

Class 9 - Physical Education and Well Being

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Yoga for Personal Excellence

CBSE NOTES

Yoga for Personal Excellence - 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 'Personal Excellence' and explain its significance in daily life.

Hint: Think about how setting personal goals can lead to better achievements.

2. Discuss the concepts of Preyas and Śhreyas with real-life examples.

Hint: Consider times you experienced both choices.



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

3. What are the four pillars of personal excellence and how do they interconnect?

Hint: Reflect on personal qualities that align with each pillar.

4. Explain the role of Yoga in achieving personal excellence.

Hint: Think about how yoga practices help improve focus in your life.



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

5. How can practicing Śhreyas improve academic performance?

Hint: Consider the impact of your study habits on your grades.

6. Describe a situation where choosing Preyas affected your outcome negatively.

Hint: Use a personal experience to illustrate this point.



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

7. Discuss how Yoga practices can combat laziness.

Hint: Think about how consistent yoga practice affects your energy levels.

8. What are the benefits of discipline in achieving personal goals?

Hint: Reflect on how discipline has helped you succeed in any area.



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

9. Analyze the story of Nachiketāḥ and its moral lesson in choosing Śhreyas.

Hint: Think about what long-term goals inspire you.

10. How does mental clarity from Yoga facilitate wise decision-making?

Hint: Consider moments when clarity helped you make better choices.



Check your answers with the solutions below.

1. Define 'Personal Excellence' and explain its significance in daily life.

Solution: Personal Excellence refers to the continuous journey of self-improvement, growth, and development of one's capabilities and character to reach the highest potential. Its significance lies in fostering resilience, focus, and dedication, allowing individuals to succeed academically and personally. Examples include setting and achieving goals, enhancing skills, and cultivating a positive mindset.

2. Discuss the concepts of Preyas and Śhreyas with real-life examples.

Solution: Preyas represents immediate pleasure, which may include activities like procrastinating on studying for an exam. Śhreyas signifies choices that lead to long-term benefits, such as prioritizing study time. Discussing these concepts helps clarify the difference between short-term satisfaction and long-term success. Examples also include choosing healthy meals over junk food.

3. What are the four pillars of personal excellence and how do they interconnect?

Solution: The four pillars are Abhaya (Courage), Satya (Truth), Kartavya (Duty), and Ānanda (Bliss). Each pillar contributes to personal excellence. Courage allows individuals to face challenges, truth fosters honesty, duty encourages responsibility, and bliss represents the joy derived from fulfilling one's potential. Together, they create a holistic approach to life.

4. Explain the role of Yoga in achieving personal excellence.

Solution: Yoga enhances physical and mental well-being, aiding individuals in developing self-discipline. It prepares the body through Āsanās, while Prāṇāyāma fosters focus and inner calm. Regular practice leads to improved decision-making. Yoga helps in recognizing the distinction between Preyas and Śhreyas, aiding in wise choices.



Check your answers with the solutions below.

5. How can practicing Śhreyas improve academic performance?

Solution: Practicing Śhreyas involves making choices that prioritize study and hard work over distractions. This discipline leads to better retention of information and successful exams. Examples include establishing a study schedule and avoiding social media during homework to create an environment conducive to learning.

6. Describe a situation where choosing Preyas affected your outcome negatively.

Solution: An example could be deciding to play video games instead of completing homework. Initially, it felt gratifying, but resulted in stress and poor performance. This highlights the significance of making informed choices. Reflecting on such experiences helps reinforce the principles of choosing Śhreyas.

7. Discuss how Yoga practices can combat laziness.

Solution: Yoga combats laziness by promoting both physical activity and mental clarity. Regular practice of Āsanās and Meditation enhances energy and focus, reducing procrastination. This leads to a more disciplined lifestyle, where individuals are motivated to take on responsibilities and avoid distractions.

8. What are the benefits of discipline in achieving personal goals?

Solution: Discipline creates structure and routine, leading to effective time management and consistent effort. It helps in building habits necessary for success, such as studying regularly. Discipline also promotes self-control, allowing individuals to resist distractions and stay focused on their goals.

9. Analyze the story of Nachiketāḥ and its moral lesson in choosing Śhreyas.

Solution: Nachiketāḥ's story illustrates the importance of prioritizing lasting knowledge over temporary gains. His choice to seek ultimate truth over earthly comforts reinforces that true fulfillment comes from wisdom and capability development. The moral encourages students to reflect on what they value in life.



Check your answers with the solutions below.

10. How does mental clarity from Yoga facilitate wise decision-making?

Solution: Mental clarity achieved through Yoga helps in evaluating options and making informed choices. Techniques like meditation calm the mind, allowing for better focus on long-term goals rather than succumbing to immediate pleasures. This clarity enhances the ability to discern between Preyas and Śhreyas.



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