

Hindu Religion Studies

Class Four



National Curriculum and Textbook Board, Bangladesh

Prescribed by the National Curriculum and Textbook Board as a
Textbook for Class Four from the academic year 2026

Hindu Religion Studies

Class Four
(Experimental Edition)



National Curriculum and Textbook Board, Bangladesh

Published by
National Curriculum and Textbook Board, Bangladesh

69-70, Motijheel Commercial Area, Dhaka-1000

[All rights reserved by the publisher]

First Edition: September 2025



Writers

Prof. Dr. Asim Sarker
Prof. Dr. Mayna Talukdar
Archana Saha
Tapashi Rani Das
Swapna Rani Singha
Md. Monir Hossain Mozumder

Translators

Prof. Dr. Mayna Talukdar
Dr. Rajpati Das
Prof. Sabruna Ahmed
Ripon Kumar Das
Dinobondhu Barman
Tapas Basu
Asaduzzaman
Md. Monir Hossain Mozumder

Art Director

Hashem Khan

Illustration

Sajib Sen

Graphic Design

Chandan Mazumder

Design

National Curriculum and Textbook Board, Bangladesh

For free distribution by Government of the People's Republic of Bangladesh

Printed by:

Preface

Primary education bears paramount importance in national life. Equal opportunities have been created for all children in the country to receive quality primary education irrespective of ethnicity, socio-economic status, physical and mental limitations, or geographical location. A key objective of primary education is to foster humanitarian values, follow a curriculum and textbooks tailored to the local environment and resources, and create a joyous and congenial school environment to facilitate the physical and mental development of children.

In light of the National Education Policy 2010, the National Curriculum and Textbook Board (NCTB) has adopted an integrated curriculum to make primary education more contemporary. Curricula of different countries have been reviewed and teaching learning values have been incorporated in the context of Bangladesh. This has provided a practical foundation for making education more life-oriented and effective. In the context of globalization, the psychological state of children has been given special consideration. Considering the needs and opinions of stakeholders in the changed context, necessary revisions were made in 2025 to the National Curriculum 2021 (Primary Level). In this light, textbooks for Class One to Three have already been revised, and the textbook for Class Four has been developed.

The textbook is the most important component of curriculum implementation. Prioritizing this, the NCTB is always diligent in developing textbooks for every level and grade. In the writing and editing of each textbook, the curriculum's goals and objectives have been focused. Careful attention has been paid to the diverse curiosities and cognitive capabilities of children. Special importance has been given to textbook development to ensure that teaching-learning activities become a joyful experience. It is hoped that each textbook will contribute to the balanced psycho-physical development of children. At the same time, it will facilitate their acquisition of desired skills, adaptability, patriotism, and moral values.

In developing the 'Hindu Religion Studies' textbook for Class Four, continuity with previous grades has been maintained. In developing the textbooks from Class One to Class Four, efforts have been made so that students can meet their fundamental learning needs by acquiring essential knowledge, subject-based skills, attitudes, and values. The informational and descriptive content in the textbooks for all four grades maintains continuity.

This textbook has been developed and revised under the direct supervision of the Primary Curriculum Wing of the National Curriculum and Textbook Board. Sincere thanks and gratitude are extended to all the class teachers, teacher trainers, pedagogues, curriculum specialists, subject experts, artists, and graphic designers who contributed their intellect and labor at various stages of the textbook's development, rational evaluation, finalization, and coordination. Thoughtful opinions and suggestions from all concerned for improving the textbook will be considered with importance.

September 2025

Professor Rabiul Kabir Chowdhury
Chairman (Additional Charge)
National Curriculum and Textbook Board,
Bangladesh

Contents

Chapter	Subject	Page
Chapter One	The Creator and the Creation: Worship and Prayers	
Lesson One	The Creator and the Creation	1-5
Lesson Two	Worship and Prayers	6-13
Chapter Two	Ideal Biography	
Lesson One	Saints-Hermits	14-21
Lesson Two	Great Men and Gracious Women	22-29
Lesson Three	The Ideals of Life	30-33
Chapter Three	Moral and Human Virtues	
Lesson One	Sacrifice	34-40
Lesson Two	Generosity	41-46
Lesson Three	Tolerance to Others' Opinions	47-51
Lesson Four	Love for the Children with Special Needs	52-55
Chapter Four	Scriptures, Deities, Puja and Festivals, Yoga, Temples and Pilgrimage Sites	
Lesson One	Hindu Scriptures	56-61
Lesson Two	Deities and Puja-Festival	62-69
Lesson Three	Yoga and Asana	70-75
Lesson Four	Temples and Pilgrimage Sites	76-82
Lesson Five	Peaceful Coexistence	83-86
Chapter Five	Service to Living Beings and Patriotism	
Lesson One	Man, Nature and Living World	87-92
Lesson Two	Service to Living Beings	93-98
Lesson Three	Patriotism	99-104

Chapter One
The Creator and the Creation: Worship and Prayers
Lesson One
The Creator and the Creation

How wonderful our universe is! Wherever we look, we find the beckoning of beauty. Our surroundings are full of diversity and charming natural beauty. Let us all enjoy the amazing beauty of nature.





Write what you find in the pictures:

.....

.....

.....

.....

.....

.....

.....

.....

.....

Our universe is amazingly beautiful. There are human beings, trees, plants, flowers, fruits, animals, birds, worms, insects, sun, moon, planets, stars, mountains, hills, streams, rivers, sky, air, deserts and so on.

Nothing is created all on a sudden in this universe. Today's beautiful universe is created in the course of changes for a long time. Questions may arise, who has created these? Definitely there is a creator behind this creation. For example, carpenter makes furniture, mason builds buildings. Likewise, there is a God or Creator in creating sun-moon, planets, human beings, other animals and everything in the universe. He is Almighty and the source of all power. His power is infinite. The entire creation is under His control. He is the Eternal Father, the Absolute Creator, the Lord God, Bhagavan. He is kind, benevolent and merciful. He himself is Ishwara. He is formless. He exists everywhere though we cannot see Him. He exists as soul in all living beings. We feel His presence through His creation. Saints in their worship and devotees in their devotion can feel the presence of Ishwara.

All the objects of this beautiful world are created by Ishwara. Not only our earth, even all things beyond this planet are created by Ishwara. There is intimate relationship between Ishwara and living beings. This relationship is the bond between creator and creations. Ishwara is the creator, all the living

beings are His creations. Ishwara has created us. He takes care of us. He ensures our well-being. That's why, we are grateful to Ishwara. Hence, we would respect, devote, believe and love Ishwara. We will be trustful to Him.

Ishwara resides in all living beings as the soul. For this reason, we will consider all living beings as the part of Ishwara. We would love all living beings. We would love all creations of Ishwara. We would be respectful to all His creations. To love the living beings means to love Ishwara. To serve living beings is to serve Ishwara. Swami Vivekananda said:

বহুরূপে সম্মুখে তোমার, ছাড়ি কোথা খুঁজিছ ঈশ্বর?
জীবে প্রেম করে যেই জন, সেই জন সেবিছে ঈশ্বর।।

Meaning: Where do you look for Ishwara while He is in front of you in numerous forms? He who loves all living beings, serves Ishwara. Ishwara would be pleased if we love His creations. He becomes kind to us. Therefore, it is our duty to love Ishwara and all His creations.

We will always remember this moral lesson and practise it in regular life.



Why would we love Ishwara? Write three sentences about it:

1

2

3



Fill in the chart given below:

Different names of Creator

--	--	--	--

Exercise

A. Fill in the blanks with appropriate words:

1. Our universe is amazingly ----- .
2. There is a ----- behind this creation.
3. Ishwara exists as ----- in all living beings.
4. It is our duty to ----- Ishwara and all His creations.
5. Ishwara ----- everywhere.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Ishwara has	sei jana sebiche Ishwara
2. If we love the creations of Ishwara	Ishwara.
3. Jeebe prem kare jai jana	he would be satisfied.
4. We would respect, devote and love	created us.
5. Ishwara exists in the mind of	serves Ishwara
	living beings.

C. Put a tick mark (✓) against the correct answer:

1. How has this present beautiful world been created?

- | | |
|---------------------------|--|
| a) All on a sudden | b) In the course of changes for a long time. |
| c) Through a few changes. | d) Itself |

2. What does a carpenter make?

- | | |
|----------------|--------------|
| a) chair-table | b) buildings |
| c) clothes | d) books |

3. Relationship between Ishwara and living beings is—

- | | |
|-------------|----------|
| a) intimate | b) deep |
| c) shallow | d) close |

4. ‘বহুরূপে সম্মুখে তোমার, ছাড়ি কোথা খুঁজিছ ঈশ্বর?’—who says this?

- | | |
|------------------------|------------------------------|
| a) Rabindranath Tagore | b) Swami Vivekananda |
| c) Rishi Aurobindo | d) Shri Chaitanya Mahaprabhu |

D. Answer the following questions in short:

1. Who has created this world?
2. What are there in this beautiful universe?
3. Write a few names of God.
4. Why are we grateful to Ishwara?
5. How does Ishwara exist in living beings?

E. Answer the following questions in detail:

1. Describe the virtues of Ishwara.
2. 'The entire creation is under the control of Ishwara.' —Explain it.
3. Explain the relationship between Ishwara and the living beings.
4. Write the advice of Swami Vivekananda as quoted in your text.

Lesson Two

Worship and Prayers



Write what you find in the picture:

.....

.....

.....

.....

.....

.....

.....

.....

Worship

Ishwara is Almighty. He exists everywhere. How can we know Him? How can we perceive Him? To realize Ishwara, one must worship Him. One must perform prayers. Worship and prayer are important parts of religion. Through these religious performances, we may love and respect Ishwara. We may love His creation as well.

The term Upasana (worship) means sitting close. 'Upa' means near and 'Asana' means to sit. Question may arise, sitting close to whom? To sit near Ishwara. So to sit near Ishwara is worship. That means the activities through which we get Ishwara near is worship. In worship, one adores Ishwara with full concentration and devotion. One remembers Him. One calls Him with deep attention. Singing His praise, offering devotion, reciting hymns, meditating and chanting His names- all these are worship.

During worship, we praise Ishwara. We seek His blessings. We wish well-being for all.

We can worship Ishwara both in form and formless. 'Form' means one that has a shape. So idol worship is the worship of the formless Ishwara in a visible form. Formless Ishwara assumes form for the well-being of the world. Various gods and goddesses, such as Shiva, Durga, Kali, Lakshmi, Saraswati, Kartika, Ganesha and so on are the visible forms of formless Ishwara. While worshipping Ishwara in visible form, we sit before the idol of gods and goddesses or use their symbols. We have to worship and perform Yajna.

Brahma is the manifestation of Ishwara. Ishwara is formless. 'Formless' means one that has no form or shape. Brahma has no shape. Worshipping in a formless way can be performed by chanting, meditating and praising without any symbol or idol of Ishwara.

Worship is a Nityakarma (daily religious duties). Every day we have to worship at morning, noon and evening. But worship can be performed at any time. Before worship, it is essential for us to be clean and pure.

We have to sit in a straight gesture for worshipping facing to the North or to the East. Particular Asanas like Padmasana, Sukhasana are to be followed for worshipping. One can worship sitting alone. We can also worship sitting together. When many people assemble together for worshipping is called collective worship. Worship makes our body and mind pure. It guides us to the path of honesty or to the path of religion.



Write how worship is performed:

A large rectangular box with a blue border and rounded corners, containing horizontal dotted lines for writing.



Prayer

Prayer is one form of worship. Prayer means to desire or ask for something. None of us is perfect. Everyone has some desires and wishes. We seek something from the elders as well as from the younger ones. But we don't seek everything just for want. We want to stay well. We want to do noble deeds. We also want the welfare of others. Seeking anything like this is prayer.

Our religious books contain numerous Mantras to do your prayer. Let's read the prayer Mantra below:

অসতো মা সদাময়
তমসো মা জ্যোতির্গময়।
মৃত্যোর্মা অমৃতং গময়।
(বৃহদারণ্যক উপনিষদ, ১/২/২৮)

Meaning: Take me from unreal to real. Take me from darkness to light. Take me from death to immortality.

Ishwara is great. He is the Creator of all. He is merciful, compassionate and benevolent. He fulfills everyone's desires and wishes. For this reason, we want everything from Ishwara. Prayer is the act of asking for something from Ishwara with devotion.

We must purify ourselves before praying. We must be pure. We have to sit for prayer in a steady state of mind. We should have politeness in our mind. During prayer to Ishwara, we need to keep our hands together. We have to praise Ishwara. We have to seek our own well-being as well as that of others. We have to pray for the betterment of all living beings. May Ishwara give happiness to all His creations and protect all from danger. We have to pray to be good humans and to follow the path of honesty.

We may offer our prayers to Ishwara in any situation. We can pray either silently or loudly. We can pray either alone or collectively. All assemble together during collective prayer. It helps to develop good relationship among all.

Worship and prayer have immense importance in our personal and social life. We can be honest and pious through worshipping and praying. We can love Ishwara. We can improve our attention to work by performing worship and prayer regularly. Prayer makes our body and mind sound. So, we will worship and pray regularly.

Here is a Durga Pranam Mantra:

শরণাগতদীনর্ত পরিত্রাণপরায়েণে।

সর্বস্যাতিহরে দেবি নারায়ণি নমোহস্তু তে।।

(শ্রীশ্রীচণ্ডী, ১/১১)

Meaning: O Devi Narayani, you are the saviour of the distressed and protector of those who seek refuge. You remove the sorrows and sufferings of all. I bow to you.



Write the merits of worship and prayers in a group:

A large rectangular box with a blue border and a light blue background, containing ten horizontal dotted lines for writing.



Let us practise the prayer song with devotion.

অন্তর মম বিকশিত করো
অন্তরতর হে-
নির্মল করো, উজ্জ্বল করো,
সুন্দর করো হে।।
জাগ্রত করো, উদ্যত করো,
নির্ভয় করো হে।
মঞ্জল করো, নিরলস নিঃসংশয় করো হে।।
যুগ করো হে সবার সঙ্গে,
মুগ করো হে বঁ।
সঞ্চার করো সকল কর্মে
শান্ত তোমার হৃন্দ।।
চরণপদ্মে মম চিত নিম্পন্দিত করো হে।
নন্দিত করো, নন্দিত করো,
নন্দিত করো হে।।
(রবীন্দ্রনাথ ঠাকুর, গীতাঞ্জলি)

Exercise

A. Fill in the blanks with appropriate words:

- 1) The meaning of worship is to sit -----
- 2) ----- means one that has a shape.
- 3) Brahma has no -----
- 4) Worship is a -----
- 5) Take me from-----to real.
- 6) All assemble ----- for collective prayer.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Ishwara is	prayer
2. Worship is a	body and mind sound
3. To worship Ishwara is	Nityakarma
4. Worship and prayer make our	worship
5. To seek anything from Ishwara with devotion is	Almighty
	to follow the path of honesty

C. Put a tick mark (✓) against the correct answer:

1. To perceive Ishwara—

- | | |
|-------------------|-------------------|
| a) we may worship | b) we may adore |
| c) we may love | d) we may respect |

2. In religion, worship and prayer are—

- | | |
|--------------------|---------------------|
| a) inevitable part | b) important part |
| c) necessary part | d) inseparable part |

3. 'Upa' means—

- | | |
|----------------|-----------------|
| a) in front of | b) far away |
| c) near | d) side by side |

4. Worship is–

- | | |
|-------------------------------------|---------------------------------|
| a) daily religious activities | b) monthly religious activities |
| c) six monthly religious activities | d) yearly religious activities |

5. Through worship our body and mind–

- | | |
|------------------|-------------------|
| a) becomes clean | b) becomes pure |
| c) becomes clear | d) becomes better |

6. The importance of worship and prayer in personal and social life is–

- | | |
|-----------------------|-----------------|
| a) much | b) indisputable |
| c) beyond description | d) unlimited |

D. Answer the following questions in short:

1. What is worship?
2. How many types of worship and what are they?
3. What is 'form' worship?
4. What is 'formless' worship?
5. How many Asanas are there to sit for worship?
6. What is prayer?

