

Class 9 - Physical Education and Well Being

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Yoga for Personal Excellence

CBSE NOTES

Yoga for Personal Excellence - Revision Guide

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



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1. Personal excellence is a continuous journey.

It involves ongoing self-improvement, focusing on your capacities and character rather than perfection.

2. Define Preyas and Śhreyas.

Preyas is immediate pleasure; Śhreyas is long-term good benefiting overall well-being.

3. Examples of Preyas choices.

Procrastinating or eating junk food offer instant gratification but hinder growth.

4. Examples of Śhreyas choices.

Studying sincerely and exercising regularly promote stronger mental and physical health.

5. Choice leads to excellence.

Excellence develops by consistently choosing disciplined, hard paths over easy pleasures.

6. Story of Nachiketāḥ's wisdom.

Nachiketāḥ chose eternal knowledge over temporary pleasures, demonstrating true wisdom.



7. Nachiketāḥ teaches us resistance.

His ability to refuse Yama's offers illustrates courage in choosing lasting values over transient desires.

8. Four pillars of personal excellence.

Courage (Abhaya), Truth (Satya), Duty (Kartavya), and Joy (Ānanda) are essential for success.

9. Courage (Abhaya) in decisions.

Having courage means saying 'no' to peer pressure and prioritizing long-term goals.

10. Importance of truth (Satya).

Honesty and integrity build trust and maintain a clear path toward personal excellence.

11. Significance of duty (Kartavya).

Fulfilling responsibilities leads to fulfillment and strengthens discipline within oneself.

12. Understanding joy (Ānanda).

True joy arises from inner peace and accomplishment, not from external material possessions.



13. Yoga as a practice of focus.

Regular yoga practice enhances self-discipline, reduces laziness, and promotes active decision-making.

14. Benefits of regular āsana practice.

It improves physical health and mental clarity, enabling better choices between Preyas and Śhreyas.

15. Role of prāṇāyāma in decision-making.

Breathing exercises calm the mind, allowing for clearer and more effective decision-making.

16. Establishing a routine combats laziness.

Consistency in daily activities strengthens willpower and enhances the ability to choose wisely.

17. Short-term discomfort for long-term gain.

Choosing harder tasks initially paves the way for success, reinforcing growth and excellence.

18. Mental clarity through meditation.

Sitting in a meditative posture helps organize thoughts and promotes calmness before making choices.



19. Yoga develops self-mastery.

Training body and mind through yoga cultivates the discipline required for wise, effective choices.

20. Personal reflection on choices.

Consider past scenarios where you chose Preyas, and reflect on the impact of those choices.

21. Long-term happiness from inner peace.

Sustained happiness comes from a disciplined mind and choosing actions that align with personal values.



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