



**Cosmo School**

**Class: 5**

**Worksheet of Hindu Religion**

**Chapter-6 (Non-malice and Benevolence)**

**Date: 24/08/2020**

**1. Fill in the blanks with appropriate words:**

- a) \_\_\_\_ man always thinks good for all.
- b) At the hermitage of Bashista, there was a \_\_\_\_.
- c) Vishwamitra became a \_\_\_\_ with Bashista's blessing.
- d) The Pandavas used to \_\_\_\_ in the city in the guise of the Brahmins.
- e) \_\_\_\_ was the strongest among the Pandavas.
- f) A non-malignant man gets \_\_\_\_ from all.
- g) To be great we have to be \_\_\_\_.
- h) Bashista was a \_\_\_\_.
- i) Bashista had wide \_\_\_\_.
- j) There was a Khatriya king named \_\_\_\_.
- k) Vishwamitra became a Rajarshi through \_\_\_\_.
- l) Vishwamitra wanted to snatch the Kamadhenu \_\_\_\_.
- m) Vishwamitra grew more \_\_\_\_.
- n) Vishwamitra demanded the \_\_\_\_ from Bashista.
- o) To do good for others is a part of \_\_\_\_.
- p) Ishwara resides in all \_\_\_\_.
- q) A great pleasure is derived out of \_\_\_\_.
- r) The Kauravas were \_\_\_\_.
- s) The Pandavas were saved for their \_\_\_\_.
- t) The Pandavas used to live in the city of \_\_\_\_ in the guise of the Brahmins.
- u) Mother Kunti had \_\_\_\_ sons.
- v) Bhima was very strong and \_\_\_\_.
- w) Bhima killed the monster Baka with a single \_\_\_\_.

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

<b>Column-A</b>	<b>Column-B</b>
a) To be great we must be	i) a part of religion.
b) Like Bashista, Vishwamitra wanted to be	ii) his Kamadhenu.
c) Vishwamitra begged Bashista	iii) a Brahmarshi.
d) According to the Hinduism, Ishwara is	iv) non- malignant.
e) Non-malice is	v) his blessing.
	vi) all creatures.
	vii) the horse of the offering.

**3. Answer the following short questions:**

- a) What is non-malice or Ahimsa?
- b) Why was Vishwamitra jealous of Bashista?
- c) What is called Kamadhenu?
- d) Where did the Pandavas live when they were saved?
- e) How did Bhima kill the monster?
- f) Who was Bashista?
- g) Who was Vishwamitra?
- h) Who never think of their own self?
- i) Which activity will develop our heart and make a beautiful society?
- j) What is called benevolence or poropakara?

**4. Answer the following broad questions:**

- a) What is called non-malice?
- b) How did Bashista entertain Vishwamitra?
- c) Explain the importance of 'benevolence'?
- d) Why did an uproar of crying arise in the house of Brahmin?
- e) How were the city-dwellers saved from the clutch of the monster Baka?
- f) Write the benefits of having the quality of 'non-malice'.

**5. Write down the correct answer in your answer script:**

- a) Of what class of a sage was Bashista?
  - i) Rajarshi
  - ii) Brahmarshi
  - iii) Shrutarshi
  - iv) Maharshi
- b) What class does Vishwamitra belong to?
  - i) Kshatriaya
  - ii) Baishya
  - iii) Brahmin
  - iv) Shudra
- c) What was the name of the monster who lived in the wood?
  - i) Taraka
  - ii) Agha
  - iii) Putana
  - iv) Baka
- d) Who were to kill the monster?
  - i) Arjun
  - ii) Nakula
  - iii) Bhima
  - iv) Sahadeva
- e) Who forbade to tell the benevolence of Bhima?
  - i) Yudhisthira
  - ii) Kunti
  - iii) Madri
  - iv) Brahmin

**6. Answer the following creative questions:**

- a) What is benevolence? Do you want to be benevolent? Write five sentences about why do you want to be benevolent?
- b) What will you do when you meet with a non-malignant person? Write five sentences about what will you learn from him?