E. Answer the following questions in detail:

1. How does one perform worship? –Explain it.
2. How does one pray?
3. Write the prayer Mantra with simple meaning with reference to your lesson.
4. Describe the importance of worship and prayer.
5. Write the prayer Mantra with simple meaning of goddess Durga with reference to your lesson.

Chapter Two
Ideal Biography
Lesson One
Saints-Hermits



Write the names under the pictures:



In ancient times, there were many pious people. They meditated on Ishwara. They had no greed or temptation. They subdued greed and temptation, hunger and thirst through their meditation. They acquired special knowledge. They had realized Ishwara. They are saints.

Some saints were called hermits. The saints who could reveal the Vedic mantras through their austerities are known as hermits. Veda hymns are uttered by the hermits. The verses of the Vedas are called mantras. Saints and hermits were the gurus or preceptors of that time. They were innovators in various aspects of cognitive science. Some famous saints and hermits were –Atri, Kashyapa, Gautama, Vashishtha, Vishwamitra, Kanwa, Moitreyee, Gargi, Lopamudra and so on. Hermits are divided into seven classes– Brahmarshi, Devarshi, Maharshi, Paramarshi, Kandarshi, Shrutarshi and Rajarshi. Saints and hermits had many virtues. They are great. They always wished everyone's well-being. They could even sacrifice their lives for the welfare of others. From saints and hermits, we can know about divine knowledge. Like them, we will also practise knowledge. We will work for the welfare of all.

In the previous class we have learned the name of some saints and hermits. Here we will learn about two saints and hermits.

Learned Gargi



Even in the Vedic period, there was a pursuit of knowledge. Men and women used to study together. They used to debate and discuss spiritual and intellectual issues. They used to practise Brahmanvidya. Deep knowledge related to creator, creation, soul, birth, death etc. is called Brahmanjana or Brahmanvidya. Brahmanvidya is the supreme knowledge. Life and universe are created from Brahma.

The role of women in Vedic literature was glorious and significant. Women were educated, independent-minded, dignified and self-reliant. The names of many female saints are found in the Vedas, such as Apala, Gargi, Ghosha, Vishwavara, Lopamudra etc. Gargi was the foremost among them. Gargi started practising Brahmanvidya with her father. Gradually she became sagacious in Brahmanjana. That is why, she is called “Brahmanadini Vidushi Gargi”.

There is a legend about Gargi’s Brahmanjana. Once Janaka, the King of Mithila, organized a Yajna. Wise saints and monks from different parts of the country participated in the Yajna. Many saints and hermits participated there. Learned Gargi was also present there. Many donations were given in that Yajna.

King Janaka announced in the Yajnasabha (Assembly of Yajna) that he would donate one thousand cows and ten thousand gold coins. But he gave a condition that the one who would be the best Brahmanjani in this meeting could accept this donation. Hearing King Janaka’s announcement, Sage Yajnavalkya stood up. He claimed himself as the best Brahmanjani. He asked the king to give him cows and gold coins. Everyone accepted his superiority. But Vidushi Gargi did not accept it without words. Then Gargi started arguing about Brahmanvidya. She started asking Yajnavalkya questions one after another. The questions gradually became more and more complicated and difficult. Yajnavalkya answered all questions.

At one stage, Yajnavalkya urged Gargi to stop. He said that, in the Veda, there is a limit for asking questions. Even then, Gargi asked two questions. In reply, Yajnavalkya said, “Behind everything in this world, there exists an eternal, unchanging, supreme Being.” He is shadowless, actionless, eyeless, tongueless, mindless, immeasurable, eternal, and beyond the senses. Gargi

then bowed respectfully and refrained herself from asking questions. She praised Yajñabalkya's Brahmanana. His superiority was proved. Yajñavalkya accepted the donation of King Janaka.

Though Yajñavalkya was a great Brahmanani, still Gargi's knowledge was not the less. Gargi's profound knowledge is proved while asking questions and discussing knowledge with Yajñavalkya. Yajñavalkya and everyone present there acknowledged Gargi as a Brahmadini for her wisdom. Everyone congratulated her.

Even today we remember Vidushi Gargi with deep respect. In the history, the scholarship of Vidushi Gargi is unforgettable. Brahmadini Gargi is recognized and admired as a great philosopher in Vedic literature.

From the biography of Yajñavalkya and Vidushi Gargi we learn the moral lesson that knowledge is the greatest treasure. To acquire knowledge, we need patience, courage, determination, self-confidence, respect, honesty and dedication. Spiritual energy is greater than physical power. Power of knowledge is greater than the power of weapon. The power of knowledge is greater than any other form of power. Only knowledge is power. Knowledge brings emancipation. In the field of acquiring knowledge, there is no difference between male and female. Both men and women gain respect in family and society if they are knowledgeable and wise. Therefore, we will also acquire true knowledge and spread it among all.



Write which virtues of Gargi we need to follow in acquiring knowledge:

.....

.....

.....

.....

.....

.....

.....

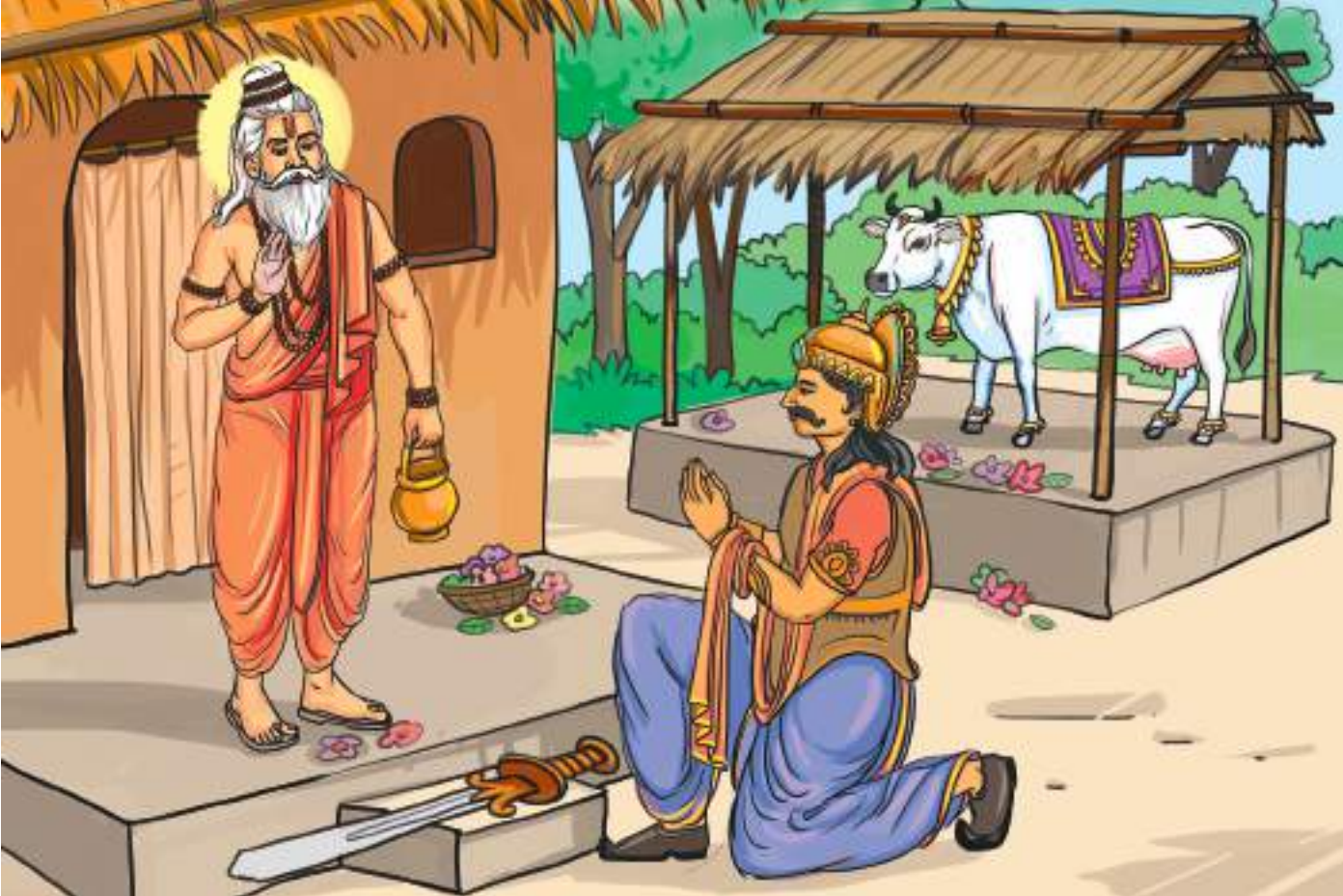
.....

Vashishtha Muni



Vashishtha is the mythological saint. He is the son of Mitravaruna. He is the mind-born son of Brahma. He is the family Guru and family priest of Suryabansa. The hermitage of Saint Vashishtha was in Tapoban (Forest of austerity). Once King Vishwamitra went there on hunting. Many soldiers accompanied him. Wandering in the forest, everyone became tired, hungry and thirsty. The hermitage of Saint Vashishtha was very close to that place. King Vishwamitra went to the Ashram of Saint Vashishtha along with his companions. Vashishtha had a Kamdhenu (wish-fulfilling cow) named Nandini. People would obtain whatever they desired from it. Saint Vashishtha asked Nandini for food and water for the guests. Nandini gave food and drinks to Vashishtha Muni. He satisfied the hunger and thirst of Vishwamitra and his soldiers with it. All were relieved of tiredness.

Vishwamitra was very surprised to see the power of the Kamadhenu. In his mind, he wanted the Kamdhenu. Vishwamitra expressed his wish to get Kamadhenu



from Vashishtha. In return, he offered to give Vashishtha a thousand cows. But Saint Vashishtha did not agree to his proposal. When Vishwamitra wanted to take Kamdhenu by force, the kamdhenu took a monstrous form. Many soldiers were created from various parts of its body. There was fierce fighting between the two sides. Vishwamitra's soldiers were defeated in the battle. Then Vishwamitra attacked Vashishtha. He shot arrows one after another. But nothing happened to Vashishtha. Vashishtha destroyed Vishwamitra's arrows with Brahmastra. Vishwamitra was defeated. He apologized to Vashishtha. Vashishtha forgave him. He asked Vishwamitra to go back to the kingdom and rule the kingdom properly. He blessed Vishwamitra to become a Brahmarshi. Vashishtha said, "Austerity (Tapasya) is the best power." Vishwamitra returned to his kingdom showing respect and gratitude to Saint Vashishtha.

We will also be forgiving like Saint Vashishtha. We will give up envy. We will think for the welfare of the people. We will wish for the well-being of all humans. From his life, we will learn the lessons of sacrifice, non-violence and tolerance.



Write four virtues of Saint Vashishtha discussing with your classmate who sits beside you:

1

2

3

4

Exercise

A. Fill in the blanks with appropriate words:

- 1) The verses of the Vedas are called -----
- 2) Saints and hermits had many -----
- 3) ----- is greater than any other form of power.
- 4) Vashishtha is ----- saint.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Gargi is called	the supreme knowledge.
2. Brahmagvidya is	mythological saint.
3. Knowledge is power,	Brahmagbadini Bidushi
4. Vashishtha is a	Knowledge gives us liberty.
5. Kamadhenu Nandini gives saint	female saint
Vashishtha	food and drinks.

C. Put a tick mark (✓) against the correct answer:

1) How many categories are the Hermits divided into?

- | | |
|------|------|
| a) 5 | b) 4 |
| c) 3 | d) 7 |

2) The role of women in Vedic literature is–

- | | |
|------------------------------|-----------------------------|
| a) glorious and praiseworthy | b) memorable and adorable |
| c) glorious and significant | d) noticeable and important |

3) King Janaka of Mithila arranged–

- | | |
|----------------------|----------------------|
| a) public meeting | b) debate programme |
| c) assembly of Yajna | d) religious meeting |

4) What did the king announce to give in the Yajna?

- a) 2 thousand cows and 12 thousand gold coins
- b) 3 thousand cows and 11 thousand gold coins
- c) 1 thousand cows and 10 thousand gold coins
- d) 4 thousand cows and 13 thousand gold coins

5) We learn from the saints and hermits–

- | | |
|---------------|----------------|
| a) tolerance | b) empathy |
| c) discipline | d) dutifulness |

D. Answer the following questions in short:

- 1) Who are called hermits?
- 2) Write the name of five famous saints and hermits.
- 3) What is Brahmavidya?
- 4) Why is Saint Vashishtha called Maitravaruni?

E. Answer the following questions in detail:

- 1) What did Yajnavalkya reply to the two questions of Gargi?
- 2) Why is Gargi called Brahmabadini Bidushi?
- 3) Write the lessons you get from the life of saint Vashishtha.

Lesson Two

Great Men and Gracious Women

There are different types of people in the world. Someone is busy with himself. Someone thinks about others, sacrifices themselves for the happiness and peace of others. The welfare of others and the welfare of the world seem to be their only goal. They devote their lives to helping the people as well as to do welfare to the world. They are the great men and the great women. In the previous class, we learnt about some great men and gracious women. In this class, we will learn about the biographies of the great man Shri Chaitanya Mahaprabhu and the noble woman Rani Rasmoni.

Shri Chaitanya



Shri Chaitanya was born in Nabadwip, West Bengal, India on 18th February in 1486 A.D. His father was Pandit Jagannath Mishra and his mother was Shacidevi. The paternal residence of Jagannath Mishra was Shrihatta (at present Sylhet) in Bangladesh. His name was Nimai in his childhood. Later this Nimai came to be known as Sri Chaitanyadeva.

When Nimai was ten or eleven, his father died. Mother Shachidevi was in great distress with her youngest son. Young Nimai was very fickle and restless, but was very meritorious. Shachidevi got him admitted in Gangadas Pandit's Chatuspathi. Everybody liked him for his merit and sense of devotion. He was very dedicated to his studies. Therefore, within a short period of time, he acquired great erudition in grammar, rhetoric, Smriti and Nyaya Shastra. At the age of sixteen, he became known throughout the country as Pandit Nimai. At that time he started a Tol and began teaching students. Within a short time, the fame of his teaching spread far and wide. Mother Shachidevi became very happy with the fame of his son. Thus Nimai was spending his days happily.

Suddenly there was a remarkable change in his mind. He started to chant only Krishnanama leaving his teaching and family life. The Vaishnavas of Nabadwip also joined with him. Among them, there were Nityananda, Shrivasa, Gadadhara, Mukunda, Advaitacharya etc.

Nimai, along with his disciples went from house to house, even on village paths and started preaching the name of Krishna. However, many people became annoyed at this. Many also created obstacles. One day two drunken brothers named Jagai and Madhai attacked Nimai and Nityananda. Being irritated Jagai and Madhai threw the pieces of broken pitcher at them. As a result, the forehead of Nityananda was injured and started bleeding. Then Nimai told—“মেরেছিস কলসির কানা, তাই বলে কি প্রেম দেবো না!”(Though you hurt me, still I love you). Eventually Nimai embraced everyone with love and devotion.

