

## ASSIGNMENT - 1

### Self-Assessment Exercise

#### Objective:

To help students identify their own body constitution (Prakriti) by observing physical, mental and emotional traits.

#### Instructions

##### Physical Traits Observation:

- **Skin:** Observe your skin type. Is it dry, oily, or balanced?  
My skin is generally **balanced**—neither too dry nor oily, maintaining a healthy appearance in most conditions.
- **Body Build:** Note your body frame. Are you naturally thin, muscular, or have a heavier build?  
I was **naturally thin**, yet over time I have gained some weight. My build feels balanced rather than fragile, with hints of athleticism, though not exceptionally muscular.
- **Hair:** Check your hair type. Is it dry, oily, thick, or thin?  
My hair tends to be **dry** in texture, yet it is **thick**, providing substantial volume.
- **Eyes:** Look at your eyes. Are they small, medium, or large? What is their natural color and brightness?  
My eyes are a true highlight—they are **medium** in size, **hazel** in color and consistently **bright** and **expressive**.

##### Mental and Emotional Traits:

- **Mindset:** Reflect on your general mindset. Are you usually calm, intense, or restless?  
**Calm** on the outside but **restless** within, I swing between deep focus and wandering thoughts, often lost in future hypotheticals and time paradoxes.
- **Memory:** Assess your memory. Do you remember things easily, or do you tend to forget?  
I find it **quite easy** to **remember** details, events and information, rarely forgetting important matters.
- **Emotions:** Observe your emotional tendencies. Are you prone to anger, anxiety, or are you generally content?  
Formerly quick to **anger**, I'm now **calm**, though **anxiety** still hits during stress, making even small mistakes feel overwhelming.

##### Daily Habits and Preferences:

- **Diet:** Note your dietary preferences. Do you prefer hot, cold, spicy, or sweet foods?  
My palate gravitates towards foods that are both cold and spicy, relishing the excitement such flavors provide.
- **Sleep:** Reflect on your sleep patterns. Do you sleep deeply, lightly, or have trouble sleeping?  
I tend to sleep deeply; my rest remains undisturbed by external noises or minor changes in the environment.
- **Energy Levels:** Assess your energy levels throughout the day. Are you energetic, balanced, or do you experience fatigue?  
I'm **naturally energetic** and eager to engage, yet sometimes I shift into sudden laziness and just want to do nothing.

**Environmental Reactions:**

- **Weather Preferences:** Consider your reaction to different weather conditions. Do you prefer warm, cool, or moderate climates?  
I am most comfortable and content in **cool climates**, especially when accompanied by **refreshing breezes**.
- **Stress Response:** Observe how you respond to stress. Do you become anxious, irritable, or do you handle it calmly?  
I usually **stay calm** under stress, but overthinking uncertain outcomes can make me **anxious** as I map out every possible consequence.

**Analysis****My Observations:**

Trait	Vata	Pitta	Kapha	My Traits
Skin	Dry	Oily	Balanced	Balanced
Body Build	Thin	Muscular	Heavier	Thin, Balanced
Hair	Dry, thin	Oily, thinning	Thick, oily	Dry, Thick
Mindset	Restless	Intense	Calm	Calm Outside, Restless Within
Memory	Forgetful	Sharp	Slow, long-term	Remembers Easily
Emotions	Anxious	Angry	Content	Formerly Angry, Now Anxious
Diet	Warm, dry	Cold, spicy	Light, sweet	Cold, spicy
Sleep	Light	Moderate	Deep	Deep
Energy	Variable	High, bursts	Steady	Energetic
Weather Preference	Warm	Cool	Warm, dry	Cool
Stress Response	Anxious	Irritable	Calm	Calm and anxious

**Based on the Analysis:**

- **Dominant Vata:** Evident in your restlessness, energetic disposition, dry thick hair and rapid changes in mood and focus.
- **Marked Pitta Influence:** Seen in your fondness for cold, spicy foods, deep focus and history of strong emotional responses (anger, now transformed to anxiety under stress).

- **Supportive Kapha Features:** Noted in your balanced skin, regular and deep sleep patterns and ability to remain calm outwardly which grounds the more heightened Vata-Pitta tendencies.

### Determining My Constitution:

Based on my self-assessment, **Vata** is my **primary dosha**, strongly **supported** by **Pitta** characteristics and **some Kapha** traits, so my **dominant prakriti** is **Vata-Pitta**, with Vata being the most pronounced.

### Reflect & Record:

These traits shape my life and choices in many ways:

- Because I often **feel restless inside** and sometimes **get anxious**—especially during stress—I try to ground myself with calming activities. **Mindfulness**, listening to **music** or **playing games** help me feel balanced and at ease.
- Though I enjoy **cold** and **spicy** foods, I know that too much can upset my body. So, I make a conscious effort to include **more warm** and **grounding meals**, which helps me **stay healthy** and **avoid discomfort** from overstimulation.
- I am proud of how I **have learned** to move from **anger** to a **calmer** state of mind. I **don't** usually **practice self-care** intentionally, but instead, I tend to **shut off** emotionally or **ignore** how I'm feeling. Sometimes, I release that built-up energy through physical activities like working out, but sometimes it can backfire sometimes.
- I tend to have **deep, refreshing sleep** whenever I go to bed, but my bedtime is very **irregular** and I often lack consistency in my **sleep routines**. To support my rest, I remind myself to **avoid excessive late-night screen time** and if I notice laziness or sluggishness during the day, I try some gentle movement or light exercise to get my energy moving again.
- Even though I appear **calm** during stress, I know that **overthinking** can **trigger anxiety**. When that happens, I go **silent** or **talk** things through with **myself** or my **close friends** **sometimes** to ease my mind and stay focused.

### Conclusion

My unique mix of Vata, Pitta and Kapha characteristics means I am dynamic, focused and grounded all at once. By paying attention to what I need each day—balancing activity and calm, enjoying spicy foods while still nourishing my body, and making time for rest—I am able to cultivate my overall well-being and keep growing as a person.

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