**1. Fill in the blanks with appropriate words:**

- a) \_\_\_\_ man always thinks good for all. (**A non-malignant**)
- b) At the hermitage of Bashista, there was a \_\_\_\_\_. (**Kamadhenu**)
- c) Vishwamitra became a \_\_\_\_\_ with Bashista's blessing. (**Brahmarshi**)
- d) The Pandavas used to \_\_\_\_\_ in the city in the guise of the Brahmins. (**live**)
- e) \_\_\_\_\_ was the strongest among the Pandavas. (**Bhima**)
- f) A non-malignant man gets \_\_\_\_\_ from all. (**regards**)
- g) To be great we have to be \_\_\_\_\_. (**non-malignant**)
- h) Bashista was a \_\_\_\_\_. (**Brahmarshi**)
- i) Bashista had wide \_\_\_\_\_. (**reputation**)
- j) There was a Khatriya king named \_\_\_\_\_. (**Vishwamitra**)
- k) Vishwamitra became a Rajarshi through \_\_\_\_\_. (**perseverance**)
- l) Vishwamitra wanted to snatch the Kamadhenu \_\_\_\_\_. (**forcibly**)
- m) Vishwamitra grew more \_\_\_\_\_. (**jealous**)
- n) Vishwamitra demanded the \_\_\_\_\_ from Bashista. (**Kamadhenu**)
- o) To do good for others is a part of \_\_\_\_\_. (**religion**)
- p) Ishwara resides in all \_\_\_\_\_. (**creatures**)
- q) A great pleasure is derived out of \_\_\_\_\_. (**benevolence**)
- r) The Kauravas were \_\_\_\_\_. (**wicked**)
- s) The Pandavas were saved for their \_\_\_\_\_. (**intelligence**)
- t) The Pandavas used to live in the city of \_\_\_\_\_ in the guise of the Brahmins. (**Ekachakra**)
- u) Mother Kunti had \_\_\_\_\_ sons. (**five**)
- v) Bhima was very strong and \_\_\_\_\_. (**mighty**)
- w) Bhima killed the monster Baka with a single \_\_\_\_\_. (**dash**)

**2. Answers of matching:**

- a) To be great we must be - **iv) non-malignant.**
- b) Like Bashista, Vishwamitra wanted to be - **iii) a Brahmarshi.**
- c) Vishwamitra begged Bashista - **v) his blessing.**
- d) According to the Hinduism, Ishwara is - **vi) all creatures.**
- e) Non-malice is - **i) a part religion.**

**3. Answers of short questions:**

- a) There are some men who are not jealous of other's happiness. They are rather happy with themselves. They never want misfortune for anyone if they lose. The name of this moral quality is non-malice.

- b) Vishwamitra wanted to be a Brahmarshi. But it was not easy to be a Brahmarshi. For that reason, Vishwamitra was jealous of Bashista.
- c) Kamadhenu is a mythical cow that grants any desire like food and drink.
- d) When Pandavas escaped, they lived in the city of Ekachakra in the guise of Brahmins.
- e) Bhima killed the monster with a single dash.
- f) Bashista was a Brahmarshi. He had wide reputation.
- g) Vishwamitra was a Khatriya king. He became a Rajarshi through perseverance. He became a Brahmarshi with Bashista's blessing.
- h) Those who are great never think of their own self.
- i) We must be charitable. This activity will develop our heart and make a beautiful society.
- j) The attitude of doing good for others is called benevolence or paropakara. It is a part of religion.

