

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) - 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 role of Āhāra (diet) and Nidrā (sleep) in the holistic well-being of adolescents. How do these factors interact with each other to affect mental clarity and emotional stability?

Hint: Consider the cycle of food intake affecting energy levels and how that influences sleep.



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

2. Evaluate the influence of Brahmacharya (self-control) on the daily routines of students. How does managing one's time and energy affect academic performance and personal growth?

Hint: Reflect on a time management matrix to delineate between urgent and important tasks.



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

3. Compare the impact of Satsaṅga (good company) and Sadvyavahāra (positive behavior) on the personal development of teenagers. How can these concepts help mitigate peer pressure?

Hint: Think of real-life examples showcasing transformations attributed to friendships.



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

4. Analyze how Jaivika-ghaṭī (circadian rhythm) plays a crucial role in the physical and mental health of adolescents. What are the consequences of disrupting this natural cycle?

Hint: Illustrate with a daily schedule showing optimal sleep-wake patterns.



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

5. Discuss the significance of Saṁskāra-nirmāṇa (habit formation) in cultivating lifelong health practices. Provide examples of how to implement positive habits effectively.

Hint: Consider the role of self-reflection in habit development.



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

6. Evaluate the statement: 'Well-being is a holistic construct that encompasses both physical health and emotional stability.' Provide evidence from the concepts discussed in this chapter.

Hint: Look for statistics on lifestyle diseases related to poor emotional health.



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

7. Describe how the principles of yoga can support adolescents in managing stress and maintaining a balanced lifestyle. Include specific yoga practices that are beneficial.

Hint: Link yoga practices to improvements in concentration and anxiety management.



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

8. Contrast the modern lifestyle of adolescents characterized by technology with the traditional practices of yoga and disciplined living. What challenges arise from these differences?

Hint: Create a Venn diagram to visualize overlaps and disparities between lifestyles.



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

9. Examine the concept of balance in the context of daily routines. How can excessive commitment to academics disrupt overall well-being, and what can be done to restore balance?

Hint: Consider using a balanced scorecard approach for assessing time usage.



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

10. Identify and elaborate on three lifestyle practices that contribute to holistic health. How do these practices synergize to impact the physical, mental, and emotional facets of health?

Hint: Map out how each practice influences the others in a complex web.



Check your answers with the solutions below.

1. Discuss the role of Āhāra (diet) and Nidrā (sleep) in the holistic well-being of adolescents. How do these factors interact with each other to affect mental clarity and emotional stability?

Solution: Analyze how balanced nutrition enhances energy levels, contributing to better sleep quality. Discuss the impact of sleep on cognitive functions, emotional regulation, and physical health. Include dietary patterns that promote restorative sleep and their implications on overall wellness.

2. Evaluate the influence of Brahmacharya (self-control) on the daily routines of students. How does managing one's time and energy affect academic performance and personal growth?

Solution: Examine strategies for maintaining self-discipline in managing study schedules, recreation, and social activities. Provide examples of how structured routines foster productive habits leading to improved academic outcomes and personal development.

3. Compare the impact of Satsaṅga (good company) and Sadvyavahāra (positive behavior) on the personal development of teenagers. How can these concepts help mitigate peer pressure?

Solution: Discuss how surrounding oneself with individuals who embody positive behaviors cultivates similar habits in others. Highlight mechanisms through which positive interactions and responses influence mindset and decision-making under peer pressure.

4. Analyze how Jaivika-ghaṭī (circadian rhythm) plays a crucial role in the physical and mental health of adolescents. What are the consequences of disrupting this natural cycle?

Solution: Explain the biological basis of circadian rhythms and their effects on hormone secretion and overall health. Discuss potential issues arising from disturbances, such as sleep disorders and their consequences on mood and academic performance.



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Check your answers with the solutions below.

5. Discuss the significance of Saṁskāra-nirmāṇa (habit formation) in cultivating lifelong health practices. Provide examples of how to implement positive habits effectively.

Solution: Illustrate the process of creating sustainable habits—trigger, routine, and reward mechanism. Provide practical steps for adolescents to integrate beneficial habits like yoga and mindfulness into their daily lives.

6. Evaluate the statement: 'Well-being is a holistic construct that encompasses both physical health and emotional stability.' Provide evidence from the concepts discussed in this chapter.

Solution: Discuss elements such as balanced diet, physical activity, and social support systems. Provide examples illustrating the interconnectedness of physical health and emotional wellbeing.

7. Describe how the principles of yoga can support adolescents in managing stress and maintaining a balanced lifestyle. Include specific yoga practices that are beneficial.

Solution: Discuss various yoga techniques, including āsana, prāṇāyāma, and dhyāna, and their psychological benefits. Provide empirical studies supporting yoga's efficacy in stress reduction and emotional stability.

8. Contrast the modern lifestyle of adolescents characterized by technology with the traditional practices of yoga and disciplined living. What challenges arise from these differences?

Solution: Analyze how technology influences habits and lifestyle choices, often leading to sedentary behaviors. Discuss the implications for mental health and physical wellness compared to traditional practices promoting holistic health.



Check your answers with the solutions below.

9. Examine the concept of balance in the context of daily routines. How can excessive commitment to academics disrupt overall well-being, and what can be done to restore balance?

Solution: Discuss the importance of integrating leisure, social activities, and self-care into academic schedules. Suggest strategies for time allocation that support holistic health.

10. Identify and elaborate on three lifestyle practices that contribute to holistic health. How do these practices synergize to impact the physical, mental, and emotional facets of health?

Solution: Select practices such as exercising regularly, engaging in meaningful social relationships, and practicing gratitude. Explain their interconnectedness and cumulative positive effects on health.



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