**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.