

Class 9 - Physical Education and Well Being

Khel Praveen

Yogamaya Jivana (Lifestyle for Holistic Health)

CBSE NOTES

Yogamaya Jivana (Lifestyle for Holistic Health) - Revision Guide

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



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1. Holistic Well-Being: Definition & Importance.

Holistic well-being includes physical, mental, and emotional health. It's crucial for overall life quality.

2. V. Nanammal's lifestyle exemplified.

V. Nanammal's consistent yoga practice showcases the impact of daily habits on long-term health.

3. Adolescent Health: Key Stage.

Adolescence is vital for growth and character formation; habits formed now shape future adults.

4. Āhāra: Significance of Nutrition.

Āhāra refers to balanced nutrition; what and how we eat greatly impacts physical and mental health.

5. Nidrā: Quality of Sleep.

Adequate, quality sleep (Nidrā) helps improve mood, cognitive function, and overall health.

6. Brahmacharya: Wise Use of Energy.

Brahmacharya emphasizes managing time and energy wisely, crucial for focus and productivity.



7. Satsaṅga: Good Company.

Satsaṅga encourages surrounding yourself with positive influences to foster good habits.

8. Sadvyavahāra: Positive Behavior.

Sadvyavahāra relates to our actions and responses; positive actions enhance relationships and well-being.

9. Jaivika-ghaṭī: Circadian Rhythm.

Jaivika-ghaṭī is the body's natural day-night cycle; aligning activities to it boosts health.

10. Saṁskāra-nirmāṇa: Habit Formation.

Saṁskāra-nirmāṇa refers to forming daily routines that support positive lifestyle changes.

11. Yoga: Integration of Body and Mind.

Yoga integrates physical postures, breath control, and meditation, fostering holistic health.

12. Moderate Eating: Healthy Habits.

Eating in moderation supports digestion and prevents lifestyle-related diseases.



13. Mental Clarity: Yoga's Role.

Regular yoga practice enhances mental clarity, aiding in decision-making and stress management.

14. Emotion Management through Yoga.

Yoga helps regulate emotions, promoting a balanced mental state and resilience.

15. Life Balance: Critical to Well-Being.

A balanced lifestyle incorporates daily physical activity, adequate rest, and social connections.

16. Healthy Choices: Daily Reflection.

Making conscious choices daily supports physical, mental, and emotional health over time.

17. Impact of Fast Food on Health.

Fast food often leads to poor eating habits, impacting long-term health negatively.

18. Screen Time: Awareness Needed.

Excessive screen time can disrupt sleep and physical activity; moderation is key.



19. Long-Term Health: Consistency Counts.

Small, consistent habits over time lead to lasting health improvements; start today!

20. Emotional Support: Community Importance.

Having supportive friends and family fosters better emotional health and resilience.

21. Yoga Postures: Types & Benefits.

Different āsanās target specific benefits; practice regularly for strength and flexibility.



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