

■ Astro-Prescription Report ■

Report Type: Yearly Prediction (The Compass)

Report ID: f0140cb1-a57c-4bdb-8c07-a1a97fa60c2c

Generated On: 04 December 2025, 04:48 PM

Prepared For:

Name: Vikrant Sangal

Date of Birth: 06-01-1981

Time of Birth: 07:30

Place of Birth: Dehradun

■ Your Astrological Analysis

Namaste, dear sister. It is an honor to look into the celestial map that the universe has painted for you. Please remember, the stars incline, they do not compel. This guidance is meant to be a gentle lamp, illuminating the path ahead so you can walk with confidence and grace. You are the heart of your home, and your well-being is paramount.

Let us explore the coming year together.

Yearly Prediction: An Overview

This year marks a significant and welcome shift for you. A long, challenging phase known as Sade Sati has just ended, bringing a wave of relief and newfound courage. The first four months of the year are exceptionally blessed, filled with joy from family and children. The latter half of the year calls for a greater focus on your personal health and daily routine, presenting an opportunity for you to prioritize self-care. Your inner strength will be your greatest asset as you navigate the transformative energies of your Rahu-Ketu dasha period.

Detailed Analysis & Month-by-Month Breakdown

Your Sagittarius (Dhanu) ascendant makes you naturally optimistic and wise. With the Sun, Moon, and Mercury in your first house, your personality is vibrant, and your well-being is central to the family's happiness.

Major Planetary Influences:

• **Saturn's Relief:** Shani Dev (Saturn) is now in your 3rd house of courage. This is a wonderful transit that blesses you with the strength to overcome daily obstacles, improve relationships with siblings and neighbors, and manage your household with renewed efficiency. The weight of the past few years is finally lifting. • **Jupiter's Dual Role:** The great benefic, Guru (Jupiter), plays two distinct roles this year. • **Until May 1st, 2024:** He is in your 5th house of happiness, children, and creativity. This is a golden period. • **From May 1st, 2024, onwards:** He moves to your 6th house of health and daily routine. This is a call to be more mindful of your well-being.

Month-by-Month Flow of Events:

• **January - April:** This is the most auspicious phase of the year. Jupiter's grace will bring immense happiness related to your children. You may hear good news about their education, career, or personal life. It's a wonderful time for spiritual pursuits, family celebrations, and strengthening your bond with your spouse. Your confidence will be high, and you will feel a sense of joy and fulfillment in your role. • **May - June:** As Jupiter moves into your 6th house on May 1st, the focus gently shifts. You may find your daily responsibilities increasing. This is the time to start paying closer attention to your diet and health. Rahu's transit in your 4th house might also bring up thoughts about redecorating, repairing, or making changes in your home environment. • **July - August:** The need for a structured routine becomes more apparent. Minor health issues related to digestion or fatigue could surface if neglected. This is not a cause for alarm, but a gentle reminder from the universe to put your health first. It's an excellent time to start a new health regimen, like a morning walk or yoga. • **September - October:** Be mindful of your words during this period. Your chart indicates a tendency for direct speech, and with the ongoing Rahu-Ketu dasha, misunderstandings can occur within the family or with in-laws. Practice patience and compassion in your communication. This is also a good time to review the family budget, as unexpected expenses are possible. • **November - December:** The year concludes on a reflective note. You may feel a desire to detach from your usual routine and seek inner peace. This is a wonderful period for meditation, prayer, and introspection. You will find clarity on how to better manage your home and health for the coming year.

Health Score & High-Risk Periods

• **Overall Health Score for the Year: 6.5 / 10** • **January - April:** A robust period with good energy and vitality. (Health Score: 8/10) • **High-Risk Period (May - December):** This period requires caution. With Jupiter in the 6th house and Rahu's dasha, you must be proactive about your health. • **Potential issues:** Digestive troubles, liver-related issues, weight gain, or feelings of fatigue. • **Actionable Advice:** Do not ignore any minor symptoms. Schedule a routine check-up around May or June. A balanced, sattvic diet will be your best medicine.

Family Harmony Index

• Overall Family Harmony Index: 7 / 10

The first part of the year is excellent for family happiness and celebrations. Post-May, your efforts will be needed to maintain harmony. The transit of Rahu in the 4th house (home) and the dasha influencing your 2nd house (immediate family) and 8th house (in-laws) means that clear, calm, and loving communication is the key to a peaceful home environment. Your wisdom and patience will be the glue that holds everyone together.

Specific Remedies for Challenging Periods

These are simple, powerful remedies to enhance positive energies and mitigate challenges. Perform them with faith.

1. For Overall Well-being (throughout the year): • **Chant for Lord Ganesha:** As you begin your day, chant "Om Gan Ganapataye Namah" 11 times. He is the remover of all obstacles. • **Serve the Dogs:** Your chart has a strong Ketu influence in the house of family. Feeding street dogs, especially on Wednesdays or Saturdays, is a powerful remedy to bring peace and stability.

2. For Health and Routine (especially from May onwards): • **Honor Jupiter (Guru):** Every Thursday, offer water with a pinch of turmeric to a Tulsi plant or a banana tree. Chant the mantra "Om Gram Greem Graum Sah Gurave Namah" 108 times. This will protect your health. • **Listen to Vishnu Sahasranama:** Playing or listening to the Vishnu Sahasranama, especially on Thursdays, creates a powerful shield of divine protection around you and your family.

3. For Home Peace and Mental Calm: • **Purify Your Home:** Light a camphor lamp in your home every evening, especially in the prayer room. This dispels the restless energy of Rahu and brings tranquility. • **Donate to the Needy:** On Saturdays, donate a small amount of urad dal or a simple meal to a needy person. This pacifies both Rahu and Saturn and brings blessings to your home.

Timeline for Results

• **Immediate Relief & Joy:** You will feel a positive shift and happiness from **January to April 2024**. • **Focus on Self-Care:** The call to prioritize your health will be strongest from **May to August 2024**. • **Patience in Communication:** The need for mindful speech will be most crucial from **September to October 2024**. • **Spiritual Growth & Clarity:** You will find the best results from your spiritual practices and remedies from **November 2024 onwards**.

Dear sister, you are a source of immense strength and love for your family. This year invites you to turn some of that loving care inward, towards yourself. By nurturing your own health and peace, you enhance the happiness of your entire home. May the divine light guide you and bless your family with health, harmony, and prosperity.

With sincere prayers, Your Vedic Astrology Scholar.



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