

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?
I have **balanced moisturized skin**.
- Body Build: Note your body frame. Are you naturally thin, muscular, or have a heavier build?
I was **naturally thin** but have gained weight over time. Right now I have a slim yet balanced body frame.
- Hair: Check your hair type. Is it dry, oily, thick, or thin?
Lately my hair is slightly **oily and thick**.
- Eyes: Look at your eyes. Are they small, medium, or large? What is their natural color and brightness?
I have pair of **chocolate brown medium sized eyes**. They generally appear **bright, lively and talk a lot**.

Mental and Emotional Traits:

- Mindset: Reflect on your general mindset. Are you usually calm, intense, or restless?
I usually I stay **calm** but I can occasionally be **intense** depending on the situation.
- Memory: Assess your memory. Do you remember things easily, or do you tend to forget?
I **tend to forgot** some important names and past events.
- Emotions: Observe your emotional tendencies. Are you prone to anger, anxiety, or are you generally content?
I am **quite short tempered but overall a cheerful person**.

Daily Habits and Preferences:

- Diet: Note your dietary preferences. Do you prefer hot, cold, spicy, or sweet foods?
I prefer sizzling **hot and spicy food**.
- Sleep: Reflect on your sleep patterns. Do you sleep deeply, lightly, or have trouble sleeping?
I have a **deep sleep pattern** as my sleep doesn't get interrupted by noise.
- Energy Levels: Assess your energy levels throughout the day. Are you energetic, balanced, or do you experience fatigue?
I kind of have **balanced energy level** throughout the day.

Environmental Reactions:

- Weather Preferences: Consider your reaction to different weather conditions. Do you prefer warm, cool, or moderate climates?
I prefer **cold weather with cool breezes**.
- Stress Response: Observe how you respond to stress. Do you become anxious, irritable, or do you handle it calmly?
I react to stress both **calmly and irritably** depending all on the situation.

Analysis:**My Observations:**

Trait	Vata	Pitta	Kapha	My Traits
Skin	Dry	Oily	Balanced	Balanced
Body Build	Thin	Muscular	Heavier	Slim, balanced
Hair	Dry, thin	Oily, thinning	Thick, oily	Thick, oily
Mindset	Restless	Intense	Calm	Calm with slight intensity
Memory	Forgetful	Sharp	Slow but long-term	Forgetful
Emotions	Anxious	Angry	Content	Short-tempered but cheerful
Diet	Warm, dry food	Cold, spicy	Light, sweet	Hot and spicy
Sleep	Light	Moderate	Deep	Deep
Energy	Variable	High, bursts	Steady	Balanced
Weather Preference	Warm	Cool	Warm and dry	Cool
Stress Response	Anxious	Irritable	Calm	Calm and irritable (mixed)

- **Based on the analysis:**
 - I show **strong Pitta** traits such as oily hair/skin, preference for spicy food, short temper, preference for cool climate.
 - I also have **Kapha influences** like balanced skin, calm mindset, thick hair, deep sleep.
 - And **Vata** is the least dominant in my constitution
- **Determining My Constitution:**

- Based on my traits **Pitta** is my primary dosha. I also have some **Kapha** qualities. So in conclusion **my dominant prakriti is *Pitta-Kapha*** as **Pitta is dominant prakriti**.
- **Reflect and Record:**

These traits affect my daily life in many ways:

- Since I **get angry easily** I try to **stay calm by listening to music** or if someone **upsets me I take a break** to cool down.
- I **enjoy spicy food**, but too much can make me feel hot or cause pimples. So I try to **eat more cooling foods** like cucumber or yogurt.
- I sleep well which keeps me fresh in the morning. I try to avoid late-night screen time so I can **keep my deep sleep** routine.
- Cool weather makes me feel happy and active so I try to avoid too much heat or sun.

To keep my body and mind healthy,

- Eat more **cooling foods**.
- Avoid getting too angry by **staying calm** in stressful situations.
- I **take breaks from people or situations** when I feel too intense or stressed.
- I do peaceful activities like **walking at night, reading or meditation**.