity and Life Transformation*

Magizh, born under the Shiva Yogam, possesses a deep connection to spirituality and a strong sense of inner peace and tranquility. His goals revolve around achieving spiritual growth, enlightenment, and self-realization. With a profound understanding of the interconnectedness of all things, Magizh strives to spread positivity and uplift others around him, leaving a lasting impact of harmony and balance wherever he goes.



## *Karanam Represents Tharani's Work and Actions*

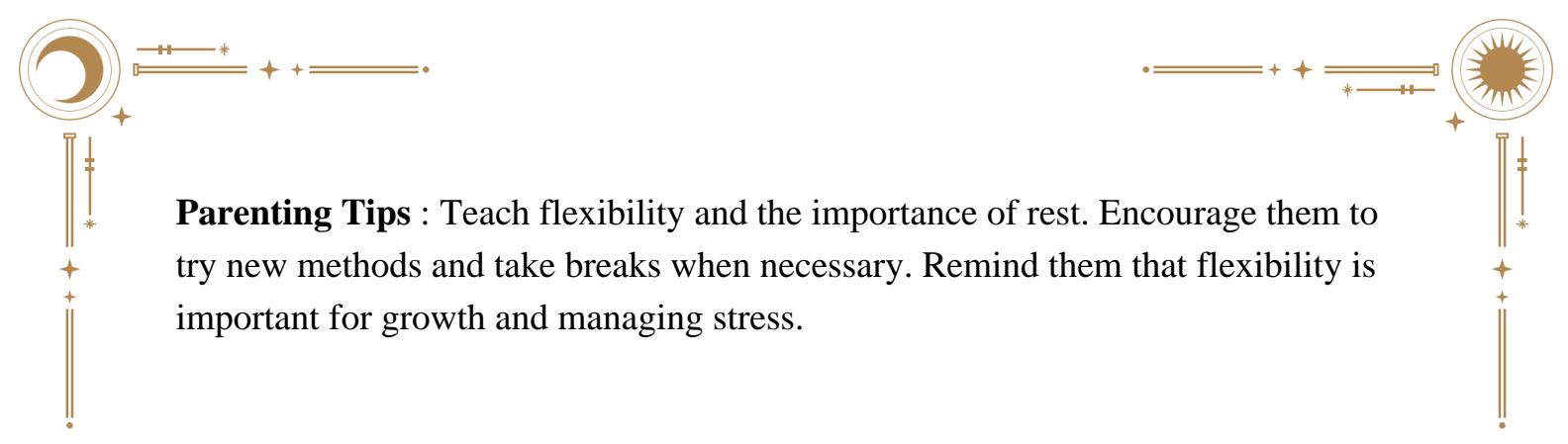
Tharani was born under Vishti, and the following are Karanam impacts on Tharani's life:

### Strength

- 1) Hardworking and diligent in completing tasks.
- 2) Persistent in achieving long-term goals.
- 3) Takes pride in their work and accomplishments.

### Challenges

- 1) Can become stubborn and refuse to change their methods.
- 2) May struggle with adapting to sudden changes.
- 3) Can become overwhelmed by taking on too much responsibility.



**Parenting Tips :** Teach flexibility and the importance of rest. Encourage them to try new methods and take breaks when necessary. Remind them that flexibility is important for growth and managing stress.





# Potential Health Challenges and Holistic Wellness Solutions

Pisces in the 6th house indicates a sensitive health nature, with a tendency to experience issues related to the feet, immune system, or emotional well-being. Tharani may be prone to feeling tired or overwhelmed by stress. Encourage a calm, soothing environment and regular physical activity, such as swimming or walking. A diet that supports the immune system and plenty of rest will keep Tharani healthy and balanced.

## Health Issues Based on

### Common Health Issues

- 1) **Liver and Digestive Issues** (sluggish digestion, bloating)
- 2) **Respiratory Problems** (frequent colds, coughs)
- 3) **Foot Issues** (swollen feet, sensitivity)
- 4) **Hormonal Imbalance** (affecting skin and mood)
- 5) **Immune System Weakness** (prone to infections)

### Dosha Constitution Issues

- 1) **Weak Immune System** (susceptible to infections)
- 2) **Liver Imbalance** (poor detoxification)
- 3) **Foot and Leg Sensitivity** (swelling, fatigue)
- 4) **Hormonal Imbalance** (affects mood and skin)

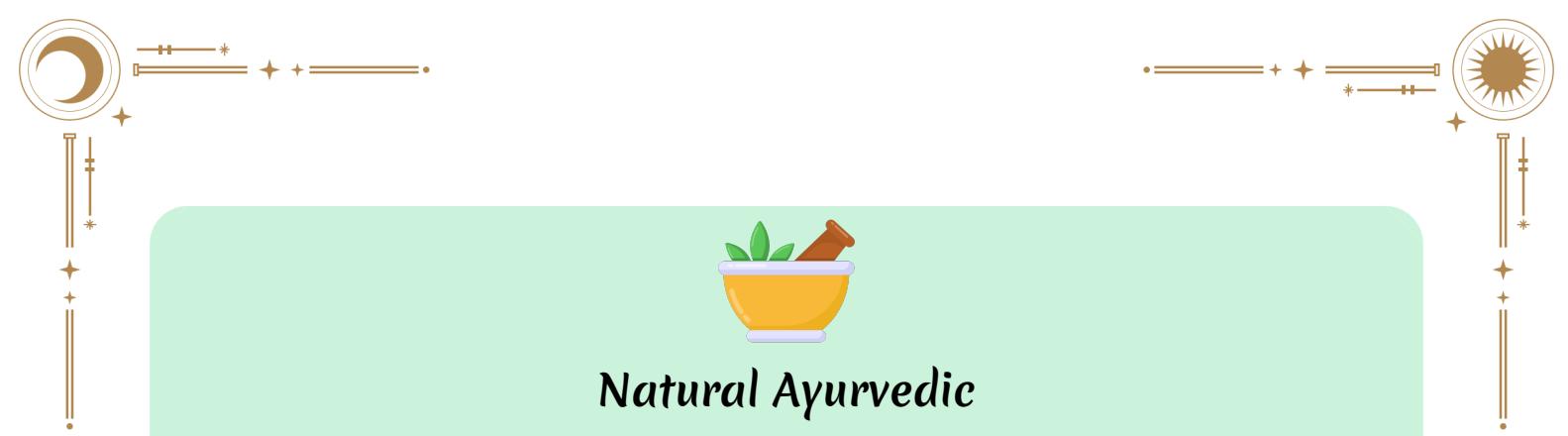
## Remedial Practices

### Natural Ayurvedic Remedy

### Mudra Practice Remedy

### Mindful Food & Diet Remedy





## Natural Ayurvedic

Triphala and Turmeric Tea (for digestion and detoxification)

**Ingredients:** 1 tsp Triphala powder, 1/2 tsp turmeric, 1 cup hot water.

**How to Make:** Mix Triphala and turmeric with hot water, stir, and drink warm.

**Benefits:** Enhances digestion, supports liver health, detoxifies the body.



## Mudra Practice Remedy

Apana Mudra (for detoxification and fluid balance)

### Steps

- 1) Sit comfortably with a straight spine.
- 2) Touch the tips of the middle finger and ring finger to the tip of the thumb.
- 3) Hold for 10-15 minutes.

**Benefits:** Supports detoxification, balances fluid retention, improves digestion.





## Mindful Food & Diet Remedy

### ✓ Food to Include

- 1) Ginger (improves digestion, reduces nausea)
- 2) Pineapple (supports liver detox and digestion)
- 3) Coconut water (helps with fluid balance)

### ✗ Food to Avoid

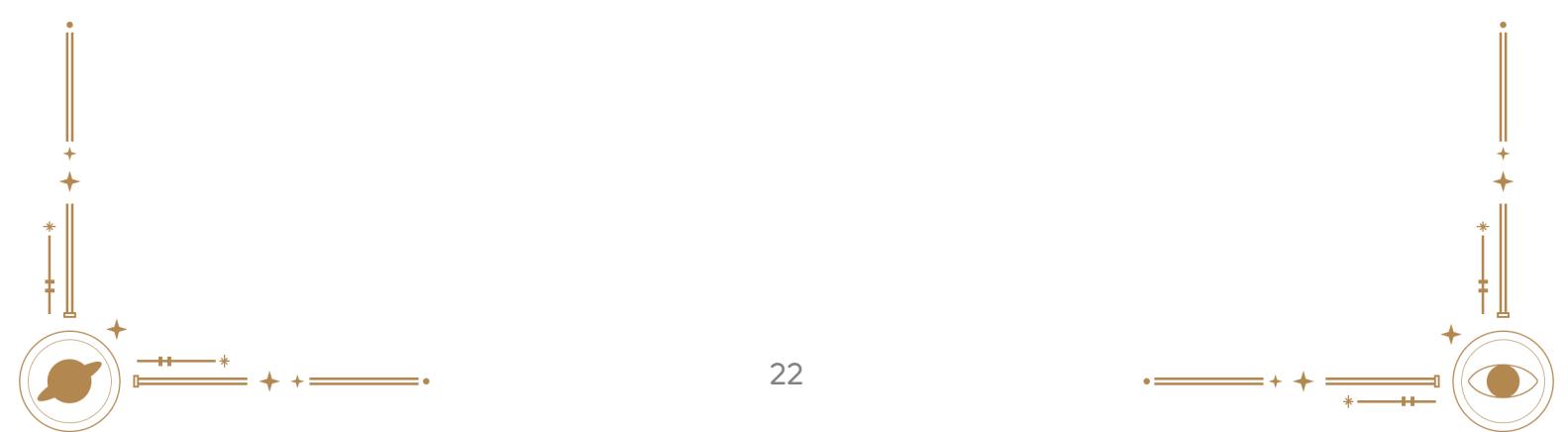
- 1) Processed sugars (weakens the immune system)
- 2) Dairy-heavy foods (may aggravate mucus production)



### Execution Guide

- 1) Drink coconut water and eat pineapple regularly.
- 2) Avoid processed sugars and excessive dairy.

