



Cosmo School

Class-4 (Hindu Religion)

Lecture Sheet of Chapter – 7, Section-1 (Maintenance of Health)

Date:15/10/2020

Good health:

A sound body is called good health. For religious practice we have to keep our body healthy, because an ill body cannot perform the religious study. Our body has close relationship with mind. There is no peace of mind in an ill body. The religious meditation is not possible by an ill mind. He cannot do any work properly. If our mind is not at peace our body may become sick.

What should we do to keep body healthy:

To keep body healthy we need regular and measured diet. We should keep our nails small, wash our hands with soap before eating, wear clean clothes, bath with soap once a week. Keep our hair small and clean. Girls have to wash their long hair with soap regularly. Keep our house environment neat and calm. Do not think about evils. Avoid friendship with bad persons.

Why is good health necessary for students:

We have to play regularly, for this, blood circulation in the body will be normal. Body will be healthy. In this way, both body and mind will be sound. As a result, we can do our duties properly.

Students will be attentive to their studies. They can also do their religious practice properly. They will not be influenced by immoral work.

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Hindu Religion Worksheet of Class-4

Chapter – 7, Section-1 (Maintenance of Health)

Revision Worksheet

Date: 15/10/2020

1. Write down the meaning of the following words:

- | | |
|-------------|------------|
| a) Posture | e) Normal |
| b) Properly | f) Airy |
| c) Ill | g) Immoral |
| d) Measured | |

2. Fill in the blanks with appropriate words:

- A sound body is called ____.
- We have to keep our hair small and ____.
- There is a close relation between body and ____.
- If our mind is not at peace, our body becomes ____.
- We have to do regular ____.

3. Answer the following short questions:

- What is health?
- Why shall we wash our hands before taking any meal?
- How should we keep our hair?
- Why can we not think about the religious practice if our body is unfit?
- Why does our body become unfit if our mind is not at peace?

4. Answer the following broad questions:

- a) What is the relation between maintenance of proper health and religious practice?
- b) Write down the four ways of maintaining proper health.
- c) Why should we not make friendship with bad persons?

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