**4. Answer the following broad questions:**

- a) There are some men who are jealous of other's happiness. They are rather nappy with them. They don't want misfortune for any one. They do good for him even he does any harm to them. They get pleasure at the prosperity of others. They do not oppress any one. They help others. They advise them how to lead a happily life. He never shows any malice for them. This attitude and behaviour is a great quality. The name of this moral quality is 'Ahimsa' or 'Non-malice'.
- b) Oneday, Vishwamitra with his many followers, went to the shrine of Bashista. There Vishwamitra told Bashista that they were very thirsty. Bashista had a Kamadhenu at his hut. He asked to the Kamadhenu for foods and drink. When, Bashista asked to her, a plenty of foods and drink were found, thus, Bashista entertained Vishwamitra.
- c) The importance of benevolence is immense. According to the Hinduism, Ishvara resides in all creatures. So to serve the creature means to serve Ishvara. Ishvara is pleased with serving the creatures. A great pleasure is derived out of benevolence. It enlarges our mind. It increases our devotion to Ishvara. Peace prevails in the society. It helps sympathize with others. It helps to love each other.
- d) A monster named Baka lived in the woods near the city. Every day the city dwellers had to supply the monster with a man, two buffaloes and a large quantity of rice for his meals. Otherwise, he would swallow all. That day, it was the turn of the Brahmin's family. Someone had to be sacrificed as a part of meal to the monster. But none wanted to spare anyone. So, an uproar of crying arose in the house of the Brahmin.
- e) Kunti came to know everything about the monster from the Brahmin. Then, she sent her second son, Bhima to the woods to kill the monster. Bhima was very strong and killed him with a single dash. Thus, the city dwellers were saved from the clutch of the monster, Baka.
- f) **The benefits of having the quality of 'non-malice' are given below:**
  - i) A non-malignant man gets regards from all.
  - ii) He can be great in life.
  - iii) He can lead a happy life.
  - iv) Everyone loves a non-malignant person.

v) God becomes pleased with a non-malignant person, because non-malice is a great quality and a part of religion.

**5. Answers of MCQ:**

a) Of what class of a sage was Bashista?

**Ans:** ii) Brahmarshi

b) What class does Vishwamitra belong to?

**Ans:** i) Kshatriaya

c) What was the name of the monster who lived in the wood?

**Ans:** iv) Baka

d) Who were to kill the monster?

**Ans:** iii) Bhima

e) Who forbade to tell the benevolence of Bhima?

**Ans:** ii) Kunti

**6. Answer the following creative questions:**

a) The attitude of doing good for others is called benevolence or poropakara.

Yes, I want to be benevolent.

**Four sentences about why I want to be benevolent are given below:**

i) A great pleasure is derived out of benevolence.

ii) It enlarges my mind.

iii) It increases my devotion to Ishwara.

iv) It helps to love each other.

For the above reasons I want to be benevolent.

b) When I meet with a non-malignant person, I'll show him respect.

**Five sentences about what will I learn from him are given below:**

i) I should not be jealous of other's happiness.

ii) Never do any harm to others.

iii) Get pleasure at the prosperity of others.

iv) Don't want misfortune for any one.

v) Helping others.

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**1. Fill in the blanks with appropriate words:**

- a) To keep body and mind well \_\_\_\_.
- b) First body, then \_\_\_\_.
- c) One of the ways of the Yoga practice \_\_\_\_.
- d) Balanced food is good for \_\_\_\_.
- e) To keep health \_\_\_\_ along with foods.
- f) "Shariram adyam Khalu \_\_\_\_.
- g) The word Yoga has \_\_\_\_ meanings.
- h) The Yoga exercise is one of the ways to keep health \_\_\_\_ both body and mind.
- i) \_\_\_\_ less if you want to have much.
- j) Yoga increases \_\_\_\_ power.
- k) We will abstain ourselves from taking \_\_\_\_ or imbalanced diet.
- l) To make an \_\_\_\_ for taking food is called starvation.
- m) Our body is a \_\_\_\_ instrument.
- n) \_\_\_\_ is the first step of adoration.
- o) Our body will go inactive if we totally \_\_\_\_.
- p) Generally we prefer \_\_\_\_ foods.
- q) To keep body and mind sound is called \_\_\_\_.

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

Column-A	Column-B
a) First body, then	i) is the Yoga exercise.
b) One of the ways to keep health	ii) necessary for health.
c) Proportionate food is	iii) the capacity for taking food.
d) Starvation increases	iv) adoration.
e) Saints and sages invented the methods of Yoga	v) for proper religious activities.
f) We need the well being of our body and mind	vi) if our body and mind is not well.
g) We observe fasting at Puja-Parvana	vii) to keep sound mind in a sound body.
h) We cannot worship or Ishwara or deities	viii) and the religious rituals.