**Benefits:** Supports digestion, boosts immunity, helps detoxify.





# Outer World - Physical Attributes, Personality, and Behavior



## Physical Attributes

Magizh has a balanced body built with a charming face type. His eyes are expressive and hold a sense of harmony. His physical appearance exudes grace and elegance, while his aura is charismatic and magnetic, drawing others towards him.



## Outer Personality

Magizh possesses a charming and diplomatic personality, which helps him navigate social situations with ease.

He has a strong sense of justice and fairness, making him a reliable and trustworthy individual.

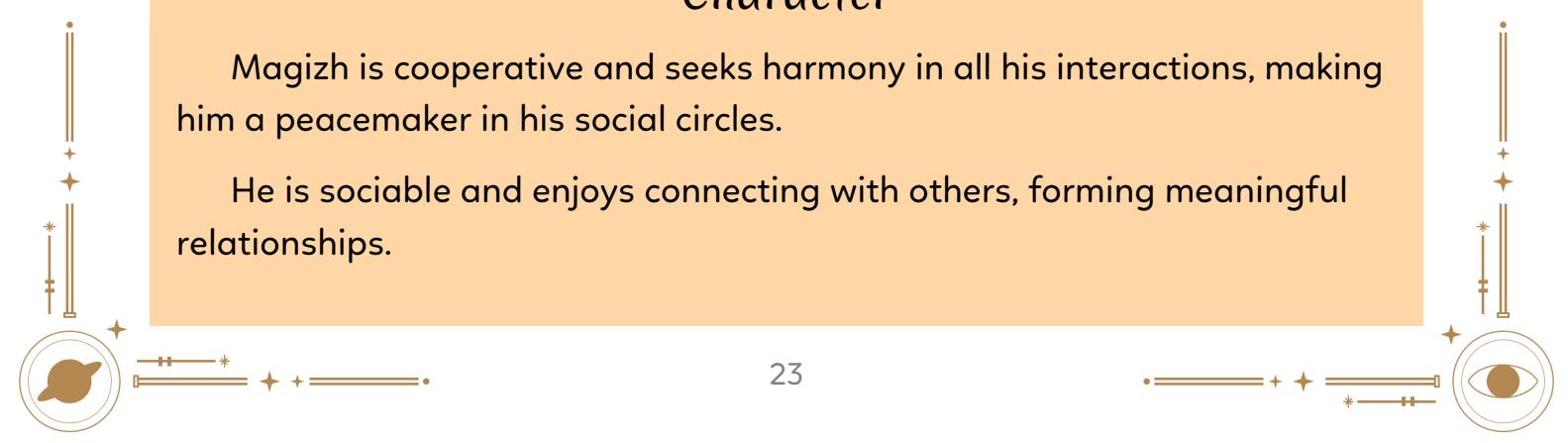
Magizh is creative and artistic, with an eye for beauty and design.



## Character

Magizh is cooperative and seeks harmony in all his interactions, making him a peacemaker in his social circles.

He is sociable and enjoys connecting with others, forming meaningful relationships.



Magizh is adaptable and can easily adjust to new environments and circumstances.



## Positive Behavior

Magizh exhibits a sense of balance and equilibrium in his actions, making thoughtful decisions.

He values relationships and shows empathy towards others, creating a supportive environment.

Magizh is diplomatic in his communication, resolving conflicts peacefully and effectively.



## Behavior Challenges

Magizh may struggle with indecisiveness, finding it challenging to make firm choices.

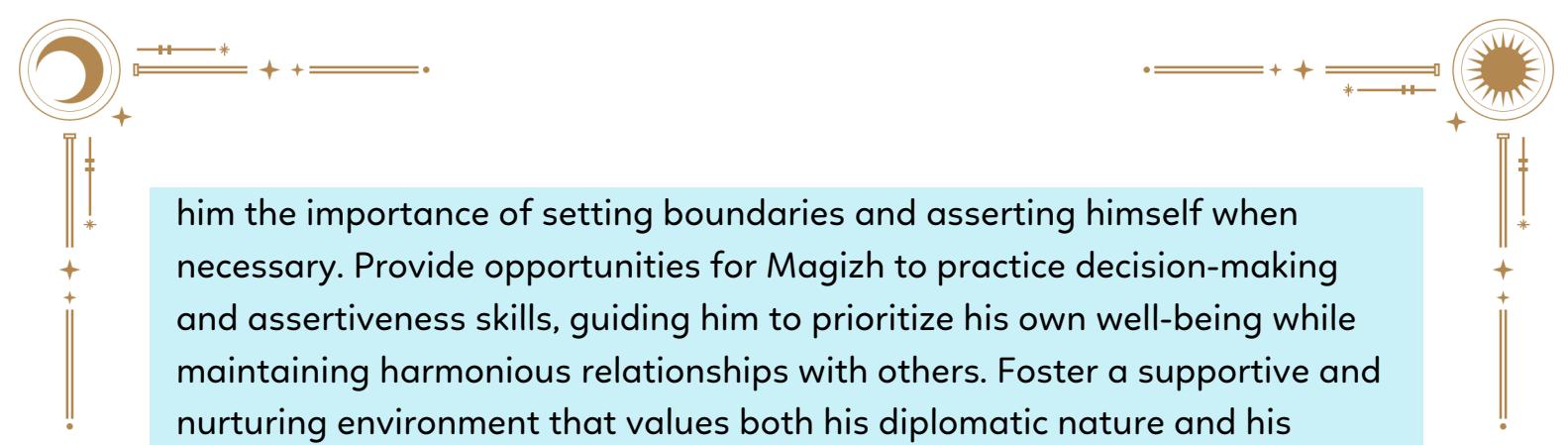
He might have a tendency to avoid confrontation and suppress his true emotions.

Magizh could be overly focused on maintaining external harmony, neglecting his own needs and desires.

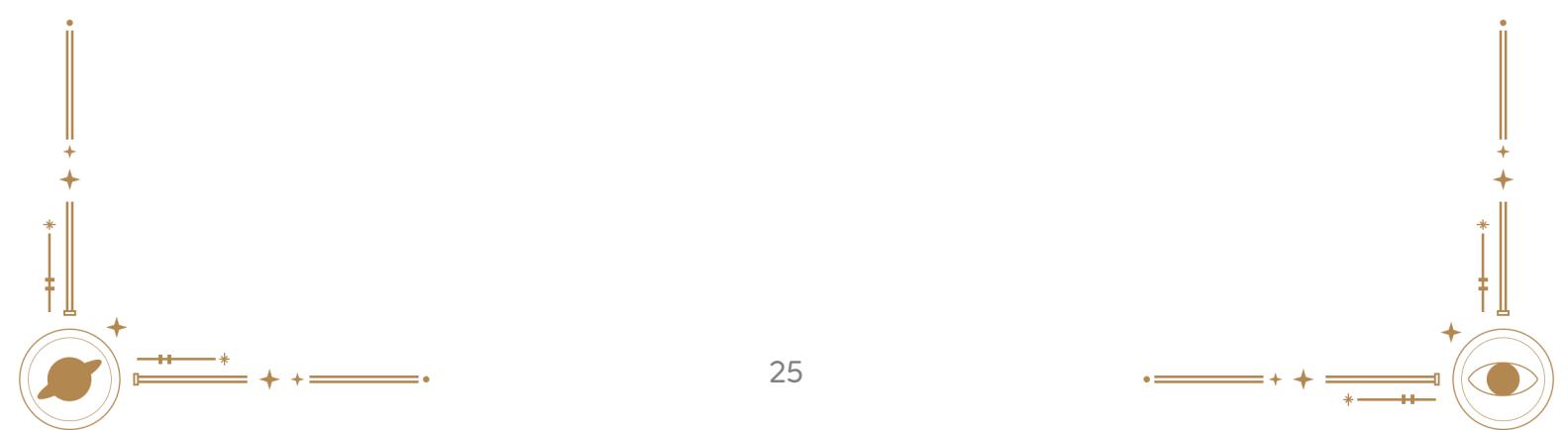


## Parenting Tips For Tharani's Behaviour Challenges

To help Magizh overcome his negative behaviors and support his growth, encourage him to express his opinions and feelings openly. Teach



him the importance of setting boundaries and asserting himself when necessary. Provide opportunities for Magizh to practice decision-making and assertiveness skills, guiding him to prioritize his own well-being while maintaining harmonious relationships with others. Foster a supportive and nurturing environment that values both his diplomatic nature and his individual needs. Encourage Magizh to seek counseling or therapy if needed to address any underlying issues causing his avoidance of conflict and emotional suppression. Remember to praise and reinforce his efforts towards personal growth and self-expression.





