

Class 9 - Physical Education and Well Being

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Samagra Svasthya (Yoga for Holistic Health)

CBSE NOTES

Samagra Svasthya (Yoga for Holistic Health) - Mastery Worksheet

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Mastery Questions



CHAPTER 21: SAMAGRA SVASTHYA (YOGA FOR HOLISTIC HEALTH)

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

1. Analyze how the dimensions of health (physical, mental, and social) interact with each other to promote overall well-being, using Swami Sivananda Baba's life as an example.

Hint: Consider how each dimension influences the others, such as how physical health supports mental clarity.



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

2. Compare and contrast the modern definition of health by WHO with the holistic view of Svāsthya in Āyurveda, and argue which perspective you find more comprehensive.

Hint: List the components of both definitions and identify overlaps and gaps.



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

3. Discuss the significance of daily yoga practice in achieving a balanced state of Svāsthya. Include its effects on the physical, mental, and social dimensions.

Hint: Use specific yoga poses as examples of physical benefits and mindfulness in practice.



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

4. Evaluate the role of community and relationships in achieving holistic health. Provide examples of cooperative activities that enhance social health.

Hint: Consider both positive and negative impacts of social connections on health.

5. How can a student apply the principles of Svāsthya to combat stress during examinations? Propose a comprehensive lifestyle plan.

Hint: Make sure to target both mental coping strategies and physical relaxation techniques.



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

6. Examine the impact of nutrition on physical and mental health. How does a balanced diet contribute to achieving Svāsthya?

Hint: Refer to food groups while explaining their roles in physical and mental wellness.

7. Explore the health benefits of mindfulness and meditation within the context of emotional regulation and social interactions.

Hint: Consider citing studies on mindfulness effects on emotional well-being.



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

8. Analyze a hypothetical scenario where an individual prioritizes physical health over mental and social health. Discuss the potential consequences.

Hint: Use the concept of imbalance in health to support your argument.

9. Understand the concept of Vyādhi and discuss how lifestyle choices can lead to health disturbances according to Yogic philosophy.

Hint: Explore how holistic practices can restore balance to prevent Vyādhi.



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

10. Integrate the principles of Ayurveda and Yoga to propose a wellness routine for students. Consider physical, emotional, social, and spiritual aspects.

Hint: Focus on a balance between activity types to appeal to all wellness dimensions.



Check your answers with the solutions below.

1. Analyze how the dimensions of health (physical, mental, and social) interact with each other to promote overall well-being, using Swami Sivananda Baba's life as an example.

Solution: Discuss the interconnectedness of health dimensions, providing examples from Sivananda Baba's lifestyle that illustrate the harmony between physical activity, mental resilience, and social engagement.

2. Compare and contrast the modern definition of health by WHO with the holistic view of Svāsthya in Āyurveda, and argue which perspective you find more comprehensive.

Solution: A structured argument highlighting the inclusivity of physical, mental, social, and spiritual health in the Āyurvedic perspective compared to WHO's definition. Utilize tables for clarity.

3. Discuss the significance of daily yoga practice in achieving a balanced state of Svāsthya. Include its effects on the physical, mental, and social dimensions.

Solution: Explain the benefits of yoga in each health dimension, providing evidence from research on yoga's impact on flexibility, stress reduction, and social bonding.

4. Evaluate the role of community and relationships in achieving holistic health. Provide examples of cooperative activities that enhance social health.

Solution: Discuss the importance of social networks for emotional support and health benefits, citing examples of community exercises or group yoga classes.



Check your answers with the solutions below.

5. How can a student apply the principles of Svāsthya to combat stress during examinations? Propose a comprehensive lifestyle plan.

Solution: Outline a plan incorporating yoga, nutrition, time management, and social activities to enhance wellbeing during high-pressure situations.

6. Examine the impact of nutrition on physical and mental health. How does a balanced diet contribute to achieving Svāsthya?

Solution: Discuss nutritional components that affect energy levels, cognitive functions, and emotional stability, integrating examples of healthy foods and their benefits.

7. Explore the health benefits of mindfulness and meditation within the context of emotional regulation and social interactions.

Solution: Explain how practices like meditation influence emotional health and social relationships by promoting empathy, calmness, and resilience.

8. Analyze a hypothetical scenario where an individual prioritizes physical health over mental and social health. Discuss the potential consequences.

Solution: Provide a comprehensive analysis of possible health outcomes, emphasizing the risks of neglecting balanced well-being.



Check your answers with the solutions below.

9. Understand the concept of Vyādhi and discuss how lifestyle choices can lead to health disturbances according to Yogic philosophy.

Solution: Explain the relationship between lifestyle factors and Vyādhi, including practical examples of disruptive habits.

10. Integrate the principles of Ayurveda and Yoga to propose a wellness routine for students. Consider physical, emotional, social, and spiritual aspects.

Solution: Create a detailed daily schedule combining physical exercise, meditation, social engagement, and nutritious meals to support overall health.



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