**3. Answer 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 Paramhansa 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 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.
- g) What are the Tithies (lunar days) given importance for special fasting?

**5. Write down the correct answer in your answer script:**

- a) \_\_ is necessary for health.
  - i) Yoga
  - ii) Delicious food
  - iii) Enough food
  - iv) Regular fasting
- b) Who invented the methods of the Yoga practice?
  - i) Kings
  - ii) Saints
  - iii) Gods
  - iv) Demons
- c) What is the lunar date on which there's a regulation for fasting?
  - i) Ekadashi
  - ii) Trayodashi
  - iii) Dwadashi
  - iv) Chaturdashi
- d) What kind of food do we prefer to take?
  - i) Delicious
  - ii) Costly
  - iii) Nutritious
  - iv) Cheap

e) With Yoga exercise, men become\_\_

i) Tired

ii) Healthy

f) What is needed for worship?

i) Pilgrimage

ii) Riches and wealth

iii) Weak

iv) Fatish

iii) Soundness of body and mind

iv) Temple (Mandir)

**4. Answer 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.



Work





**Solution of Hindu Religion Worksheet of Class: 5**

**Chapter-7, Section-1 (Good Health and Yoga)**

**Date: 24/08/2020**

**1. Fill in the blanks with appropriate words:**

- a) To keep body and mind well \_\_\_\_\_. (is health)
- b) First body, then \_\_\_\_\_. (adoration)
- c) One of the ways of the Yoga practice is \_\_\_\_\_. (exercise)
- d) Balanced food is good for \_\_\_\_\_. (health)
- e) To keep health \_\_\_\_ along with foods. (we need Yoga)
- f) “Shariram adyam Khalu \_\_\_\_\_. (dharmashadhanam)
- g) The word Yoga has \_\_\_\_ meanings. (two)
- h) The Yoga exercise is one of the ways to keep health \_\_\_\_ both body and mind.  
(controlling)
- i) \_\_\_\_ less if you want to have much. (Eat)
- j) Yoga increases \_\_\_\_ power. (memory/ resistances)
- k) We will abstain ourselves from taking \_\_\_\_ or imbalanced diet. (disproportionate)
- l) To make an \_\_\_\_ for taking food is called starvation. (interval)
- m) Our body is a \_\_\_\_ instrument. (miraculous)
- n) \_\_\_\_ is the first step of adoration. (Self-control)
- o) Our body will go inactive if we totally \_\_\_\_\_. (starve)
- p) Generally we prefer \_\_\_\_ foods. (palatable)
- q) To keep body and mind sound is called \_\_\_\_\_. (health)

**2. Answers of Matching:**

- a) First body, then \_\_ **iv) adoration.**
- b) One of the ways to keep health \_\_ **i) is the Yoga exercise.**
- c) Proportionate food is \_\_ **ii) necessary for health.**
- d) Starvation increases \_\_ **iii) the capacity for taking food.**
- e) Saints and sages invented the methods of Yoga \_\_ **vii) to keep sound mind in a sound body.**
- f) We need the well being of our body and mind \_\_ **v) for proper religious activities.**
- g) We observe fasting at Puja-Parvana \_\_ **viii) and the religious rituals.**
- h) We cannot worship Ishwara or deities \_\_ **vi) if our body and mind is not well.**

**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 body and mind well.
- 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 balanced diet.
- k) Diet is 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 sickens 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 us 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.

#### 5. Answers of MCQ:

a) \_\_\_ is necessary for health.

**Ans:** i) Yoga

b) Who invented the methods of the Yoga practice?

**Ans:** ii) Saints

c) What is the lunar date on which there's a regulation for fasting?

**Ans:** i) Ekadashi

d) What kind of food do we prefer to take?

**Ans:** i) Delicious

e) With Yoga exercise, men become \_\_\_

**Ans:** ii) Healthy

f) What is needed for worship?

**Ans:** iii) Soundness of body and mind

#### 6. 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.



Work