

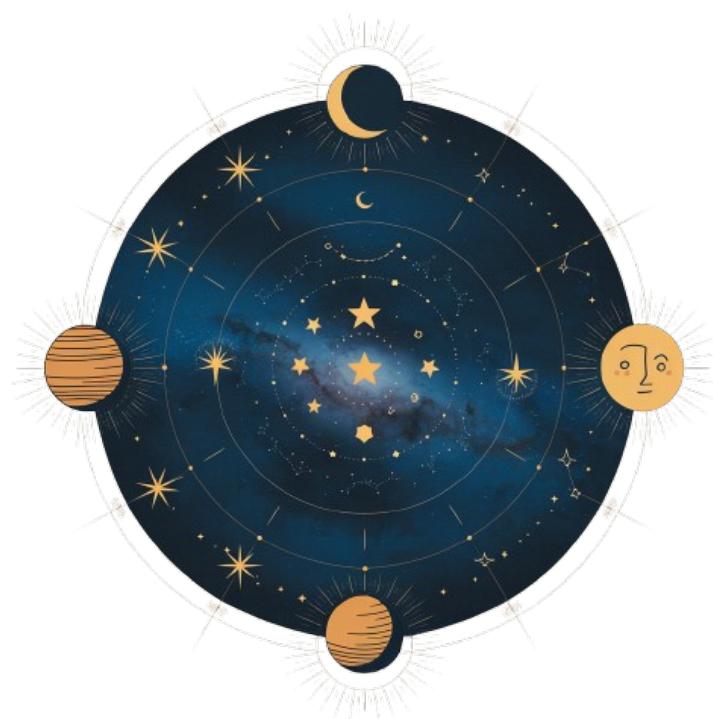
AstroKids

TM

PRO PARENTING REPORT



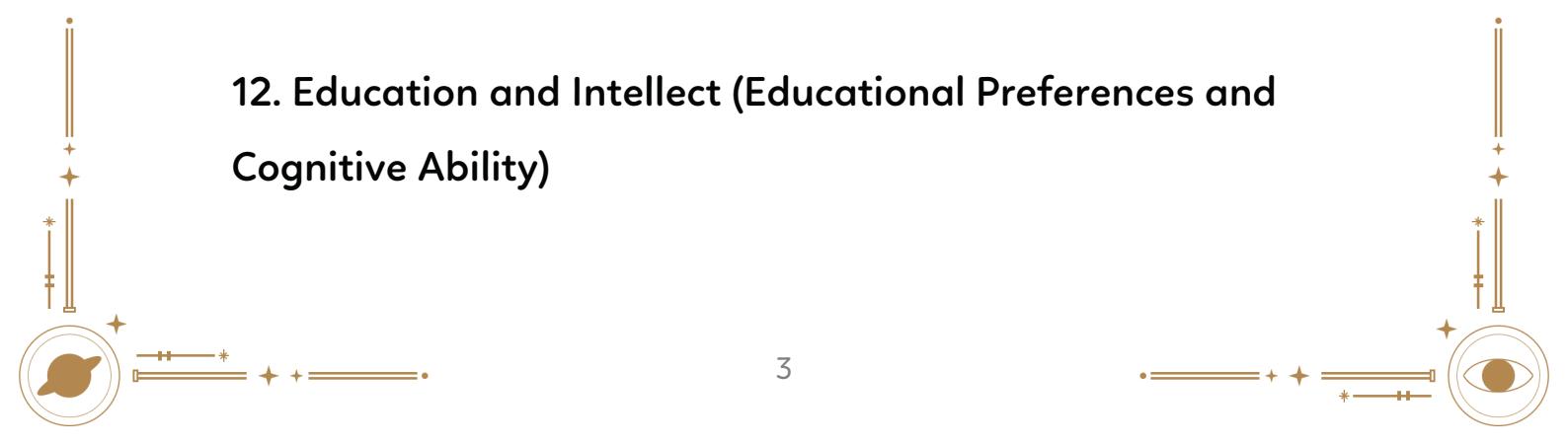
Guru's First Astrology Report



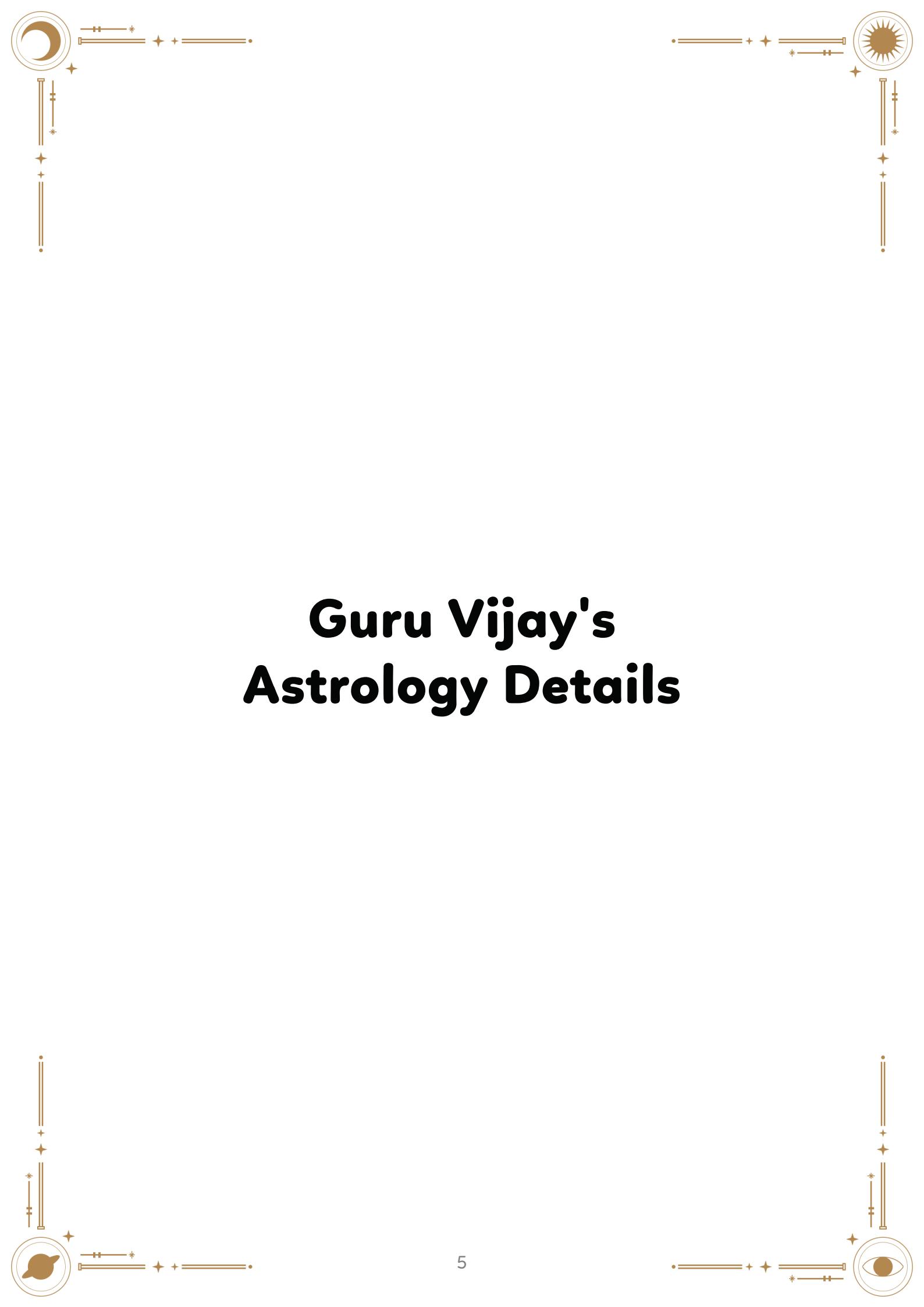
The Precious Child Born on the auspicious day 25 December 2004 at 05:50:00 AM. Place of birth is Thoothukudi, Tamil nadu



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)
 8. Child's Panchangam Growth Drivers
 9. Potential Health Challenges and Holistic Wellness
Solutions
 10. Outer World - Physical Attributes, Personality, and
Behavior
 11. Inner World - Emotional Needs and Soul Desire
 12. Education and Intellect (Educational Preferences and
Cognitive Ability)
- 

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



Guru Vijay's Astrology Details



Horoscope Details

Name : Guru Vijay

Date Of Birth : 25 December 2004

Time Of Birth : 05:50:00 AM

Place Of Birth : Thoothukudi, Tamil nadu

Birth Nakshatra, Lord : Rohini, Moon

Birth Rasi, Lord : Taurus, Venus

Birth Lagnam, Lord : Sagittarius, Jupiter

Tithi : Chaturdashi

Nithya Yogam : Shubha

Karanam : Vanija

Birth Week Day : Saturday

Atma Karagam, Lord : Jupiter,Lord Guru

Ishta Devata : Lord Hanuman

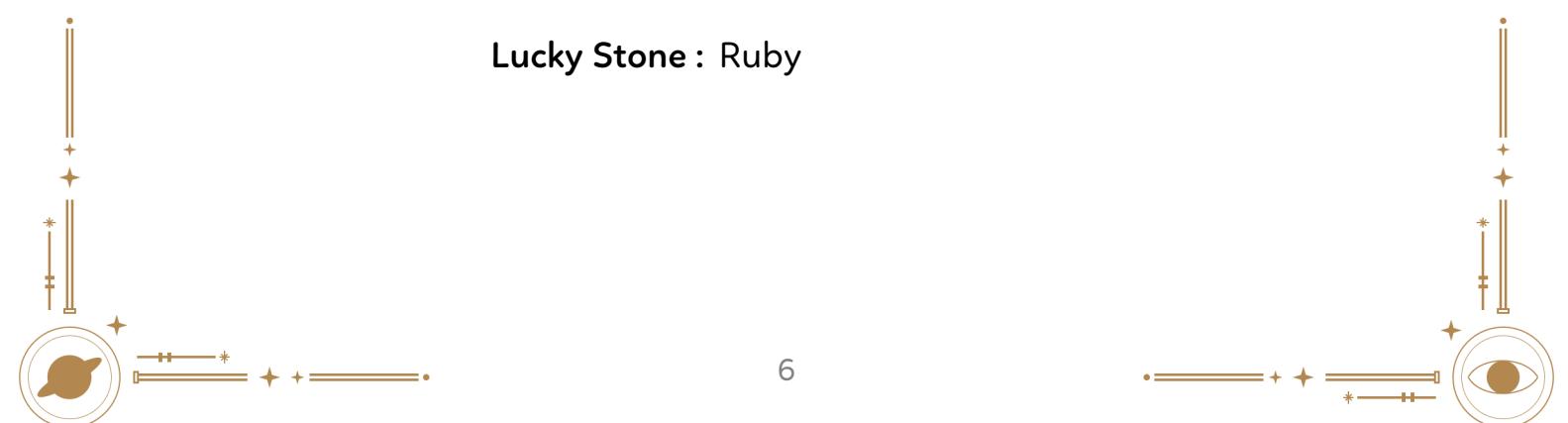
Benefic Stars : Mrigashira, Chitra, Dhanishta,

Benefic Number : 2,7

Life Stone : Yellow Sapphire

Benefical Stone : Red Coral

Lucky Stone : Ruby

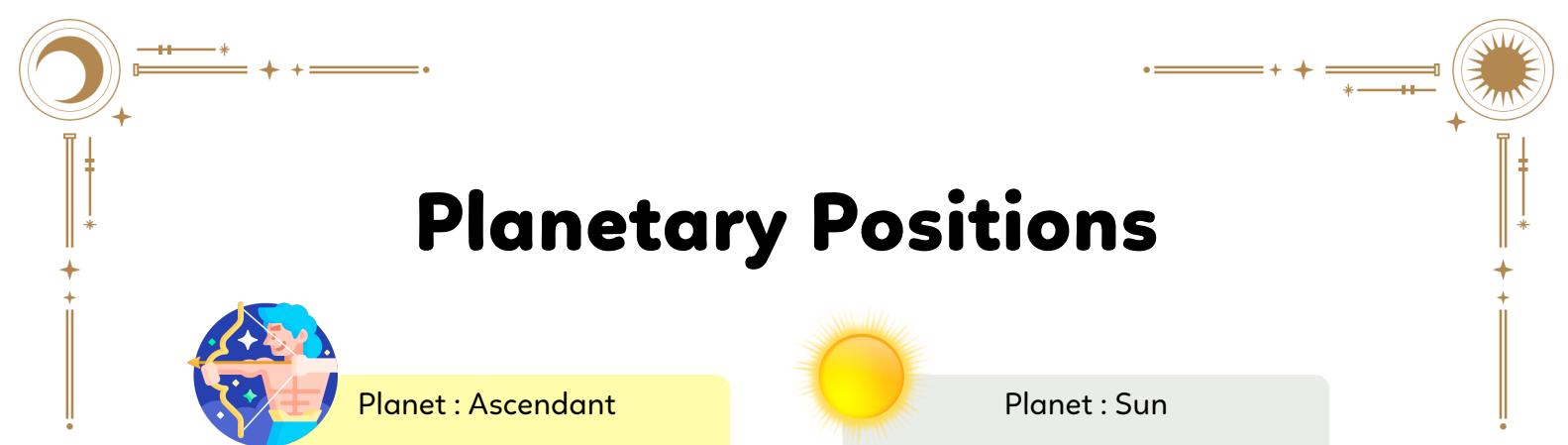


Birth Chart

	Rahu	Moon	
	Guru Vijay 2004-12-25 05:00:00 Thoothukudi, Tamil nadu		Saturn
Sun	Asc	Mars	
Venus		Mercury	Ketu
		Jupiter	