# Inner World - Emotional Needs and Soul Desire



## Tharani's Emotional State Insights

Magizh, with the Moon positioned in the 7th house of Aries in Bharani nakshatra along with Planets Moon and Jupiter, tends to have a strong sense of independence and a need for personal space. Magizh believes in taking action and being assertive in order to achieve their goals. Emotionally, Magizh is passionate, determined, and sometimes impatient.



## Tharani's Emotions

Passionate and enthusiastic in pursuing their desires

Can become easily frustrated when things don't go as planned

Has a fiery and competitive spirit when faced with challenges

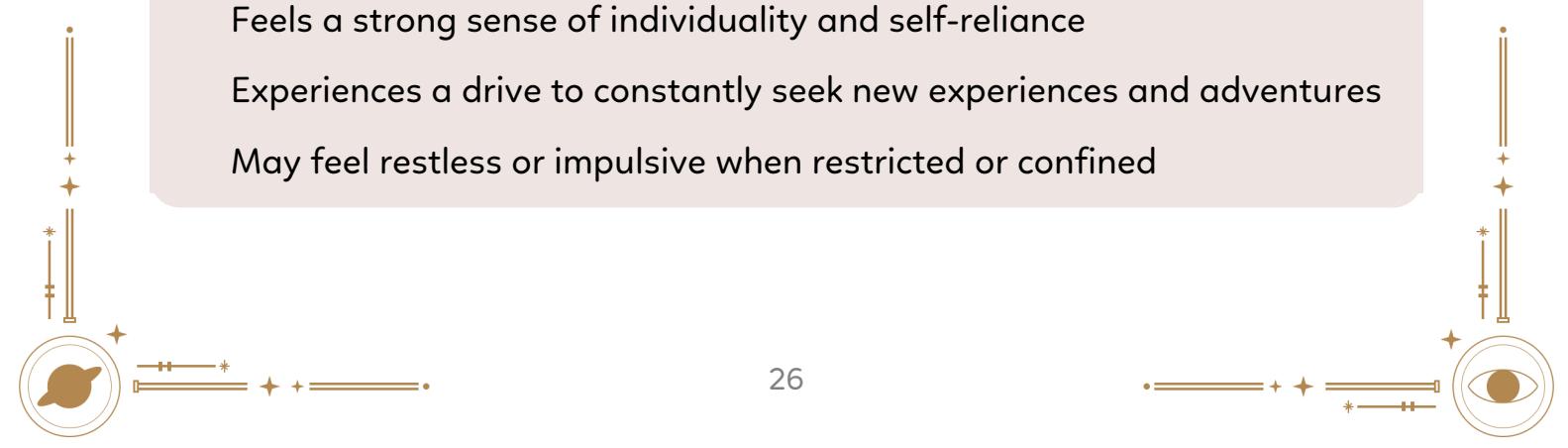


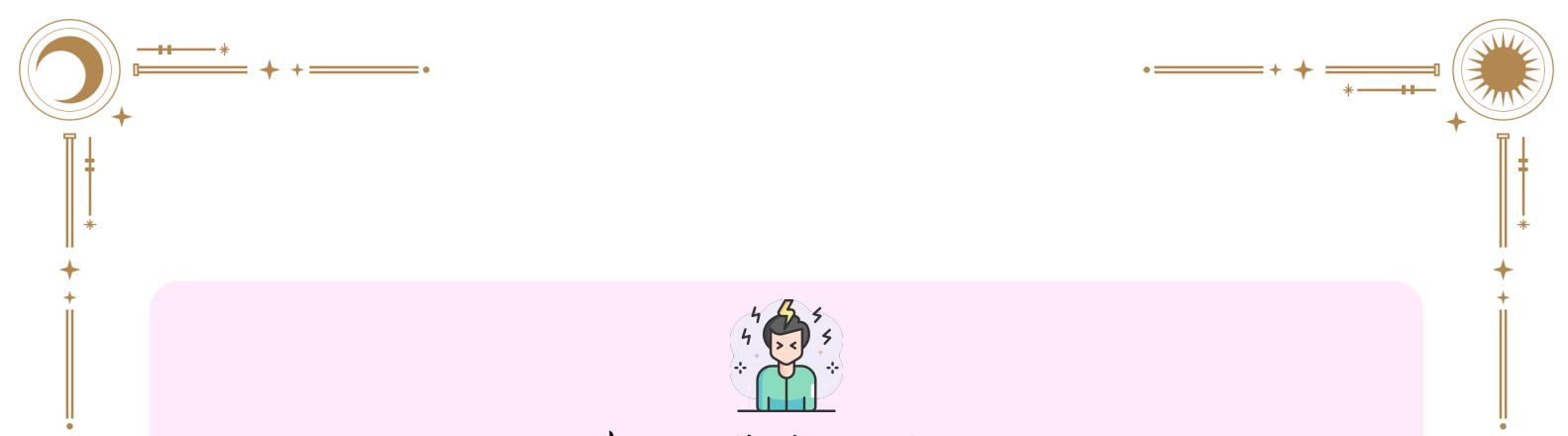
## Tharani's Feelings

Feels a strong sense of individuality and self-reliance

Experiences a drive to constantly seek new experiences and adventures

May feel restless or impulsive when restricted or confined





## Tharani's Reactions

Responds quickly to situations with courage and boldness

May become defensive when their independence is questioned

Takes the lead and initiates action in group settings



## Tharani's Emotional Imbalance Challenges

Tendency towards impulsiveness leading to rash decision-making

Difficulty in compromising and considering others' perspectives

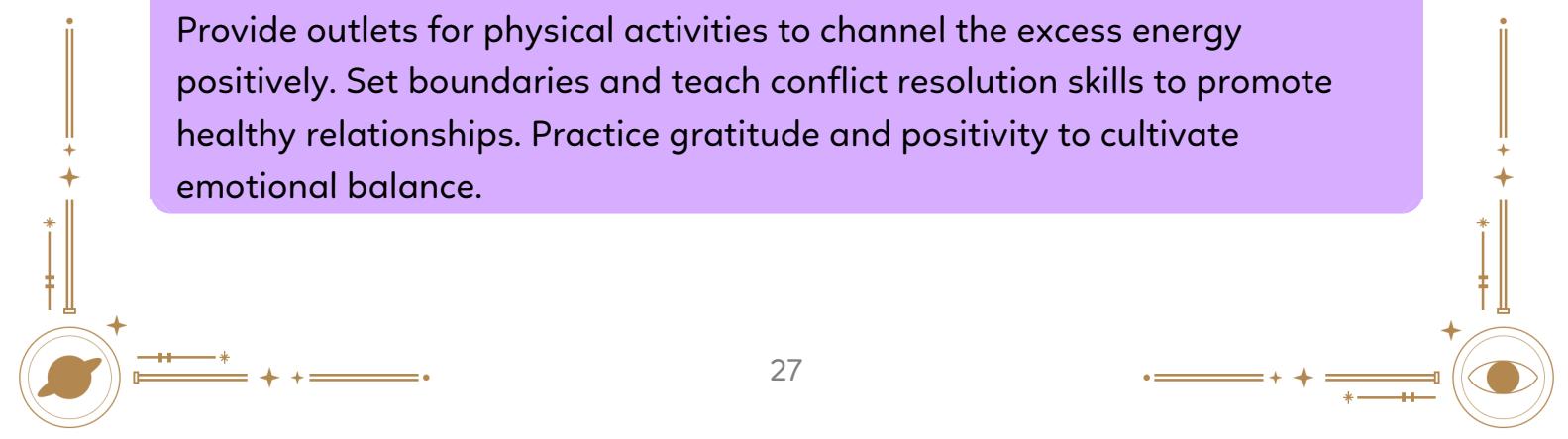
Struggles with anger issues and maintaining harmony in relationships



## Parenting Tips

To support Magizh in managing their negative emotional imbalances and foster growth, it is important to encourage self-reflection and mindfulness. Parents can help Magizh by teaching them the importance of taking a pause before reacting impulsively. Encourage open communication and active listening to understand others' viewpoints.

