

Class 9 - Physical Education and Well Being

Khel Praveen

Yoga for Personal Excellence

CBSE NOTES

Yoga for Personal Excellence - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



Personal AI Tutor for CBSE Classes 6-12 & NCERT Help

edzy is a personal AI tutor for CBSE and State Board students, with curriculum-aligned guidance, practice, revision, and study plans that adapt to each learner.

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

1. Discuss the long-term benefits of choosing Śhreyas over Preyas in academic performance. How can yoga practice reinforce this choice?

Hint: Consider individual experiences, stress management, and focus enhancement through yoga.

2. Analyze the role of self-discipline in achieving personal excellence, as highlighted in the story of Nachiketāḥ. How can this story inspire modern teenagers?

Hint: Think about the implications of peer pressure and social media on self-discipline.



Download Edzy App

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

3. Evaluate the impact of yoga on mental clarity when facing difficult decisions between Preyas and Śhreyas. How can specific yogic techniques enhance decision-making?

Hint: Explore how different yoga āsanās can influence mental states positively.



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

4. Critique the common misconception that pursuing excellence is synonymous with perfection. How does yoga present an alternative perspective on personal growth?

Hint: Reflect on how failure and learning relate to personal growth.

5. Discuss how the four pillars of personal excellence (Abhaya, Satya, Kartavya, Ananda) interconnect to promote holistic development in youth.

Hint: Consider how these principles might manifest in everyday school and social situations.



Download Edzy App

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

6. Explore the challenges that modern teenagers face in choosing Śhreyas in a distraction-heavy environment. What role can yoga play in overcoming these challenges?

Hint: Incorporate modern technology's impact on focus and discipline.



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

7. Reflect on a personal experience where you chose Preyas over Śhreyas. How might the principles of yoga alter your decision-making process in the future?

Hint: Think about how mindfulness could influence decision-making under pressure.

8. Compare and contrast the benefits of physical yoga practices (āsanas) with mental practices (prāṇāyāma) in achieving personal excellence.

Hint: Focus on how each practice supports mental and physical discipline.



Download Edzy App

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

9. Evaluate how social values and peer expectations shape youth's perception of personal excellence. How can yoga help in reshaping those perceptions?

Hint: Consider strategies for fostering confidence against societal pressures.



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

10. Debate the statement: 'Choosing Preyas is often easier than choosing Śhreyas.' What factors contribute to this ease, and how can yoga aid in overcoming those factors?

Hint: Think about the role of immediate gratification versus long-term fulfillment in decision-making.



Check your answers with the solutions below.

1. Discuss the long-term benefits of choosing Śhreyas over Preyas in academic performance. How can yoga practice reinforce this choice?

Solution: Provide a comprehensive analysis of how consistent choices of Śhreyas can improve study habits, time management, and academic outcomes. Include real-life examples of students who prioritized studies through yoga.

2. Analyze the role of self-discipline in achieving personal excellence, as highlighted in the story of Nachiketāḥ. How can this story inspire modern teenagers?

Solution: Evaluate self-discipline through the lens of Nachiketāḥ's choices and discuss its relevance today. Use examples of students facing similar distractions.

3. Evaluate the impact of yoga on mental clarity when facing difficult decisions between Preyas and Śhreyas. How can specific yogic techniques enhance decision-making?

Solution: Detail how meditation and breath control can provide mental clarity and focus. Include examples of techniques used in yoga that foster better decision-making.

4. Critique the common misconception that pursuing excellence is synonymous with perfection. How does yoga present an alternative perspective on personal growth?

Solution: Analyze the definitions of excellence and perfection, citing examples from yoga philosophy to support your discussion on the journey of self-improvement.



Check your answers with the solutions below.

5. Discuss how the four pillars of personal excellence (Abhaya, Satya, Kartavya, Ananda) interconnect to promote holistic development in youth.

Solution: Provide an in-depth examination of each pillar and how they interact to enhance personal growth and well-being, supported by practical examples.

6. Explore the challenges that modern teenagers face in choosing Śhreyas in a distraction-heavy environment. What role can yoga play in overcoming these challenges?

Solution: Evaluate the specific distractions faced by today's youth and how yoga can help them develop coping mechanisms. Provide case studies of successful practices.

7. Reflect on a personal experience where you chose Preyas over Śhreyas. How might the principles of yoga alter your decision-making process in the future?

Solution: Critically analyze the short-term benefits vs. long-term consequences of that decision. Discuss how yoga practices could provide tools for better future choices.

8. Compare and contrast the benefits of physical yoga practices (āsanas) with mental practices (prāṇāyāma) in achieving personal excellence.

Solution: Discuss how both aspects complement each other in developing a well-rounded approach to personal excellence, providing examples of techniques.



Check your answers with the solutions below.

9. Evaluate how social values and peer expectations shape youth's perception of personal excellence. How can yoga help in reshaping those perceptions?

Solution: Analyze societal pressures and discuss how adopting yoga can provide a foundation for inner resilience and a personal definition of excellence.

10. Debate the statement: 'Choosing Preyas is often easier than choosing Śhreyas.' What factors contribute to this ease, and how can yoga aid in overcoming those factors?

Solution: Explore emotional and psychological factors that make Preyas appealing, and provide insights into how yoga practices can cultivate better choices.



Study smart, not hard - with Edzy!

For Students

- Practice past papers to get exam-ready
- Study with a timer to stay focused
- Revise regularly to build long-term memory

For Teachers

- Use Edzy to share quizzes instantly with students
- Save time with ready-made teaching aids
- Simplify test prep with structured resources

Before You Sleep:

Quickly review important notes - it helps memory consolidation.

Download Edzy App

Discover why we're called India's largest learning platform.



Personal AI Tutor for CBSE Classes 6-12 & NCERT Help

edzy is a personal AI tutor for CBSE and State Board students, with curriculum-aligned guidance, practice, revision, and study plans that adapt to each learner.