

Class 9 - Physical Education and Well Being

Khel Praveen

Yoga for Personal Excellence

CBSE NOTES

Yoga for Personal Excellence - Mastery 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. Discuss the significance of 'Preyas' and 'Śhreyas' in decision-making. Provide examples from daily life where one must choose between these two paths.

Hint: Think of common situations like spending time on social media instead of studying.

2. Analyze the character of Nachiketāḥ and his choice when faced with distractions. How does this reflect the essence of personal excellence?

Hint: Connect his story to the four pillars of personal excellence.



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

3. Illustrate how yoga influences your ability to make wise choices between Preyas and Śhreyas. Include practical techniques that can be employed.

Hint: Reflect on a personal experience where yoga helped in decision-making.

4. Compare and contrast the long-term impacts of choosing Preyas versus Śhreyas on academic performance and personal growth.

Hint: Think about immediate versus delayed gratification.



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

5. Evaluate the role of self-discipline in the context of yoga practices as a means to avoid distractions. How can students develop this trait?

Hint: Consider time management techniques that incorporate yoga.

6. Discuss how the principles of Abhaya, Satya, Kartavya, and Ānanda can be integrated into sports as a form of personal excellence.

Hint: Think about famous athletes who demonstrate these values.



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

7. Interpret the relationship between yoga, mental stability, and the ability to choose Śhreyas over Preyas. What techniques are effective?

Hint: Consider the impact of yoga on stress levels.

8. Create a plan outlining how to practice Śhreyas through daily choices and actions, using examples from different areas of life.

Hint: Include a morning and evening routine.



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

9. Critically assess how societal pressures influence individuals' choices between Preyas and Şhreyas. What strategies can help resist these pressures?

Hint: Think about peer groups and their impact.

10. Reflect on a personal experience where you faced a dilemma between Preyas and Şhreyas. What did you learn from it?

Hint: Focus on how yoga influenced your thought process.



Check your answers with the solutions below.

1. Discuss the significance of 'Preyas' and 'Śhreyas' in decision-making. Provide examples from daily life where one must choose between these two paths.

Solution: Explain the definitions of Preyas and Śhreyas, discussing their implications in various life scenarios such as studying versus leisure activities. Offer illustrative examples and conclude with the potential long-term effects of each choice.

2. Analyze the character of Nachiketāḥ and his choice when faced with distractions. How does this reflect the essence of personal excellence?

Solution: Describe Nachiketāḥ's decision to prioritize eternal knowledge over temporary pleasures. Discuss how this illustrates core values of courage and truthfulness in achieving personal excellence.

3. Illustrate how yoga influences your ability to make wise choices between Preyas and Śhreyas. Include practical techniques that can be employed.

Solution: Detail yoga practices such as āsanās and prāṇāyāma, explaining their role in enhancing decision-making and mental discipline. Use diagrams to show postures and their benefits.

4. Compare and contrast the long-term impacts of choosing Preyas versus Śhreyas on academic performance and personal growth.

Solution: Create a comparative matrix detailing impacts on time management, stress levels, and overall satisfaction in both cases. Use real-life studies to support claims.



Check your answers with the solutions below.

5. Evaluate the role of self-discipline in the context of yoga practices as a means to avoid distractions. How can students develop this trait?

Solution: Explore self-discipline through the lens of regular yoga practice. Suggest a structured routine and discuss its implications on daily responsibilities and goals.

6. Discuss how the principles of Abhaya, Satya, Kartavya, and Ānanda can be integrated into sports as a form of personal excellence.

Solution: Provide examples of how athletes embody these principles in training and competition. Incorporate insights on moral challenges faced in sports.

7. Interpret the relationship between yoga, mental stability, and the ability to choose Śhreyas over Preyas. What techniques are effective?

Solution: Analyze how yoga fosters a calm mind leading to improved decision-making. Recommend specific meditation techniques that support this.

8. Create a plan outlining how to practice Śhreyas through daily choices and actions, using examples from different areas of life.

Solution: Present a structured review of daily activities that can either embody Śhreyas or Preyas. Encourage reflection on personal habits and commitment to improvement.



Check your answers with the solutions below.

9. Critically assess how societal pressures influence individuals' choices between Preyas and Şhreyas. What strategies can help resist these pressures?

Solution: Discuss societal trends and peer influences. Propose practical strategies like supportive friendships and self-affirmation to foster better choices.

10. Reflect on a personal experience where you faced a dilemma between Preyas and Şhreyas. What did you learn from it?

Solution: Share a narrative detailing the situation, choice made, and outcomes. Conclude with lessons learned and commitments to future decisions.



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