



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

Revision Lecture sheet

Date: 01/10/2020

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.

.....



Cosmo School

Hindu Religion Worksheet of Class-2

Chapter-4 (Good Health)

Revision Worksheet

Date:01/10/2020

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) Answer the following short questions:

- a) What is called health?
- b) What is the root of all happiness?
- c) What is called good health?
- d) What is necessary for practice of religion?
- e) How is the relationship between health and mind?

4) Answer the following broad questions:

- a) Write two rules of maintaining good health.
- b) Why is good health related to religion?

.....



Cosmo School

Solution of Hindu Religion Worksheet of Class- 2

Chapter-4 (Good Health)

Revision Solution Sheet

Date: 01/10/2020

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:

- When body is fit, mind is sound.
- There is a deep relation between health and mind.
- Good health is related to religion.
- A number of rules are to be obeyed to keep good health.
- We should sleep in time.
- We should take bath with soap.
- We should practise some exercises.
- We should rise early.

3) Answer of short questions:

- To keep body and mind sound is called health.
- Health is the root of all happiness.
- Keeping physical fitness is called good health.
- Keeping in good health is necessary for the practice of religion.
- There is a deep relation between health and mind.

4) Answer of broad questions:

a) **Two rules of maintaining good health are:**

- i) We should eat food regularly.
- ii) We should rise early.

b) Good health is related to religion because when we get sick, we cannot perform even our religious rites properly.

.....