



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

Worksheet-4

Date:27/09/2020

1) 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?

2) Answer the following broad questions:

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

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

Solution Sheet-4

Date:27/09/2020

1) Answer of short questions:

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

2) 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.

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