



Hindu Religion Worksheet of Class-2
Chapter-4 (Good Health)

Worksheet-3

Date:24/09/2020

1) Fill in the blanks with appropriate words:

- a) When body is fit, mind is ____.
- b) There is a deep relation between _____ and mind.
- c) Good health is related to _____.
- d) A number of ____ are to be obeyed to keep good health.
- e) We should ____ in time.
- f) We should take bath with _____.
- g) We should practise some _____.
- h) We should ____ early.

2) Match the Column-A with Column-B to make correct sentences:

Column-A	Column-B
a) Life is without peace	i) good health.
b) Keeping physical fitness is called	ii) is a duty of all.
c) When we have good health	iii) if one's body and mind is not well.
d) We should have mental peace and happiness	iv) unless we have good health.
e) Keeping in good health	v) we can succeed in any work.
f) Success does not come	vi) in order to practise religion.

3) Write the correct answer in your answer script:

a) Which one is the root of all happiness?

- | | |
|-----------|-------------|
| i) Life | iii) Health |
| ii) Death | iv) Goddess |

b) Which one has a close relationship with health?

- | | |
|------------|-----------|
| i) Mind | iii) Body |
| ii) Beauty | iv) Work |

c) What is needed for maintaining any work?

- | | |
|-----------------|---------------|
| i) Beauty | iii) Ill body |
| ii) Good health | iv) Sickness |

d) We should eat food__

- | | |
|----------------|------------------|
| i) Irregularly | iii) Regularly |
| ii) Gradually | iv) Continuously |

e) What should we practise?

- | | |
|---------------|------------|
| i) Bad habits | iii) Sleep |
| ii) Yoga | iv) Nature |

f) How should we keep our nail?

- | | |
|---------|------------|
| i) Long | iii) Short |
| ii) Big | iv) Dirty |

g) When should we sleep?

- | | |
|--------------------|--------------|
| i) At noon | iii) In time |
| ii) In the evening | iv) Always |

h) When there is good health, there is soundness of__

- | | |
|-----------|-------------|
| i) Life | iii) Health |
| ii) Death | iv) Mind |

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Solution of Hindu Religion Worksheet of Class- 2
Chapter-4 (Good Health)

Solution Sheet-3

Date:24/09/2020

1) Fill in the blanks with appropriate words:

- a) When body is fit, mind is **sound**.
- b) There is a deep relation between **health** and mind.
- c) Good health is related to **religion**.
- d) A number of **rules** are to be obeyed to keep good health.
- e) We should **sleep** in time.
- f) We should take bath with **soap**.
- g) We should practise some **exercises**.
- h) We should **rise** early.

2) Answers of Matching:

- a) Life is without peace - iii) if one's body and mind is not well.
- b) Keeping physical fitness is called - i) good health.
- c) When we have good health - v) we can succeed in any work.
- d) We should have mental peace and happiness - vi) in order to practise religion.
- e) Keeping in good health - ii) is a duty of all.
- f) Success does not come - iv) unless we have good health.

3) Answers of MCQ:

- a) Which one is the root of all happiness?
Ans: iii) Health
- b) Which one has a close relationship with health?
Ans: i) Mind
- c) What is needed for maintaining any work?
Ans: ii) Good health

d) We should eat food__

Ans: iii) Regularly

e) What should we practise?

Ans: ii) Yoga

f) How should we keep our nail?

Ans: iii) Short

g) When should we sleep?

Ans: iii) In time

h) When there is good health, there is soundness of__

Ans: iv) Mind

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