

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) - Practice Worksheet

Strengthen your foundation with key concepts and basic applications.



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

1. Define health according to the World Health Organisation (WHO) and discuss its implications for overall well-being.

Hint: Reflect on how health goes beyond physical aspects.

2. Explain the concept of Svāsthya in the context of yoga and its importance in achieving a balanced life.

Hint: Consider how yoga practices contribute to each dimension of Svāsthya.



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

3. Discuss the role of nutritious food and regular exercise in maintaining physical health.

Hint: Think about examples of healthy foods and types of exercises.

4. Analyze the mental health aspects involved in achieving overall wellness and how they correlate with physical health.

Hint: Consider how stress management techniques might improve health.



Practice Questions

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

5. Illustrate the concept of balance in life as it relates to health using examples from daily activities.

Hint: Think of your own daily schedule and areas to improve balance.

6. Evaluate how social relationships influence health and well-being.

Hint: Consider the benefits of teamwork and community engagement.



Practice Questions

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

7. Describe the importance of self-care and hygiene in maintaining physical health.

Hint: Reflect on your self-care routine and its effectiveness.

8. Discuss the impact of lifestyle choices on achieving holistic well-being.

Hint: Think about small changes that could improve your lifestyle.



Practice Questions

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

9. Analyze the relationship between yoga practices and the holistic development of human existence.

Hint: Consider the various components of yoga practice you have learned.

10. Examine how the teachings of Swami Sivananda Baba can inspire healthier living in contemporary society.

Hint: Reflect on specific lessons from Sivananda Baba's life that resonate with you.



Check your answers with the solutions below.

1. Define health according to the World Health Organisation (WHO) and discuss its implications for overall well-being.

Solution: Health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition highlights the multifaceted nature of health, emphasizing that being healthy involves more than just not being sick. For instance, a person might not have a medical illness but could feel stressed or socially isolated. Therefore, maintaining a holistic approach to health is crucial, considering emotional well-being and social relationships as integral to overall health.

2. Explain the concept of Svāsthya in the context of yoga and its importance in achieving a balanced life.

Solution: Svāsthya refers to being rooted in one's natural state of balance. It emphasizes harmony within oneself that encompasses physical, mental, and social dimensions, aligning closely with yoga principles. Achieving Svāsthya means practicing yoga consistently to maintain physical health, cultivate mental peace, and foster healthy relationships. For example, yoga poses can improve flexibility and strength, while breathing exercises can enhance calmness, leading to a more balanced life.

3. Discuss the role of nutritious food and regular exercise in maintaining physical health.

Solution: Nutritious food provides essential nutrients the body needs for energy, growth, and repair. It ensures that all body functions, including metabolism and immune response, work effectively. Regular exercise complements nutrition by improving cardiovascular health, muscle strength, and flexibility. For instance, an unhealthy diet can lead to obesity, while exercise can prevent weight-related health issues. Together, they create a foundation for physical well-being.



Check your answers with the solutions below.

4. Analyze the mental health aspects involved in achieving overall wellness and how they correlate with physical health.

Solution: Mental health encompasses emotional, psychological, and social well-being. It affects how we think, feel, and act, thus influencing daily decisions and behavior. A healthy mind allows for stress management, enhances resilience, and fosters positive relationships. Poor mental health can lead to physical issues like fatigue and weakened immunity. Therefore, practices such as mindfulness, meditation, and engaging in social activities are vital for maintaining both mental and physical health.

5. Illustrate the concept of balance in life as it relates to health using examples from daily activities.

Solution: Balance in life refers to managing time and resources effectively across various aspects, including work, leisure, Hobbies, and relationships. For instance, regularly setting aside time for physical activity, pursuing hobbies, and maintaining social connections can lead to improved mood and health. Conversely, neglecting these aspects can create stress and dissatisfaction. Activities like yoga encourage balance by integrating these elements harmoniously into daily routines.

6. Evaluate how social relationships influence health and well-being.

Solution: Social relationships significantly impact mental health and overall well-being. Strong connections can provide emotional support, reduce stress, and promote feelings of belonging and self-worth. For instance, spending quality time with friends can elevate mood and offer a sense of community. Conversely, isolation can lead to feelings of loneliness and anxiety. Healthy social interactions are thus crucial for fostering a supportive environment that enhances overall health.



Check your answers with the solutions below.

7. Describe the importance of self-care and hygiene in maintaining physical health.

Solution: Self-care involves activities that individuals engage in to maintain personal health and well-being. This includes proper nutrition, regular exercise, and adequate sleep. Hygiene practices, such as regular washing of hands and maintaining personal cleanliness, prevent the spread of infections. For example, good hygiene habits help in avoiding diseases, leading to fewer sick days and a better quality of life. Implementing a daily self-care routine can foster a culture of health.

8. Discuss the impact of lifestyle choices on achieving holistic well-being.

Solution: Lifestyle choices directly affect health outcomes. Choices related to diet, exercise, sleep, and stress management contribute significantly to both physical and mental health. For instance, consuming a balanced diet and exercising regularly can prevent chronic conditions, while poor choices like excessive screen time and unhealthy eating habits can lead to serious health issues. Making informed lifestyle decisions therefore promotes holistic well-being and empowers individuals.

9. Analyze the relationship between yoga practices and the holistic development of human existence.

Solution: Yoga promotes holistic development by integrating physical, mental, and spiritual aspects of health. Physical postures enhance strength and flexibility, breathing techniques calm the mind, and meditation fosters self-awareness and inner peace. For example, practicing yoga regularly can enhance physical health while reducing stress, leading to improved emotional resilience and social interactions. Thus, yoga embodies a comprehensive approach to achieving wellness.



Check your answers with the solutions below.

10. Examine how the teachings of Swami Sivananda Baba can inspire healthier living in contemporary society.

Solution: Swami Sivananda Baba's teachings emphasize simplicity, discipline, and kindness as fundamental aspects of health. By adopting a simple lifestyle filled with yoga, meditation, and a balanced diet, individuals can enhance their well-being. His life exemplifies the importance of a peaceful mind and positive habits in achieving longevity. In contemporary society, these principles remain relevant, serving as a guide for individuals seeking a healthier and more fulfilling life.



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