



Class-5

Lecture Sheet of Chapter-7, Section-1

Good Health and Yoga

Revision Class

Lecture Sheet-1

Date: 22/07/2020

Good Health: To keep body and mind sound is called good health. And to keep health means to keep both body and mind well. If one's body and mind is not well, we can't perform even our religious rites properly. So it is said, "Shariram adyam khalu dharmashadhanam". It means- First we have to give attention to our body properly, then practice of religion.

Rules of Keeping Good Health: To keep the body healthy some rules are- regular sports, exercise, Yoga, balanced diet, occasional starvation, to keep the mind merry in all situations both weal and woe.

Yoga Exercise: To control respiration, special methods for bodily movements or postures of sitting, all these in a word, is called Yoga exercise. The yoga exercise is one of the ways to keep health controlling both body and mind. Many, many days ago, saints and sages invented the methods of Yoga beside the medical science to keep sound mind in a sound body.

Meanings of Yoga: The word Yoga has two meanings. One is unification to Ishwara and the other is control over the act of thought.

Necessity of Yoga Exercise: The necessity of Yoga exercise is immense. **Some of them are given below:**

- i) Memory power increases.
- ii) Nerves become fresh and muscles strong.
- iii) Constipation is removed.
- iv) Resistances power increases.
- v) Some diseases are cured.
- vi) The strength of body and mind increases.

Balanced Diet: To take proportionate and nutritious food and clean water is called balanced diet. Diet is needed to compensate the loss, help the growth, the power of energy and the resistance of the body. That diet must be proportionate and nutritious. But, generally we prefer palatable food.

Results of Over Eating: Too much eating or disproportionate food is harmful to health. We can fall ill by over eating. So, Sree Ramakrishna Paramhansa says, "Eat less if you want to have much."



Class-5

Lecture Sheet of Chapter-7, Section-1

Good Health and Yoga

Lecture Sheet-2

Date: 22/07/2020

Results of Less Eating and Inadequate Food: If we won't take any food or less food, it will not compensate the loss of body and hence we will lose our energy for work. We will be weak. We will be inactive and then it will be destroyed. Then there will be an end to our life. Inadequate food sickens our body and mind. Sometimes, we collapse too.

Starvation or Fasting: To make an interval for taking food and drink is called starvation or fasting. The other name of starvation is hunger. In other words, starvation is called 'Upos'.

Benefits of Starvation or Fasting: Starvation increases the physical capacity for taking food and strengthens immune power. It can make me habituated to eating balanced diet. It keeps body and mind fit for worship. It teaches us to be self-controlled. The first step of adoration is self-control which we can attain through starvation.

Relation of Religion with Yoga: There is a close relation between religion and Yoga, because Yoga is a part of religion. The body needs to be sound and fit so that we can worship properly. That is why, to worship properly, we need to have a sound body and sound mind. And Yoga is one of the ways to keep health controlling both body and mind. Yoga prepares one to connect with God. It indicates relationship between religion and Yoga.

Starvation or Fasting as a Part of Religion: Fasting or starvation is a part of religion, because it teaches us to be self-controlled. And, self-control is one of the best attributes of religion. Fasting or starvation makes our body and mind prepared to unite with Ishwara. We fast at puja-parvana and at the time of performing religious rituals. We take food breaking our fasting when the puja is over. So, it can be said that fasting and religion are closely related and fasting is a part of religion.

Tithies those are Important for Special Fasting: Our body will go inactive if we totally starve. Again too much eating is also harmful for our body. So, in the Hindu scriptures, there is advice for regulated starvation along with proportionate food. So, the Hindu religion gives importance for starvation or taking light food on the particular days of 'Ekadashi' or eleven, 'Purnima' or fifteen and on the last day of the dark fortnight or 'Amavasya'. Moreover, we fast at puja-parvana and at the time of performing religious rituals.

Chapter-7, Section-1 (Good Health and Yoga)**3. Answer to the following short questions:**

- a) What is called Yoga exercise?
- b) What do you understand by fasting?
- c) What is meant for diet?
- d) What happens when food is not taken at all?
- e) Write a way how to keep body well.
- f) What is called health?
- g) What do you mean by to keep health?
- h) What are the rules to keep the body healthy?
- i) How many meanings does the word Yoga have? What are these?
- j) What is balanced diet?
- k) Why is diet needed? How should be our diet?
- l) What type of food do the people generally prefer?
- m) What type of food is harmful to our health?
- n) What did Sree Ramakrishna Paramhangsa say about over eating?
- o) What is the other name of starvation?
- p) What is called Upos?
- q) What makes our body and mind ready for unification with Ishwara?
- r) What is one of the best attributes of religion?
- s) Why is inadequate food also harmful to health?

4. Answer to the following broad questions:

- a) Give a clear conception about the Yoga exercise.
- b) Explain the necessity of Yoga exercise.
- c) What do you understand by balanced diet?
- d) Explain the relation of religion with Yoga.
- e) What are the benefits of starvation?
- f) 'Fasting' is a part of religion'. __ Explain.

