



Class-5

Lecture Sheet of Chapter-7, Section-1

Good Health and Yoga

Lecture Sheet-1

Date: 08/07/2020

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 Paramhangsa says, "Eat less if you want to have much."

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

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 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 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 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.
- 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
- iii) Weak
- iv) Fatish

f) What is needed for worship?

- i) Pilgrimage
- ii) Riches and wealth
- iii) Soundness of body and mind
- iv) Temple (Mandir)

4. 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.

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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 _____. (**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 or 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 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.

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

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.