

# Prajna Path Report

Your Personalized Prajna Path Journey

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Date: 2026-01-01

## Likely Assessment: General Mental Health

### Main Symptoms

मुख्य लक्षण (Main Symptoms) / मुख्य लक्षण अत्यधिक शारीरिक अने मानसिक थाक (Overwhelming exhaustion) | अत्यधिक शारीरिक और मानसिक थकान चिकित्सापूर्ण अने मूड स्वर्गि (Increased irritability) | चिकित्सापूर्ण और मूड में बदलाव ऐकाग्रतामां घटाडो (Reduced concentration) | एकाग्रता में कमी रस 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 धटनानुं वारंवार सुमरण के अनुभव थवो (Re-experiencing the event) | घटना का पुनः अनुभव टाण्वुं (Avoidance) | बचाव (सेहत के लाए टालना) नकारात्मक विचारो (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 मान्यताओ (Myths) / भ्रामक धारणाएं सामान्य तथावने जीडी (GAD) मानवो (Thinking normal stress is GAD) | सामान्य तनाव को GAD मानना शारीरिक संवेदनाओं खोटुं अरथात (Misinterpreting body sensations) | शरीर की संवेदनाओं की गलत व्याख्या यतिा एटवे विकार मानवो (Assuming worry = disorder) | चतिा 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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