They all realized their mistakes. They became respectful to Nimai's religion of love and devotion. He didn't accept any discrimination. In his generosity,

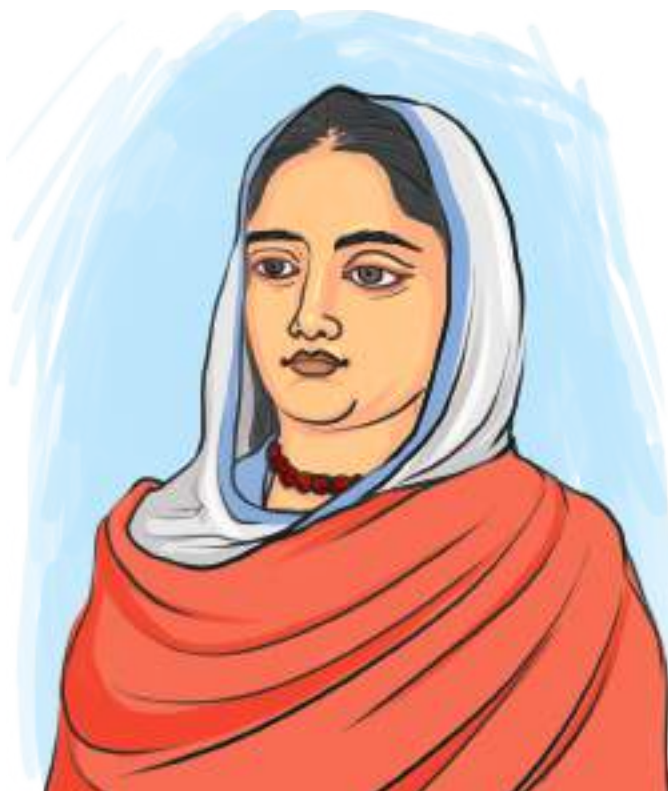
love and devotion, there was no discrimination between high and low, caste and creed. He welcomed everybody in his bosom. Being a Brahmin he used to eat his meals in the same row with the lower caste. Thus, he embraced everyone with love and devotion.

The indomitable spirit of preaching the name and love of Bhagawan Shri Krishna gradually made him indifferent to worldly life. He was determined to leave worldly life. Then on a midnight of Shukla Paksha (Bright fortnight) of the month of Magha, he left home leaving his mother, wife and disciples.

During his stay in Nilachala, Shri Chaitanya was often absorbed in the thought of Krishnanama. In such a divine trance, he entered the temple of Jagannathdeva on 14th June in 1533 A.D. All on a sudden, the door of the temple was closed. All the devotees were waiting eagerly outside for him. Then the door opened and he was no longer seen. Inside the temple, there was only the idol of Jagannatha. Devotees believed that Shri Chaitanya was absorbed into the body of Jagannathdeva.



Rani Rasmoni



Rani Rasmoni was a philanthropic landlady. She is also known as Lokamata (mother of people). She was born on 28 September, 1793 A.D. at a village called Kona near Halishahar in Kolkata. Her father was Harekrishna Das and mother was Rampriya Dasi. After her birth, mother Rampriya named her daughter as Rani. Later she was named Rani Rasmoni. She was born in a poor family. Her father's occupation was agriculture and house-building. Rani lost her mother when she was only seven years old.

In 1804 A.D, Rani Rasmoni was married to Rajchandra Das, the landlord of Janbazar, Kolkata. They had four daughters—Padmamoni, Kumari, Karuna and Jagadamba. Rajchandra Das was a very efficient, modest and generous man. After her husband's death in 1836 A.D, Rani Rasmoni took over his zamindari in her own hands. She ruled the estate very efficiently. Despite being a zamindar, she led the life of a simple Hindu widow.

Rani Rasmoni did many philanthropic works. Among these, the renovation of Jagannath Temple at Puri is notable. Once she went to the holy place, Jagannath Tirtha. It was very difficult for the pilgrims to move on the damaged roads there. Seeing their suffering, Rani Rasmoni completely repaired the road. Not only this, she also made crown for gods and goddesses. The crowns were ornamented with diamond.

Rani Rasmoni was very spirited. Once, the British Government imposed water tax on fishing in the Ganges. The fishermen went to Rani Rasmoni. Rasmoni took the lease of the Ganges from the British Government in exchange of money. The British were forced to compromise. Fishermen were very happy to have the right to catch fish without taxes.

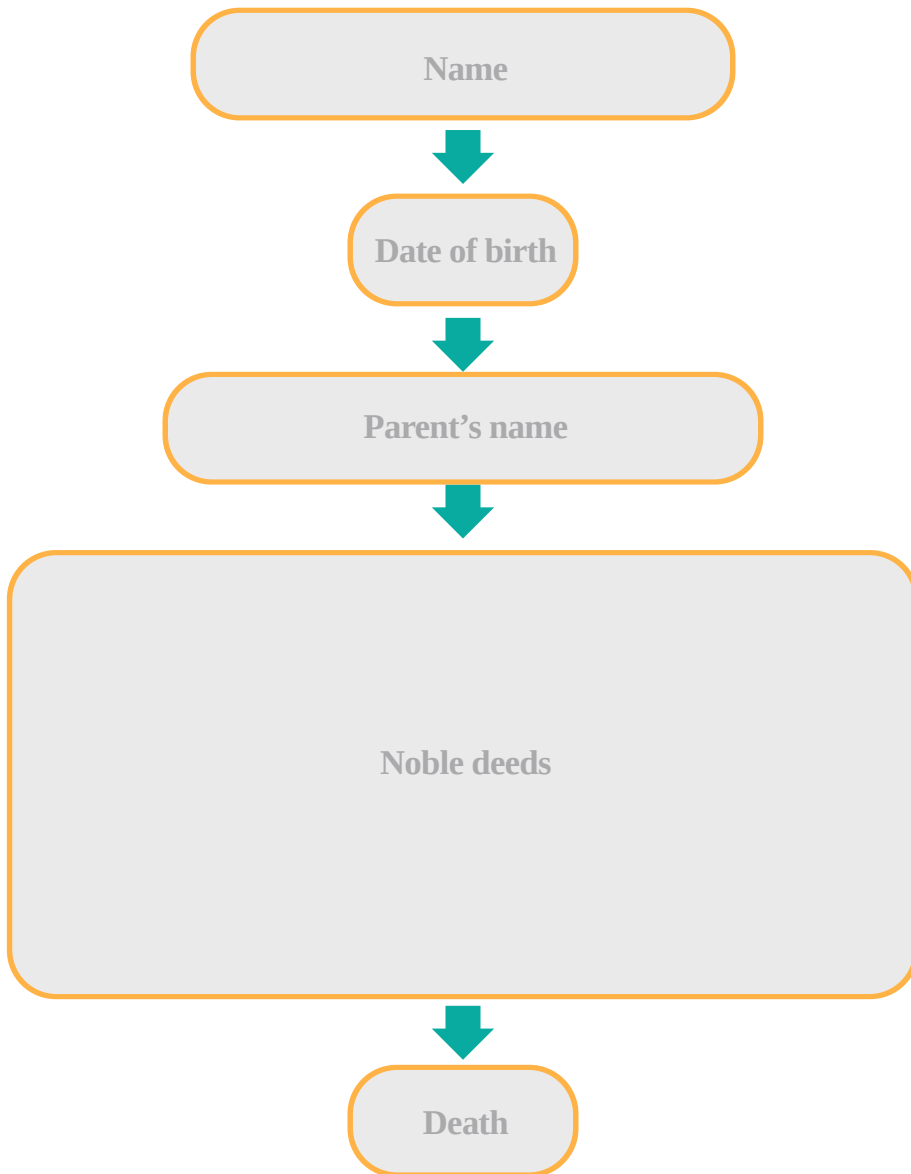
The most significant contribution of Rani Rasmoni was the construction of Dakshineswar Kali Temple. Moreover, for the convenience of pilgrims, she constructed a road from Subornarekha River to Puri. Rani Rasmoni would offer Puja to the Dakshineswar Kali Temple daily. One day, a poor Brahmin named Gadadhar became the Purohit of the temple. Later he became familiar as Ramkrishna Paramhansadeva. Swami Vivekananda was the best disciple of Ramkrishna Paramhansadeva.

Rani Rasmoni passed away on 19 February 1861.

From the biography of Rani Rasmoni, we learn that gracious women are above caste and creed. They are born to serve mankind. So, they are not confined to the national boundary. The whole world is their country. All people are their kith and kin. Their main motto is to serve mankind. We will keep this learning in our mind and follow it in our lives.



Follow the information below and make the life cycle of a gracious woman:



[illegible]

Academic Year-2026

C. Put a tick mark (✓) against the correct answer:

1) Rani Rasmoni was born on—

- | | |
|-------------------------|-------------------------|
| a) 28th September, 1793 | b) 27th September, 1794 |
| c) 20th September, 1791 | d) 25th September, 1792 |

2) Ranima used to offer worship everyday at—

- | | |
|-----------------------------|----------------------|
| a) Dakshineswar Kali Temple | b) Kalighat Temple |
| c) Dhakeshwari Kali Temple | d) Ramna Kali Temple |

3) In which institution mother Shacidevi admitted Nimai?

- | | |
|-----------------|-------------------|
| a) Gurugriha | b) Primary school |
| c) Chatushpathi | d) Tol |

4) What is the name in which Nimai became famous in later life?

- | | |
|-----------------------|-----------------|
| a) Shri Chaitanyadeva | b) Swarupananda |
| c) Vivekananda | d) Ramakrishna |

D. Answer the following questions in short:

- 1) In which subjects did Nimai acquire sagacity?
- 2) Why was Shacidevi pleased with Nimai?
- 3) Write three characteristics of Rani Rasmoni?
- 4) What did Rani Rasmoni build for the pilgrims?

E. Answer the following questions in detail:

- 1) Describe two philanthropic works of Rani Rasmoni?
- 2) What incident took place at Jagannathdeva temple on 14th June, 1533?
- 3) What were the obstacles Shri Chaitanyadeva faced during publicity of Kirshnanama?
- 4) What lesson do we learn from the life of Rani Rasmoni?
- 5) What did Rani Rasmoni do to help the fishermen?

Lesson Three

The Ideals of Life

We have come to know about Vidushi Gargi, Saint Vashishtha, Shri Chaitanya, the gracious woman Rani Rasmoni. We will guide our lives to the path of truth and justice by following their ideals. We will be generous and responsible. We will lead a disciplined and pure life. We will work for the welfare of people and the world.



Write two significant aspects of the lives of Vidushi Gargi and Saint Vashishtha:

Vidushi Gargi	Saint Vashishtha
1.	1.
2.	2.



Lessons that we learn from Shri Chaitanyadeva's biography:

- To acquire sagacity in every branch of knowledge.
- To be dedicated to studies.
- Not to discriminate among different classes of people.
- To make people close with love and devotion.
- To establish faith and love to Bhagavan.
- Not to discriminate between upper and lower caste in society.
- To be overwhelmed with the love of Krishna.



Lessons that we learn from Rani Rasmoni's biography:

- To respect the elders
- To obey them
- To treat all people equally
- To be respectful to all religions
- To develop the mentality of philanthropic activities
- To be sincere to perform duties
- To acquire knowledge
- To help one another
- To be generous and polite

We will follow the ideology of Shri Chaitanyadeva and Rani Rasmoni. We will behave well with all. We will do benevolent work for the society and the country.



Write the names of three works done by Shri Chaitanyadeva and Rani Rasmoni that benefited society:

Shri Chaitanyadeva	Rani Rasmoni
1.	1.
2.	2.
3.	3.



Describe a good deed that you have done:

.....

Exercise

A. Fill in the blanks with appropriate words:

- 1) To be ----- to all religions.
- 2) Not to ----- among different classes of people.
- 3) Nityananda was a ----- of Nabadwip.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1) Vashistha Muni's hermitage	respectful to all religions.
2) Nimai	was the only child of his parents.
3) We should be	was situated at Tapovana.
	was the youngest son

C. Put a tick mark (✓) against the correct answer:

1) What do we learn from the ideal biography of Chaitanyadeva?

- | | |
|--|-----------------------|
| a) to be united | b) to be separated |
| c) making no discrimination among people | d) to endanger others |

2) 'There is a limit for asking questions in the Vedas' –who said this?

- | | |
|----------------|--------------|
| a) Yajnavalkya | b) Gargi |
| c) King Janaka | d) Lopamudra |

3) From whom do we learn to be liberal and polite?

- | | |
|--------------------|-----------------------|
| a) Rani Rasmoni | b) Shri Chaitanyadeva |
| c) Rajachandra Das | d) King Janaka |

D. Answer the following questions in short:

- 1) What will we do by following the ideal biography of great men and gracious women?
- 2) Write the names of Vaishnava of Nabadwip.

E. Answer the following questions in detail:

- 1) Mention five things to learn from the ideal biography of Shri Chaitanyadeva.
- 2) Mention five things to learn from the ideal biography of Rani Rasmoni.

Chapter Three

Moral and Human Virtues

Lesson One

Sacrifice

Let's read a story:

Partha is a student of class four. One day he was returning home from school. It was winter then. On the way he met a poor man. The poor man was accompanied by a boy of Partha's age. He was not wearing any warm clothes. The boy was trembling with cold. Partha was wearing a new sweater. His maternal uncle brought the sweater from abroad a few days ago. Partha has liked the sweater very much. He thought for a while. Then he put off the sweater and let the boy wear it. Partha did not hesitate to give the boy his favourite possession. The boy wore the sweater and protected himself from cold. He and his father looked at Partha with gratitude. When Partha returned



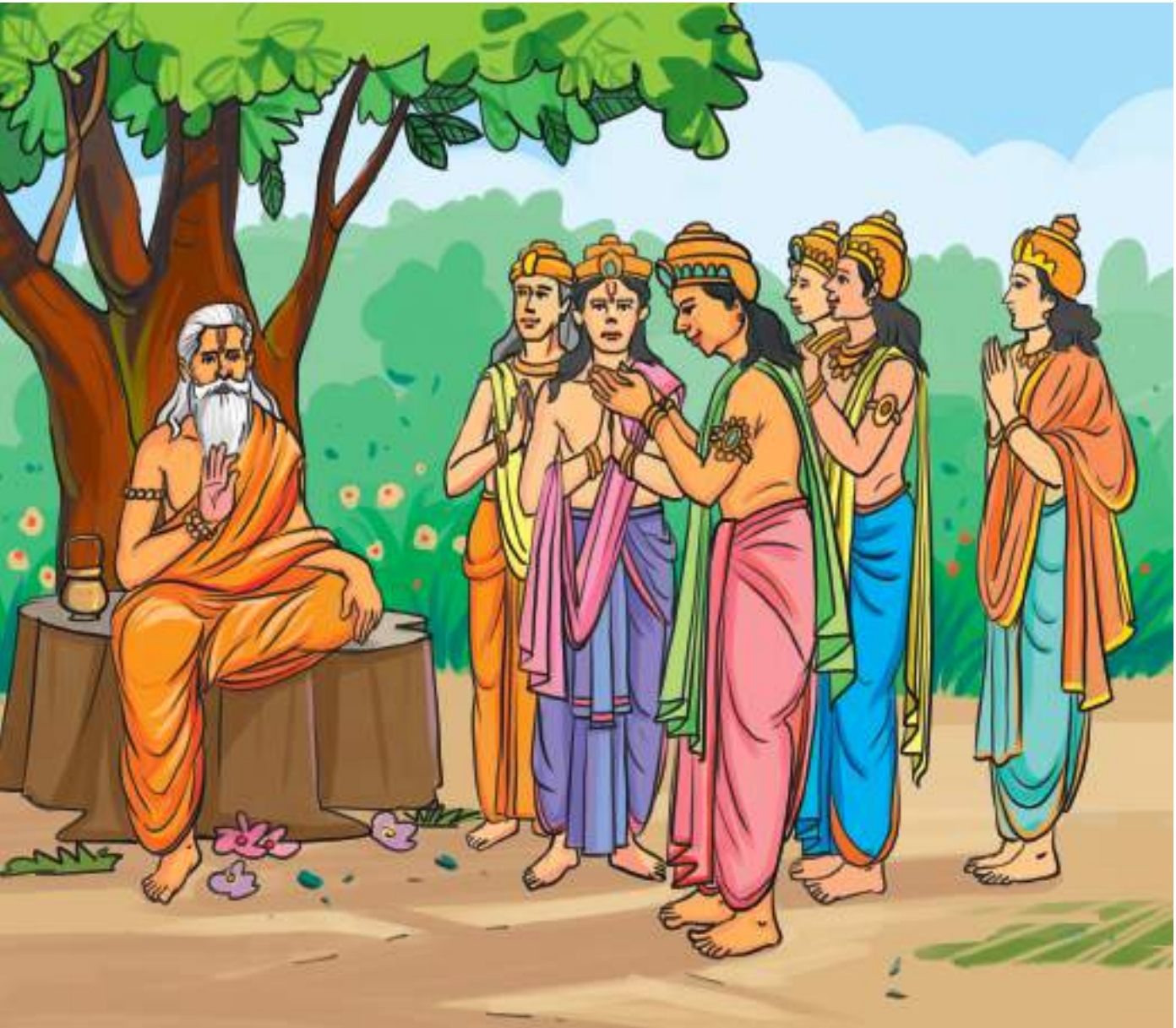
Sacrifice is a moral and human virtue. It is also a part of religion. Sacrifice means to think about the interest of others instead of self interest. It also means to work for the welfare of others selflessly. We can make sacrifice in many ways. We can sacrifice for the betterment of others, for the welfare of all beings and the society. The person who has the spirit to sacrifice, can lay down his life for the country. In the great Liberation War in 1971, millions of people sacrificed their lives for the country. They have become immortal for their supreme sacrifice for the country.



