

# Prajna Path Report

Your Personalized Prajna Path Journey

Name: Joshi

Age: 12

Profession: Student

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## Likely Assessment: General Mental Health

### Main Symptoms

Main Symptoms

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### Actionable Advice

Ways to Reduce Post-Traumatic Stress Disorder

Ways to Reduce Post-Traumatic Stress Disorder

### Myths & Facts

Myths

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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