

Class 9 - Physical Education and Well Being

Khel Praveen

Yogamaya Jivana (Lifestyle for Holistic Health)

CBSE NOTES

Yogamaya Jivana (Lifestyle for Holistic Health) - Practice Worksheet

Strengthen your foundation with key concepts and basic applications.



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Practice Questions

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

1. What is the significance of āsana in maintaining physical health?

Hint: Consider how āsana affects different physical aspects of well-being.

2. How does pranayama contribute to mental clarity?

Hint: Think about the relationship between breath control and stress reduction.



Practice Questions

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

3. Explain the importance of sleep (Nidrā) in achieving holistic health.

Hint: Link Nidrā with daily functioning and health outcomes.

4. What does Brahmacharya mean and how does it influence daily life?

Hint: Consider how managing time effectively leads to better productivity.



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

5. Discuss the concept of Satsaṅga (Good Company) and its impact on character building.

Hint: Reflect on your own experiences with friends and their impact on your habits.

6. How does positive behavior (Sadvyavahāra) enhance interpersonal relationships?

Hint: Think about how your actions affect others around you.



Practice Questions

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

7. What is Jaivika-ghaṭī (Circadian Rhythm) and why is it essential for health?

Hint: Consider how daily routines affect your biological clock.

8. Describe the process of Saṁskāra-nirmāṇa (Habit Formation) and its relevance in adolescence.

Hint: Think about the formative years and their impact on future behavior.



Practice Questions

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

9. How can dietary choices (Āhāra) affect overall well-being?

Hint: Consider the role of specific foods in your daily energy and mood.

10. Analyze the importance of maintaining a balanced lifestyle during adolescence.

Hint: Reflect on your current lifestyle choices and their effects.



Check your answers with the solutions below.

1. What is the significance of āsana in maintaining physical health?

Solution: In your answer, define āsana and explain its various benefits, such as improving flexibility, strength, and posture. Provide examples of common āsanās, like Tadasana and Bhujangasana, and discuss how practicing these regularly impacts overall health.

2. How does pranayama contribute to mental clarity?

Solution: Define pranayama and illustrate its techniques, like Ujjayi and Nadi Shodhana. Discuss how these techniques help in calming the mind, reducing anxiety, and improving concentration, providing examples from personal experience or common practices.

3. Explain the importance of sleep (Nidrā) in achieving holistic health.

Solution: Define Nidrā and summarize its role in mental and physical health. Discuss the consequences of poor sleep, including its effects on mood and cognitive functions, and suggest good sleep hygiene practices.

4. What does Brahmacharya mean and how does it influence daily life?

Solution: Define Brahmacharya and discuss its aspects related to energy management and time utilization. Provide examples of activities that adhere to Brahmacharya principles and their benefits on personal development.

5. Discuss the concept of Satsaṅga (Good Company) and its impact on character building.

Solution: Define Satsaṅga and illustrate how associating with positive influences can shape behavior and habits. Use examples to explain how peer influence can motivate good practices.



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Check your answers with the solutions below.

6. How does positive behavior (Sadvyavahāra) enhance interpersonal relationships?

Solution: Define Sadvyavahāra and discuss its role in fostering respect and empathy. Illustrate with examples of positive behaviors that can strengthen relationships within family and friends.

7. What is Jaivika-ghaṭī (Circadian Rhythm) and why is it essential for health?

Solution: Define Jaivika-ghaṭī and explain its biological importance in maintaining a healthy lifestyle. Discuss how disruptions in this rhythm can lead to health issues and suggest ways to maintain a healthy cycle.

8. Describe the process of Saṁskāra-nirmāṇa (Habit Formation) and its relevance in adolescence.

Solution: Define Saṁskāra-nirmāṇa and explain how habits are formed, especially during adolescence. Discuss practical strategies for building healthy habits and the long-term benefits they bring.

9. How can dietary choices (Āhāra) affect overall well-being?

Solution: Define Āhāra and discuss the impact of nutrition on physical and mental health. Provide examples of healthy dietary practices and how they contribute to energy levels and mood stabilization.

10. Analyze the importance of maintaining a balanced lifestyle during adolescence.

Solution: Discuss the significance of balancing physical activity, mental well-being, and social interactions. Illustrate with how maintaining this balance can influence growth and future habits.



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