Navamsa Chart

	Rahu	Asc	Sun
	Guru Vijay 2004-12-25 05:50:00 Thoothukudi, Tamil nadu		Saturn
Venus	Mercury	Ketu	Mars



Planetary Positions



Planet : Ascendant

Full Degree: 242.56671
Sign: Sagittarius
Sign Lord: Jupiter
Retrograde: False
Nakshatra: Mula
Karagan: Uyir Karagan
Status: Ubayam



Planet : Sun

Full Degree: 249.62453
Sign: Sagittarius
Sign Lord: Jupiter
Retrograde: False
Nakshatra: Mula
Karagan: Pithrukaramagam
Status: Friend



Planet : Moon

Full Degree: 52.00481
Sign: Taurus
Sign Lord: Venus
Retrograde: False
Nakshatra: Rohini
Karagan: Mathrukaramgam
Status: Exalte



Planet : Mercury

Full Degree: 228.13772
Sign: Scorpio
Sign Lord: Mars
Retrograde: False
Nakshatra: Jyeshta
Karagan: Vidya Karagam
Status: Enemy



Planet : Venus

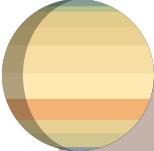
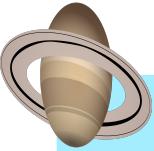
Full Degree: 226.43891
Sign: Scorpio
Sign Lord: Mars
Retrograde: False
Nakshatra: Jyeshta
Karagan: Kalathra Karagam
Status: Enemy



Planet : Mars

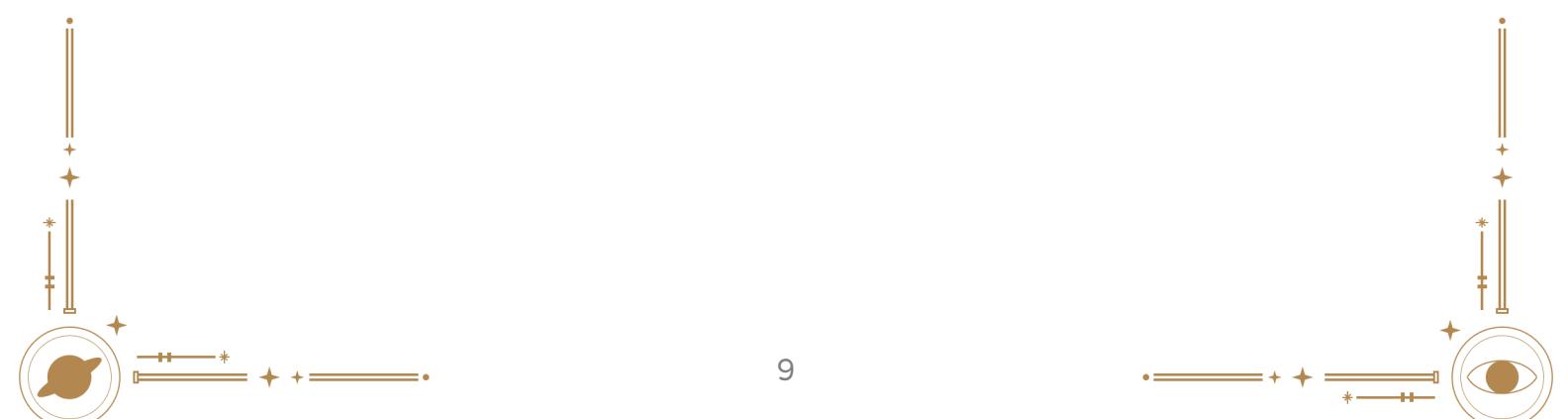
Full Degree: 215.62629
Sign: Scorpio
Sign Lord: Mars
Retrograde: False
Nakshatra: Anuradha
Karagan: Sagotharakaramagam
Status: Neutral



	<p>Planet : Jupiter</p> <p>Full Degree: 172.63752</p> <p>Sign: Virgo</p> <p>Sign Lord: Mercury</p> <p>Retrograde: False</p> <p>Nakshatra: Hasta</p> <p>Karagan: Dhana Karagam</p> <p>Status: Enemy</p>		<p>Planet : Saturn</p> <p>Full Degree: 91.53601</p> <p>Sign: Cancer</p> <p>Sign Lord: Moon</p> <p>Retrograde: True</p> <p>Nakshatra: Punarvasu</p> <p>Karagan: Ayul Karagam</p> <p>Status: Enemy</p>
---	--	---	--

	<p>Planet : Rahu</p> <p>Full Degree: 4.76773</p> <p>Sign: Aries</p> <p>Sign Lord: Mars</p> <p>Retrograde: True</p> <p>Nakshatra: Ashwini</p> <p>Karagan: Pitha mahakaragan</p> <p>Status: Enemy</p>
---	---

	<p>Planet : Ketu</p> <p>Full Degree: 184.76773</p> <p>Sign: Libra</p> <p>Sign Lord: Venus</p> <p>Retrograde: True</p> <p>Nakshatra: Chitra</p> <p>Karagan: Matha Mahakaragan</p> <p>Status: Enemy</p>
---	---



Guru's Favorable Times



Moon

(0-1)Age

Dec 1994

Feb 2005

Moon	upto Oct 1995
Mars	upto Jun 1996
Rahu	upto Jan 1998
Jupiter	upto Apr 1999
Saturn	upto Oct 2000
Mercury	upto Mar 2002
Ketu	upto Oct 2002
Venus	upto Jun 2004
Sun	upto Jan 2005



Mars

(1-7)Age

Feb 2005

Nov 2011

Mars	upto May 2005
Rahu	upto May 2006
Jupiter	upto May 2007
Saturn	upto Jun 2008
Mercury	upto Jun 2009
Ketu	upto Oct 2009
Venus	upto Nov 2010
Sun	upto Apr 2011
Moon	upto Oct 2011



Rahu

(10-25)Age

Nov 2011

Nov 2029

Rahu	upto Jul 2014
Jupiter	upto Nov 2016
Saturn	upto Oct 2019
Mercury	upto May 2022
Ketu	upto May 2023
Venus	upto May 2026
Sun	upto Apr 2027
Moon	upto Oct 2028
Mars	upto Oct 2029



Jupiter

(27-41)Age

Nov 2029

Nov 2045

Jupiter	upto Nov 2031
Saturn	upto Jun 2034
Mercury	upto Sept 2036
Ketu	upto Sept 2037
Venus	upto May 2040
Sun	upto Mar 2041
Moon	upto Jun 2042
Mars	upto Jun 2043
Rahu	upto Oct 2045



Saturn

(44-60)Age

Nov 2045

Nov 2064

Saturn	upto Oct 2048
Mercury	upto Jul 2051
Ketu	upto Aug 2052
Venus	upto Sept 2055
Sun	upto Sept 2056
Moon	upto Apr 2058
Mars	upto May 2059
Rahu	upto Apr 2062
Jupiter	upto Oct 2064



Mercury

(63-77)Age

Nov 2064

Nov 2081

Mercury	upto Mar 2067
Ketu	upto Mar 2068
Venus	upto Jan 2071
Sun	upto Nov 2071
Moon	upto Apr 2073
Mars	upto Apr 2074
Rahu	upto Oct 2076
Jupiter	upto Feb 2079
Saturn	upto Oct 2081

Ketu (78-84)Age	Venus (87-104)Age	Sun (104-110)Age
Nov 2081	Sept 2088	Jul 2108
Sept 2088	Jul 2108	Sept 2114
Ketu upto Mar 2082	Venus upto Nov 2091	Sun upto Sept 2108
Venus upto Apr 2083	Sun upto Nov 2092	Moon upto Apr 2109
Sun upto Aug 2083	Moon upto Jul 2094	Mars upto Aug 2109
Moon upto Mar 2084	Mars upto Sept 2095	Rahu upto Jul 2110
Mars upto Jul 2084	Rahu upto Sept 2098	Jupiter upto May 2111
Rahu upto Jul 2085	Jupiter upto May 2101	Saturn upto May 2112
Jupiter upto Jul 2086	Saturn upto Jun 2104	Mercury upto Apr 2113
Saturn upto Aug 2087	Mercury upto Apr 2107	Ketu upto Aug 2113
Mercury upto Aug 2088	Ketu upto Jun 2108	Venus upto Aug 2114

Note:

Favourable

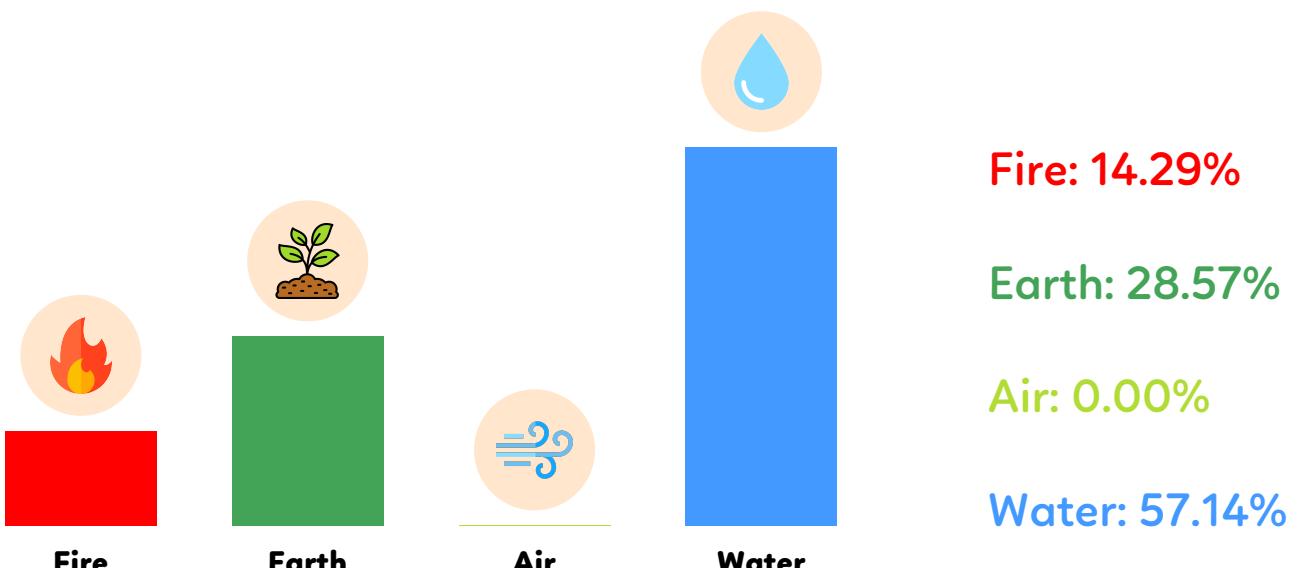
Unfavourable

Moderate

Guru's Five Natural Elements

Guru's Dominant Element are Water and Earth

Children with a dominant water element are sensitive, empathetic, and intuitive. They have a strong emotional depth and are often in tune with their surroundings. They excel in creative and imaginative play but may struggle with self-confidence or setting boundaries.



Impacts on Personality

Strength : Emotional intelligence, empathy, creativity, adaptability

Challenges : Over-sensitivity, shyness, difficulty with assertiveness, prone to anxiety

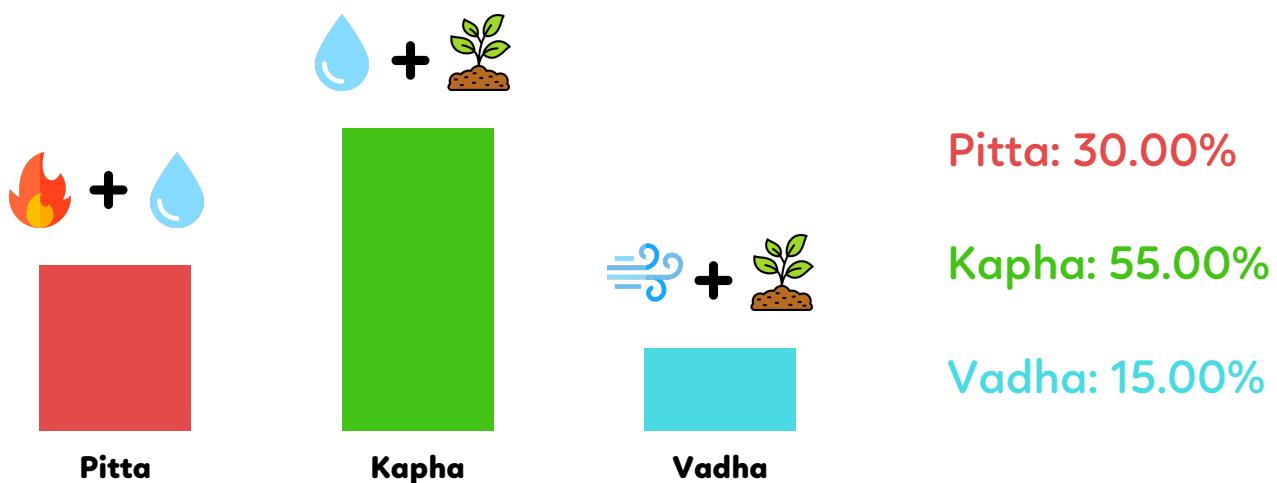
Parenting Tips to Balance Water Element

Confidence-Building Activities : Encourage activities that foster self-assurance and resilience, such as role-playing games or taking part in group activities where they can express themselves. This helps build emotional strength and assertiveness.