Provide outlets for physical activities to channel the excess energy positively. Set boundaries and teach conflict resolution skills to promote healthy relationships. Practice gratitude and positivity to cultivate emotional balance.





## Tharani's Soul Desire

Magizh, with the Sun positioned in the 3rd house of Sagittarius in Mula nakshatra, is driven by a deep desire for knowledge and intellectual pursuits. His core identity is centered around exploration, seeking truth and meaning, and expressing his beliefs with conviction. His inner strength lies in his optimism, curiosity, and adaptability, which enable him to navigate various challenges with a sense of adventure and purpose. However, Magizh's ego can sometimes be overly proud and self-righteous, leading to conflicts in relationships and a tendency to impose his views on others.



## Seek For Recognition

Magizh seeks recognition for his intellectual achievements and philosophical insights.

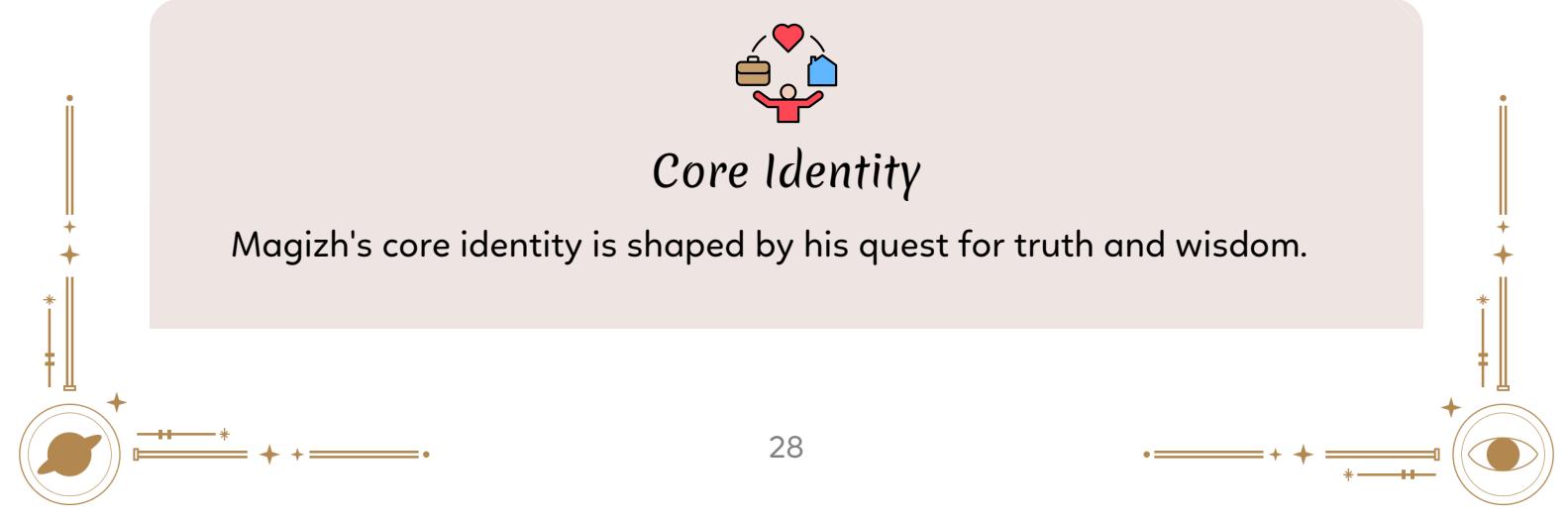
He also craves acknowledgment for his ability to communicate persuasively and inspire others.

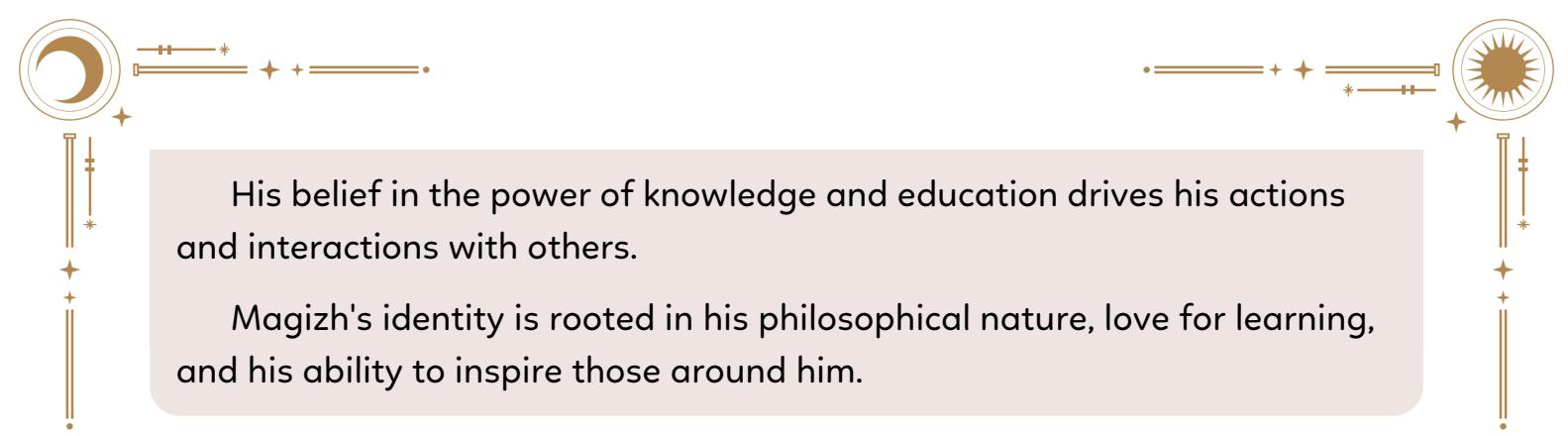
Magizh desires recognition for his adventurous spirit and willingness to explore new ideas and cultures.



## Core Identity

Magizh's core identity is shaped by his quest for truth and wisdom.





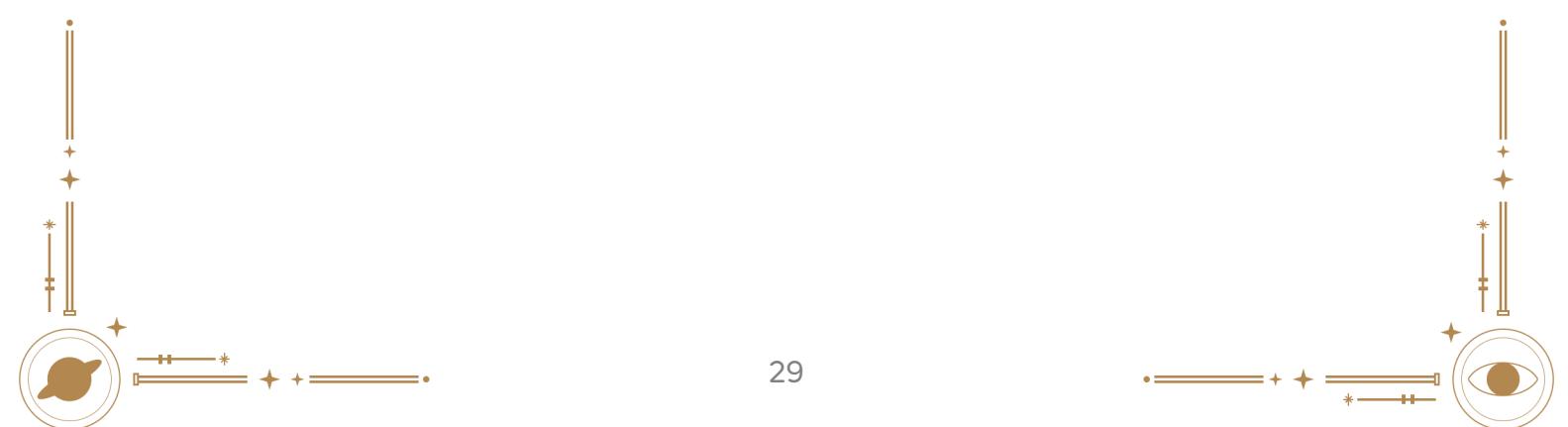
His belief in the power of knowledge and education drives his actions and interactions with others.

Magizh's identity is rooted in his philosophical nature, love for learning, and his ability to inspire those around him.



