

Class 9 - Physical Education and Well Being

Khel Praveen

Samagra Svasthya (Yoga for Holistic Health)

CBSE NOTES

Samagra Svasthya (Yoga for Holistic Health) - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Definition of Health

Health is a state of complete physical, mental, and social well-being (WHO).

2. Holistic Vision of Health

Health integrates physical, mental, social, and spiritual dimensions for well-being.

3. Dimensions of Health

Health encompasses physical, mental, and social aspects, all contributing to overall wellness.

4. Svāsthya Explained

Svāsthya means being in a natural state of balance, promoting harmony within oneself.

5. Role of Nutrition

Adequate nutrition supports energy levels and body function, fundamental for health.

6. Importance of Exercise

Regular physical activity enhances strength, stamina, and overall well-being.



7. Significance of Sleep

Regulated sleep is essential for physical recovery and mental clarity.

8. Mental Well-being

A calm and resilient mind helps manage stress and fosters emotional stability.

9. Social Relationships

Healthy relationships enhance social health, improving emotional support and happiness.

10. Self-Care Practices

Good hygiene and self-care are key to maintaining physical and mental health.

11. Emotional Regulation

Recognizing and managing emotions like joy and anger is vital for mental health.

12. Spiritual Aspect of Health

Spirituality adds meaning, purpose, and a deeper connection to life and well-being.



13. Yoga Benefits

Yoga promotes physical flexibility, mental calmness, and emotional balance.

14. Vyādhi Meaning

Vyādhi refers to disease, stemming from imbalances in lifestyle and health.

15. Jīvema śharadaḥ śhatam

This Vedic blessing emphasizes the wish to live a long and healthy life.

16. Svāstha Significance

Being 'rooted in self' helps maintain one's natural state of health and balance.

17. Daily Practices for Well-being

Incorporate yoga and meditation into daily life for persistent health benefits.

18. Detoxification Importance

Effective waste elimination supports physical health and overall balance.



19. Mind-Body Connection

A healthy mind enhances body function; both must be nurtured for well-being.

20. Community Responsibility

Being responsible in the community strengthens social bonds and promotes well-being.

21. Empathy and Understanding

Emotional intelligence fosters better relationships and combats loneliness.



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