Guru's Ayurvedic Body Type

Guru's Body is Dominated by Kapha Nature

Children with a dominant Kapha dosha are gentle, calm, and nurturing. They are patient, loving, and enjoy stability and routine. However, they can also be prone to lethargy, stubbornness, and weight gain if not properly stimulated.



Impacts on Body Type, Emotions, and Health

Body Type : Stocky or solid build, smooth and soft skin, tends to gain weight easily.

Emotions : Calm and affectionate, but may be prone to laziness or resistance to change.

Health : Prone to colds, congestion, and slower digestion, Respiratory Issues.

Parenting Tips to Balance Water Dosha

Active Lifestyle & Light Diet : Incorporate activities that keep them active, such as dancing, hiking, or playing sports, to avoid lethargy and promote energy. Provide a diet with light, warm foods and include spices like ginger and black pepper to stimulate digestion. Limit heavy, oily, and overly sweet foods. Create a routine that introduces variety to keep them engaged and prevent stagnation.



Guru's Chakras

Guru's Dominant Chakra is Third Eye Chakra

A dominant third eye chakra (Ajna) in children supports intuition, imagination, and strong mental clarity. Children with an active third eye chakra are perceptive, creative, and insightful. They often have a vivid imagination and are naturally curious.

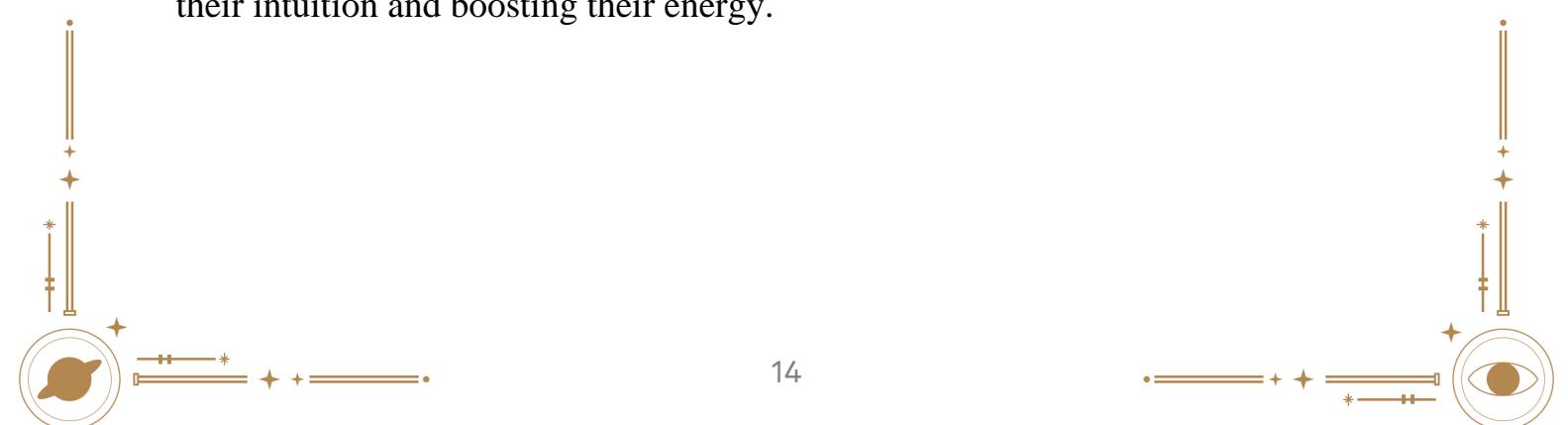
If imbalanced, they may struggle with focus, have vivid dreams that cause fear, or become overly analytical.



Third Eye Chakra

Parenting Tips to Increase Guru's Aura and Energy Level

Mindfulness and Visualization Activities : Encourage activities that promote inner focus and imagination, such as guided meditation, quiet time with books, or visualizing positive outcomes. Foster opportunities for them to express their thoughts and ask questions. This nurtures the third eye chakra, enhancing their intuition and boosting their energy.



Guru's True Self

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

As per Guru's kundli,

Sun



Sagittarius

Ascendant



Sagittarius

Moon



Taurus



Guru's Personality

Guru's Born Lagna is Dhanu Lagna. Guru is always optimistic, adventurous, and philosophical. Guru has a strong desire for freedom and exploration. Enthusiastic nature drives Guru to seek new knowledge and experiences. Positive outlook and thirst for growth inspire those around them.



Guru's Emotions

Guru's Rashi Sign is Vrishabha Rashi (Taurus Moon Sign) Guru is always calm, stable, and emotionally grounded. Guru values security and comfort, often seeking peace in familiar surroundings. Emotions are

steady, and Guru is slow to anger, but when upset, emotions can linger for a while. Guru has a strong attachment to loved ones and feels safe in nurturing relationships.



Guru's Core Identity

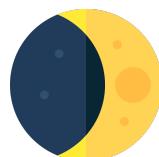
Guru, born with Sun in Dhanu (Sagittarius) has an adventurous and philosophical core identity. Guru's sense of self is defined by a love for freedom, exploration, and knowledge. Optimism and a desire to expand horizons guide Guru's path. Guru values truth and strives for growth, both intellectually and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



Panchangam: A Guide to Guru'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.

Guru was born on 25 December 2004, Saturday (Vaaram), under Rohini Nakshatra, Shukla Paksha Paksha Chaturdashi Thithi, Vanija Karanam, and Shubha Yogam



Tithi Represents Guru's Emotions, Mental Well-being

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

Strength

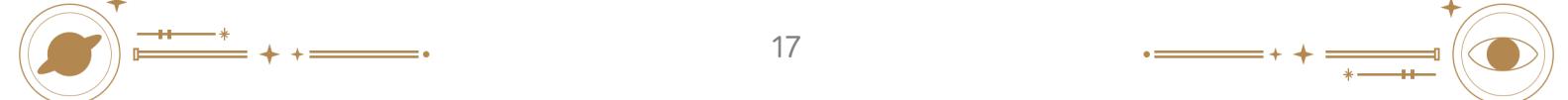
- 1) Highly intuitive and insightful
- 2) Strong inner strength and
- 3) Great at finding solutions under pressure

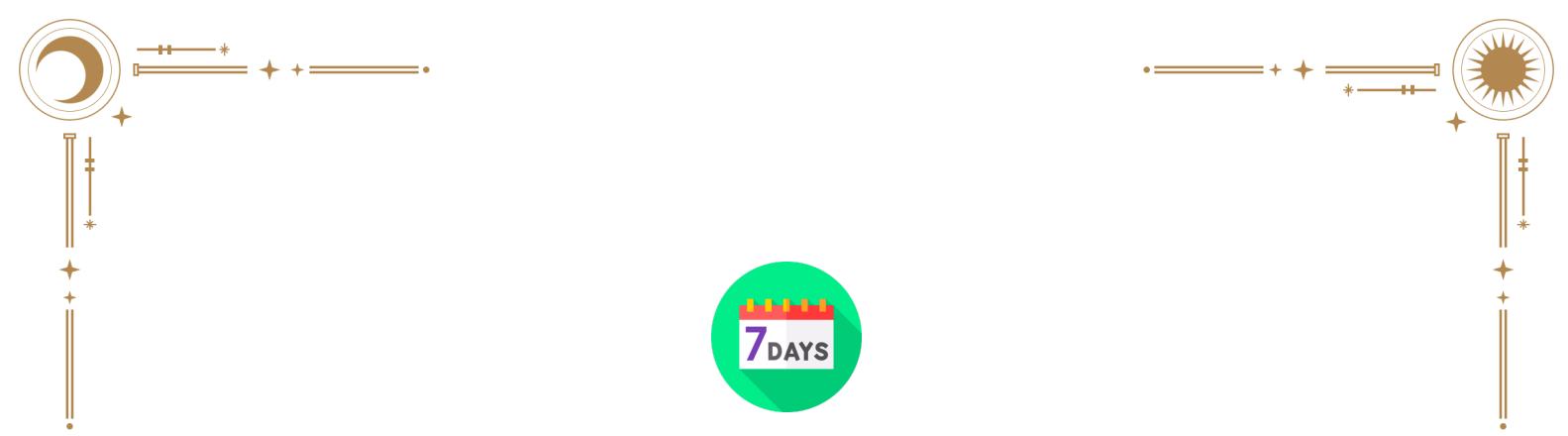
Challenges

- 1) Prone to emotional intensity
- 2) May have difficulty trusting others
- 3) Can become reclusive during stress

Thithi Lord: Shiva (Destroyer of Negativity)

Parenting Tips : Trust-Building Activities Encourage openness and build trust. Engage in shared activities like gardening or cooking, fostering open conversations and mutual understanding.





Vaaram Represents Guru's Energy & Behaviour

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

Strength	Challenges
1) Responsible and disciplined	1) Can be overly serious or pessimistic
2) Strong work ethic and perseverance	2) May have low self-esteem or be critical of themselves
3) Good at problem-solving and planning	3) Struggles with flexibility or adapting to change

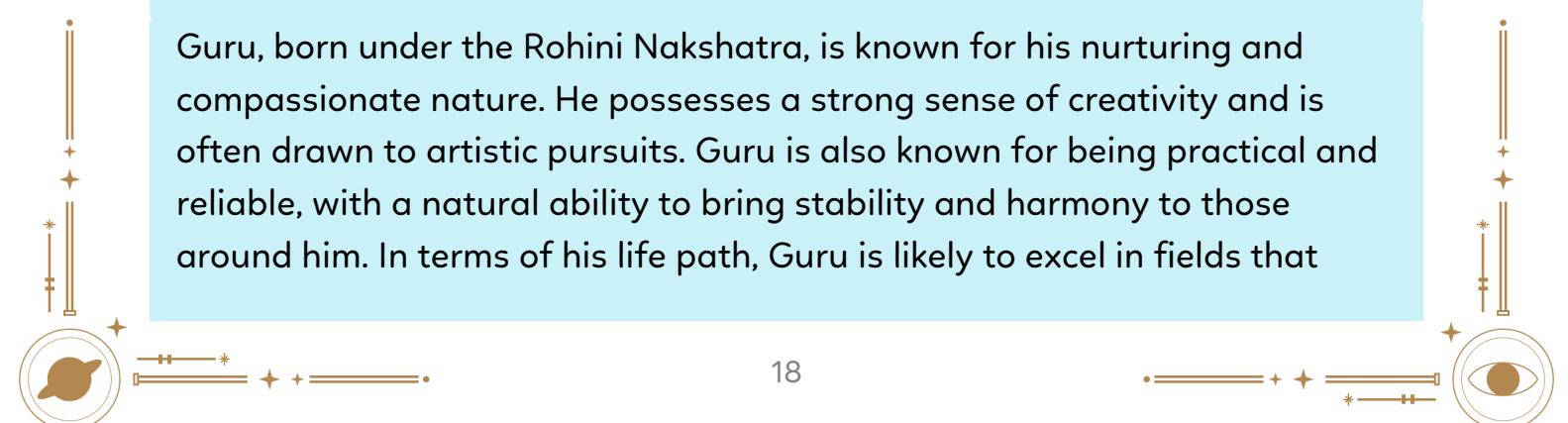
Ruling Planet: Saturn

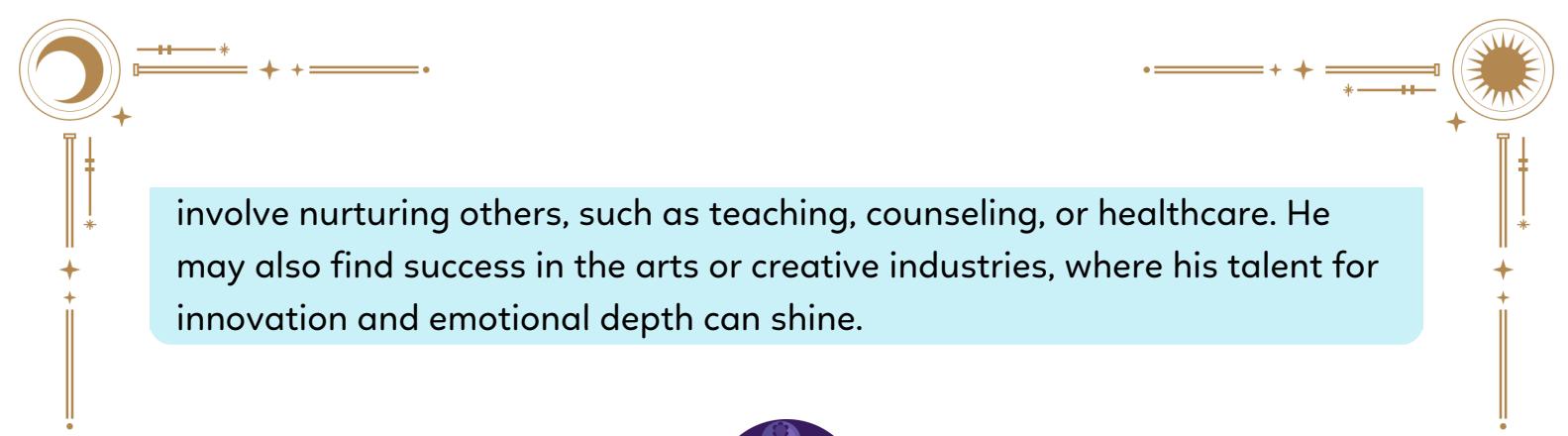
Parenting Tips : Encourage balance by helping them manage stress and build confidence. Introduce activities that mix routine with play, like structured but fun chores or projects. Recognize their hard work, and gently remind them that mistakes are part of learning.



