

Class 9 - Physical Education and Well Being

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Yogamaya Jivana (Lifestyle for Holistic Health)

CBSE NOTES

Yogamaya Jivana (Lifestyle for Holistic Health) - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Challenge Questions

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

1. Evaluate the implications of consistent yoga practice on adolescent mental health, drawing from V. Nanammal's life as an example.

Hint: Consider how peer pressure and technology may impact a young person's ability to adopt yoga into their daily activities.

2. Analyze the role of Āhāra (diet) in shaping emotional well-being and how it can lead to overall health.

Hint: What dietary habits are prevalent during adolescence, and how might they affect mood and behavior?



Challenge Questions

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

3. Discuss how Brahmacharya (wise use of time) can mitigate stress in adolescents and provide practical strategies for implementation.

Hint: Examine time-wasting activities typical among teenagers and suggest healthier alternatives.

4. Evaluate the significance of Satsaṅga (good company) in the development of character in adolescents.

Hint: Reflect on your own friendships: Do they support or detract from your goals and well-being?



Challenge Questions

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

5. Assess how the quality of Nidrā (sleep) affects learning outcomes in adolescents.

Hint: How does screen time before bedtime influence the sleep quality of young individuals?

6. Discuss the importance of Sadvyavahāra (positive behavior) in developing resilience during adolescence.

Hint: Consider how societal expectations may pressure teens to behave in a way that's not aligned with their values.



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

7. Analyze how understanding Jaivika-ghaṭī (circadian rhythms) can lead to better health choices among adolescents.

Hint: Think about the effects of staying up late during weekends—how does this impact weekday performance?

8. Critically evaluate the concept of Saṁskāra-nirmāṇa (habit formation) and its long-term effects on health and behavior.

Hint: Reflect on which habits you currently have that you think will aid or hinder you in the future.



Challenge Questions

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

9. Explore the balance between convenience in lifestyles (e.g., fast food, screen time) and maintaining a holistic health perspective.

Hint: How do convenience foods fit into a balanced diet, and what alternatives could be healthier?

10. Evaluate how cultural perceptions of health and wellness influence adolescent lifestyle choices.

Hint: Consider how cultural events and familial practices impact your community's health choices.



Check your answers with the solutions below.

1. Evaluate the implications of consistent yoga practice on adolescent mental health, drawing from V. Nanammal's life as an example.

Solution: Discuss how regular yoga can reduce anxiety and improve focus in adolescents, while also considering the potential challenges of maintaining such a routine in modern contexts.

2. Analyze the role of Āhāra (diet) in shaping emotional well-being and how it can lead to overall health.

Solution: Synthesize evidence on nutrition's effect on mood regulation and health, with examples of specific foods that contribute positively or negatively.

3. Discuss how Brahmacharya (wise use of time) can mitigate stress in adolescents and provide practical strategies for implementation.

Solution: Evaluate the effects of time mismanagement on stress levels and suggest how structured routines can foster better academic and personal outcomes.

4. Evaluate the significance of Satsaṅga (good company) in the development of character in adolescents.

Solution: Compare the impacts of positive versus negative peer influences, citing examples of how friendships can either uplift or hinder emotional growth.

5. Assess how the quality of Nidrā (sleep) affects learning outcomes in adolescents.

Solution: Investigate the link between sleep quality and cognitive functions such as memory and attention, counterpointing with modern lifestyle challenges.



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Check your answers with the solutions below.

6. Discuss the importance of Sadvyavahāra (positive behavior) in developing resilience during adolescence.

Solution: Explore how positive behaviors can form a buffer against the challenges adolescents face, and evaluate the role of parental guidance.

7. Analyze how understanding Jaivika-ghaṭī (circadian rhythms) can lead to better health choices among adolescents.

Solution: Discuss the biological basis of circadian rhythms and propose how aligning daily routines with these cycles can enhance physical and mental health.

8. Critically evaluate the concept of Saṁskāra-nirmāṇa (habit formation) and its long-term effects on health and behavior.

Solution: Examine how positive and negative habits develop during adolescence and their lifelong consequences on health and social interactions.

9. Explore the balance between convenience in lifestyles (e.g., fast food, screen time) and maintaining a holistic health perspective.

Solution: Debate the trade-offs involved in contemporary lifestyle choices versus traditional practices that promote health, using examples from current trends.

10. Evaluate how cultural perceptions of health and wellness influence adolescent lifestyle choices.

Solution: Analyze how different cultural backgrounds shape views on healthy living, and how that adolescent decisions concerning diet, exercise, and mental health.



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