

Class 9 - Physical Education and Well Being

Khel Praveen

Samagra Svasthya (Yoga for Holistic Health)

CBSE NOTES

Samagra Svasthya (Yoga for Holistic Health) - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Challenge Questions

Solve the following questions. Write your answers in the space provided.

1. Evaluate the implications of practicing Yoga daily on an individual's mental health in a high-stress academic environment.

Hint: Consider how daily challenges may conflict with maintaining a yoga routine.

2. Analyze the concept of holistic well-being as defined by both WHO and the Bhāratīya system. How can they complement each other in modern health practices?

Hint: Examine how cultural practices may influence modern perceptions of health.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

3. Critically examine the role of nutrition as part of physical health from the perspective of both modern medicine and Āyurveda. How do their approaches differ?

Hint: Think about how each system prioritizes different food types and preparation methods.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

4. Evaluate the challenges faced by adolescents in achieving social well-being in today's digital age. How can yoga practices address these challenges?

Hint: Look into how yoga communities can foster social connections.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

5. Discuss the spiritual dimensions of health according to the Āyurvedic texts. How can these principles be applied to contemporary wellness strategies?

Hint: Link to the significance of mindfulness and meditation in current health trends.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

6. Reflect on the potential consequences of neglecting emotional health within the definition of overall well-being. Provide examples of coping mechanisms.

Hint: Consider the effects of emotional health on academic performance.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

7. Assess how the concept of 'Sva' (self) in Svāsthya can lead to better self-regulation in youths. Provide scenarios for practical application.

Hint: Explore how self-awareness can affect study habits and peer relationships.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

8. Analyze the relationship between physical activity, such as yoga, and its effects on cognitive function in students. What evidence supports this connection?

Hint: Look into historical practices or testimonials from students who study better post-yoga.

9. Critique how modern lifestyle diseases relate to the teachings of Svāsthya and preventive measures that can be embraced through yoga.

Hint: Consider modern trends in health that might contradict traditional practices.



Solve the following questions. Write your answers in the space provided.

10. Evaluate the impact of community involvement on individual well-being in the context of the social dimension of health. How can yoga foster this?

Hint: Reflect on how collective experiences can enhance personal health outcomes.



Check your answers with the solutions below.

1. Evaluate the implications of practicing Yoga daily on an individual's mental health in a high-stress academic environment.

Solution: Discuss both benefits such as stress reduction and potential drawbacks like time management issues. Provide examples of students or case studies.

2. Analyze the concept of holistic well-being as defined by both WHO and the Bhāratiya system. How can they complement each other in modern health practices?

Solution: Describe intersections and possible conflicts, offering examples of health initiatives that incorporate both perspectives.

3. Critically examine the role of nutrition as part of physical health from the perspective of both modern medicine and Āyurveda. How do their approaches differ?

Solution: Compare concepts like nutrient balance and body constitution; provide real-life dietary examples.

4. Evaluate the challenges faced by adolescents in achieving social well-being in today's digital age. How can yoga practices address these challenges?

Solution: Assess issues like social media influence and isolation versus community building through yoga.



Check your answers with the solutions below.

5. Discuss the spiritual dimensions of health according to the Āyurvedic texts. How can these principles be applied to contemporary wellness strategies?

Solution: Identify specific practices that enhance spiritual health and their relevance today, supporting with case studies.

6. Reflect on the potential consequences of neglecting emotional health within the definition of overall well-being. Provide examples of coping mechanisms.

Solution: Evaluate consequences like anxiety and burnout and their impact on physical health, suggesting preventive measures.

7. Assess how the concept of 'Sva' (self) in Svāsthya can lead to better self-regulation in youths. Provide scenarios for practical application.

Solution: Use real-life examples showing self-discipline through yoga or mindfulness, contrasting with lack of self-awareness.

8. Analyze the relationship between physical activity, such as yoga, and its effects on cognitive function in students. What evidence supports this connection?

Solution: Provide studies or findings linking physical activity with improved focus, memory, and academic performance.



Check your answers with the solutions below.

9. Critique how modern lifestyle diseases relate to the teachings of Svāsthya and preventive measures that can be embraced through yoga.

Solution: Address connections between lifestyle choices and wellness practices, highlighting preventive strategies.

10. Evaluate the impact of community involvement on individual well-being in the context of the social dimension of health. How can yoga foster this?

Solution: Discuss collaboration and cooperation benefits, using examples of community yoga events as case studies.



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