



Solution of Hindu Religion Worksheet of Class-4
Chapter – 7, Section-1 (Maintenance of Health)

Revision Solution Sheet

Date: 15/10/2020

1. Meaning of the following words:

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|-----------------------------------|----------------------------|
| a) Posture – Pose/ Gesture | e) Normal - General |
| b) Properly - Rightly | f) Airy - Breezy |
| c) Ill - Sick | g) Immoral - Bad |
| d) Measured – Weighed | |

2. Fill in the blanks with appropriate words:

- a) A sound body is called _____. (**good health**)
- b) We have to keep our hair small and _____. (**clean**)
- c) There is a close relation between body and _____. (**mind**)
- d) If our mind is not at peace, our body becomes _____. (**sick**)
- e) We have to do regular _____. (**exercise**)

3. Answer of short questions:

- a) A sound body is called health.
- b) We shall wash our hands before taking any meal, because if we don't wash our hands, germs can be entered into our body. It can cause sickness.
- c) We should keep our hair small and clean.

- d) We cannot think about the religious practice if our body is unfit, because an unfit body cannot perform the religious study properly.
- e) Our body has close relationship with mind. There is no peace of mind in an ill body. So that our body becomes unfit if our mind is not at peace.

4. Answer of broad questions:

a) The relation between maintenance of proper health and religious practice is very intimate. For religious practice we have to keep our body healthy, because an ill body cannot perform the religious study properly. Our body has close relationship with mind. The religious meditation is not possible by an ill mind. So, maintenance of proper health and religious practice is related to each other.

b) Four ways of maintaining proper health are:

- i) To keep body healthy we need regular and measured diet.
- ii) We should keep our nails small.
- iii) We should wash our hands with soap before eating.
- iv) We should keep our hair small and clean.

c) We should not make friendship with bad persons because evil begets evil. From a bad person we cannot learn any good thing, because bad persons always think about evil thing. They always try to do harm others. For these reasons, we should not make friendship with bad persons.

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