Nakshatra Represents Guru's Personality and Life Path

Guru, born under the Rohini Nakshatra, is known for his nurturing and compassionate nature. He possesses a strong sense of creativity and is often drawn to artistic pursuits. Guru is also known for being practical and reliable, with a natural ability to bring stability and harmony to those around him. In terms of his life path, Guru is likely to excel in fields that





involve nurturing others, such as teaching, counseling, or healthcare. He may also find success in the arts or creative industries, where his talent for innovation and emotional depth can shine.



Yogam Represents Guru's Prosperity and Life Transformation

Guru was born under the Shubha Yogam, which signifies auspiciousness and positivity. With a focus on spiritual growth and enlightenment, Guru's goals are centered around spreading wisdom and compassion to others. His impact on those around him is profound, as he inspires others to seek higher spiritual truths and live a life of purpose and integrity. His presence exudes a sense of peace and tranquility, making him a guiding light for those in need of spiritual guidance.



Karanam Represents Guru's Work and Actions

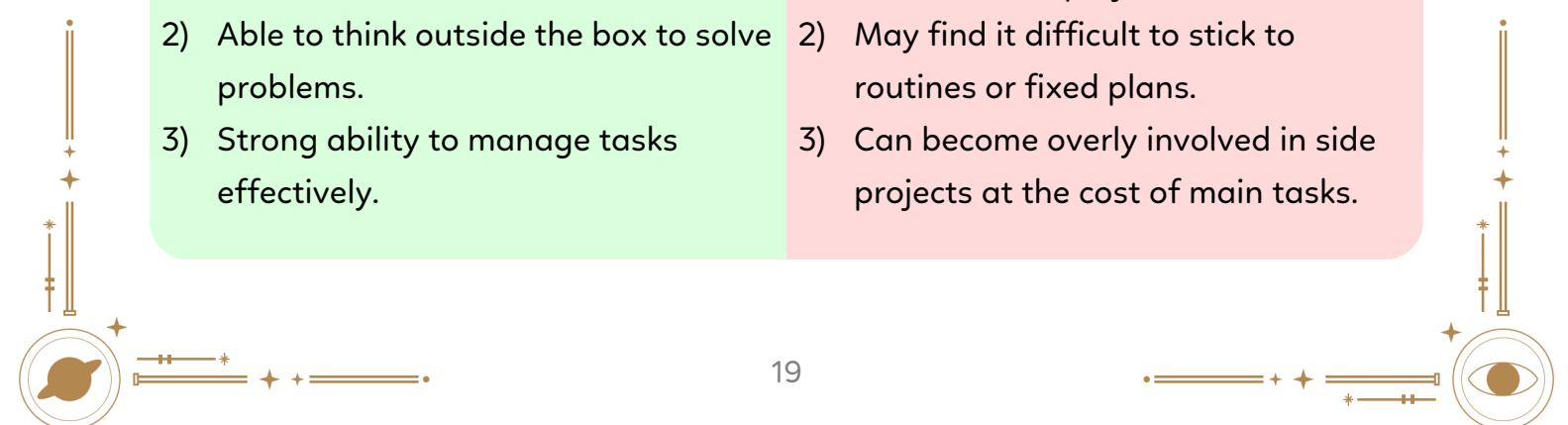
Guru was born under Vanija, and the following are Karanam impacts on Guru's life:

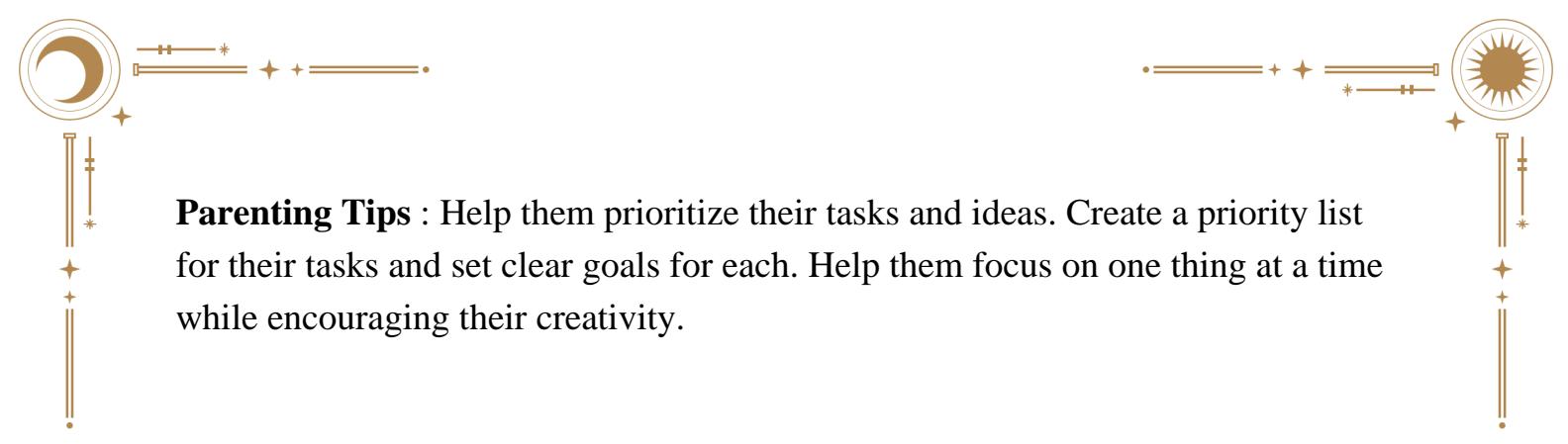
Strength

- 1) Creative and resourceful.
- 2) Able to think outside the box to solve problems.
- 3) Strong ability to manage tasks effectively.

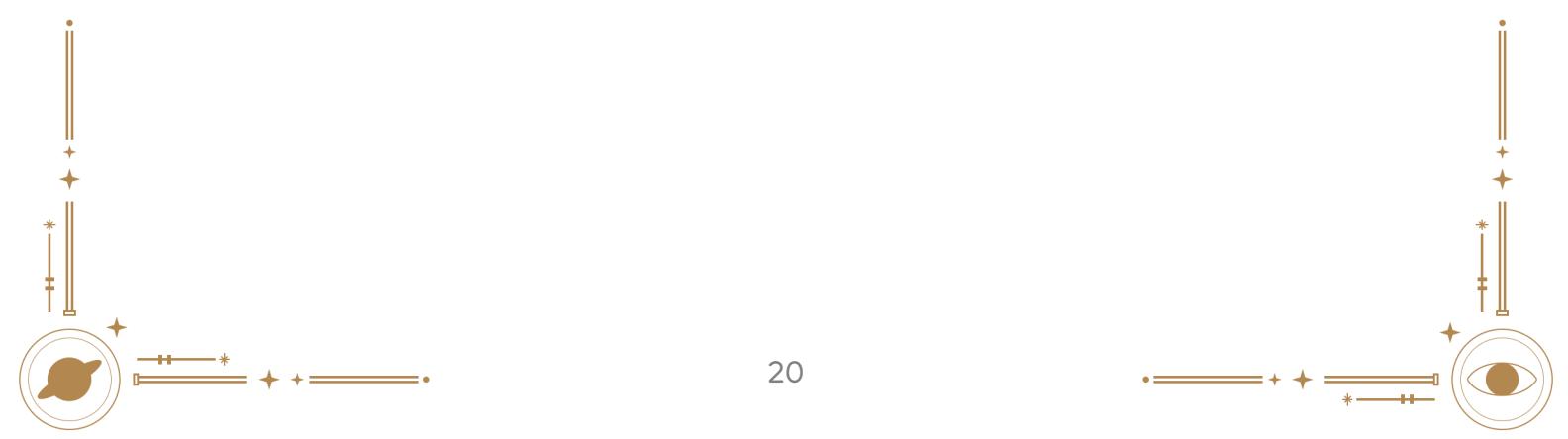
Challenges

- 1) Can become distracted by new ideas and abandon projects.
- 2) May find it difficult to stick to routines or fixed plans.
- 3) Can become overly involved in side projects at the cost of main tasks.





Parenting Tips : Help them prioritize their tasks and ideas. Create a priority list for their tasks and set clear goals for each. Help them focus on one thing at a time while encouraging their creativity.





Potential Health Challenges and Holistic Wellness Solutions

Taurus in the 6th house suggests good physical strength and endurance. Guru may have a tendency to enjoy rich or heavy foods, which could lead to weight gain or digestive issues. Common health concerns may include throat, neck, or thyroid problems. Encourage regular physical activity and a diet that avoids overeating. Proper hydration and moderation in sweets or fatty foods will help maintain good health.

Health Issues Based on

Common Health Issues

- 1) **Throat and Vocal Cord Issues** (hoarseness, thyroid imbalance)
- 2) **Digestive Sluggishness** (slow metabolism, constipation)
- 3) **Respiratory Issues** (sinus congestion)
- 4) **Neck and Shoulder Tension** (stiffness, pain)
- 5) **Heavy Weight Gain** (prone to being overweight)

Dosha Constitution Issues

- 1) **Digestive Issues** (constipation, sluggish metabolism)
- 2) **Joint and Muscle Pain** (due to sedentary lifestyle)
- 3) **Weak Circulation** (cold hands, feet, sluggish blood flow)
- 4) **Kidney Stones or Urinary Issues** (slow-moving metabolic processes)

Remedial Practices

Natural Ayurvedic Remedy

Mudra Practice Remedy

Mindful Food & Diet Remedy





Natural Ayurvedic

Triphala Herbal Powder (for digestion)

Ingredients: 1 tsp of Triphala powder, 1 cup of warm water.

How to Make: Mix Triphala powder in warm water and drink before bedtime.

Benefits: Aids digestion, relieves constipation, detoxifies the body, balances the earth element.



Mudra Practice Remedy

Vayu Mudra (Air Element Mudra)

Steps

- 1) Sit comfortably with your back straight.
- 2) Fold your index finger to touch the base of the thumb.
- 3) Press the thumb gently over the folded index finger.
- 4) Hold for 10-15 minutes daily.

Benefits: Helps balance excess earth energy, relieves digestive issues, improves flexibility.



Mindful Food & Diet Remedy



Food to Include

- 1) Ginger (helps with digestion and stomach discomfort)
- 2) Leafy greens (rich in nutrients, supports digestion)
- 3) Cucumber (helps with hydration and detox)



Food to Avoid

- 1) Heavy, greasy foods (slow digestion and increase weight)
- 2) Dairy products in excess (can cause bloating and mucus buildup)

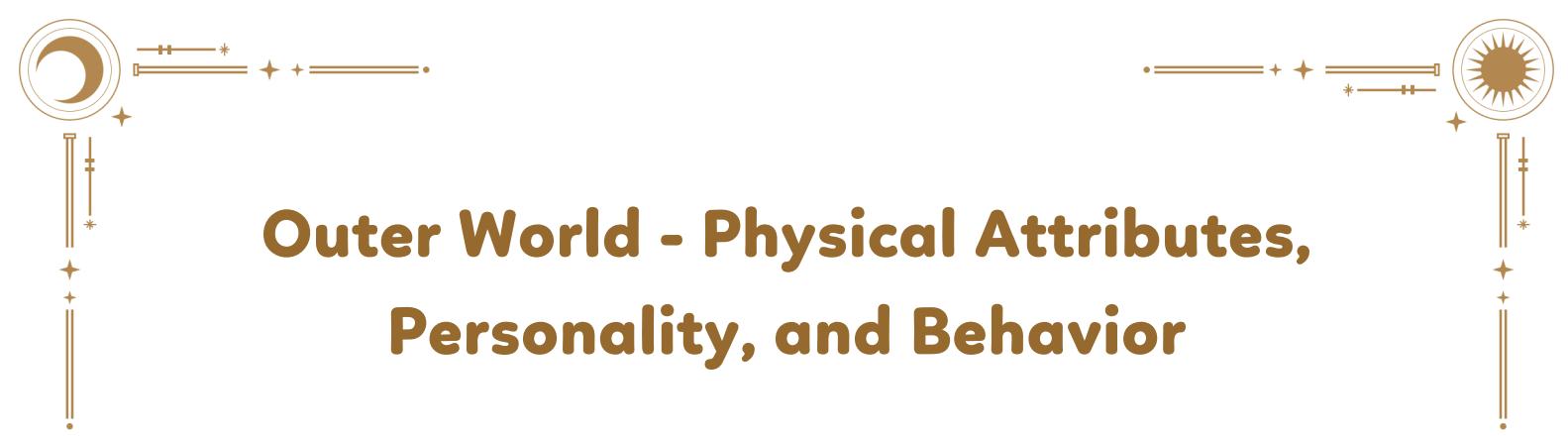


Execution Guide

- 1) Include ginger tea after meals to aid digestion.
- 2) Add leafy greens like spinach or kale in salads or soups.
- 3) Drink cucumber water (slices in water) for hydration and detox.