## Parenting Tips For Self Identity Challenges

Encourage Magizh to practice humility and empathy in his interactions with others. Teach him to listen actively, consider different perspectives, and appreciate the diversity of opinions and experiences. Guide Magizh to engage in meaningful conversations that foster understanding and mutual respect. By nurturing these qualities, Magizh can develop a more balanced sense of self and build stronger connections with those around him.





# Tharani's Education and Intellect

Insights about Tharani's education and intelligence



## Education and Intellectual Insights

Tharani, born under Aries Rashi, is energetic, ambitious, and loves challenges. Tharani thrives in environments that offer independence and opportunities to take the lead. Tharani enjoys subjects related to leadership, entrepreneurship, sports, or any field that requires competitive drive and determination. A dynamic and action-oriented learning environment is best for Tharani.



## Higher Education Preferences

### Subjects of Interest

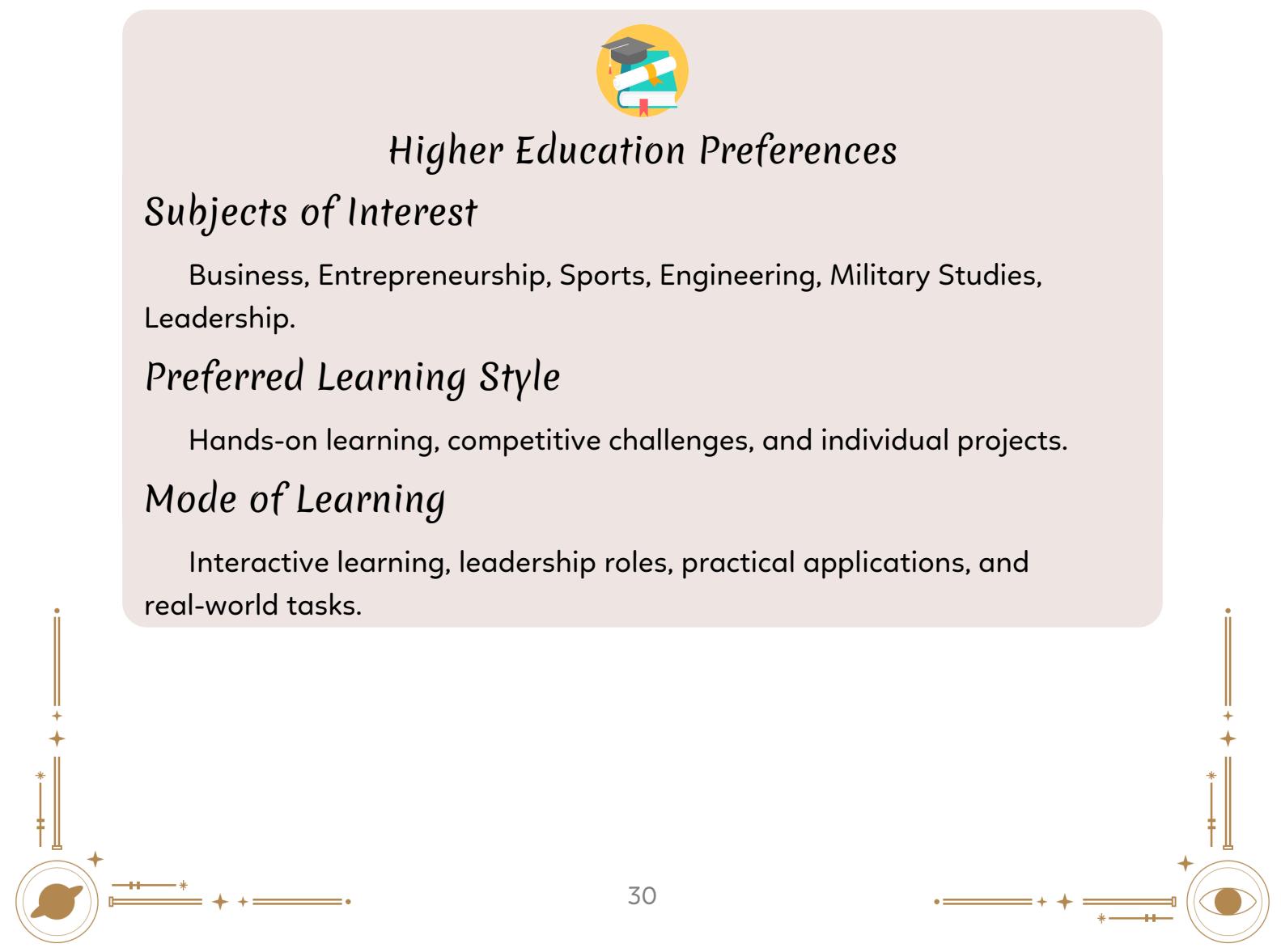
Business, Entrepreneurship, Sports, Engineering, Military Studies, Leadership.

### Preferred Learning Style

Hands-on learning, competitive challenges, and individual projects.

### Mode of Learning

Interactive learning, leadership roles, practical applications, and real-world tasks.





## Learning Approaches

### Action-Oriented

Tharani prefers to learn by doing, engaging in physical activities, and solving problems through action.

### Leader

Tharani is naturally drawn to leadership roles and enjoys being in charge of projects or teams.

### Competitive

Thrives in environments where achievements and progress are recognized and rewarded.



## Parenting Tip for Academic Excellence: Foster Leadership Skills and Competitive Spirit



## How To Do It: Encourage Leadership Opportunities

Give Tharani chances to lead group projects or participate in team-based activities.

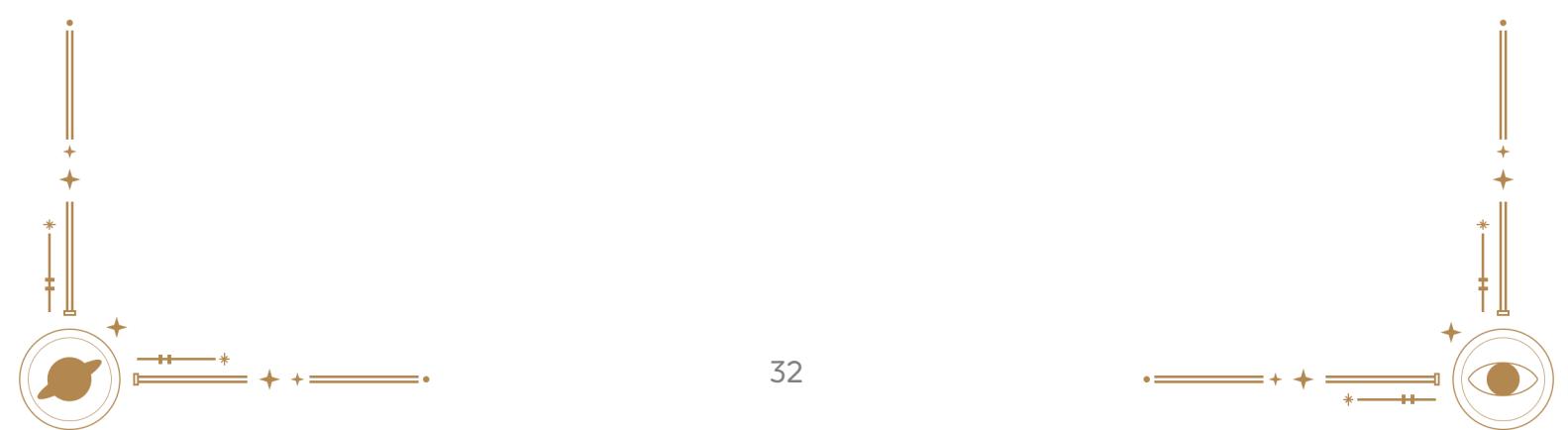


## Provide Competitive Challenges

Set up tasks or challenges where Tharani can compete and measure progress, such as academic competitions or sports.

## Support Independence

Allow Tharani to take ownership of their learning process and make decisions about their academic path.



# Sun - Soul, Vitality, & Leadership Qualities



The Sun represents strength, vitality, leadership, and self-confidence. Strengthening the Sun brings clarity, health, and a strong sense of self-worth.

## Teach Discipline : Wake Up Early

Sun Guide to Tharani: Encourage Tharani to wake up with the Sun. Early rising fosters discipline and energy.

Set an alarm for 6:00 AM. Teach Tharani to say, "Thank you, Sun, for a new day," as they wake up.

Say to Tharani: Starting the day early brings energy and helps you accomplish more.

## Teach Life Lesson : Take Responsibility

Sun Guide to Tharani: Give Tharani small daily tasks, like watering plants or organizing their toys, to build responsibility.

Say, "You take care of your plants, just like the Sun cares for the world."

Say to Tharani: "Responsibility makes you strong and dependable, like the Sun."

## Teach Food & Diet : Vitality Foods

Sun Guide to Tharani: Include foods like oranges, carrots, and whole grains in the diet. These foods nourish the body with vitality.

