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ASSIGNMENT 03

Prepared BY: Ponchanon Datta Rone

Student ID : 615866



INSIGHT ABOUT MYSELF

From the result of the quiz based on my overall characteristics and my current state of balance or imbalance, I discovered that I am predominantly Vata(38%)-Pitta(36%), with a secondary Kapha(30%~) influence. This means that my mind and body are characterized by a combination of the qualities of the Vata and Pitta doshas, with some Kapha elements present as well.

LEARNING DOSHA & UNDERSTANDING

Learning about the doshas has helped me understand others better by recognizing that everyone has a unique combination of these elements, and that our personalities, physical characteristics, and emotional tendencies are influenced by them. For example, I have a friend who is predominantly Kapha, and I now understand that her calm, stable, and nurturing personality is a reflection of this dosha. Understanding these differences helps me to communicate more effectively with others and to appreciate their unique qualities.

MY DOSHAS

I'm a combination of vata & pitta, however vata characteristics is dominant in here. Being a combination of doshas feels right to me and makes sense. I can see how my Vata-Pitta tendencies manifest in my life, including my tendency towards creativity, energy, and ambition, as well as my susceptibility to anxiety, stress, and digestive issues. I can also see how the Kapha influence contributes to my desire for routine, stability, and comfort.

TIPS ON CREATING BALANCE FOR MY MIND/BODY

I found the tips for creating balance for my mind/body type to be very useful. For my Vata-Pitta nature, I learned that it is important to maintain a regular routine, prioritize self-care practices like meditation and yoga, and eat warm, grounding foods that are easy to digest. I also learned that I should avoid over-stimulation and excessive multitasking, as well as spicy or acidic foods that can aggravate my digestive system.

SUMMARY

I found this information to be insightful and helpful in understanding my mind and body type, as well as how to create balance and promote well-being. I am looking forward to exploring these concepts further and incorporating them into my daily life.