Benefits: These foods promote healthy digestion, prevent weight gain, and support detoxification.





Outer World - Physical Attributes, Personality, and Behavior



Physical Attributes

Guru is likely to have a tall and well-built body with a broad forehead and a prominent chin. He may have piercing and expressive eyes that convey wisdom and intelligence. Guru's physical appearance exudes a sense of athleticism and adventure, and his aura is vibrant and optimistic, drawing others towards him.



Outer Personality

Guru is adventurous and optimistic, always seeking new experiences and knowledge.

He is confident and has a strong sense of justice and righteousness, often standing up for what he believes in.

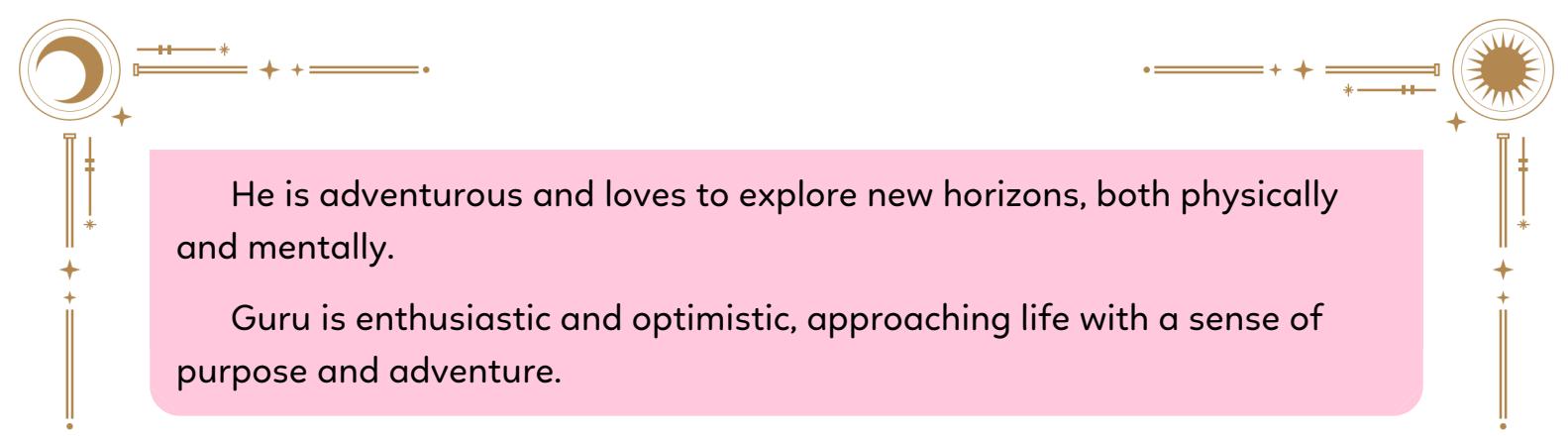
Guru is independent and philosophical, with a deep interest in spirituality and higher learning.



Character

Guru is generous and honest, always willing to help others and speak the truth.





He is adventurous and loves to explore new horizons, both physically and mentally.

Guru is enthusiastic and optimistic, approaching life with a sense of purpose and adventure.



Positive Behavior

Guru exhibits leadership qualities and is able to inspire others with his enthusiasm and optimism.

He is generous and compassionate, always willing to lend a helping hand to those in need.

Guru is adventurous and open-minded, embracing new challenges and opportunities with enthusiasm.

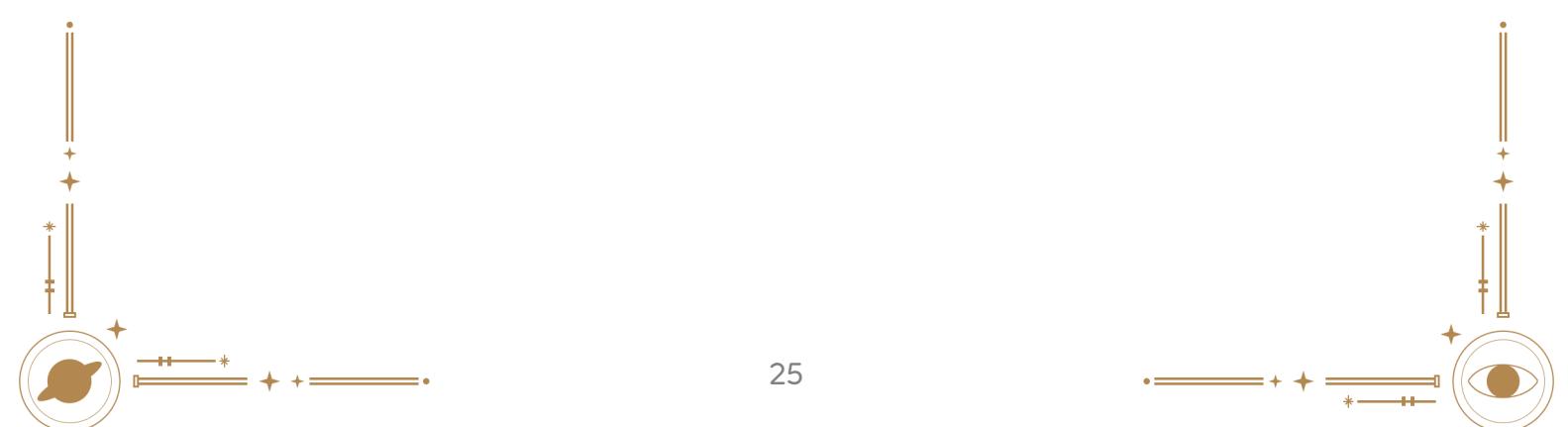


Behavior Challenges

Guru may exhibit a tendency towards impulsiveness and risk-taking, leading to hasty decisions and actions.

He could be overly blunt and straightforward, sometimes hurting others' feelings with his directness.

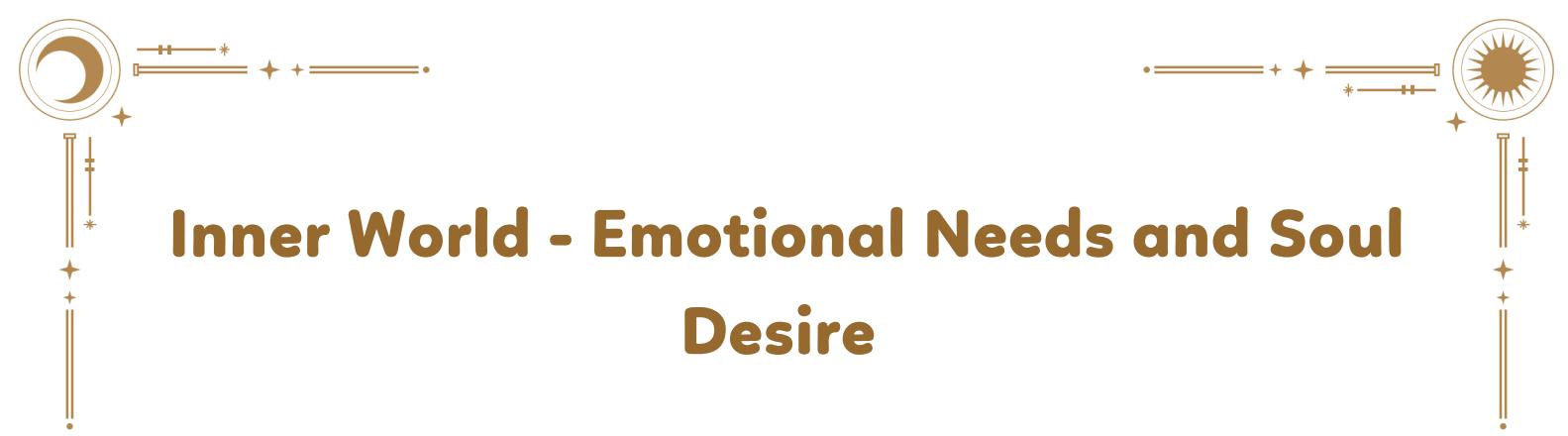
Guru may struggle with commitment and consistency, leading to unfinished projects and unfulfilled promises.





Parenting Tips For Guru's Behaviour Challenges

To help Guru overcome his impulsive behavior, parents can introduce structured routines and schedules to help him develop better decision-making skills. Encouraging Guru to think before acting and discussing the consequences of his actions can also be beneficial. Providing positive reinforcement for when Guru shows patience and thoughtfulness can reinforce positive behavior. Additionally, teaching Guru the importance of commitments and encouraging him to follow through on tasks can help him grow and succeed.



Inner World - Emotional Needs and Soul Desire



Guru's Emotional State Insights

Guru finds emotional stability in routine and security. He values comfort and material possessions, feeling most content when surrounded by beauty and luxury. Guru's beliefs center around practicality and sensuality, seeking pleasure and indulgence in life.