Make a list of the activities you do making sacrifice for others:

This image shows a full page of primary-ruled paper. It features 18 horizontal rows of small, evenly spaced dots, designed for handwriting practice. The paper has rounded corners and a light blue background. There are no margins or additional markings on the page.

In our religion books, there are many stories about saints and hermits of moral and human virtues. There was a saint named Dadhichi. He is immortal for his sacrifice. Dadhichi was a worshipper of Shiva. He always thought about the welfare of living beings. He prayed to Shiva for removing the sorrows of the living beings. This was the vow of his life.



At that time, there was a powerful demon named Vritrasura. He gained the boon of Shiva through intensive austerity (tapasya). No weapon had the power to kill him. Gaining the boon, Vritrasura occupied the earth. One day he attacked the kingdom of heaven. Indra, the king of heaven was defeated in the war and forced to flee. Vritrasura became the king of heaven. Being the king of heaven, Vritrasura began to oppress the deities. Oppressed by Vritrasura the deities went to Shiva. Shiva said, “Dear deities, Vritrasura has become stronger by gaining my boon. So, I cannot kill him with my own hands. You had better go to Vishnuloka, Vishnu will help you.”

The deities went to Vishnuloka and began to praise and worship Lord Vishnu. At this Lord Vishnu took pity on the deities. He appeared before the deities and said that only the weapon made of Saint Dadhichi's bone would kill Vritrasura. There was no other way to kill him. After hearing the advice of Lord Vishnu, Indra immediately went to Saint Dadhichi with the deities. Dadhichi Muni warmly welcomed everyone. Indra told Saint Dadhichi the whole incident. The deities prayed to Saint Dadhichi to give them his bone. Saint Dadhichi was an epitome of sacrifice. So he said, "Although the body is very dear to us, one day everyone must leave it. So, if this humble body can be of service to you, I will consider my life truly blessed. I would be rather grateful to have the privilege to remove your sorrows by this mortal body."

Saying this, Saint Dadhichi Immediately renounced his body with the power of yoga. Lord Vishnu's messenger came and took his soul to Heaven. With ecstasy and gratefulness, the deities took the bones from Dadhichi's body. The architect of Heaven, Vishwakarma prepared a powerful weapon, Vajra. Devraj Indra killed Vritrasura with Vajra and restored the kingdom of heaven. Saint Dadhichi has become immortal on earth for his sacrifice.



Make a sentence with each of the following names:

Dadhichi

Vritrasura

Indra

Shiva

Vishwakarma



Make a note of what you have learnt from the story of Dadhichi's self-sacrifice:

[illegible]

Exercise

A. Fill in the blanks with appropriate words:

- 1) Sacrifice is a moral and ----- virtue.
- 2) Partha is a student of class -----.
- 3) He always thought about the ----- of living beings.
- 4) Saint Dadhichi prayed to ----- for removing sorrows of the living beings.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1) Partha put on	others instead of self interest.
2) Sacrifice means to think about the interest of	a new sweater.
3) They have become immortal	a powerful demon named Vritrasura.
4) There was	by sacrificing their lives for the country.
	departed living the body behind.

C. Put a tick mark (✓) against the correct answer:**1) Sacrifice is a part of–**

- | | |
|-------------|--------------|
| a) puja | b) prayer |
| c) religion | d) adoration |

2) The great Liberation War took place in–

- | | |
|---------|---------|
| a) 1980 | b) 1987 |
| c) 1975 | d) 1971 |

3) Whom did Saint Dadhichi pray to?

- | | |
|------------|----------|
| a) Brahmaa | b) Shiva |
| c) Vishnu | d) Durga |

4) Who was Vritrasura?

- | | |
|----------------|----------|
| a) Holy person | b) Demon |
| c) Deity | d) Man |

D. Answer the following questions in short:

- 1) Why did Partha give his sweater to the boy?
- 2) Whom did Vritrasura pray to?
- 3) Whom did deities adore in Vishnuloka?
- 4) What did the deities request to Saint Dadhichi for?
- 5) Why is Saint Dadhichi immortal in the world?

E. Answer the following questions in detail:

- 1) Write five sentences on your concept about Saint Dadhichi.
- 2) How did Vritrasura become the king of heaven?
- 3) Write in your own words what Saint Dadhichi said to the deities.
- 4) What is sacrifice? Write about the relation between religion and sacrifice.

Lesson Two

Generosity

Let us read a story:

Tapati cannot see writings on the board from a distance. But when she sits on the front bench, she can see well. One day she could not find a seat on the front bench. The teacher was solving a mathematical problem on the board and asked everyone to write it. But Tapati was not writing. Then the teacher said, "Why are you not writing?" Tapati said, "Sir, I cannot see the writings on board properly." Hearing this, Anima, a student in the front bench, said, "Sir, I can exchange my seat with her. I can write from there." Then, Tapati sat on the front bench and started writing.

Anima let Tapati sit on her place owing to her generous outlook. From this incident, other students learnt generosity.



Give more examples like Anima's generosity:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Mention the name of a generous person you have met or known. Why do you consider him generous?

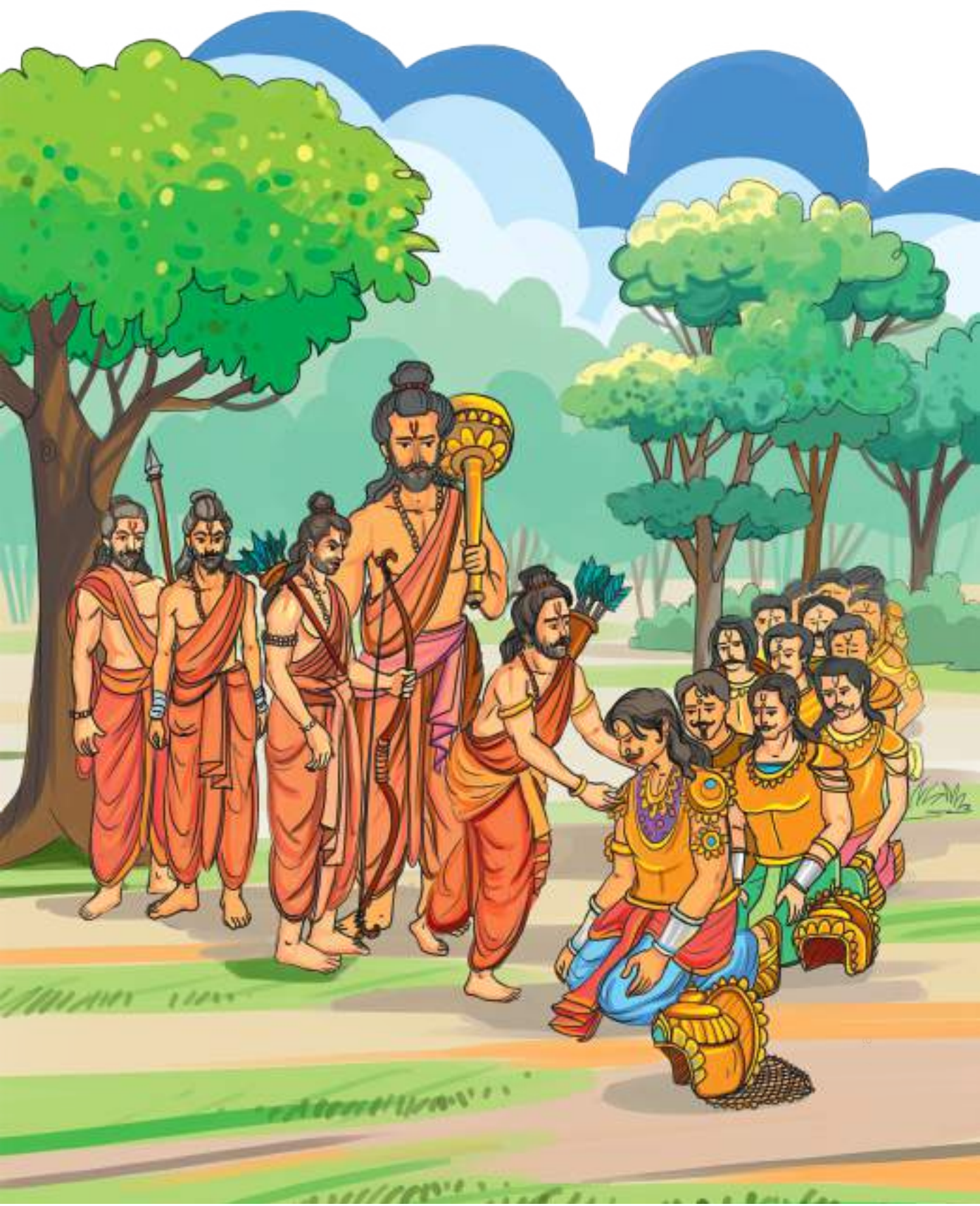
A large blue rectangular area with rounded corners, containing 15 horizontal rows of dotted lines for handwriting practice. Each row consists of a series of small, evenly spaced dots. The entire area is framed by a thick blue border.

We know the story of the Mahabharata. Duryodhana and his brothers are called Kauravas. And Yudhishtira and his brothers are called Pandavas. There was a dispute over the rights of the kingdom between the Kauravas and Pandavas. Five Pandavas were forced to exile in the forest by the conspiracy

of Duryodhana. Even after banishing the Pandavas to the forest, Duryodhana had no peace in his mind. He wanted to see the miserable conditions of the Pandavas. Duryodhana found peace at the distress and sorrows of the Pandavas. Duryodhana was instigated by his brother Duhshasana. Their maternal uncle Shakuni was a conspirator. Karna was their friend. Now it was necessary to seek permission from King Dhritarashtra. Dhritarashtra was the father of Duryodhana. He was born-blind. He was not be informed the unfair purpose. Because, if he heard the truth, he would not allow it. Then Dhritarashtra was told that they would go for Ghoshyatra. Then Five Pandavas with their wife Droupadi were living in the Dwaitavana (forest). At one corner of the Dwaitavana was the abode of Ghosha or owner of the cows. Kauravas had a responsibility to count and take care of the cows. It was also their duty to see how the cows were keeping. Duryodhana along with his wife started for the residence of Ghosha or the owner of cows. Everyone was in bright and colourful dress and valuable ornaments. Also they had soldiers, elephants and horses with them. In Ghoshayatra, they were enjoying themselves. At one point the local people became annoyed. There was a large lake near the place. There the Gandharvas along with their wives were celebrating bathing festival. Duryodhanas went there and started creating disturbance at their festival. Gandharvaras got angry. At that point Chitraratha, chief of the Gandharvas attacked Duryodhanas. There was a fierce fighting between the two sides. Duryodhana and his brothers were defeated.

Chitraratha imprisoned Duryodhana and his brothers with their wives. Some of the defeated soldiers and companions fled away. They reported the incident to the Pandavas who were staying nearby. Bhima and Arjun said, "The wicked Duryodhana has got due punishment." But Yudhishtira said, "Duryodhana is our kinsman. So it is our duty to protect them even if they do wrong." Although Duryodhana was the cause of all the sorrows and sufferings of Yudhishtira, Yudhishtira ordered his four brothers to protect him. Then they rescued everyone including Duryodhana from the hands of the Gandharvas. Duryodhana came and apologised to Yudhishtira. Yudhishtira smilingly forgave Duryodhanas who had always endangered the Pandavas.

Yudhishtira protected the wicked Duryodhana, their arch enemy from distress. Thus, he proved his generosity.





“Generosity is a great virtue”— explain with reference to this story from the Mahabharata:

This image shows a full page of primary-ruled paper. It features 20 horizontal rows, each consisting of two dotted lines for ascenders and one dotted line for x-height, providing a guide for letter height and placement. The paper has rounded corners and a light blue background.

Exercise

A. Fill in the blanks with appropriate words:

- 1) Duryodhana and his brothers are called -----
- 2) ----- was the father of Duryodhana.
- 3) Chitraratha imprisoned -----, and his brothers with their wives.
- 4) Shakuni was a -----
- 5) ----- and his brothers were defeated.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. In Ghoshayatra,	between the two sides.
2. There was a fierce fighting	the chief of Gandharvas.
3. Yudhishtira protected	they were enjoying themselves.
4. Pandavas were always endangered	Duryodhana from danger
5. Chitraratha was	by Kauravas.
	was Droupadi.

C. Put a tick mark (✓) against the correct answer:**1) Duryodhana was instigated by his brother named–**

- a) Duhshasana b) Shakuni
c) Karna d) Bhima

2) With whom did the Gandharvas celebrating the bathing festival?

- a) offsprings b) wives
c) brothers d) kings

3) Yudhishtiras are called–

- a) Pandavas b) Kauravas
c) Shakuni d) Karna

4) Who of the followings is the son of Dhritarashtra?

- a) Yudhishtira b) Arjuna
c) Duryodhana d) Bhima

D. Answer the following questions in short:

- 1) Who are called Pandavas?
- 2) For whose conspiracy, did the Pandavas go to forest?
- 3) Who was born-blind?
- 4) Who lived at the corner on Dwaitavana?
- 5) Whom did the Gandharva chief Chitraratha attack?

E. Answer the following questions in detail:

- 1) Why were the local people annoyed during Ghoshayatra?
- 2) Why did Yudhishtira order his four brothers to save Duryodhana?
- 3) What did Duryodhana do to see the generosity of Yudhishtira?

Lesson: Three

Tolerance to Others' Opinions

The students of class four decided to make a flower garden in their school. They all sat down to make a plan. At first they discussed which flower plants can be planted. Some of them were in favour of big flower trees. On the contrary, some wanted to plant small ones. In this way, different views arose. If one group accepts the opinion of another, then the final decision can be made. Or the problem can be solved giving importance to the opinion of both sides. Planting large trees will make the classroom dark. So everyone agreed to plant small trees. In this way, the students took the decision giving importance to one another's opinions.



