

Prajna Path Report

Your Personalized Prajna Path Journey

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Age: 18

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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 चिकित्सापूर्व अने मूड स्वर्गि (Increased irritability) | चिकित्सापूर्व 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 टाण्वु (Avoidance) | बचाव (सेहत के लाए टालना) नकारात्मक विचारो (Negative thoughts) | नकारात्मक विचार संजागतामां फ़ेरफ़ारो (Changes in arousal) | सतरकता में बदलाव

Actionable Advice

- Exercise Regular physical exercise helps release stress and tension stored in the body. Yoga and stretching exercises promote relaxation and emotional balance. Aerobic activities like walking or jogging improve mood and reduce anxiety. Breathing exercises help control panic reactions and calm the nervous system. Consistent exercise improves sleep quality, which is often disturbed in PTSD.
- 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.

Myths & Facts

भ्रामक मान्यताओ (Myths) / भ्रामक धारणाएं सामान्य तथावने जीएडी (GAD) मानवो (Thinking normal stress is GAD) | सामान्य तनाव को GAD मानना शारीरिक संवेदनाओनुं खोटुं अरथात्न (Misinterpreting body sensations) | शरीर की संवेदनाओं की गलत व्याख्या चतिा एटले वर्किंग मानवो (Assuming worry = disorder) | चतिा को वकिर मानना

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

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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.
3. Food Habits Balanced nutrition supports brain function and emotional regulation. Foods rich in vitamins and minerals help stabilize mood and energy levels. Omega-3 and protein-rich foods improve emotional balance and focus. Limiting junk food, caffeine, and sugar reduces emotional instability. Proper hydration helps maintain mental clarity and calmness.