Serve orange juice or carrot sticks with a meal.

Say to Tharani: Healthy foods make you strong and vibrant, just like the Sun.



## Moon - Emotions, Intuition, Nurturing Mind.



The Moon represents emotions, peace, intuition, and nurturing. Strengthening the Moon brings emotional balance and calmness.

### Teach Discipline : Nighttime Calmness

Moon Guide to Tharani: Establish a calm bedtime routine to help Tharani relax and sleep well.

Read a peaceful story or play soft music before bed.

Say to Tharani: A calm mind at night leads to peaceful sleep, just like the Moon calms the night sky.

### Teach Life Lesson : Emotional Awareness

Moon Guide to Tharani: Teach Tharani to express their feelings, whether happy or sad, in a calm and gentle way.

Encourage saying, "I feel happy because of the sunny day," or, "I feel sad but will talk about it."

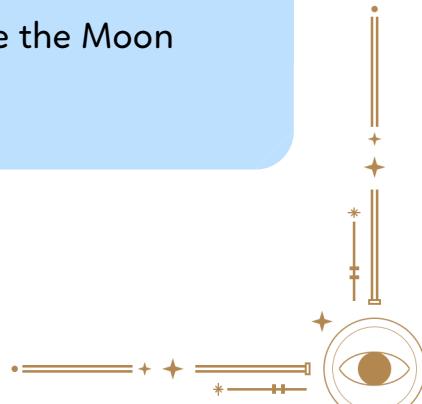
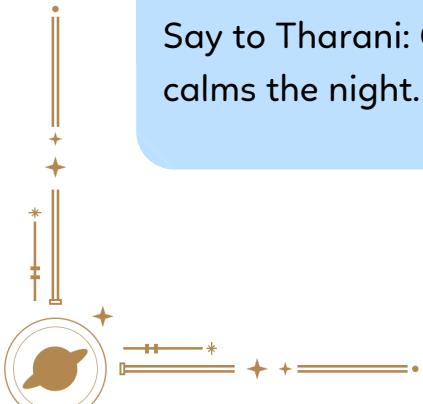
Say to Tharani: Understanding your emotions helps you feel peaceful and balanced like the Moon.

### Teach Food & Diet : Cooling Foods

Moon Guide to Tharani: Include foods like milk, cucumber, and rice to cool the body.

Serve a cucumber salad or warm milk at night.

Say to Tharani: Cooling foods calm your body and mind, like the Moon calms the night.





# Mercury - Communications, Intelligence, Adaptability.



Mercury represents communication, intelligence, and adaptability. Strengthening Mercury enhances learning, curiosity, and mental agility.

## Teach Discipline : Daily Learning

Mercury Guide to Tharani: Set aside time for daily learning through puzzles, reading, or exploring new topics.

Let's read a story or solve a puzzle together.

Say to Tharani: Learning helps you grow smarter and quicker, just like Mercury sharpens the mind.

## Teach Life Lesson : Curiosity and Communication

Mercury Guide to Tharani: Encourage Tharani to ask questions and explore the world around them.

What would you like to learn today? Let's find out together.

Say to Tharani: Asking questions leads to learning, just like Mercury helps us understand the world.

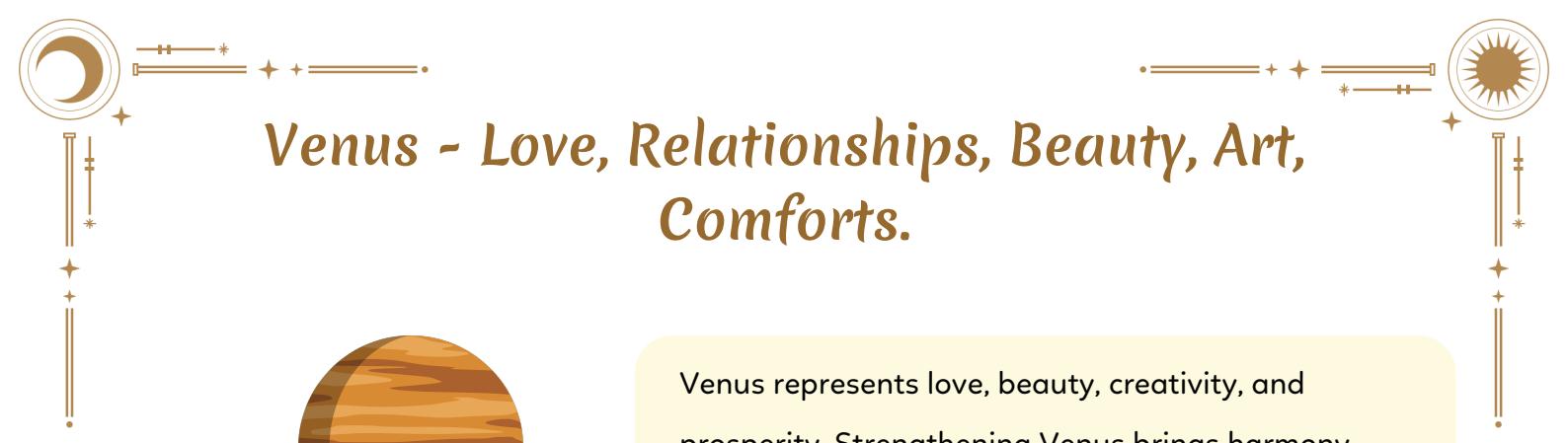
## Teach Food & Diet : Brain Foods

Mercury Guide to Tharani: Include walnuts, almonds, and green vegetables in the diet.

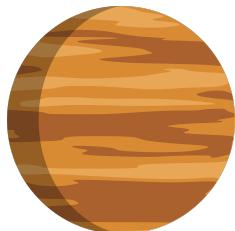
Serve almonds or spinach with meals.

Say to Tharani: These foods make your brain sharp, like Mercury enhances intelligence.





# Venus - Love, Relationships, Beauty, Art, Comforts.



Venus represents love, beauty, creativity, and prosperity. Strengthening Venus brings harmony, creativity, and material comforts.

## Teach Discipline : Practice Kindness and Love

Venus Guide to Tharani: Encourage Tharani to express kindness to everyone, whether through words or actions.

Say something kind to others today, like "I appreciate you!"

Say to Tharani: Being kind brings harmony and joy, just like Venus spreads love and beauty.

## Teach Life Lesson : Appreciate Beauty in Everything

Venus Guide to Tharani: Teach Tharani to notice and appreciate beauty in nature, art, and relationships.

Let's look at the flowers or clouds today and see how beautiful they are!

Say to Tharani: Appreciating beauty makes life joyful and harmonious, like Venus.

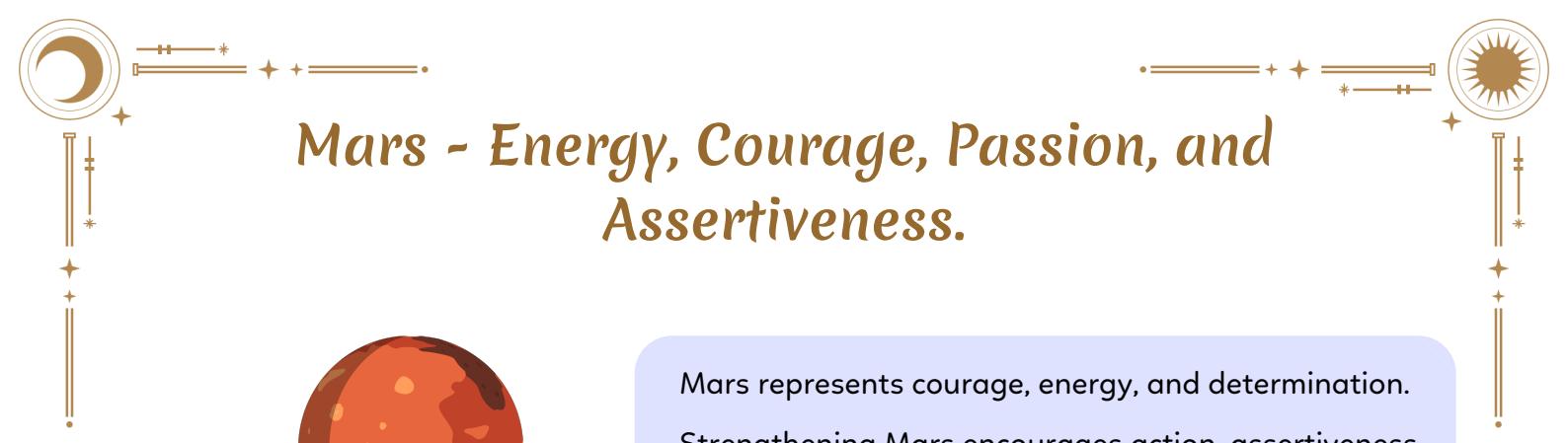
## Teach Food & Diet : Sweet and Tasty Foods

Venus Guide to Tharani: Include foods like sweets, dairy, and fruits to nourish the body and senses.