6. Answer to the following creative questions:

- a) My uncle controls his respiration, adopts some special methods for bodily movements or postures of sitting. As a result, his mind always remains fresh. What is it called? Write one meaning of the word. Write five usefulness of practicing it.
- b) Your friend does not like to eat at all. She has fallen sick. Why has she fallen sick? What should her diet be? What kind of problem she may face? Write in four sentences.

Chapter-7, Section-1 (Good Health and Yoga)**3. Answers of short questions:**

- a) To control respiration, special methods for bodily movements or postures of sitting, all these in a word, is called Yoga exercise.
- b) To make an interval for taking food is starvation or fasting.
- c) To take food and drink water is called diet.
- d) When food is not taken at all our body becomes weak, inactive and destroyed.
- e) Balanced diet is a way to keep body well.
- f) To keep body and mind sound is called health.
- g) To keep health means to keep health.
- h) To keep the body healthy some rules are- regular sports, exercise, Yoga, balanced diet, occasional starvation, to keep the mind merry in all situations both weal and woe.
- i) The word Yoga has two meanings.
One is unification to Ishwara and the other is control over the act of thought.
- j) To take proportionate and nutritious food and drink clean water is called is balanced diet.
- k) Diet needed to compensate the loss, help the growth, the power of energy and the resistance of the body.
Our diet should be proportionate and nutritious.
- l) People generally prefer palatable food.
- m) Disproportionate food is harmful to our health.
- n) About over eating Sree Ramakrishna Paramhangsa said, **“Eat less if you want to have much”**.
- o) Upos or hunger is the other name of starvation.
- p) Starvation is called Upos.
- q) Yoga exercise makes our body and mind ready for unification with Ishwara.
- r) Self-control is one of the best attributes of religion.
- s) Inadequate food is also harmful to health because it sicken our body and mind. Sometimes we collapse too.

4. Answers of broad questions:

- a) To control respiration, special methods for bodily movements or postures of sitting all these in a word, is called Yoga exercise. The word ‘Yoga’ has two meanings. One is the unification to Ishwara and the other is control over the act of thought. The yoga exercise is one of the ways to keep health controlling both body and mind.

- b) The necessity of Yoga exercise is immense. **Some of them are given below:**
- i) Memory power increases.
 - ii) Nerves become fresh and muscles strong.
 - iii) Constipation is removed.
 - iv) Resistances power increases.
 - v) Some diseases are cured.
 - vi) The strength of body and mind increases.
- c) To take proportionate and nutritious food and clean water is called balanced diet. Diet is needed to compensate the loss, help the growth, the power of energy and the resistance of the body. But that diet must be proportionate and nutritious.
- d) There is a close relation between religion and Yoga, because Yoga is a part of religion. The body needs to be sound and fit so that we can worship properly. That is why, to worship properly, we need to have a sound body and sound mind. And Yoga is one of the ways to keep health controlling both body and mind. Yoga prepares one to connect with God. It indicates relationship between religion and Yoga.
- e) To make an interval for taking food and drink is called starvation. Starvation increases the physical capacity for taking food and strengthens immune power. It can make me habituated to eating balanced diet. It keeps body and mind fit for worship. It teaches us to be self-controlled. The first step of adoration is self-control which we can attain through starvation.
- f) Fasting or starvation is a part of religion, because it teaches us to be self-controlled. And, self-control is one of the best attributes of religion. Fasting or starvation makes our body and mind prepared to unite with Ishwara. We fast at puja-parvana and at the time of performing religious rituals. We take food breaking our fasting when the puja is over. So, it can be said that fasting and religion are closely related and fasting is a part of religion.
- g) Our body will go inactive if we totally starve. Again too much eating is also harmful for our body. So, in the Hindu scriptures, there is advice for regulated starvation along with proportionate food. So, the Hindu religion gives importance for starvation or taking light food on the particular days of 'Ekadashi' or eleven, 'Purnima' or fifteen and on the last day of the dark fortnight or 'Amavasya'. Moreover, we fast at puja-parvana and at the time of performing religious rituals.

4. Answers of creative questions:

a) My uncle controls his respiration, adopts some special methods for bodily movements or postures of sitting. As a result, his mind always remains fresh. It is called Yoga.

One meaning of the word “Yoga” is unification to Ishwara.

Five usefulness of practicing Yoga are given below:

- i) Memory power increases.
- ii) Nerves become fresh and muscles strong.
- iii) Constipation is removed.
- iv) Resistances power increases.
- v) Some diseases are cured.
- vi) The strength of body and mind increases.

b) My friend does not like to eat at all. She has fallen sick because of inadequate or disproportionate food.

Her diet should be proportionate and nutritious.

Four sentences about what kind of problem she may face are given below:

- i) She may lose her energy for work.
- ii) She may be weak.
- iii) She may be inactive.
- iv) She may collapse too.