The word tolerant means patient. Tolerance refers to patience or endurance. Others' opinion means the views of other people. Tolerance means to be respectful to the opinions of others and to endure it patiently. It also means to let others express their opinions or respect the views of others. There are people of various classes, occupations and religions in society. There are differences of opinion among them. To ensure the freedom of speech and to respect the opinions of others is called tolerance. Tolerance is a moral quality of human beings. It is also a part of religion.



Discuss in a group, in what other cases we can be tolerant and write it on the poster paper:

We live in the family. Here one has to value the opinions of others. Otherwise, quarrels and conflicts continue in the family. We cannot just value our own opinions. We believe in our own religion. Similarly, we show respect to other religions. Different religions have distinct customs, rituals and practices. But we live together in the society. We practise our own religion. In our religion, the welfare of humanity is emphasised. Similarly, other religions also emphasise on the welfare of humanity.

Tolerance to others' opinions is the key to mutual coexistence. In the Parliament of Religions held in Chicago in 1893, Swami Vivekananda said, "I feel proud to be part of a religion that has taught the whole world tolerance and acceptance. We believe that all religions are true. I am also proud that I am from a country that has given shelter to people of all religions. We don't just tolerate all religions, we believe in the truth of all religions."



Outside school, in what other ways can we be tolerant of the opinions of others? Discuss in a group and write down on the poster paper.



Practising tolerance in a group, make a plan for a study tour programme and present it:

Exercise

A. Fill in the blanks with appropriate words:

- 1) The word 'tolerant' means -----
- 2) Tolerance is a ----- of human beings.
- 3) Different religions have distinct customs ----- and practices.
- 4) All religions are -----

B) Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1) The word tolerant means.	patient.
2) Tolerance to others' opinions	the welfare of humanity
3) We live together	of all religions.
4) All religions emphasise	in the society.
5) We believe in the truth	is a part of religion.
	respect others.

C. Put a tick mark (✓) against the correct answer:**1) Showing respect to the opinion of others, the learners express—**

- | | |
|--------------------|----------------------|
| a) conflict | b) tolerance |
| c) decision making | d) different opinion |

2) The word 'tolerant' means—

- | | |
|---------------|-----------------|
| a) advice | b) good manners |
| c) thoughtful | d) patient |

3) We live in society—

- | | |
|-------------|---------------|
| a) together | b) in pairs |
| c) unitedly | d) separately |

D. Answer the following questions in short:

- 1) What is key to mutual coexistence?
- 2) In which year did Swami Vivekananda deliver his speech in the Parliament of Religion in Chicago?
- 3) What do you mean by tolerance to others' opinion?
- 4) How many types of people are there in our society?
- 5) Why do we show respect to other religions?

E. Answer the following questions in detail:

- 1) Write in your own word, the speech delivered by Swami Vivekananda at the Parliament of Religion in Chicago.
- 2) In which activities at school, can we practise tolerance to the opinions of others'?

Lesson Four

Love for the Children with Special Needs



Observe the following events. Write what you would do in these situations:

Events	What I would do
Sabita lost the ability to walk after getting attacked with polio during her childhood. So, she has to face difficulty for going to school. Her friend Ahana helps her.	
Pulok makes a lot of noise at school. He speaks loudly. As a result, school activities are hampered. The teacher tries to keep him calm.	
Shyamal has poor hearing. He cannot hear the teacher's lecture sitting in the back benches. So, his friends let him sit at the front.	
Niladri cannot speak. He does not hear either. But he can read and write. The teacher asks him questions in written form.	

Children with special needs are those who are not physically normal. Among them, some cannot see, some others cannot hear, some cannot speak and some others cannot move. Again, there are some children whose intelligence does not develop with their age. They cannot remember what they hear. They are unable to take care of their belongings. Any illness before birth, at the time of birth and even after birth can cause this problem among children.

We have children with various special needs around us, such as— physical, mental, emotional, sight, speech, hearing, intellectual, autism, down syndrome etc. Identifying their problems, hearing aids, glasses, crutches, wheelchairs, therapy, special care etc. are necessary respectively. Special arrangements are needed be

for the education of the children with special needs. The government has taken various steps for the education of all these children. Special arrangements have been made to enroll children with special needs in primary schools. The school authorities have been given special instructions to provide them with all the facilities.

Sabita was affected by polio disease during her childhood. As a result, she lost her normal mobility. Her family was poor and they did not even know how to read and write. Sabita did not get treatment in time. Consequently, she became completely disabled. The family did not even enroll her in school. One day, the Headmaster of the local school saw Sabita. He understood her problem and assured her that she could attend school regularly despite her physical condition. The Headmaster collected a wheelchair and admitted her to the school. Sabita started going to school regularly on the wheelchair. She faced some problems with the wheelchair. Ashok was a neighbour of Sabita. He is also a student of



the same school. He took Sabita to school every day. With the encouragement and support of everyone, Sabita continued to study and improve herself. She gradually became a good student and overcame her limitations. Children with special needs also can be successful with love and cooperation.

So, we should love and play with the children with special needs. We will participate with them in various events. In this way, we will show our empathy towards them.

A large light blue rectangular area with rounded corners, containing 12 horizontal dotted lines for writing.

C. Put a tick mark (✓) against the correct answer:

1) What type of arrangements are needed for the education of children with special needs?

- | | |
|------------------|------------|
| a) general | b) normal |
| c) extraordinary | d) special |

2) What was not given to Sabita in time?

- | | |
|----------------------|------------|
| a) adoration | b) care |
| c) medical treatment | d) nursing |

3) How does Sabita go to school?

- | | |
|------------------|----------------|
| a) by bus | b) by train |
| c) on wheelchair | d) by rickshaw |

4) Those who are not physically normal live in—

- | | |
|--------------|--------------|
| a) happiness | b) quietness |
| c) misery | d) hiding |

5) Those who are dumb cannot—

- | | |
|----------|----------|
| a) speak | b) write |
| c) draw | d) play |

D. Answer the following questions in short:

- 1) Mention some types of children with special needs.
- 2) What measures have been taken by the government for the children with special needs?
- 3) What did the Headmaster tell Sabita?

E. Answer the following questions in detail:

- 1) Who are the children with special needs?
- 2) How did Sabita become disabled?
- 3) How should we behave with the children with special needs?

Chapter Four

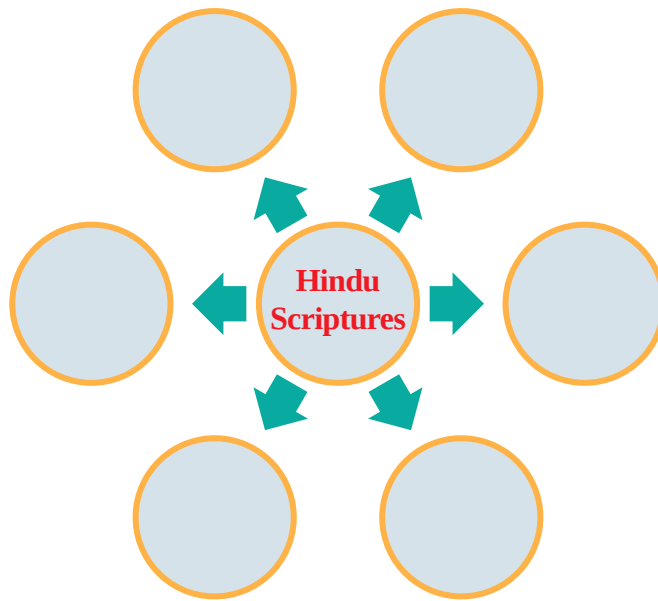
Scriptures, Deities, Puja and Festivals, Yoga, Temples and Pilgrimage Sites

Lesson One

Hindu Scriptures



Write the name of some Hindu Scriptures (religion books) that you know:



The books that contain the messages of religion are scriptures or religion books. Hinduism is the oldest religion. There are many scriptures in Hinduism. They are the treasure of knowledge related to Hindu Religion. Our principal book of religion is the Veda. Besides the Vedas, there are other religion books such as the Aranyakas, the Upanishads, the Puranas, the Ramayana, the Mahabharata, the Shrimadbhagavad Gita, the Shri Shri Chandi etc. Every scripture speaks of Creator's glory. It speaks of love for all creations. Moral teachings and good advice have been given to humans through scriptures. Here is the discussion on two scriptures.

The Vedas

The Vedas are the oldest scriptures of Hindu Religion. The Vedas are divided into two parts (Kandas): Jnanakanda and Karmakanda. The subject matter of Jnanakanda is Brahmajnana (knowledge of Brahma). Brahma is unembodied, infinite, eternal and the ultimate truth. He exists within all living beings as the Atma (soul). The Karmakanda describes various rituals and sacrifices.

The word 'Veda' means knowledge. The Vedas are the collections of knowledge that enable a person to attain the four aims of life: Dharma (righteousness), Artha (prosperity), Kama (desire), and Moksha (salvation). The disciples would learn the Vedic Mantras by listening to their Guru, so the Vedas are also called 'Shruti' (which is heard). Vedas are Ishwara's messages. Different hermits and saints have recorded and compiled these teachings. Therefore, another name of the Vedas is 'Samhita' (collection). Initially, the Vedas were undivided. The great sage Krishna-Dwaipayana Vyasa divided the Vedic Mantras (hymns) into four parts. Hence, he is called Veda-Vyasa. The four Vedas are: Rigveda, Samaveda, Yajurveda and Atharvaveda. Each of these four Vedas is further divided into four parts: Samhita, Brahmana, Aranyaka and Upanishad.

The Rigveda

The Rigveda contains Mantras (hymns) of praise and prayer to the deities. These Mantras (hymns) are composed in verse. There are 10,552 Mantras in the Rigveda. In the Rigveda, deities such as Agni (fire), Indra (the king of gods), Vishnu, Usha (dawn) and Ratri (night) etc. have been praised. The first mantra of the Rigveda is:

অগ্নিমীলে পুরোহিতং
যজ্ঞস্য দেবমৃজিষ্ম।
হোতারং রত্নধাতমম্॥
(ঋগ্বেদ, ১/১)

Meaning: O Agni, the luminous priest of sacrifice, the invoker of the deities, and the possessor of bountiful treasures, I offer you my worship.



The Samaveda

The word 'Sama' means song. The Mantras (hymns) that can be sung are called Sama. During the Yajna (sacrifices), these Mantras are chanted to the deities with musical tones. The Vedas that contain these musical Mantras are known as the Samaveda. There are a total of 1801 Mantras in the Samaveda. The Samaveda is composed in verse form.



The Yajurveda

The Mantras (hymns) that are chanted during the Yajna (sacrifices) are the Yajurveda. The Yajurveda has two branches: Shukla Yajurveda and Krishna Yajurveda. The Yajurveda has both prose and verse Mantras.



The Atharvaveda

The Atharvaveda discusses various aspects of life including medicine or herbal science, Vastu Shastra (architecture), daily rituals, auspicious activities and so on. This Veda contains around 6000 Mantras (hymns). Most of the Mantras are composed in verse.



The Upanishads



The Upanishads are known as the Jnanakanda (section of knowledge) of the Vedas. As it is added to the end or last part of the Vedas, its another name is Vedanta. The knowledge that is acquired by sitting near the Guru (a Hindu spiritual teacher) with certainty and devotion is referred to as Upanishads.

The subject matter of the Upanishads is Brahman. Brahman is truth, the world is unreal, human beings (the individual soul) and Brahman are one – this is the main message of the Upanishads. It is mentioned in the Upanishads that Brahman is the source of this universe. He is true and conscious. Everything else is unreal and inert. Therefore, the only goal of a living being is to attain Brahman.

Brahman is formless. He resides in living beings as Atma (soul). Therefore, a living being is in essence nothing but Brahman. Brahmanjñana (the knowledge of Brahman) is the subject matter of the Upanishads. Upanishads are many in number. However, twelve Upanishads are recognized as major. The major Upanishads are: Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Chhandogya, Taittiriya, Aitareya, Shwetashwatara, Brihadaranyaka and Kaushitaki.

Now we will learn the first mantra of the Isha Upanishad:

ঈশা বাস্যমিদং সর্বং যৎকিঞ্চ জগত্যাং জগৎ।
তেন ত্যক্তেন ভুঞ্জীথা মা গৃধঃ কস্যস্বিদ্ ধনম্ ॥

Meaning: All these, whatever rotates in this moving world, are enveloped by Ishwara. Enjoy with sacrifice, do not be greedy for anyone's wealth.

A large blue rounded rectangle containing ten horizontal rows of dotted lines for handwriting practice. Each row consists of a series of small, evenly spaced dots. The rectangle has a dark blue border and rounded corners.

A) Fill in the blanks with appropriate words:

- B) Match the parts of sentences on the left side with those of the right.**

Left Side	Right Side
1) There are Mantras of praise and prayer to the deities in 2) The Mantras of Yajna (sacrifices) are in 3) 'Sama' means 4) Discussions about herbal science have been made in	the Yajurveda song the Atharvaveda the Rigveda knowledge

C. Put a tick (✓) mark against the correct answer:

1) The main scripture in Hinduism is—

- | | |
|--------------|------------------|
| a) the Vedas | b) the Ramayana |
| c) the Puran | d) the Upanishad |

2) Whose message is the Veda?

- | | |
|------------|------------|
| a) Durga | b) Ma Kali |
| c) Ishwara | d) Ganesha |

3) How many Mantras are there in Rigveda?

- | | |
|----------|----------|
| a) 10662 | b) 10773 |
| c) 10552 | d) 10882 |

4) What is Brahma?

- | | |
|----------------|-----------|
| a) Truth | b) King |
| c) Imagination | d) Legend |

5) Which of the following is the Upanishad?

- | | |
|------------|------------|
| a) Purana | b) Vedas |
| c) Mundaka | d) Samhita |

D. Answer the following questions in short:

- 1) What do you mean by the Vedas? How many kinds of Vedas are there and what are they?
- 2) What is called Yajurveda?
- 3) Why is the Upanishad called Vedanta?

E. Answer the following questions in detail:

- 1) What do you mean by scriptures? Mention the name of some scriptures of Hindu Religion you know.
- 2) Write about Samaveda.
- 3) What do you mean by Upanishad? Write the names of five Upanishads.
- 4) Write five sentences about Brahma.

Lesson Two

Deities and Puja-Festivals

Ishwara is formless. He can reveal Himself in any form. When Ishwara reveals His qualities in various forms, He is called a deity. Sages also give a tangible form to some qualities of Ishwara. Deities are the tangible forms of Ishwara. Ishwara's power is revealed through deities. Brahmaa, Vishnu, Shiva, Durga, Lakshmi, Saraswati, Ganesha, Kartika, Manasa and others are different forms or powers of the same Ishwara. For this reason, the Hindus worship these deities as forms of Ishwara. They worship and pray to them. Through worship, deities become pleased and fulfill the worshipper's desires.

Brahmaa



Brahmaa is the deity of creation. Brahmaa created everything that exists in this universe. Sky, air, hills, mountains, rivers, canals, humans, animals etc. are all created by Brahmaa. He exists in Trinity with Vishnu and Shiva. Vishnu is the protector and Shiva is the destroyer. Brahmaa, Vishnu and Shiva are three in one; one in three. Brahmaa is bright like a beautiful golden flame. He has four faces and four arms. He is adorned with beard and a crown of matted hair. He has no weapons in his four hands. He holds symbols of knowledge (Jnanamudra) and creation (Srishtimudra). He holds the holy scripture Vedas in one hand, the rosary in the second hand, the white lotus in the third hand and the water pot (Kamandalu) symbol of creation in the fourth hand. He is seated on a lotus flower. The swan is his bearer. Red flowers are his favourite. So, offering red flowers during his worship pleases him.