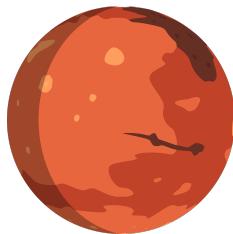
Serve fruits like mangoes or a small piece of sweet dish.

Say to Tharani: Food can be a source of pleasure and nourishment, just like Venus brings joy.





# Mars - Energy, Courage, Passion, and Assertiveness.



Mars represents courage, energy, and determination. Strengthening Mars encourages action, assertiveness, and bravery.

## Teach Discipline : Exercise and Challenges

Mars Guide to Tharani: Encourage Tharani to take on physical challenges like running or climbing.

Let's race to the tree or climb the slide!

Say to Tharani: Physical challenges teach you to be brave and strong, like Mars.

## Teach Life Lesson : Bravery and Determination

Mars Guide to Tharani: Teach Tharani to face difficulties without giving up. If you fall, get up and try again. Bravery helps you grow.

Say to Tharani: Facing challenges builds strength, just like Mars gives courage.

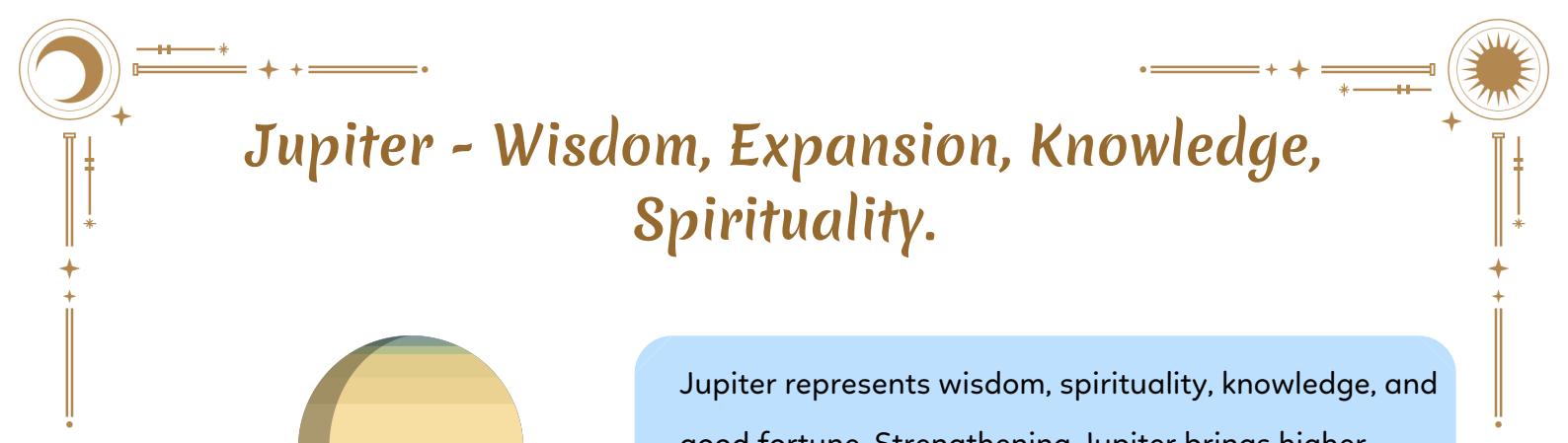
## Teach Food & Diet : Strengthening Foods

Mars Guide to Tharani: Include red foods like apples, lentils, and tomatoes in the diet.

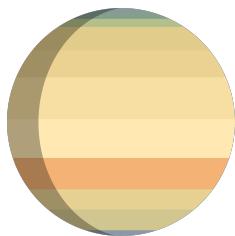
Serve red lentils or apple slices as snacks.

Say to Tharani: These foods give you strength and vitality, just like Mars gives you energy.





# Jupiter - Wisdom, Expansion, Knowledge, Spirituality.



Jupiter represents wisdom, spirituality, knowledge, and good fortune. Strengthening Jupiter brings higher learning, faith, and a sense of purpose.

## Teach Discipline : Practice Gratitude

Jupiter Guide to Tharani: Teach Tharani to start the day by saying 'thank you' for the blessings received.

Every morning, Tharani, express one thing you are grateful for.

Say to Tharani: Gratitude brings abundance and positivity, just like Jupiter blesses with wisdom.

## Teach Life Lesson : Seek Knowledge

Jupiter Guide to Tharani: Encourage Tharani to read or learn something new every day.

Let's read a book about a subject you like or try a new activity together.

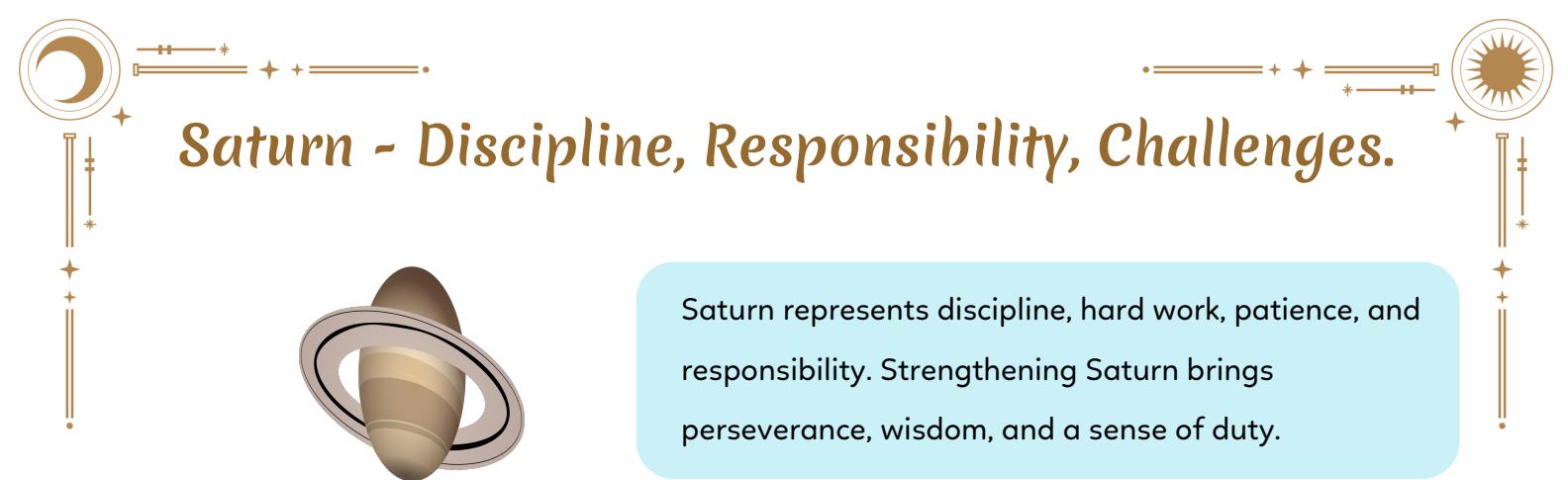
Say to Tharani: Continuous learning brings wisdom and joy, just like Jupiter helps us grow mentally.

## Teach Food & Diet : Saffron and Yellow Foods

Jupiter Guide to Tharani: Include saffron, yellow lentils, and pumpkin in the diet to connect with Jupiter's energy.

Serve yellow foods like pumpkin curry or lentil soup.

Say to Tharani: Food can nourish the body and mind, just like Jupiter nourishes our wisdom.



# Saturn - Discipline, Responsibility, Challenges.



Saturn represents discipline, hard work, patience, and responsibility. Strengthening Saturn brings perseverance, wisdom, and a sense of duty.

## Teach Discipline : Daily Routine

Saturn Guide to Tharani: Establish a fixed routine for Tharani, including time for work, rest, and play.

Let's follow a schedule each day to be responsible.

Say to Tharani: A disciplined routine helps you succeed, just like Saturn teaches us responsibility.

## Teach Life Lesson : Patience and Hard Work

Saturn Guide to Tharani: Teach Tharani that success comes with consistent effort and patience.

If you want to achieve something, keep trying every day.

