

Class X - Health and Physical Education

Yoga for Healthy Living

CBSE NOTES

Yoga for Healthy Living - Quick Look Revision Guide

Your 1-page summary of the most exam-relevant takeaways from Health and Physical Education.



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Key Points

1. Define stress and its impact.

Stress is a physiological and psychological imbalance from demanding situations. It affects heart rate, blood pressure, and emotional state, leading to health issues like hypertension and depression.

2. Yoga as a stress management tool.

Yoga practices like asanas, pranayama, and meditation help manage stress by relaxing the body and mind, improving focus, and reducing anxiety.

3. Components of yogic lifestyle.

Yogic lifestyle includes Ahara (food), Vihara (relaxation), Achara (conduct), Vichara (thinking), and Vyavahara (behavior), promoting holistic health.

4. Mitahara principle in yoga.

Mitahara emphasizes eating fresh, nutritious food in moderate quantities, with a positive state of mind, leaving space in the stomach for air.

5. Benefits of Hastottanasana.

Hastottanasana relaxes the body, relieves neck and shoulder pain, and increases spine flexibility, beneficial for growing children.

6. Padahastanasana for digestion.

Padahastanasana improves digestion, activates liver and spleen, and tones abdominal muscles by enhancing blood circulation to the head.

7. Trikonasana's health benefits.

Trikonasana strengthens abdominal organs, improves spine flexibility, and is effective for sciatica and increasing height in children.

8. Shashankasana for stress relief.

Shashankasana reduces stress, improves liver and kidney function, and benefits those with diabetes and sciatica by regulating endocrine glands.

9. Ushtrasana for spine flexibility.

Ushtrasana makes the spine flexible, regulates thyroid function, and tones the digestive system, but avoid in hernia or abdominal complaints.

10. Ardhamatsyendrasana for organs.

Ardhamatsyendrasana stimulates liver, spleen, and pancreas, enhancing digestion and relieving back pain, but avoid in peptic ulcer or hernia.

11. Bhujangasana's advantages.

Bhujangasana increases spine flexibility, improves digestion, and relaxes the mind, but avoid in hernia or intestinal tuberculosis.

12. Makarasana for relaxation.

Makarasana is a relaxing posture beneficial for psychosomatic disorders and respiratory organs, but avoid in obesity or cardiac issues.

13. Sarvangasana for thyroid.

Sarvangasana regulates thyroid function, improves blood circulation to the brain, and strengthens the neck, but avoid in high blood pressure.

14. Matsyasana for brain health.

Matsyasana improves blood supply to the brain, regulates thyroid function, and benefits respiratory disorders, but avoid in vertigo or heart disease.

15. Shavasana for deep relaxation.

Shavasana reduces stress, lowers blood pressure, and induces sleep by relaxing the body and mind, but avoid in low blood pressure.

16. Kapalabhati for vitality.

Kapalabhati revitalizes the nervous system, improves digestion, and energizes the body, but avoid in heart disease or high blood pressure.

17. Anuloma-viloma for balance.

Anuloma-viloma pranayama calms the mind, purifies blood, and regulates blood pressure by balancing body systems through alternate nostril breathing.

18. Bhastrika Pranayama for lungs.

Bhastrika strengthens lungs, increases oxygen supply, and destroys phlegm, but avoid in heart problems or high blood pressure.

19. Bhramari Pranayama for mind.

Bhramari soothes the mind, reduces anxiety and anger, and improves concentration by mimicking a humming bee's sound.

20. Sheetal Pranayama for cooling.

Sheetali cools the body, quenches thirst, and benefits high blood pressure by inhaling through a curled tongue, but avoid in cold weather.

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