Brahmaa is the preceptor of gods, demons and humans. To expand creation, Brahmaa first created his mind-born sons, the sages (Rishis). But the sages were unwilling to procreate. Then Brahmaa created man and woman. The first man was named Swayambhuva Manu and the first woman was named Shatarupa. As the descendants of Manu, we are known as Manav (humans).

The worship of Brahmaa or Brahmaa Puja, is not a daily practice. It is done according to the lunar calendar (Tithi-Nakshatra). The Brahmaa Temple of Pushkar in Rajasthan, India is very famous.

Brahmaa's Pranam (Salutation) Mantra:

নমোহস্তু তে বিশ্বেশ্বর বিশ্বধাম জগৎসবিত্রে ভগবন্নমস্তে।
সপ্তার্চিলোকায় চ ভূতলেশ সর্বান্তরস্থায় নমো নমস্তে।।

Meaning: Salutations to You, the Lord of the universe, the abode of the universe, the creator of the universe. To You, the ruler of the earth, the abode of the seven rays of the sun and the one who resides within all, I offer my repeated salutations.



Recite Brahmaa's Pranam Mantra together with its meaning:

Vishnu



Vishnu is one of the main deities of the Hindus. Ishwara holds and protects the world taking the shape of Vishnu. He is our rearer. He is also known to the devotee as Narayan or Hari. He is the entity of the supreme being of Ishwara (Purusuttam satta). Complexion of Vishnu is dark blue. He has four hands. There are a conch, corrugated disc (chakra), cudgel and a lotus in the four hands of Vishnu. Vishnu holds a conch in the upper left hand, a corrugated disc in the upper right hand, a cudgel in the lower left hand and a lotus in the lower right hand. Vishnu's bearer is Garuda, a sacred bird. Deity Lakshmi is his consort.

There is no specific lunar day to worship Vishnu. Worship of Vishnu can be performed any day. Holy basil leaves (Tulsipata) is very dear to Vishnu. That is why worship of Vishnu is not done without holy basil leaves. The worshipers of Vishnu are called Vaishnava.

Vishnu is also worshipped as Narayana. He is the shelter of all living beings. We become purified by worshipping Vishnu. We are encouraged to establish truth and justice. Worshipping Vishnu brings blessings for us. Happiness and peace in the family are achieved by His grace.

Vishnu's Pranam (Salutation) Mantra:

নমো ব্রহ্মণ্যদেবায় গৌব্রাহ্মণহিতায় চ।

জগদ্ধিতায় কৃষ্ণায় গোবিন্দায় নমো নমঃ।।

Meaning: I offer my salutation to Brahmanyadeva Vishnu. I repeatedly offer my salutation to Krishna and Govinda, the saviour of cows, Brahmins and the universe.

Puja (Worship)



Puja means worship or adoration. It involves offering flowers, fruits, and other items to various deities as an expression of devotion and reverence. In the Vedic era, Puja was performed through Yajna (sacrificial fire rituals). Then, in the Puranic Era, deities were worshipped as incarnations of various powers of Ishwara. Flowers, holy basil leaves, wood-apple leaves, sandalwood, etc. are offered to praise or respect the deities. Offerings like water, fruits and sweets are prepared and presented to them. After that, ceremonial worship with light and incense (Aarti) is offered to the deities. Finally, hymns are chanted and prayers are offered with salutation. Puja is performed daily in households. In addition, special worship of various deities are organized in temples on specific dates, months and special occasions throughout the year. Different deities have distinct worship methods and Mantras. The deities become pleased when worship is done with devotion and a pure heart.

Festivals (Parvans)



Sima sat gossiping with her parents. They had no outing for a long time. At that time, the postman came and gave a card. The card was an invitation to the Janmashtami procession organized at the SriSri Dhakeshwari National Temple. Sima eagerly opened and read the card. A procession would be taken out from the Dhakeshwari Temple on the occasion of Sri Krishna's Janmashtami. Sima had wanted to attend Sri Krishna's Janmashtami procession for a long time. So, she requested her parents to participate in the procession. We went to the temple for worship. But this time Sima was very happy to be able to participate in the Janmashtami procession.

A Parvana is a festival. A festival is a joyous occasion. Festivals organized to worship various deities are also Parvanas. Festivals are celebrated through various joyous events. Festivals are: Janmashtami, Bangla New Year, Poush-Sankranti, Chaitra-Sankranti, Nabanna etc. On the occasion of Puja and Parvan (worship and festival) people exchange greetings and make arrangements for different kinds of food and beverage. Religious and cultural discussions, lighting lamps, Gitayajna, cultural programmes and fairs are organized to promote religious and cultural consciousness. worship and festival strengthen social bonding. They also strengthen brotherhood and solidarity among people.

Purity

Purity is a moral virtue. It is also a part of religion. Purity means clarity or cleanliness. Purity is a prerequisite for prayer, worship or any good work. Purity is essential to prepare the body and mind for worship. Through purity, the body and mind become sacred. The body and mind stay well. As a result, one can focus on any task.

Purity is primarily divided into two types: internal purity and external purity. Internal purity refers to the sanctity of the mind. One can achieve mental purity by always thinking good thoughts, gaining knowledge, not having jealousy towards others, and wishing well for everyone. Only then the mind becomes pure and healthy. Purity of mind is essential for prayer and worship. External purity refers to physical cleanliness, which includes the cleanliness of the body, clothes, surroundings, etc. Basically, cleanliness is beneficial to everyone. Therefore, both mental purity and physical cleanliness are very important. The habits of internal and external purity should be cultivated from a young age. Only then, we can maintain a healthy environment in the society.



Write down the actions you will take to purify yourself:

Internal
Purity

External
Purity

Exercise

A. Fill in the blanks with appropriate words:

- 1) Ishwara is -----
- 2) Brahmaa is the deity of -----
- 3) Festival is a ----- occasion.
- 4) Through purity the body and mind become -----
- 5) Vishnu's bearer is -----

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Deities are	his favourite.
2. Red flowers are	clarity or cleanliness.
3. The deities become pleased	of worship of Vishnu.
4. Purity means	the tangible forms of Ishwara.
5. There is no specific day	necessary.
	when worship is done with devotion and holy heart.

C. Put a tick mark (✓) against the correct answer:**1) In which way are the deities form of Ishwara?**

- | | |
|-------------|--------------|
| a) Formless | b) Conscious |
| c) Tangible | d) Spiritual |

2) In which hand of Brahmaa is the white lotus placed?

- | | |
|----------------|----------------|
| a) Second hand | b) First hand |
| c) Third hand | d) Fourth hand |

3) What is the meaning of worship?

- | | |
|---------------|------------------|
| a) To adore | b) To condemn |
| c) To respect | d) To disrespect |

3) Parvana means—

- | | |
|--------------------|--------------------|
| a) Sacred offering | b) Reciting Mantra |
| c) Worship | d) Festival |

3) Through purity, the body and the mind become—

- | | |
|--------------|-----------|
| a) Beautiful | b) Holy |
| c) Indecent | d) Impure |

D. Answer the following questions in short:

- 1) What do you mean by deities?
- 2) When is Brahmaa worshipped?
- 3) What is worship?
- 4) How many kinds of purity and what they are?

E. Answer the following questions in detail:

- 1) Write your ideas about Brahmaa in five sentences.
- 2) How is worship performed?
- 3) What is meant by festivals? Mention the names of some festivals.
- 4) Write five sentences about purity.
- 5) Write Vishnu's salutation Mantra with meaning.

Lesson Three

Yoga and Asana

Story of Soumya

Soumya reads in class four. He is very meritorious. He is restless in nature. He lacks interest to take food and to play games. He gets angry easily. He is a bit absent-minded to his studies. Very often he becomes ill. Soumya's parents are worried about their beloved son now a days. In the meantime, Soumya's maternal uncle comes to their house. Soumya's mother informs her brother of the matter. Soumya's maternal uncle thinks for a while after listening to everything about Soumya. Then he tells Soumya that they will get up early in the next morning. Soumya loves his maternal uncle very much. Though in the beginning Soumya does not like the idea of getting up early in the morning, he does so to please his maternal uncle. Soumya and his maternal uncle take different exercises. There are changes in Soumya within a few days. Soumya's mother notices physical and mental development in Soumya. He continues the habit of getting up early in the morning and taking exercises regularly even after his uncle's departure. He begins to eat, play and study with pleasure.



Tell about the changes in Soumya's daily life after the arrival of his maternal uncle:

The term Yoga originates from 'Yuj'. It means to connect. To connect one with another or bringing together is called Yoga. But in religious practices, Yoga means the connection of the soul with Ishwara. It requires purified, calm and pacified mind for this. Therefore, yoga refers to this sort of strong control over the mind. There are eight types of Yoga. They are- Yama (ethical disciplines), Niyama (self-observances), Asana (posture), Pranayama (breath control), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (absorption or enlightenment).

Asana is a kind of Yoga. It means to sit steadily. Asana of Yoga is a posture of sitting in which the body remains strong and steady without the least feeling of pain. Asana of Yoga has some rules and regulations. One must follow them. Thus, one can get benefits from them. Regular Yoga keeps the body healthy and strong. No disease can attack them easily. This is why we should practise

Yoga regularly. In the past, sages and hermits kept themselves fit and strong by practising yoga regularly. They kept themselves free from diseases with the help of meditation, chanting, austerity and breath-control. There are many types of Asana. They are: Padmasana, Shavasana, Siddhasana, Sarvangasana, Shalabhasana, Gomukhasana etc.

Padmasana



Padmasana looks like the lotus. So it is named Padmasana. Both men and women can practise this Asana.

Rules of Padmasana

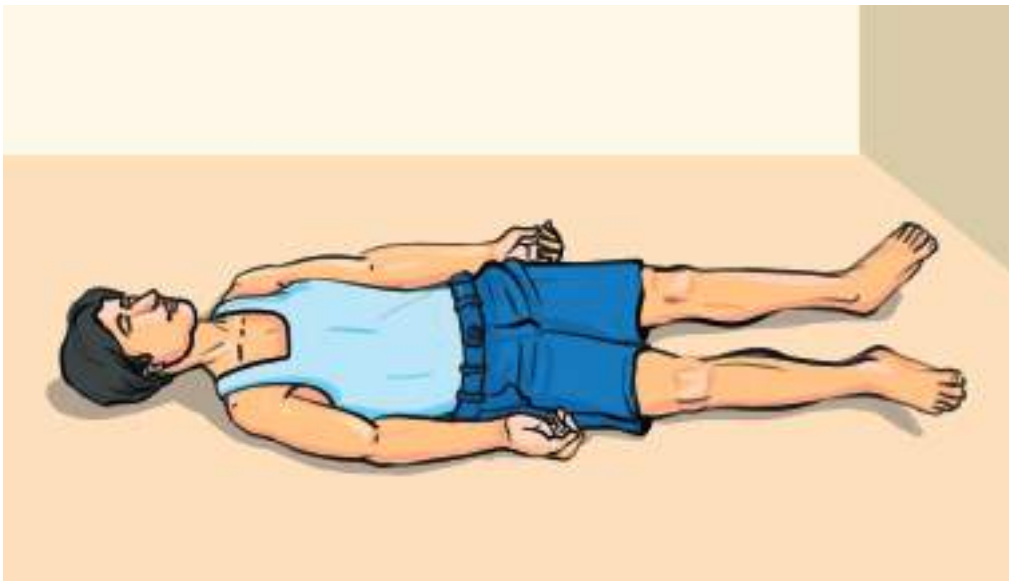
One should sit on a plain surface spreading both legs in the front. Then the right leg should be bent from the knee and placed it on the left knee. Again, the left leg should be bent and placed it on the right knee. The soles of both feet will be in touch of the lower abdomen. Both knees must also touch the ground. Knees should not be kept high. One must sit straight. The head, neck and spine must be kept straight. Breathing must be kept normal. After sitting for a minute, one must spread the legs. After that, one has to change the posture of the legs and sit again.

That is, the left foot should be placed on the right knee. One must do it for one or two minutes at the beginning. Then one should increase the duration gradually. At the end of the Asana, the left leg should be raised first and then the right leg.

Merits of Padmasana

Regular practice of this Asana helps overcome insomnia. It reduces fat of our body and enhances attention and vitality. Padmasana is very useful to students.

Shavasana



In this Asana, one has to lie down like a dead body. So it is called Shavasana.

Rules of Shavasana

One must lie down on one's back on a piece of plain hard surface stretching out both legs. There should be a gap of about one foot between the two legs. Both heels should be kept inward and the toes should be kept outward. The arms should be stretched straight alongside the body slightly away from the thighs. The palms should remain half open. There should not be any stiffness in the palms. Gradually one has to breathe in and out naturally. This posture should be practised ten to fifteen minutes at a time. It is better if it is done for half an hour. However, after doing other Asanas, this Asana should be done for at least five to ten minutes.

Merits of Shavasana

Regular practice of Shavasana relieves the body of fatigue. It keeps blood circulation normal. It pacifies the mind. It also reduces anxiety and mental stress.

Sarvangasana



The Asana which keeps all organs of our body healthy, strong and free from illness is called Sarvangasana. One can do this Asana twenty to thirty seconds only.

Rules of Sarvangasana

At first one has to lie down on one's back. Then both legs should be stretched straight and then they should be raised together gradually. Next, both hands should be placed on the ground on either side of the rib. Then with the help of the hands the legs should be joined and raised straight as high as possible. Now both the hands should be bent from the elbows. They should hold the waist and lift the waist and legs balancing on the elbows. At this stage the chin should be kept in between the chest and the throat. Then

the legs should be brought lower gradually balancing on the elbows. One has to do it for twenty to thirty seconds and breathe normally. Finally, the legs should be brought down gradually leaning on the elbows. One has to take enough rest in Shavasana after the Sarvangasana. Sarvangasana can be practised three to four times at a row.

Merits of Sarvangasana

Sarvangasana helps us to be free from all diseases. Regular practice of this Asana makes thyroid, tonsils, liver, bladder and other organs lively and active. Moreover, it helps alleviate constipation.



Now, we will practise these three Asana.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Exercise

A. Fill in the blanks with appropriate words:

- 1) The term----- originates from 'Yuj'
- 2) ----- is a kind of yoga.
- 3) Asana means to sit -----
- 4) Padmasana looks like the -----
- 5) Regular practice of Shavasana relieves the body of -----

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Yoga	relief.
2. In Padmasana, vitality of life	is enhanced.
3. In Shavasana, blood circulation	should be done.
4. Padmasana is	remains normal.
	very useful for students.

C. Put a tick mark (✓) against the correct answer:

1) How many kinds of yoga are there?

- | | |
|----------|----------|
| a) Six | b) Nine |
| c) Seven | d) Eight |

2) Which Asana relieves us of insomnia?

- | | |
|-----------------|--------------|
| a) Padmasana | b) Shavasana |
| c) Sarvangasana | d) Sukhasana |

3) What does Shavasana make our mind ?

- | | |
|------------|-------------|
| a) Calm | b) Restless |
| c) Anxious | d) Fatigued |

4) How many times, can Sarvangasana be done in a row?

- | | |
|-----------------------|------------------------|
| a) Two to three times | b) Three to four times |
| c) Five to six times | d) Four to five times |

D. Answer the following questions in short:

- 1) Write the names of five Asanas.
- 2) What do you understand by Padmasana?
- 3) Write down three merits of Shavasana.
- 4) Why should we take regular yoga?

E. Answer the following questions in detail:

- 1) What is Yoga? How many kinds of yoga are there?
- 2) Write down the stages of Padmasana?
- 3) Describe the merits of Sarvangasana?
- 4) Write five sentences on the ways of keeping us healthy.

