

# Prajna Path Report

Your Personalized Prajna Path Journey

Name: 12

Age: 1

Profession: Student

Date: 2026-01-06

## Obsessive-Compulsive (OCD)

### 2. Exercise

Walk daily for 30–40 minutes

Practice yoga and pranayama:

Anulom–Vilom

Bhramari

Light Kapalbhati

Gentle stretching relaxes the mind and body

### Food Habits

Green vegetables and fruits

Pulses and lentils

Nuts like almonds and walnuts

Omega-3 foods (flaxseed, walnuts) are good for the brain

Reduce tea and coffee

Avoid junk and processed food

Drink enough water

### Daily Routine

Do not fight the thoughts

Tell yourself: “These are just thoughts, not reality”

## Post-Traumatic Stress (PTSD)

### General

Reducing isolation through healthy social interaction improves emotional stability.

Disclaimer: This report is for informational purposes only and does not replace professional medical advice.

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## Generalized Anxiety (GAD)

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### General

Drinking enough water keeps the body and mind well balanced.

### Daily Routine

Regular sleep and wake times help stabilize mood and energy levels.

Planning daily activities reduces uncertainty and mental overload.

## ADHD

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### General

Journal for 5–10 minutes daily

Practice mindfulness or meditation for 10 minutes

## Stress & Burnout

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### Social Activities

Talking openly with family and close friends helps reduce emotional burden and fear.

Participating in group activities provides a sense of belonging and emotional safety.

Joining support groups allows individuals to share experiences and feel understood.

### General

Omega-3 rich foods improve mental clarity and emotional stability.