Guru's Emotions

Calm and patient in handling emotions

Stubborn and resistant to change

Sensual and pleasure-seeking

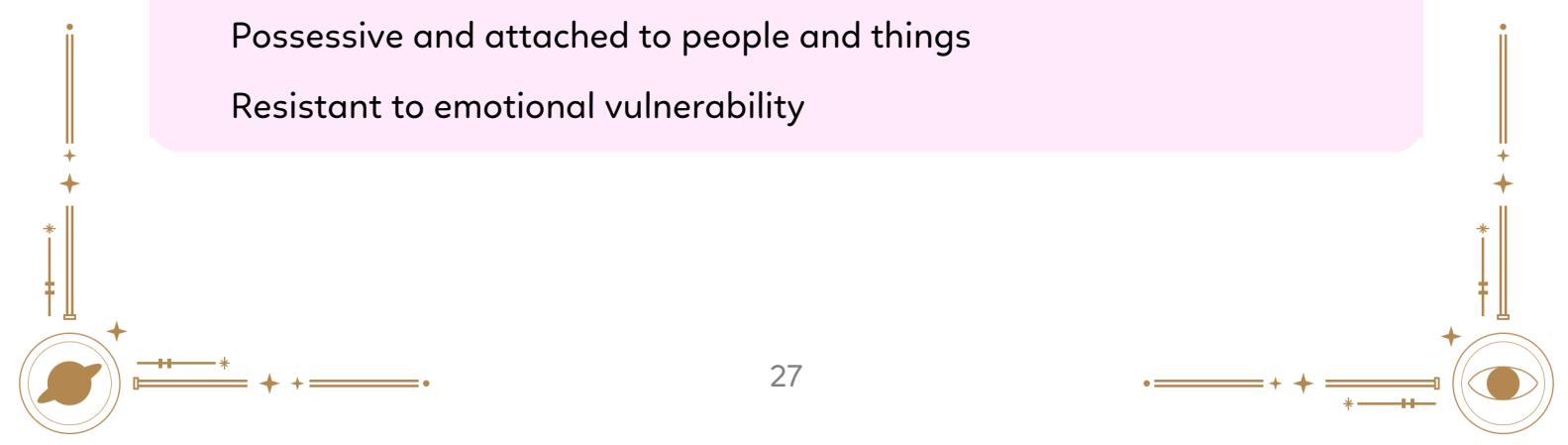


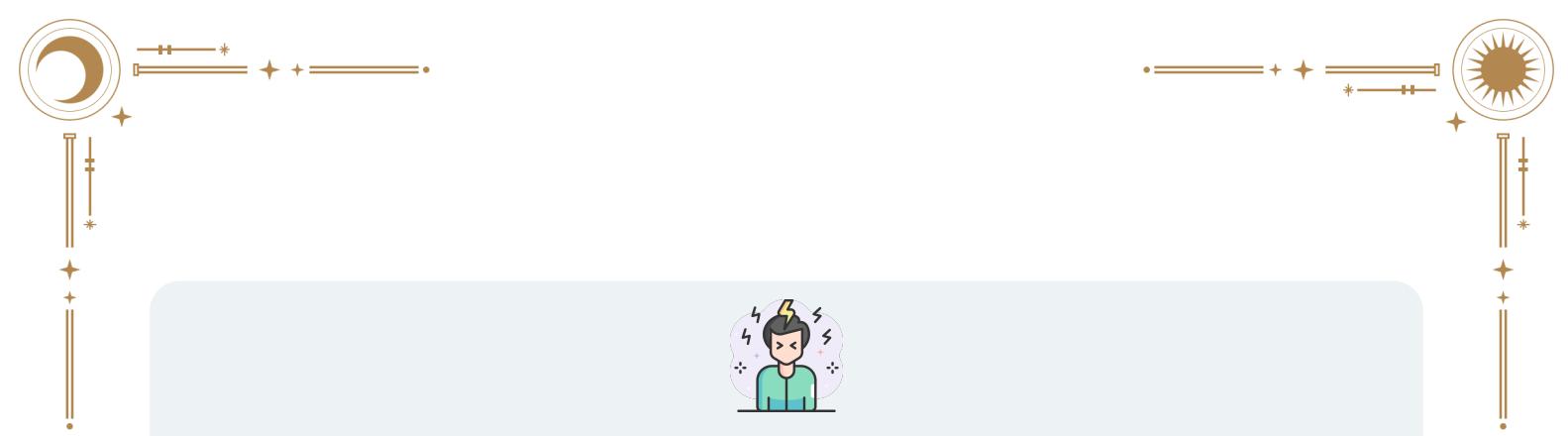
Guru's Feelings

Content and secure in familiar surroundings

Possessive and attached to people and things

Resistant to emotional vulnerability





Guru's Reactions

Slow and steady approach to challenges

Striving for stability and security

Preference for practical solutions



Guru's Emotional Imbalance Challenges

Overly possessive and controlling in relationships

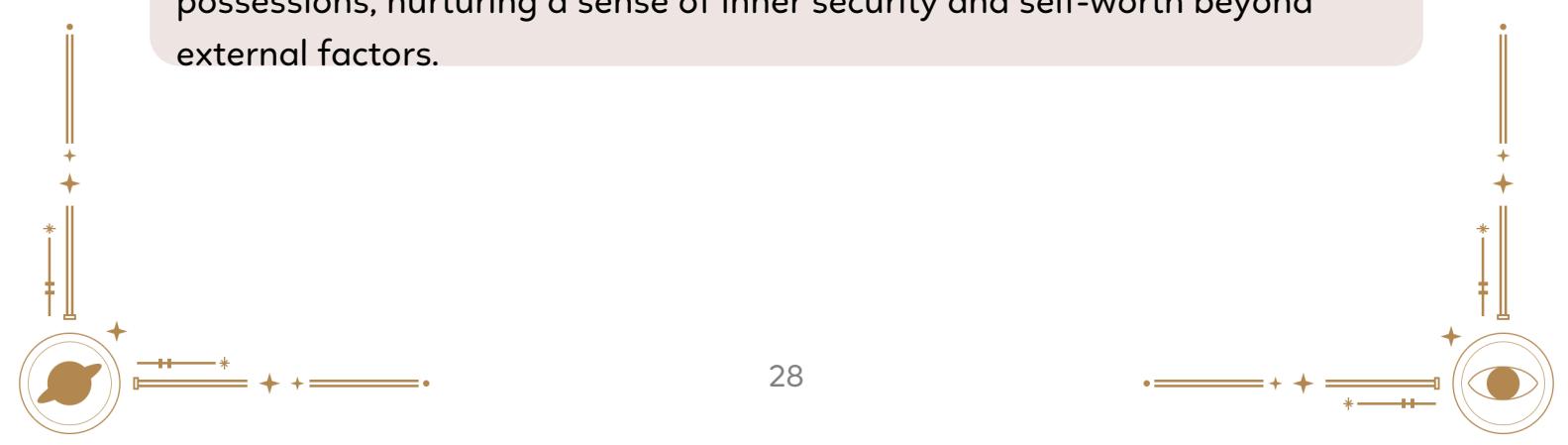
Difficulty adapting to change and new experiences

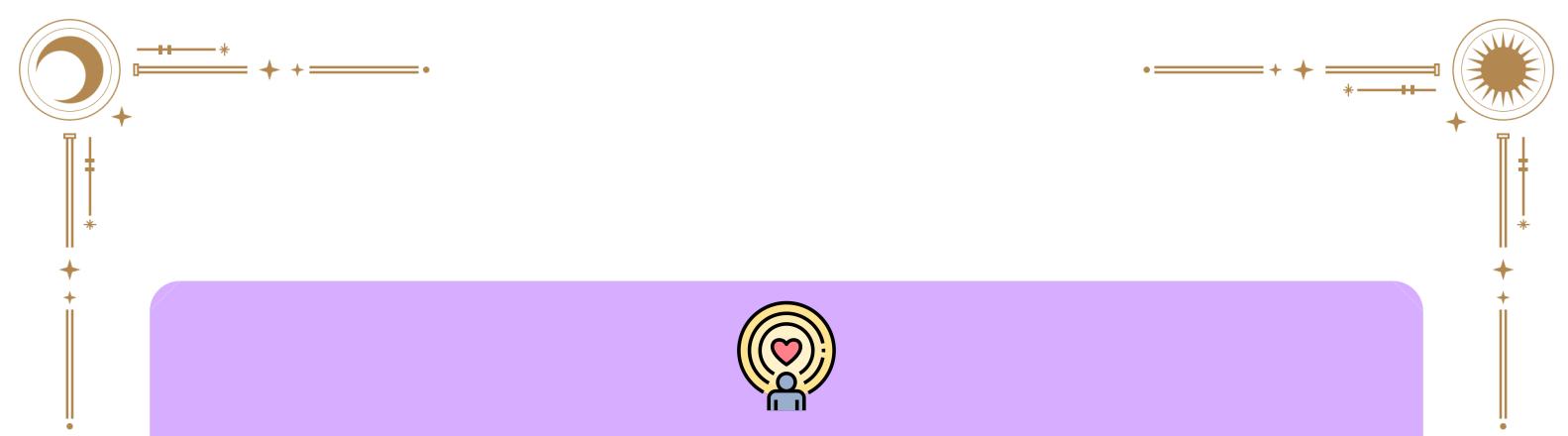
Indulging in excessive materialism



Parenting Tips

To support Guru in overcoming negative emotional imbalances and foster growth, encourage him to practice mindfulness and embrace change. Help him explore new experiences and challenge his comfort zone. Teach him the value of emotional flexibility and detachment from material possessions, nurturing a sense of inner security and self-worth beyond external factors.





Guru's Soul Desire

Guru, with the Sun positioned in the 1st house of Sagittarius in Mula nakshatra, is driven by a sense of adventure, exploration, and quest for spiritual truth. His inner strength lies in his philosophical outlook, optimism, and desire for freedom and growth. However, Guru may struggle with negative ego tendencies that stem from a fear of restriction and a need for independence.



Seek For Recognition

Guru seeks recognition for his intellectual pursuits and philosophical insights.

He craves acknowledgment for his adventurous spirit and love for exploration.

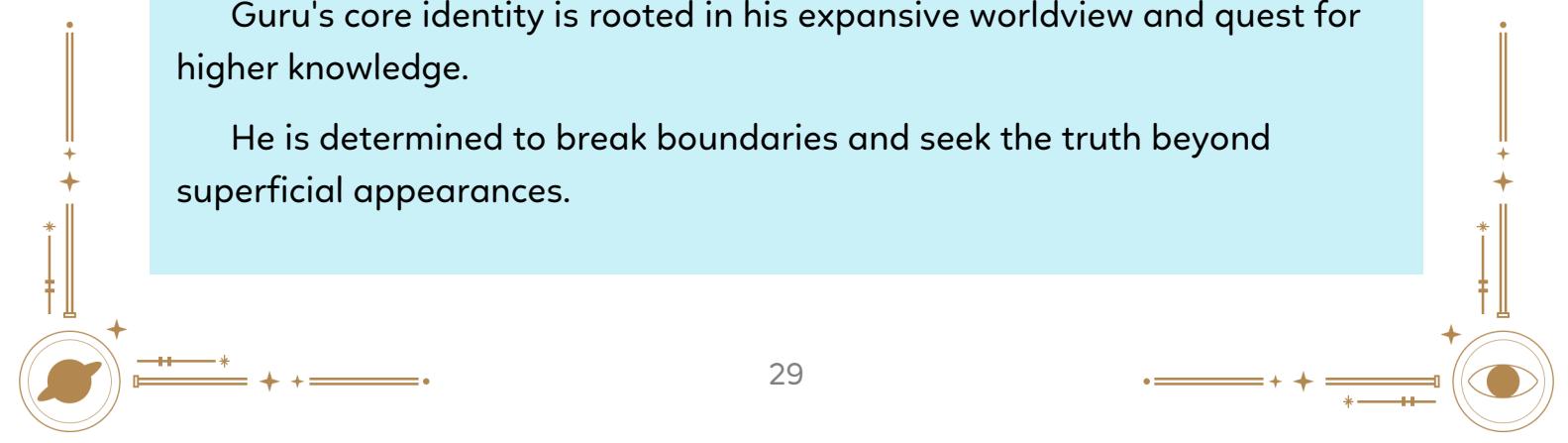
Guru desires recognition for his optimism and ability to inspire others.



Core Identity

Guru's core identity is rooted in his expansive worldview and quest for higher knowledge.

He is determined to break boundaries and seek the truth beyond superficial appearances.



Guru embodies the qualities of a spiritual explorer, always seeking to expand his horizons.



Parenting Tips For Self Identity Challenges

Encourage Guru to embrace humility and practice gratitude. Teach him to value teamwork and the contributions of others. Show Guru the importance of listening to different perspectives and learning from diverse experiences. This will help him overcome his ego challenges and foster healthy growth.



Guru's Education and Intellect

Insights about Guru's education and intelligence



Education and Intellectual Insights

Guru, born under Taurus Rashi, is practical, patient, and focused on achieving long-term goals. Guru thrives in environments that provide stability, structure, and tangible results. Guru enjoys subjects related to finance, agriculture, arts, or any field that involves steady progress and real-world applications. A well-organized and methodical learning approach works best for Guru.



Higher Education Preferences

Subjects of Interest

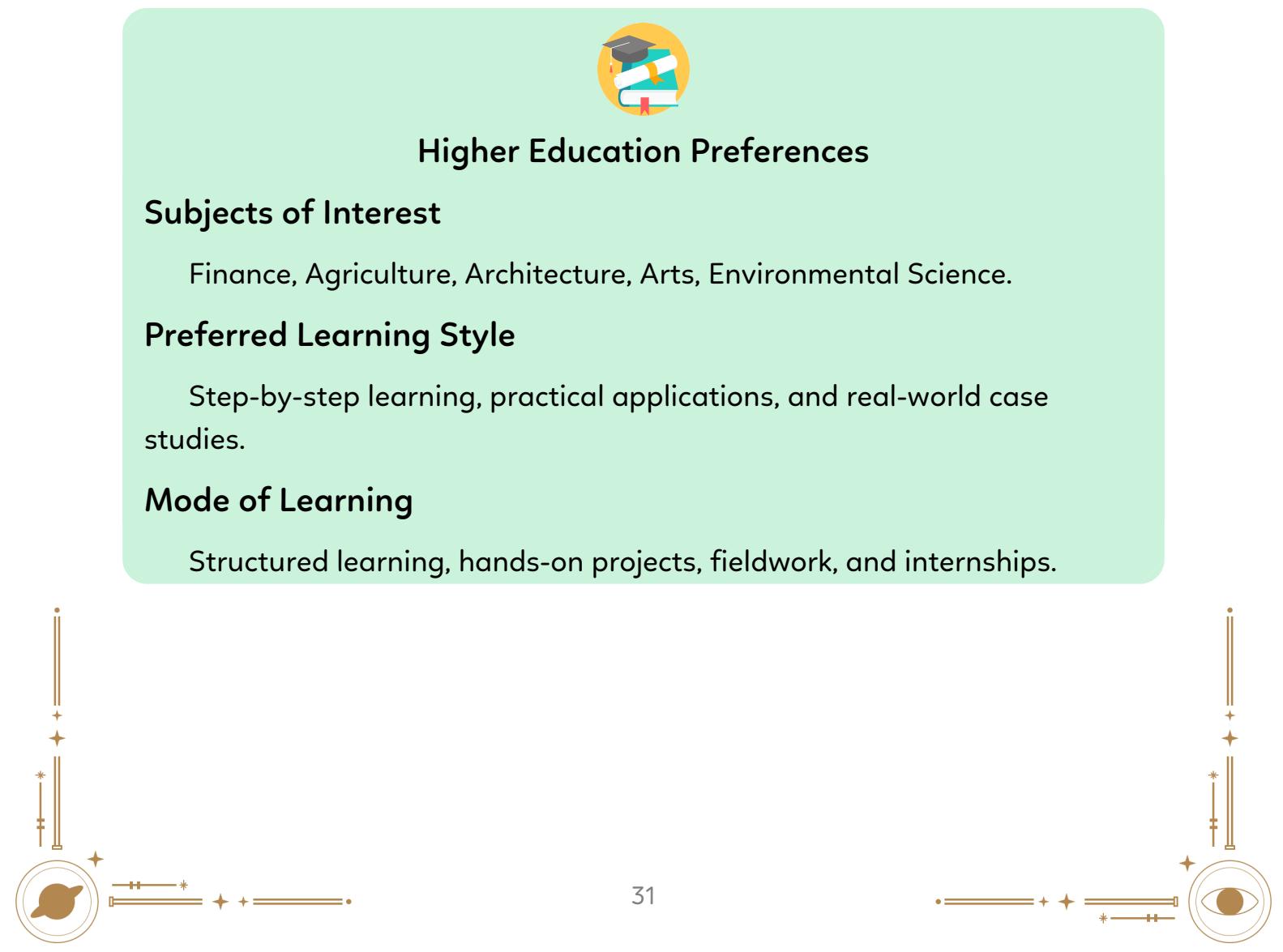
Finance, Agriculture, Architecture, Arts, Environmental Science.