Lesson Four

Temples and Pilgrimage Sites

Temples

A temple means the abode of the deities. It houses the idols of deities. Here, deities are worshipped. Every day, rituals and offerings are made to the deities in the temple. A temple is a sacred place. Visiting a temple purifies both body and mind. Peace of mind comes. Devotees are often enchanted by the beautifully adorned idols and the musical offerings in the temple. They bow their heads in reverence, pray for the fulfillment of their desires, and seek peace for all. Temples are usually named after the deities. For example, temple of Shiva, temple of Kali, temple of Durga, temple of Radha-Krishna etc.

Dhakeshwari Temple:



Academic Year-2026

Dhakeshwari Temple is situated in Dhaka. It is the national temple of Bangladesh. It is the oldest and first temple in Dhaka. The name 'Dhakeshwari' means 'Ishwari of Dhaka.' People think that the name Dhaka has originated from 'Dhakeshwari.' King Ballal Sen of the Sena Dynasty established the temple in 12th century. The idol in the temple is of Katyayani, the slayer of Mahishasura, the ten-armed deity, Devi Durga. There are Lakshmi and Saraswati on either sides of the deity and at the lower either sides there are Kartik and Ganesha. The bearer of the deity is the lion, riding on which she slays Mahishasura. The height of the deity's idol is approximately one and a half feet.

Beside the ten-armed deity Durga in the Dhakeshwari Temple, there is an idol of Vasudeva, an idol of Shiva, and an idol of Santoshi Mata. To the right of the temple, a Shiva Linga is placed. There is a Singhadwara at the entrance to the temple. In front of the temple there is a beautiful Nat Mandir (holy performance hall). Next to the Nat Mandir there is a five-storied building. All the activities of the temple are conducted here. There is a pond within the temple compound. In the northeastern corner of the pond, there are four Shiva temples having same area in a row. Each Shiva temple has a Shiva Linga. The temples are yellow and red in colour. In front of the Dhakeshwari temple complex, the Mahanagar Sarbajanin Puja Mandap (metropolitan universal puja pavilion) has been constructed. Durga Puja is held here every year. A high-rise guest house is built next to it.

Every year, various festivals; such as- the Janmashtami procession of Lord Krishna, Durga Puja, Saraswati Puja, and other types of worship are organized in the Dhakeshwari Temple premises. Devotees and visitors from both home and abroad come to the temple to participate in the worship ceremonies. Besides, various social events such as weddings, Annaprashan (first rice-eating ceremony), and Shraddha (rituals arranged for the welfare of the departed soul) are also held within the temple compound.



Make list of things you have seen in the Dhakeshwari Temple according to the above description:

Pilgrimage Sites

Kushal's grandparents had a long cherished desire to go on a pilgrimage. They have grown old. They cannot go anywhere without someone accompanying them. There is a temple of Kali near their house. Every year, the temple authorities organize pilgrimage for the elderly people. Kushal's father communicates with them and submits the money and necessary documents for the pilgrimage. The pilgrimage will have been continuing for three days. Their first destination is Chandranath Dham. Kushal eagerly waits to hear stories about the pilgrimage from his grandparents. When they return from the pilgrimage, Kushal greets them and asks them to share the story of their pilgrimage. After taking a little rest, Kushal's grandparents narrate the experience of the entire pilgrimage from beginning to end. They also show some pictures of the trip. Seeing the pictures and listening to the stories Kushal is delighted. He takes some photos to show them to his friends. After that he shows the pictures and narrates the story of his grandparents' pilgrimage to his friends. Hearing his story, his friends become interested in going on a pilgrimage as well. They all decided to go on a pilgrimage together.

Pilgrimage sites are sacred places. The places which bear the memories of the deities, incarnation (Avatara), noblemen and accomplished noble women are known as pilgrimage. Devotees and pilgrims pay visit to the pilgrimage. Pilgrimage makes our mind pure. We can have piety by going on a pilgrimage. It helps us see new places and know many unknown things. It removes envy and malice from our mind. Many sages and saints live in the pilgrimage. They offer worship. They meditate and chant divine songs.

There are many pilgrimages in Bangladesh and India. Chandranath Dham, Langalbandha, Orakandhi etc are. Pilgrimages in Bangladesh. In India there are Mathura, Vrindavan, Nabadwip, Mayapur, Gaya, Kashi, Haridwar etc. Devotees and visitors from home and abroad gather at these places as pilgrims. Coming to the sites, they come to know about Hindu religion and cultures of the country too. Here we will come to know about two pilgrimages.

Chandranath Dham



Chattogram is a place of natural beauty. There are many hills in Chattogram and the hill of Chadranath is one of them. It is situated in Sitakunda upazila. It is 310 metres high. There is a temple of God Shiva at the top of Chandranath hill. It is named as Chandranath Dham or Temple of Chandranatha. It is famous pilgrimage of Bangladesh. Chandranatha is the other name of Shiva. Prayers are held everyday in the Temple of Chandranatha. The idolation of God Shiva is held in the Temple of Chandranatha on the fourteenth day of the dark fortnight in the month of Falgun. This is known as ‘Shiva Chaturdashi’. On this day of Shiva Chaturdashi, many devotees from distant places come to Chandranath Dham. Different ceremonies and fairs are held here. The fair is called ‘Shiva Chaturdashi Mela’. Men of different religions join this fair. We can make our mind calm and pure by attending the fair.

Chandranath Dham is a sacred place of Bangladesh. It is also a tourist spot. Therefore, we should protect this temple and uphold its heritage to the world.



Write down what can be achieved from pilgrimage.

.....

.....

.....

.....

.....

.....

.....

.....

.....

Holy Places of Other Religions

Holy places are sacred to all humans of the world. There are four major religions in our country. Every religion has more than one holy places of its own.

**Holy
places
of Islam**

The Kaba Sharif, situated at Mecca (also spelled as Makkah) in Saudi Arabia is the most sacred place. Next there are Masjid-e-Nababi of Madina and Masjid-Al- Aksa of Jerusalem. In Bangladesh there are the Baitul Mukarram Mosque, Shat Gombuj Mosque etc.

**Holy
places of
Buddhism**

There are four major holy places for the Buddhists. They are Lumbini, Buddha Gaya, Saranath and Kushinagar. In Bangladesh, there are the Rangkut Bihara, Buddha Bihara at Ramu, Dharmarajik Buddha Bihara and so on.

**Holy places
of
Christianity**

The holy places for the Christians are the Church of the Holy Sepulchre and the Holy Church of Bethelhem. In Bangladesh, there are the Holy Church of Rani Japamala at Tejgaon in Dhaka, the Holy Church of Nicolas in Kaligonj etc.



Write a name of holy place for each of the following religions:

Holy places of Islam	Holy places of Buddhism	Holy places of the Christianity

Exercise

A Fill in the blanks with appropriate words:

- 1) A temple means the abode of the -----
- 2) The name Dhakeshwari means ----- of Dhaka
- 3) If we go on a pilgrimage, our mind becomes -----
- 4) The name of the fair held at Chandranath Dham is -----
- 5) Each Shiva temple has a -----

B) Match the parts of sentences on the left side with those of the right.

Left	Right
1. When we go to temple, our body and mind become 2. Every year 3. Pilgrimage is 4. In the compound of the temple, there is	a holy place. pure. Durga puja is held here. a pond. is built.

C. Put a tick mark (✓) against the correct answer:

1) What is name of the National Temple of Bangladesh?

- | | |
|-------------------------|-----------------------|
| a) Kantajew Temple | b) Dhakeshwari Temple |
| c) Kali Temple of Ramna | d) Shiva Temple |

2) Who built the Dhakeshwari Temple?

- | | |
|----------------------|----------------------|
| a) King Ballal Sen | b) Emperor Ashoka |
| c) King Vikramaditya | d) King Samudragupta |

3) Langalbandha is in—

- | | |
|---------------|--------------|
| a) Bangladesh | b) India |
| c) Nepal | d) Sri Lanka |

4) Another name of Shiva is—

- | | |
|-----------------|-------------|
| a) Chandranatha | b) Madhava |
| c) Jagannatha | d) Narayana |

D. Answer the following questions in short:

- 1) What is performed in a temple?
- 2) What is the name of the deity whose idol is there in the Dhakeshwari Temple?
- 3) Write three sentences about the Chandranath Dham.

E. Answer the following questions in detail:

- 1) What do you mean by temple? Write the names of some temples.
- 2) Write five sentences about the Dhakeshwari Temple.
- 3) Give description about a famous holy place of Bangladesh.

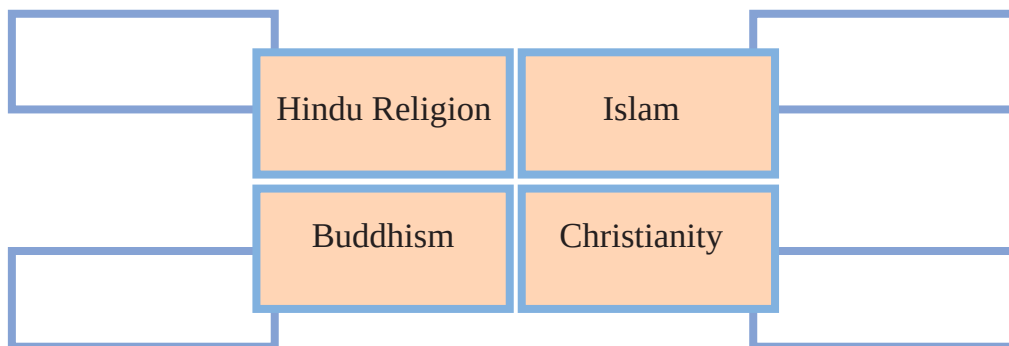
Lesson Five

Peaceful Coexistence



Put appropriate words in the blank boxes:

Buddha Purnima Durga Puja Christmas Day Eid-ul- Fitr



We are human beings. As human beings we have our own knowledge and intelligence. We have our own ideas about life and the universe. As I have my own opinions, so do others. But we think our respective opinions are better than those of others. We do not respect others' opinions. Rather we ignore others' opinions. As a result, there arises conflict. But if we become respectful to others' opinions, there will be no conflict. Thus, there develops a good relationship.

Like the Hindus, people of other religions observe their respective religious festivals. The main religious festival of Islam is Eid. They celebrate two Eid festivals every year. They are Eid-ul- Fitr and Eid-ul-Adha. The chief religious festival of the Buddhists is Buddha Purnima. This is celebrated on the birthday of Goutama Buddha. Maghi Purnima is also another important religious festival of the Buddhists. The main religious festival of the Christians is Christmas Day. Every year 25th December, the birthday of Jesus Christ, is celebrated as Christmas Day. Besides, they also observe Good Friday and Easter Sunday. Together we all participate in these festivals.

There are many different views and paths in the world. Even there are differences of opinions and ways of practising religion. Harmony is

established through respecting different opinions, paths and religions. Sri Ramkrishna Paramahamsadev says “As many faiths, so many paths”



Swami Vivekananda says, “No Conflict but Cooperation; No Destruction but Mutual Understanding; No Discord but Harmony and Peace.” Harichand Thakur says, “Be generous and open minded towards all religions and faiths”. Sarada Devi says, “If you want peace of mind, do not find fault with others. Rather learn to see your own faults. Learn to make the whole world your own. No one is a stranger; this whole world is yours.” The message of harmony and co-existence has been preached in the Vedas, in the Upanishads, in the Ramayana, in the Mahabharata and in the Shrimadbhagavad Gita.

Bangladesh is a country of religious harmony. This is our age-old tradition. Bangladesh is the safe abode of people irrespective of race and religion. There are Hindus, Muslims, Buddhists and Christians in Bangladesh. People of all religions live here together in peace by possessing liberal

spirit in their heart. The people of this country are respectful towards their own religion and religions of others as well. Though the people of each religion practise their own religious activities individually, they participate in the festivals of other religions also. They wish well-being for all. They exchange greetings with one another. They eat together. No religion speaks of hatred and discrimination. Every religion preaches unity and peace. Humanity is the eternal and universal teaching of religion. Religion invites humans to the path of justice and welfare. It keeps us aloof from injustice and lies. It shows us the path of humanity. The main goal of all religions is well-being for mankind and peaceful coexistence. We all should possess this spirit. We all should live together in peace and harmony.

Exercise

A. Fill in the blanks with appropriate words:

- 1) Learn to make the whole world your -----
- 2) 'Maghi Purnima' is also another religious festival of the -----
- 3) Humanity is the eternal and ----- teaching of religion.
- 4) As many faiths, -----

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Good relationship among all	age-old tradition
2. We should uphold	this spirit
3. No religion teaches	envy
4. Harmony is our	is developed
	sacred place

C. Put a tick mark (✓) against the correct answer:

1) How many Eid festivals do the followers of Islam celebrate in a year?

- a. four
- b. three
- c) two
- d) one

2) "As many faiths, so many paths"—who said this?

- a) Swami Vivekananda
- b) Ramkrishna Paramahamsadeva
- c) Harichand Thakur
- d) Ma Sarada Devi

3) What is the main festival of the Christians?

- a) Chrismas Day
- b) Palm Sunday
- c) Easter Sunday
- d) Good Friday

4) What does Harichand Thakur advise us about our outlook towards other religions?

- a) Conservative
- b) Generous
- c) Non-generous
- d) Tolerant

D. Answer the following questions in short:

- 1) What is the main celebration of the Muslims?
- 2) When and why is Christmas Day observed?
- 3) Write about the religious festivals of the Buddhists.
- 4) How can we establish harmony?
- 5) Write a piece of advice of Sarada Devi?

E. Answer the following questions in detail:

- a) How can we build up good relationship among all?
- b) Write five sentences about the influence of religion on humans.
- c) Write about the religious celebrations of the Christians.
- d) Write the saying of three great men of Hinduism about harmony?

Chapter Five

Service to Living Beings and Patriotism

Lesson One

Man, Nature and Living World





Mention four elements from the picture and write how they come to your use:

Name of Elements	How they come to use

The beauty of nature and living world charms us. Life of humans is closely related to every object of nature. How diverse and beautiful the universe created by Ishwara is! There are countless elements of nature around us. Many of these have life, such as plants and trees, birds and animals, worms and insects etc. There are some tiny living beings which we cannot see with our eyes. The living world consists of humans and other living beings.

Humans are the best creation on earth. There are diversity in humans on earth. One is different from another in the colour skin, shape and size, voice, and thoughts. The similarities and dissimilarities of humans surprise us. Human cannot live alone. Humans live together with family and neighbours. Humans build relationship with other humans of home and abroad on their way of life. We lead our life by taking help from others. We share joys and sorrows among us. We get together during festivals and celebrations. In this way, a relationship of friendship and love develops among humans.

We are humans. We will love one another. We will not envy and hate others. We will not do anything that will harm others. We will extend our helping hands at the time of others' dangers. We will stand by the poor and the destitute. We will be sympathetic towards the persons with special needs.

In the universe, there are many things which do not have life, such as the sky, the air, the moon, the sun, soil, ponds and ditches, rivers and canals, hills and mountains etc. Ishwara has created everything. Nature consists of all the creations of Ishwara.



Draw a picture of an inanimate object which is a part of nature:

A large, empty rectangular box with a blue border, intended for the student to draw an inanimate object from nature.

Suppose there was a forest near your residence. There were many plants and trees in that forest. There were different kinds of birds and animals. The forest fulfilled various demands of humans. The beauty of the forest delighted all. At times, humans built up houses, mills and factories by destroying the forest.



Write your reaction on the destruction of this forest:

.....

.....

.....

.....

.....

.....

