



Cosmo School

Hindu Religion Worksheet of Class-2

Chapter-4 (Good Health)

Worksheet

Date:20/09/2020

1. Write down the meaning of the following words:

- | | |
|--------------|-------------|
| a) Root | d) Properly |
| b) Soundness | e) Success |
| c) Relation | f) Rites |

2) 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.

3) Identify true/false of the following statements:

- a) We have to call up God with the singleness of mind.
- b) When we get sick, we can't concentrate on any work.
- c) We should not sleep in time.
- d) To keep body and mind sound is called bad health.
- e) We should follow some rules for maintaining good health.
- f) We should keep our nails long.
- g) We should take bath with dirty water.
- h) Illness is the root of all happiness.
- i) We should practise some exercises.
- j) We should rise early.

.....



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

Solution Sheet

Date: 20/09/2020

1. Meaning of the following words:

- | | |
|--------------------------------|-------------------------------------------|
| a) Root – Original | d) Properly- Rightly |
| b) Soundness - Wellness | e) Success- Attainment/ Prosperity |
| c) Relation- Connection | f) Rites- Rituals |

2) 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.

3) Identify true/false of the following statements:

- a) We have to call up God with the singleness of mind. (**True**)
- b) When we get sick, we can't concentrate on any work. (**True**)
- c) We should not sleep in time. (**False**)
- d) To keep body and mind sound is called bad health. (**False**)
- e) We should follow some rules for maintaining good health. (**True**)
- f) We should keep our nails long. (**False**)
- g) We should take bath with dirty water. (**False**)
- h) Illness is the root of all happiness. (**False**)
- i) We should practise some exercises. (**True**)
- j) We should rise early. (**True**)

.....