Preferred Learning Style

Step-by-step learning, practical applications, and real-world case studies.

Mode of Learning

Structured learning, hands-on projects, fieldwork, and internships.





Learning Approaches

Practical Learner

Guru excels when applying theoretical knowledge to real-life situations.

Methodical

Guru prefers to take a steady, consistent approach to learning, focusing on building expertise over time.

Determined

Show persistence and patience in completing tasks, focusing on long-term success.



Parenting Tip for Academic Excellence:

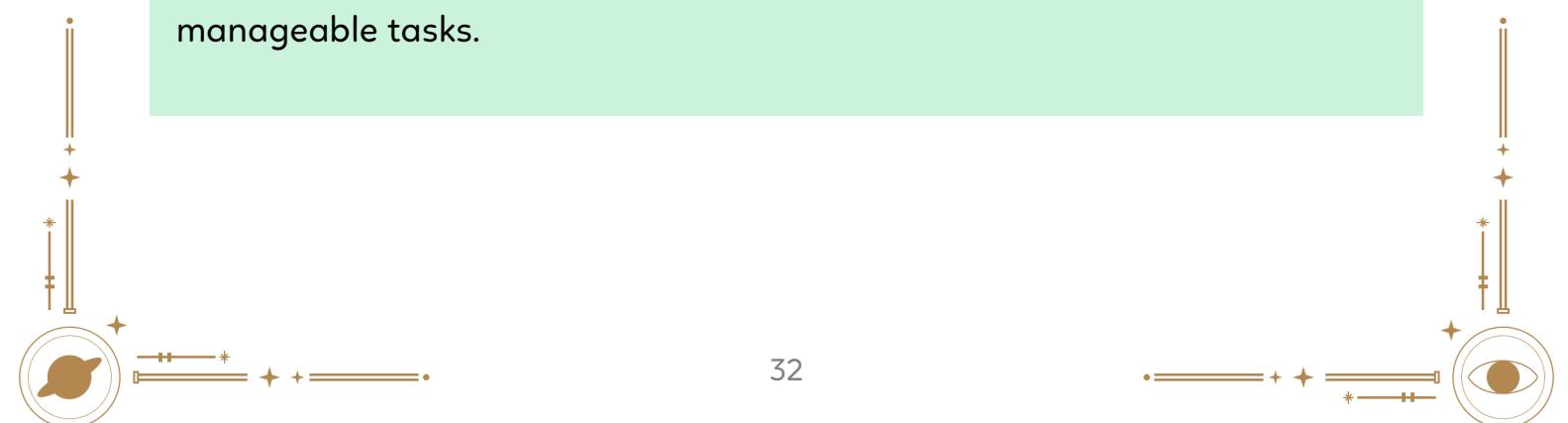
Promote Practical Learning and Goal Setting

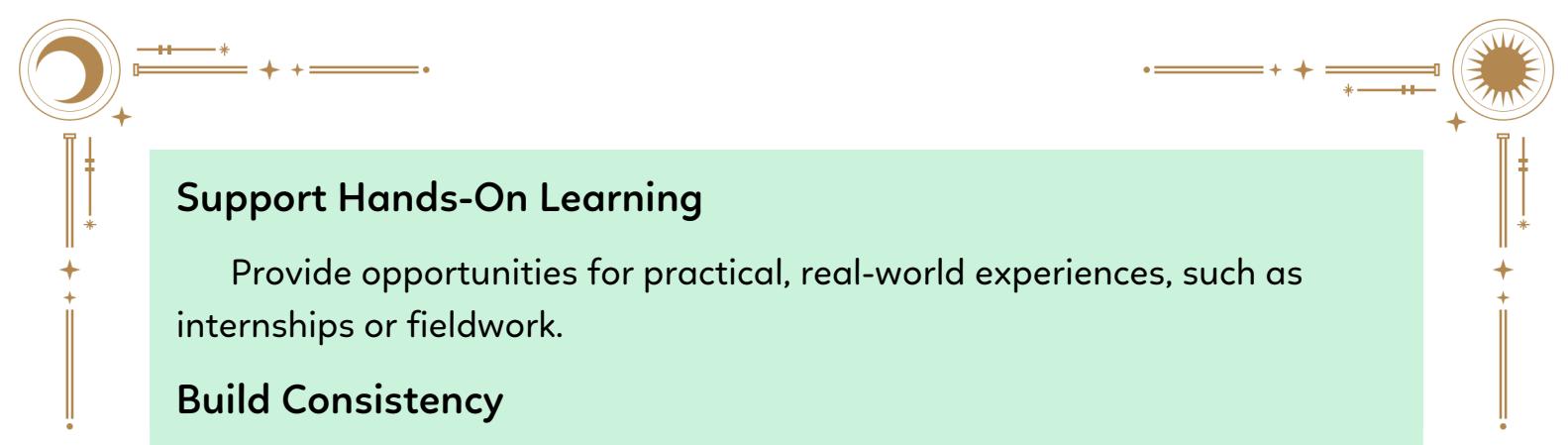


How To Do It:

Encourage Steady Progress

Help Guru set long-term academic goals and break them into manageable tasks.





Support Hands-On Learning

Provide opportunities for practical, real-world experiences, such as internships or fieldwork.

Build Consistency

Establish a consistent study routine and ensure that Guru focuses on steady progress rather than rushing through tasks.





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

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

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

Teach Life Lesson : Take Responsibility

Sun Guide to Guru: Give Guru 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."

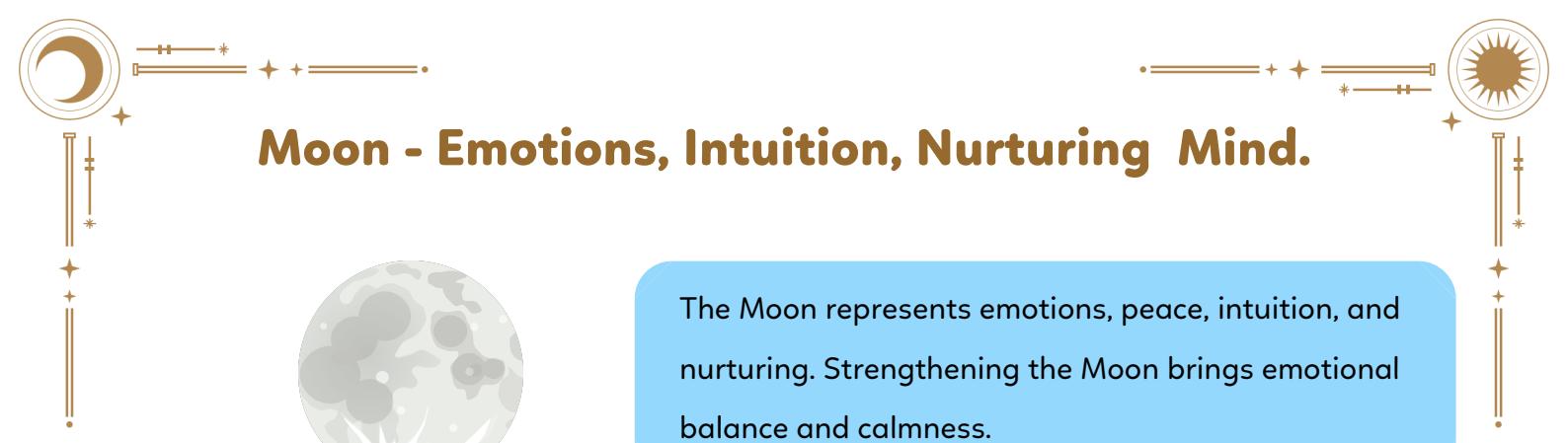
Say to Guru: "Responsibility makes you strong and dependable, like the Sun."

Teach Food & Diet : Vitality Foods

Sun Guide to Guru: 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 Guru: 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 Guru: Establish a calm bedtime routine to help Guru relax and sleep well.

Read a peaceful story or play soft music before bed.

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

Teach Food & Diet : Cooling Foods

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

Serve a cucumber salad or warm milk at night.

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

Teach Life Lesson : Curiosity and Communication

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

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

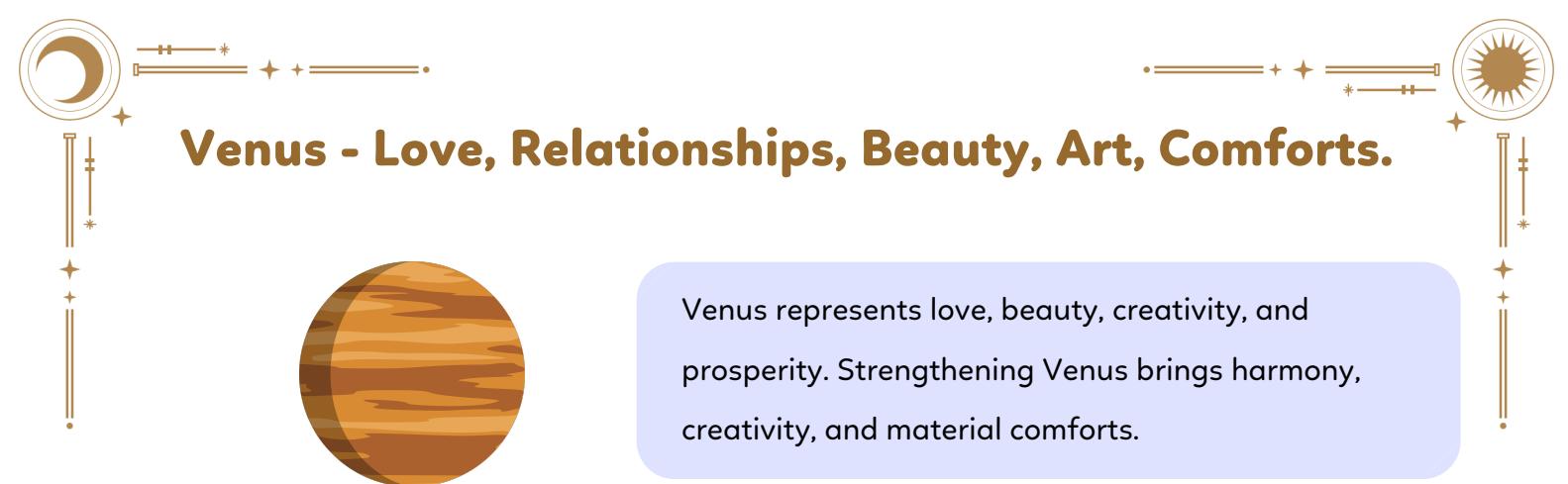
Say to Guru: Asking questions leads to learning, just like Mercury helps us understand the world.

Teach Food & Diet : Brain Foods

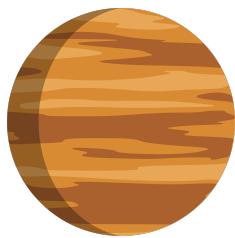
Mercury Guide to Guru: Include walnuts, almonds, and green vegetables in the diet.

Serve almonds or spinach with meals.

Say to Guru: 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 Guru: Encourage Guru to express kindness to everyone, whether through words or actions.

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

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

Teach Life Lesson : Appreciate Beauty in Everything

Venus Guide to Guru: Teach Guru 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!

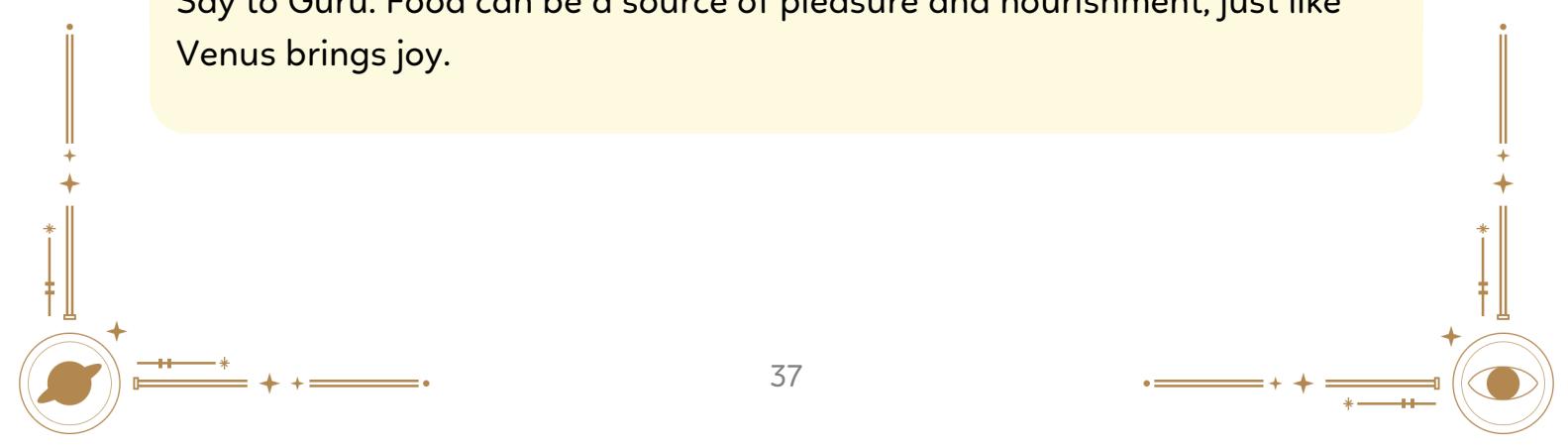
Say to Guru: Appreciating beauty makes life joyful and harmonious, like Venus.

