



Class-2 (Lecture sheet)
Chapter-4 (Good Health)

Lecture sheet

Date: 05/11/2020

To keep body and mind sound is called health. Health is the root of all happiness. Life is without peace if one's body and mind is not well. When there is good health, there is soundness of mind. Keeping physical fitness is called good health.

**A number of rules are to be obeyed to keep good health.
Such as-**

We should eat food regularly. We should practice some exercises. We should rise early. We should sleep in time. We should keep our nails short. We should take bath with soap.

There is a deep relation between health and mind. When we have good health, we can succeed in any work. On the other hand, when we get sick we can't concentrate on any work. As a result, we cannot perform even our religious rites properly.

Good health is related to religion. We should have mental peace and happiness in order to practise religion. We have to call up God with the singleness of mind. Otherwise, we can't feel Him. So, keeping in good health is needed for the practice of religion.

So, we have learnt that keeping in good health is a duty for all.
Success does not come unless we have good health.

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Hindu Religion Worksheet of Class-2

Chapter-4 (Good Health)

Worksheet-1

Date:05/11/2020

1. Write down the meaning of the following words:

a) Root

d) Properly

b) Soundness

e) Success

c) Relation

f) Rites

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