

Name:

Class: 5

Section:

Date: 12/8/2020

Subject: Hindu Religion & Moral Education

Topic: Chap-7, Sec-1

Time: 45 minutes

Marks: 20

1. Fill in the blanks with appropriate words:

1×5=5

- One of the ways of the Yoga practice ____.
- “Shariram adyam Khalu ____.
- ____ is the first step of adoration.
- Our body will go inactive if we totally ____.
- Generally we prefer ____ foods.

2. Answer the following short questions:

1×5=5

- What is called Yoga exercise?
- What are the rules to keep the body healthy?
- How many meanings does the word Yoga have? What are these?
- What is balanced diet?
- What did Sree Ramakrishna Paramhansa say about over eating?

3. Answer the following questions:

1×5=5

- Sumi’s father 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.

4. Match the Column-A with Column-B to make complete sentences:

1×5=5

Column-A	Column-B
a) Starvation increases	i) to keep sound mind in a sound body.
b) Saints and sages invented the methods of Yoga	ii) and the religious rituals.
c) We need the well being of our body and mind	iii) the capacity for taking food.
d) We observe fasting at Puja-Parvana	iv) if our body and mind is not well.
e) We cannot worship Ishwara or deities	v) for proper religious activities.

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