

# Prajna Path Report

તમારી વ્યક્તિગત માનસિક સ્વાસ્થ્ય યાત્રા

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## Likely Assessment: General Mental Health

### Main Symptoms

મુખ્ય લક્ષણો (Main Symptoms) / મુખ્ય લક્ષણ અત્યંત શારીરિક અને માનસિક થાક (Overwhelming exhaustion) | અત્યધિક શારીરિક ઓર માનસિક થકાન ચડિયડિપણું અને મૂડ સ્વગિ (Increased irritability) | ચડિચડિપન ઓર મૂડ મેં બદલાવ એકાગ્રતામાં ઘટાડો (Reduced concentration) | એકાગ્રતા મેં કમી રસ અને પ્રેરણા ગુમાવવી (Loss of interest and motivation) | રુચિ ઓર પ્રેરણા કી કમી સામાજિક એકાંત (Social withdrawal) | સામાજિક દૂરી

English Version This expanded psychological assessment framework is designed to support structured evaluation, reporting, and interpretation of mental health conditions using a holistic and evidence-based approach. Covered Psychological Conditions: - Attention Deficit Hyperactivity Disorder (ADHD) - Depression - Personality Disorders - Generalized Anxiety Disorder (GAD) - Insomnia - Autism Spectrum Disorder (ASD) WHO-Based Assessment Parameters: 1. Severity of Symptoms: Evaluates the intensity of emotional, cognitive, and behavioral symptoms and classifies them as mild, moderate, or severe. 2. Duration and Persistence: Determines whether symptoms are temporary, recurrent, or chronic according to ICD-11 standards. 3. Functional Impact: Assesses how the condition affects daily activities such as education, work, relationships, and self-care. 4. Psychosocial and Environmental Factors: Considers stress, trauma, family support, lifestyle, sleep patterns, and socio-cultural influences. Health Organization References: - World Health Organization (WHO): ICD-11, mhGAP, global mental health standards. - National Institute of Mental Health (NIMH) / APA: Diagnostic criteria, behavioral markers, and outcome measures. Research-Based References: - Clinical psychology research focusing on cognition, emotions, and behavior. - Neuropsychology and behavioral neuroscience studies explaining brain-function relationships. Vedic Indian Health Perspective: This framework integrates Indian knowledge systems emphasizing mind-body harmony. Key concepts include: - Manas (mind regulation) - Sattva, Rajas, Tamas (mental qualities) - Prana (life energy) and Nidra (sleep regulation) - Ahara (diet) and Vihara (lifestyle) Final Assessment Outcome: After comprehensive question-answer evaluation, the report provides diagnosis indication, severity level, functional impact, scientific explanation, and culturally inclusive guidance.

### Actionable Advice

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2. 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.

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.

## Myths & Facts

ભ્રામક માન્યતાઓ (Myths) / ભ્રામક ધારણાં સામાન્ય તણાવને જીએડી (GAD) માનવો (Thinking normal stress is GAD) | સામાન્ય તનાવ કો GAD માનના શારીરિક સંવેદનાઓનું ખોટું અર્થઘટન (Misinterpreting body sensations) | શરીર કી સંવેદનાઓ કી ગલત વ્યાખ્યા યતિ એટલે વકીર માનવો (Assuming worry = disorder) | ચિંતા કો વકીર માનના

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.

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.