Teach Food & Diet : Sweet and Tasty Foods

Venus Guide to Guru: 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 Guru: 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 Guru: Encourage Guru to take on physical challenges like running or climbing.

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

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

Teach Life Lesson : Bravery and Determination

Mars Guide to Guru: Teach Guru to face difficulties without giving up.

If you fall, get up and try again. Bravery helps you grow.

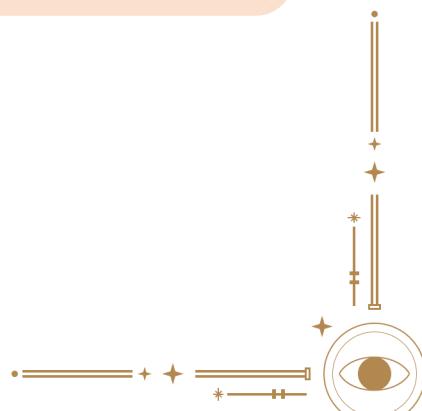
Say to Guru: Facing challenges builds strength, just like Mars gives courage.

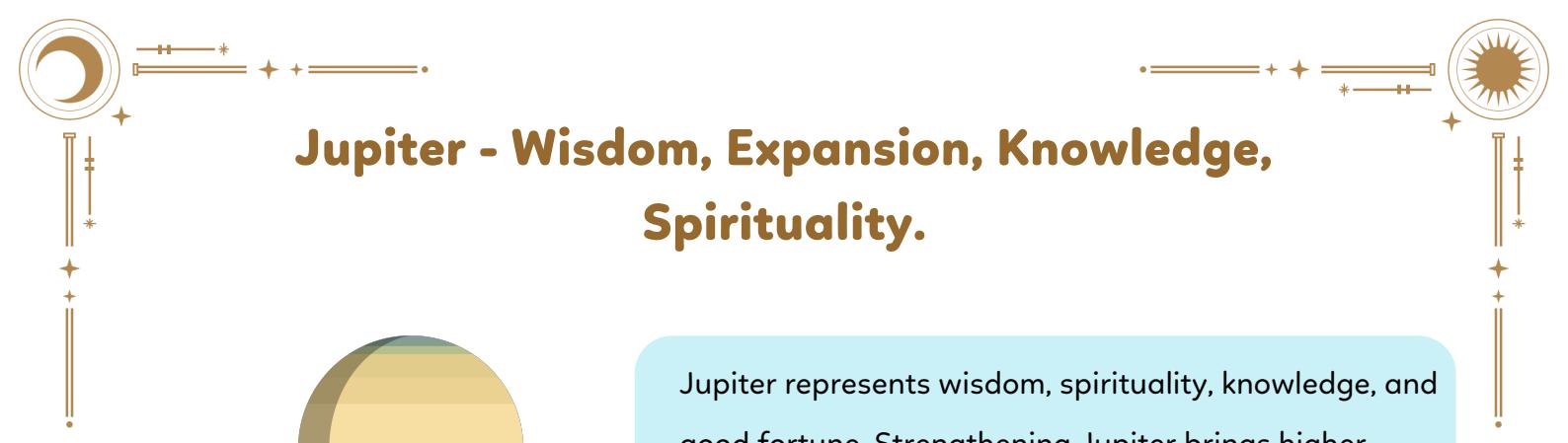
Teach Food & Diet : Strengthening Foods

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

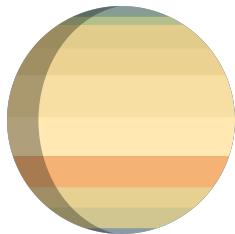
Serve red lentils or apple slices as snacks.

Say to Guru: 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 Guru: Teach Guru to start the day by saying 'thank you' for the blessings received.

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

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

Teach Life Lesson : Seek Knowledge

Jupiter Guide to Guru: Encourage Guru 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 Guru: Continuous learning brings wisdom and joy, just like Jupiter helps us grow mentally.

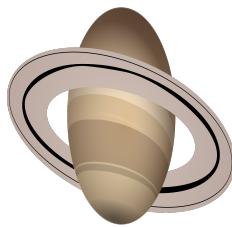
Teach Food & Diet : Saffron and Yellow Foods

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

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

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

Teach Life Lesson : Patience and Hard Work

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

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

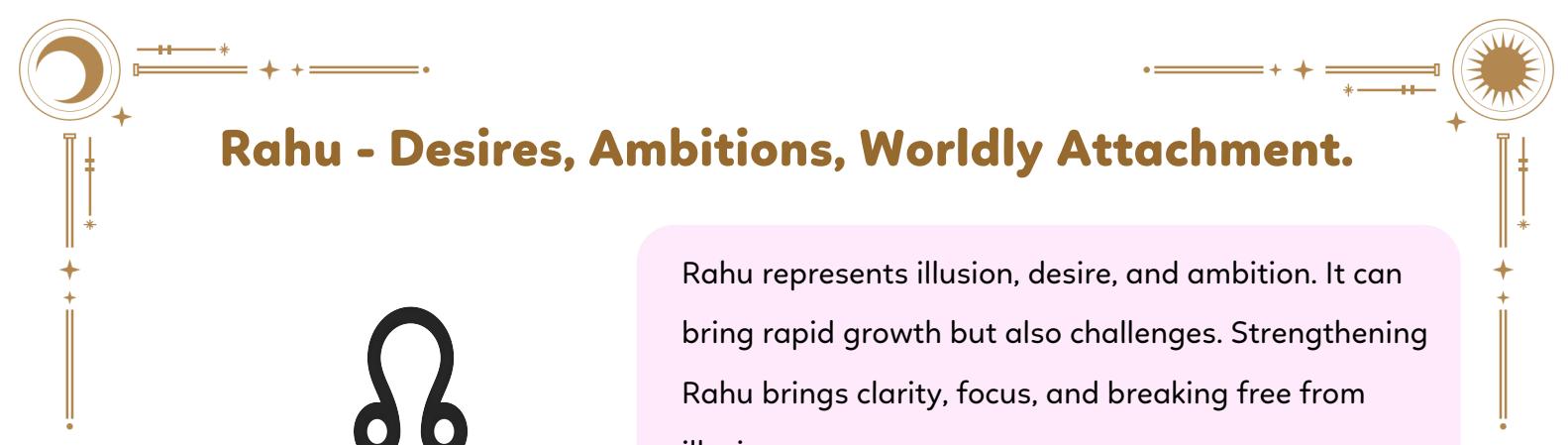
Say to Guru: Hard work and patience lead to success, just like Saturn teaches us.

Teach Food & Diet : Nourishing Foods for the Body

Saturn Guide to Guru: 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 Guru: 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 Guru: Encourage Guru 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 Guru: Focused effort helps you achieve your dreams, just like Rahu pushes us towards growth.

Teach Life Lesson : Overcome Illusions

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

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

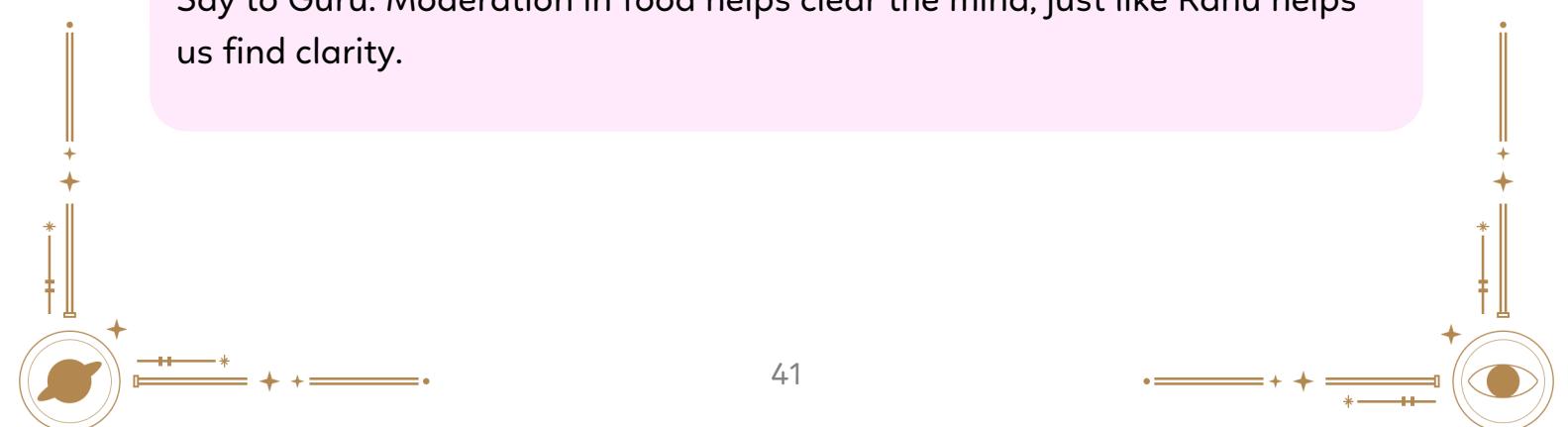
Say to Guru: Understanding what is real and what is not brings true success.

Teach Food & Diet : Avoid Overindulgence

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

Serve healthy, balanced meals and limit processed food.

Say to Guru: 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 Guru: Teach Guru to focus on essentials and detach from unnecessary distractions.

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

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

Teach Life Lesson : Let Go of Attachments

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

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

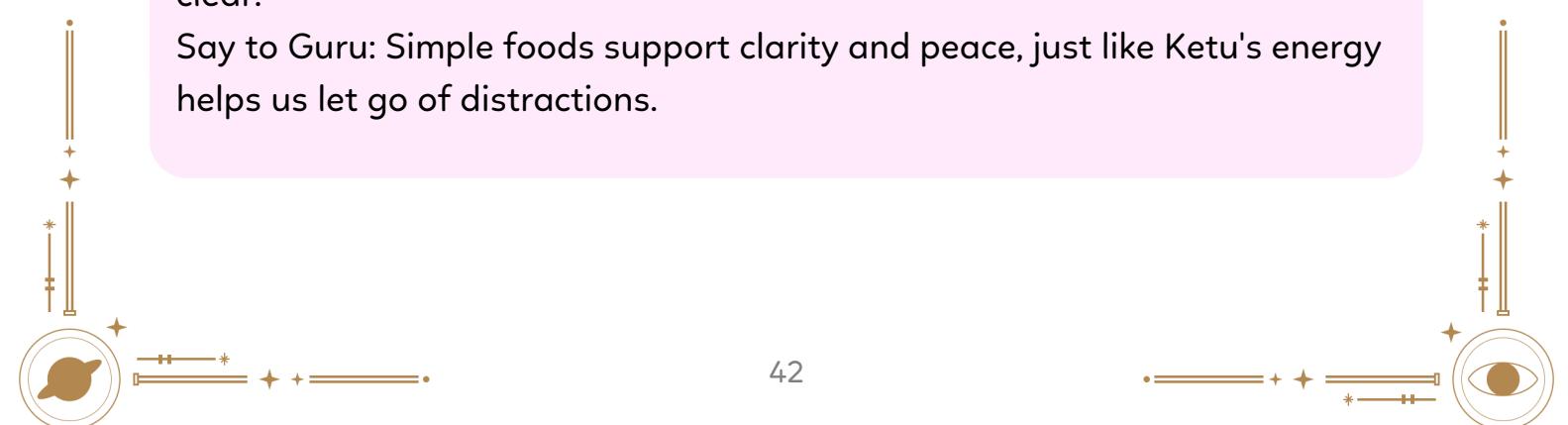
Say to Guru: Detaching from unnecessary things helps us grow spiritually, just like Ketu shows the way to liberation.

Teach Food & Diet : Simple and Light Foods

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



Famous Celebrity Comparisons

Name	Fields	Characteristics
Lord Krishna	Avatar of Vishnu	Brilliant, attractive eyes.
Werner Erhard	Author	Leadership, wealthy.
Queen Victoria	Legacy,'Empire	Power, popularity.
Michelle Pfeiffer	Actress	Attractive, popular.
Burt Reynolds	Actor	Attractive, popular.
General Franco	Military General	Power.
John Milton	Poet	Poetic skills.
Bernard Shaw	Playwright	Literature.

Thank You

AstroKids
TM