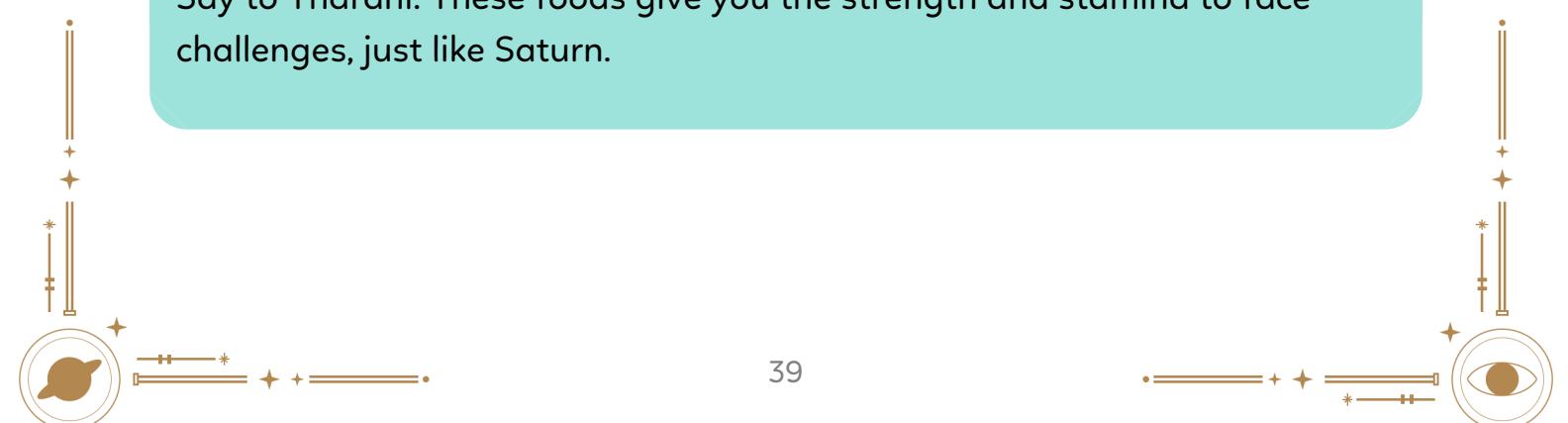
Say to Tharani: Hard work and patience lead to success, just like Saturn teaches us.

## Teach Food & Diet : Nourishing Foods for the Body

Saturn Guide to Tharani: Include dark-colored foods like black sesame seeds, grains, and root vegetables in the diet.

Serve dishes made from dark-colored grains or root vegetables.

Say to Tharani: These foods give you the strength and stamina to face challenges, just like Saturn.





# Rahu - Desires, Ambitions, Worldly Attachment.



Rahu represents illusion, desire, and ambition. It can bring rapid growth but also challenges. Strengthening Rahu brings clarity, focus, and breaking free from illusions.

## Teach Discipline : Focus on Goals

Rahu Guide to Tharani: Encourage Tharani to set one clear goal and work towards it daily.

Let's set a goal for the day and take small steps towards it.

Say to Tharani: Focused effort helps you achieve your dreams, just like Rahu pushes us towards growth.

## Teach Life Lesson : Overcome Illusions

Rahu Guide to Tharani: Teach Tharani to see things clearly and not get distracted by false promises.

If something sounds too good to be true, it might be an illusion.

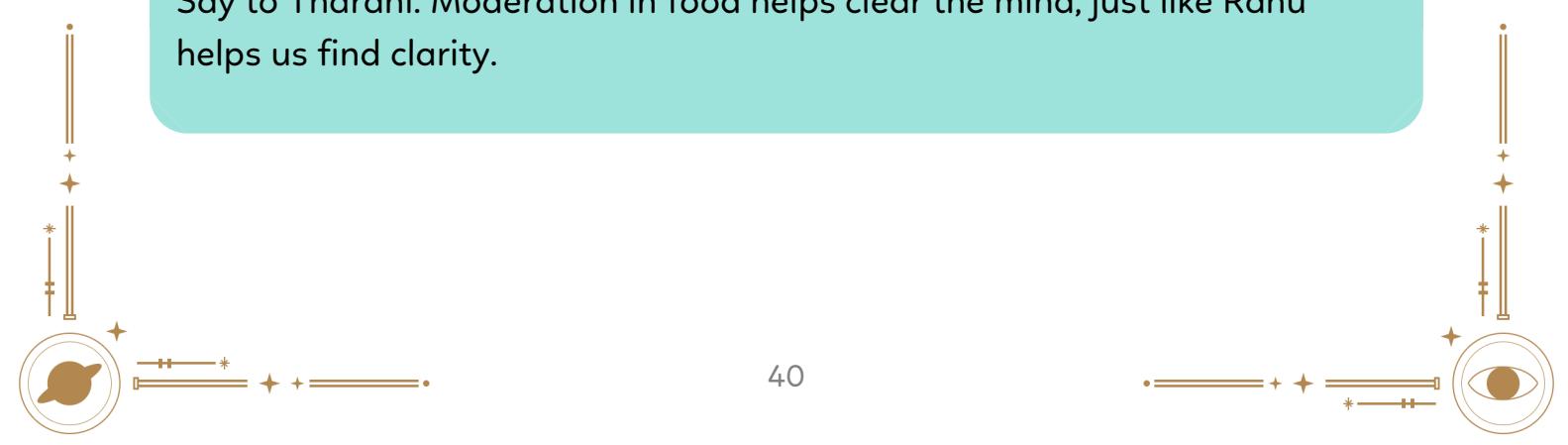
Say to Tharani: Understanding what is real and what is not brings true success.

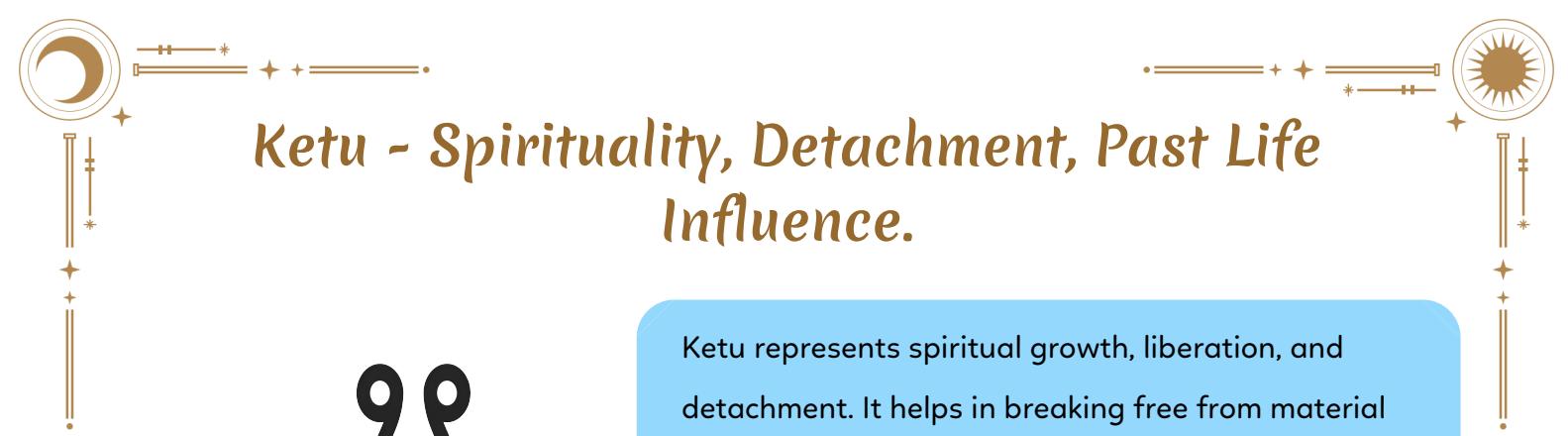
## Teach Food & Diet : Avoid Overindulgence

Rahu Guide to Tharani: Encourage simple, balanced meals without excessive spices or sweets.

Serve healthy, balanced meals and limit processed food.

Say to Tharani: Moderation in food helps clear the mind, just like Rahu helps us find clarity.





# Ketu - Spirituality, Detachment, Past Life Influence.



Ketu represents spiritual growth, liberation, and detachment. It helps in breaking free from material attachments and focusing on higher consciousness. Strengthening Ketu brings peace, spiritual enlightenment, and the ability to let go of attachments.

## Teach Discipline : Simplify Life

Ketu Guide to Tharani: Teach Tharani to focus on essentials and detach from unnecessary distractions.

Let's organize your space and only keep the things you truly need.

Say to Tharani: Simplicity in life brings peace and clarity, just like Ketu teaches detachment.

## Teach Life Lesson : Let Go of Attachments

Ketu Guide to Tharani: Teach Tharani that true happiness comes from within and not from material possessions.

Sometimes, giving away things we don't need makes space for new opportunities.

Say to Tharani: Detaching from unnecessary things helps us grow spiritually, just like Ketu shows the way to liberation.

## Teach Food & Diet : Simple and Light Foods

Ketu Guide to Tharani: Encourage a diet focused on simplicity, like fruits, vegetables, and light meals that nourish the body without overloading it.

Let's eat simple meals today, like fruits or vegetable soup, to feel light and clear.

Say to Tharani: Simple foods support clarity and peace, just like Ketu's energy helps us let go of distractions.

