

# Prajna Path Report

તમारी व्यक्तिगत मानसिक स्वास्थ्य यात्रा

नाम: dron joshi

वयस्साय: Retired

उम्र: 4

तारीख: 2026-01-02

## Likely Assessment: General Mental Health

### Main Symptoms

मुख्य लक्षण (Main Symptoms) / मुख्य लक्षण अत्यंत शारीरिक अने मानसिक थाक (Overwhelming exhaustion) | अत्यधिक शारीरिक और मानसिक थकान चिह्नित होते हैं अने मूड स्वभाव (Increased irritability) | चिन्हाएँ और मूड में बदलाव ऐकाग्रतामां घटाऊ (Reduced concentration) | एकाग्रता में कमी रह अने प्रेरणा गुमाववी (Loss of interest and motivation) | रुचि और प्रेरणा की कमी सामाजिक ऐकांत (Social withdrawal) | सामाजिक दूरी

मुख्य लक्षण (Main Symptoms) / मुख्य लक्षण धटनानु वारंवार सुमरण के अनुभव थवो (Re-experiencing the event) | घटना का पुनः अनुभव टाण्वु (Avoidance) | बचाव (सेहत के लिए टालना) नकारात्मक विचारों (Negative thoughts) | नकारात्मक विचार संजागतामां फ़ेरफ़ारो (Changes in arousal) | सतरकता में बदलाव

### Actionable Advice

Ways to Reduce Post-Traumatic Stress Disorder

Ways to Reduce Post-Traumatic Stress Disorder

### Myths & Facts

भ्रामक मान्यताओं (Myths) / भ्रामक धारणाएं सामान्य तथावने जीडी (GAD) मानवो (Thinking normal stress is GAD) | सामान्य तनाव को GAD मानना शारीरिक संवेदनाओं खो जाए अर्थात् (Misinterpreting body sensations) | शरीर की संवेदनाओं की गलत क्याख्या यता एवं विकार मानवो (Assuming worry = disorder) | चति को विकार मानना

4. Routine & Mind Techniques Maintain a fixed daily routine Do not fight the thoughts Tell yourself: "These are just thoughts, not reality"

### Diet & Routine

3. Food Habits Eating a balanced diet supports brain health and emotional regulation. Foods rich in vitamins and minerals help reduce stress and fatigue. Omega-3 rich foods improve mental clarity and emotional stability. Limiting caffeine and sugar helps prevent anxiety and restlessness. Drinking enough water keeps the body and mind well balanced.

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તમારી વ્યક્તિગીત માનસિક સ્વાસ્થ્ય યાત્રા

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