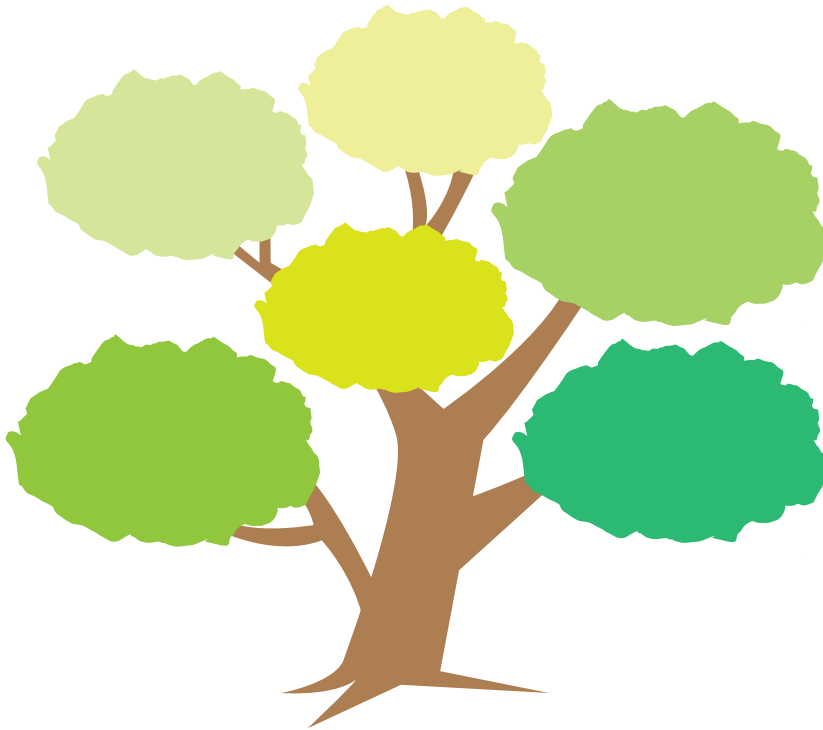
Every living being somehow comes to our use. We get fish, meat, egg, vegetables, fruits etc. from one living being or the other. If any living being is extinct from the earth, ecological balance is disturbed. So we should not kill any living being without any reason.

Humans depend on nature. No living beings can live without the elements of nature like soil, water, air, light etc. There is mutual relationship among the

elements of nature. If nature is in good state, we will also remain good. We all will love nature and the living world and will be caring to protect them. So, we all should behave respectfully towards all the creations of Ishwara.



Complete the tree discussing with your friends how you can take care of nature:



Exercise

A. Fill in the blanks with appropriate words:

- 1) Humans are the ----- creation on earth.
- 2) Human lives together with family and -----
- 3) We shall ----- one another.
- 4) The ----- of the forest delighted all.

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. The beauty of nature and living world	charms us
2. The life of humans is	the poor and the destitute.
3. There are many things in nature	we will also remain good.
4. If nature is in good state	related to everything of nature.
5. We will stand by	which donot have life
	Ishwara has created.

C. Put a tick mark (✓) against the correct answer:**1) The living world consisting of humans and all living beings form—**

- a) the living world b) inanimate world.
c) solar system d) universe.

2) With the help of one another we—

- a) enjoy b) walk
c) lead d) move

3) Towards the persons with special needs, we should be—

- a) unfair b) sympathetic
c) non-cooperative d) rude

4) All the creations of Ishwara consists of—

- a) nature b) animal world
b) inanimate world d) plant world.

D. Answer the following questions in short:

- 1) With what is human life related?
- 2) What will we do in dangers of others?
- 3) Write the name of the necessary elements of nature for living beings to live.
- 4) What can make us remain good?

E. Answer the following questions in detail:

- 1) 'Humans depend on nature'.—Explain.
- 2) How can we preserve a natural forest?
- 3) How can we develop the relationship of friendship and love among humans?

Lesson Two

Service to Living Beings



Write about the ways of serving humans, nature and living beings:

Subject	Ways of serving
Humans	
Nature	
Living Beings	

Service means to take care and nurture. The term 'service' is very important in Hindu religion. The service or work which is done for the well-being of living beings is called service to living beings. We can serve living beings in many ways. We can provide service to living beings by nursing the sick, by helping the old in their work and by providing the unfed with food. Besides, service to living beings refers to behaving well with the guests at home, taking care of them, helping others in danger and giving shelter to the shelterless. To take care of the people with special needs, to nurture plants and trees, to look after birds and animals are also the forms of service to living beings. Service to living beings is a moral and human virtue. Service to living beings is a part of religion.

As humans it is our mandatory duty to love one another. Prabhu Jagadbondhu has said, "There is no distinction; high and low among the humans. All are equal. We all are the sons of Ishwara. Therefore, to love humans is to love Ishwara. To serve humans is also to serve Ishwara. According to Swami Vivekananda, "জীবে প্রেম করে যেই জন, সেই জন সেবিছে ঈশ্বর।।" (One who loves living beings, serves Ishwara.)

In Chaitanya Charitamrita it is said:

জীবে দয়া নামে রুচি বৈষ্ণব সেবন
ইহা হতে ধর্ম আর নাহি সনাতন।।

Meaning: There is nothing better in the religion of Sanatan than to be kind to living beings, to chant the name of Ishwara with devotion and to serve the Vaishnava.





Look at the picture carefully and discuss with your classmates. Describe your experience of this sort of work:

.....

.....

.....

.....

.....

.....

.....

.....

We will read a story about love toward living beings.

Dipto's Love for Living Beings





This image shows a full page of primary-ruled paper. It features multiple horizontal rows. Each row is defined by two solid black lines at the top and bottom, with a dashed black line centered between them. The rows are evenly spaced across the entire page, providing a guide for letter height and placement for young learners. There are no margins, text, or other markings on the paper.



According to your reading of the text about serving the living beings, write advice on posters and present them:

Exercise

A. Fill in the blanks with appropriate words:

- 1) We can serve ----- in many different ways.
- 2) There is no ----- high and low among the humans.
- 3) One who loves living beings, serves -----

B. Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Service means to	is a moral and human virtue.
2. To be kind to living beings, to chant the name of Ishwara with devotion	part of religion
3. We all to	take care and nurture
4. Service to living beings	and to serve the Vaishnava.
	help the shelterless

C. Put a tick mark (✓) against the correct answer:

1) In Hindu religion the term service is very—

- | | |
|---------------|--------------|
| a) compulsory | b) necessary |
| c) best | d) important |

2) To love one another as humans is—

- | | |
|------------------------|-------------|
| a) obligatory duty | b) optional |
| c) regular activities. | d) duty |

2) Whom do we serve if we serve living beings?

- a) teachers
- b) parents.
- c) Ishwara
- d) neighbours

4) The service which is for the welfare of living beings is—

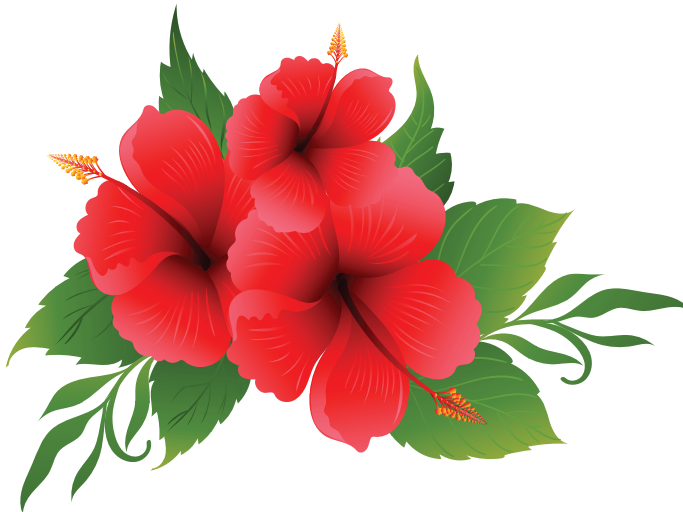
- a) service to Ishwara
- b) service to animals
- c) service to living beings
- d) service to nature

D. Answer the following questions in short:

- 1) What is service to living beings?
- 2) Whom do we love if we love living beings?
- 3) What should we do towards the people with special needs?

E. Answer the following questions in detail:

- 1) Write the name of five activities you do for the welfare of living beings.
- 2) "Service to living beings is the part of religion." Explain it in five sentences.
- 3) Write the lines of the poem taken from Chaitanya Charitamrita?



Lesson Three

Patriotism

We all love and respect our country. This love and respect for one's own country is called patriotism. Patriotism is a moral virtue. It is also a part of religion.

One who loves one's country is a patriot. Mother nurtures her children with love and adoration throughout her life. She remains active to fulfill the needs of her children. Similarly, the country is like mother to us. We have to live with the help of soil, water, light, air, food and other essential things from the country. In this way, a profound affection develops among us for the country.

Patriotism is expressed through various activities of humans. Water-logging from rainfall disrupts human movement in some places. Many people use alternative roads to move. But the person, who is patriotic, finds out the way to get rid of water-logging. Natural calamities like flood, drought, cyclone, thunderbolts, earthquake cause harm to the country and countrymen. At this hour, a patriotic person stands beside the affected people. He also encourages others to work for the country and her people.

Our activities bear testimony to our religion. Patriotism is expressed through hard labour and self-sacrifice. A real patriot fearlessly fights for the country when the country is attacked by enemies. Those who led and took part in the Language Movement in 1952 were all patriots. The people who directly or indirectly took part in the great Liberation War, in 1971, were all patriots.

A patriot remains respectful to the history and tradition of the country. He/She expresses his/her love for the country on national days. He/She upholds the prestige of the country through his/her noble deeds.

In the world, many patriotic people were born in different ages. Swami Vivekananda, Masterda Surya Sen, Pritilata Waddeder, Rani Rasmoni, Kshudiram Bose, Deshbandhu Chittaranjan Das and some others have become immortal for their patriotism.

The deep patriotism of Shree Ramchandra is expressed in our sacred scripture the Ramayana. In The Ramayan it is said- "Mother and motherland are superior to heaven. "(Janani Janmabhumishcha Swargadapi Gariyasi). It means mother and motherland are the greater than heaven. Profound respect and love for mother and motherland have been expressed through this speech.

Many ancient people made great examples of patriotism and thus they have become immortal. There are many episodes of patriotism in our Scriptures. Here we learn about a patriot from the Ramayana.

Patriotism of Kartaviryarjuna

In an ancient time, there was a mighty king of Chandravansha. His name was Kartaviryarjuna. He was very honest and religious. He became very tired of performing royal duties. To remove his tiredness, he left the capital city for a quiet place. The place was very nice and surrounded by forests. There was a beautiful palace amidst the forest. On three sides of the palace, there was a large lake. There were many blooming lotus at the lake. The environment was excellent. A gentle cool breeze was blowing. On coming here, tiredness gets removed naturally. The King Kartavirya decided to stay there for some days.

At that time, Ravana was the king of Lanka. He was very outrageous. When he got scope, he used to attack the other's kingdoms. By fighting he occupied the kingdom. He came to know that the king Kartavirya was not present in the capital. At this opportunity, Ravana attacked Kartavirya's kingdom. While meeting a commander of Kartaviryarjuna, Ravana told him, "I will capture the kingdom of Kartaviryarjuna." That commander became very angry hearing it. He said, "King Kartaviryarjuna is passing his leisure time. Why should you choose this time to attack? If you fall into the hands of the king, your ten heads will be crushed." Hearing the reply of the commander, Ravana started fighting immediately. News was sent to King Kartaviryarjuna.

When he knew that his kingdom was attacked, King Kartaviryarjuna became furious like burning fire. He didn't waste any single moment. He returned to the capital instantly. He went directly to the battlefield. There was fierce fighting between the two groups. In the battlefield, one group was an attacker or an occupier. Other group was attacked and they were inspired by patriotism.

Kartaviryarjuna addressed his army with a loud voice, "Soldiers, if defeated, the country would be subservient. Fight heart and soul. Protect the independence of the country." Soldiers were encouraged by the statement of the king. They fought



even at the cost of life. Ravana was defeated. Kartaviryarjuna won the battle. The heart of patriotic king Kartaviryarjuna was filled with joy and emotion.

We shall be patriotic like Kartaviryarjuna. Like honest and pious people, we should love our country. We should work for the welfare and development of the country. Always we should stay alert to protect the independence of the country. We should try to develop ourselves as a patriotic citizen.



Discuss the ways of expressing love for the country with your friends and write them:



Write in the following chart what activities you would want to undertake to celebrate the Great Shaheed Dibas and International Mother Language Day, the Great Independence Day and National Day and the Great Victory Day:

Name of Day/Dibosh	Date	Activities
The Great Shaheed Dibas and International Mother Language Day		
The Great Independence Day and National Day		
The Great Victory Day		

Academic Year-2026

Exercise

A. Fill in the blanks with appropriate words:

- 1) One who loves one's country is a -----
- 2) Our activities bear testimony to our -----
- 3) Mother and motherland are superior to -----
- 4) Our country is like ----- to us.

B) Match the parts of sentences on the left side with those of the right.

Left Side	Right Side
1. Kartaviryarjuna was very	was Ravana.
2. The King of Lanka	respect and love for the country.
3. Everybody has	honest and pious.
4. Paritisom is a	moral virtue.
	affection.

C. Put a tick mark (✓) against the correct answer:

1) Through hard work and sacrifice we express—

- | | |
|--------------------|---------------------------|
| a) patriotism | b) love for living beings |
| c) love for Nature | d) love for humans |

2) What should we do to uphold our country to the people of the world?

- | | |
|--------------------|-----------------------|
| a) Good work | b) Delivering lecture |
| c) Repairing roads | d) Planting trees |

3) Ravana, the King of Lanka, was very—

- | | |
|------------|---------------|
| a) honest | b) rigid |
| c) ethical | d) oppressive |

D. Answer the following questions in short:

- 1) Write the name of some patriots.
- 2) How does patriotism get expressed?
- 3) What do the true patriots do if the country is attacked by enemies?
- 4) What has been expressed about Shri Ramachandra in the Holy Ramayana?
- 5) What did King Kartaviryarjuna say to his soldiers when his kingdom was attacked ?

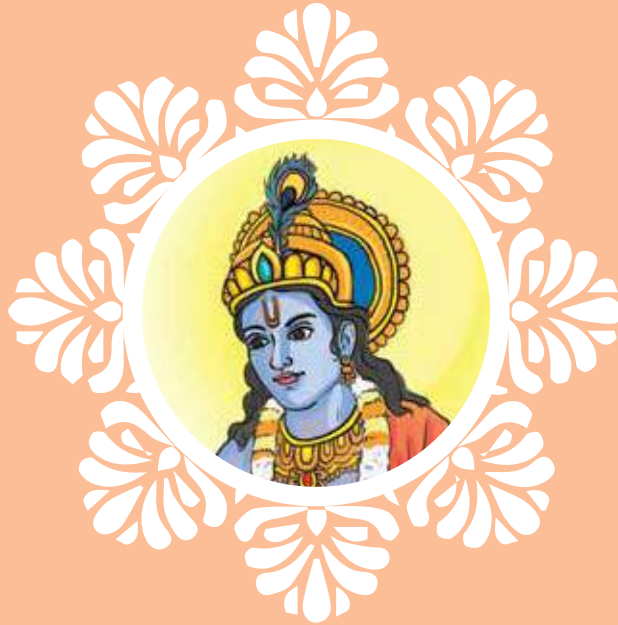
E. Answer the following questions in detail:

- 1) Why is our country like our mother to us?
- 2) How does the story of patriotism of Kartaviryarjuna inspire you?



Academic Year 2026, Class Four–Hindu Religion Studies

If you want peace, do not try to find others fault.
Rather, focus on your own flaws.
– Sarada Devi



National Curriculum and Textbook Board, Bangladesh

For free distribution by the Government of the People's Republic of Bangladesh