



STC506A-2023-02A-02B-01

TUESDAY, FEB 14, 2023

ASSIGNMENT 02

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PROBLEM STATEMENT

Sometimes I feel fatigued and lack focus throughout the day, particularly in the afternoon, which affects my productivity. I want to improve my overall well-being and to increase my energy levels.

INFORMATION & KNOWLEDGE

From today's class on Nutrition, Sleep, Activity, and Transcendence, I learned that getting sufficient sleep, regular physical activity, and a balanced diet can significantly improve overall health and well-being. Additionally, as a Vata-Pitta-Kapha, I should aim to practice transcendental meditation which can help me to reduce stress and promote mental clarity.

In terms of nutrition, I need to focus on eating a balanced diet with plenty of whole foods and limiting my intake of processed foods & sugar. I also need to prioritize getting enough sleep and engaging in regular physical activity to progress my energy levels and overall health. Finally, I need practice transcendence like meditation or mindfulness in my daily routine to reduce stress and improve my mental well-being.

MY HYPOTHESIS

If I eat a balanced diet, prioritize getting enough sleep and exercise, and unite transcendence practices into my daily routine, I should have more energy and feel better overall.

MY EXPERIMENTS

In addition of my current lifestyle, I will follow a improved daily routine for the next 2 weeks

1. I will aim to get 8 hours of sleep each night by setting a consistent bedtime and wake-up time (10:30PM to 6:30AM).
2. After waking up at 6:30 each morning, I'll practice TM for 20 minutes.
3. I will have a healthy breakfast consisting of whole grains, fruits, and protein.
4. Limiting processed foods and sugar will be in my planned goal.
5. I will aim to exercise at least for 30 minutes every day in the morning.
6. I will incorporate the natural activity in my daily routine.

EXPERIMENTAL DATA ANALYSIS & GATHERING NEW DATA

I am doing daily exercise for a long time and having a balanced diet frequently. I also doing TM for last 6 months. I noticed that, since I started changing my daily routine, I fell more energized, focused, and productive during the day. I have started shaping my sleep time between 10:30PM to 6:30AM and felling more rested in the morning. I noticed a significant improvement in my mood and overall sense of well-being and do not experience the same level of fatigue that I did before. I also found that I was able to focus better on my work and felt more creative.

Overall, I am satisfied with the results of this experiment and plan to continue maintaining these practices in my daily routine. I found that the most challenging part was sticking to the healthy diet and sleep timing, but the benefits of feeling better overall made it worth it. I think that focusing on nutrition, sleep, activity, and transcendence is an effective way to improve overall health and well-being.