

HINDU RELIGION AND MORAL EDUCATION

CLASS THREE



National Curriculum and Textbook Board, Bangladesh

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Hindu Religion and Moral Education

Class Three

Written by

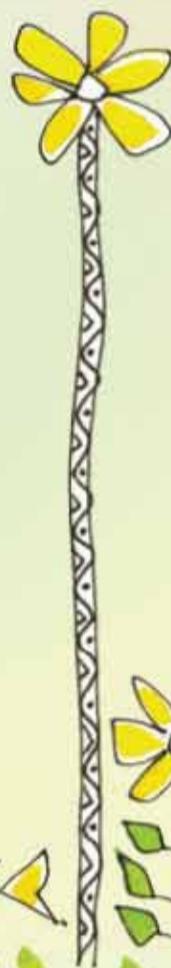
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Preface

Children are great wonders. There is no end to the thinking about their world of wonder. They are a subject of contemplation for educationists, scientists, philosophers, child specialists and psychologists. The fundamental principles of child education outlined in the National Education Policy 2010 have been defined in the light of these contemplations. The curriculum for primary education has been revised to develop a child on the potentials of their innate amazement, unbounded curiosity, endless joy and enthusiasm keeping in view the all-round development of children's potentials. The aims and objectives of primary education were modified in the revised curriculum of 2011.

The necessity of learning religion and moral education is becoming wider everyday. It is utmost necessary at primary level. Because, at this age, a child's religious and moral base is strongly developed. Keeping this in mind, the section of Moral Teachings has been added in the Hindu Religion and Moral Education in the light of National Education Policy 2010. The objective behind this is to lay special importance on imbibing moral qualities by the learners along with imparting them religious lessons.

To make the young learners interested, enthusiastic and dedicated, Honorable Prime Minister Sheikh Hasina instructed to change the textbooks into four colours, to make them interesting, sustainable and to distribute free of cost since 2009. The textbooks of all students of Pre-primary, Primary, Secondary, Ibtedai, Dakhil, Dakhil Vocational and S.S.C Vocational levels are being distributed free of cost across the country which is a historical initiative of the present government.

My sincere acknowledgement and thanks to all who helped in different stages of composition, editing, rational evaluation, printing and publication of the textbook. Though all cares have been taken by those concerned, the book may contain some errors/lapses. Therefore, any constructive and rational suggestions will be highly appreciated for further improvement and enrichment of the book. We will deem all our efforts successful if the young learners for whom it is intended find it useful to them.

Professor Md. Farhadul Islam

Chairman

National Curriculum and Textbook Board, Bangladesh

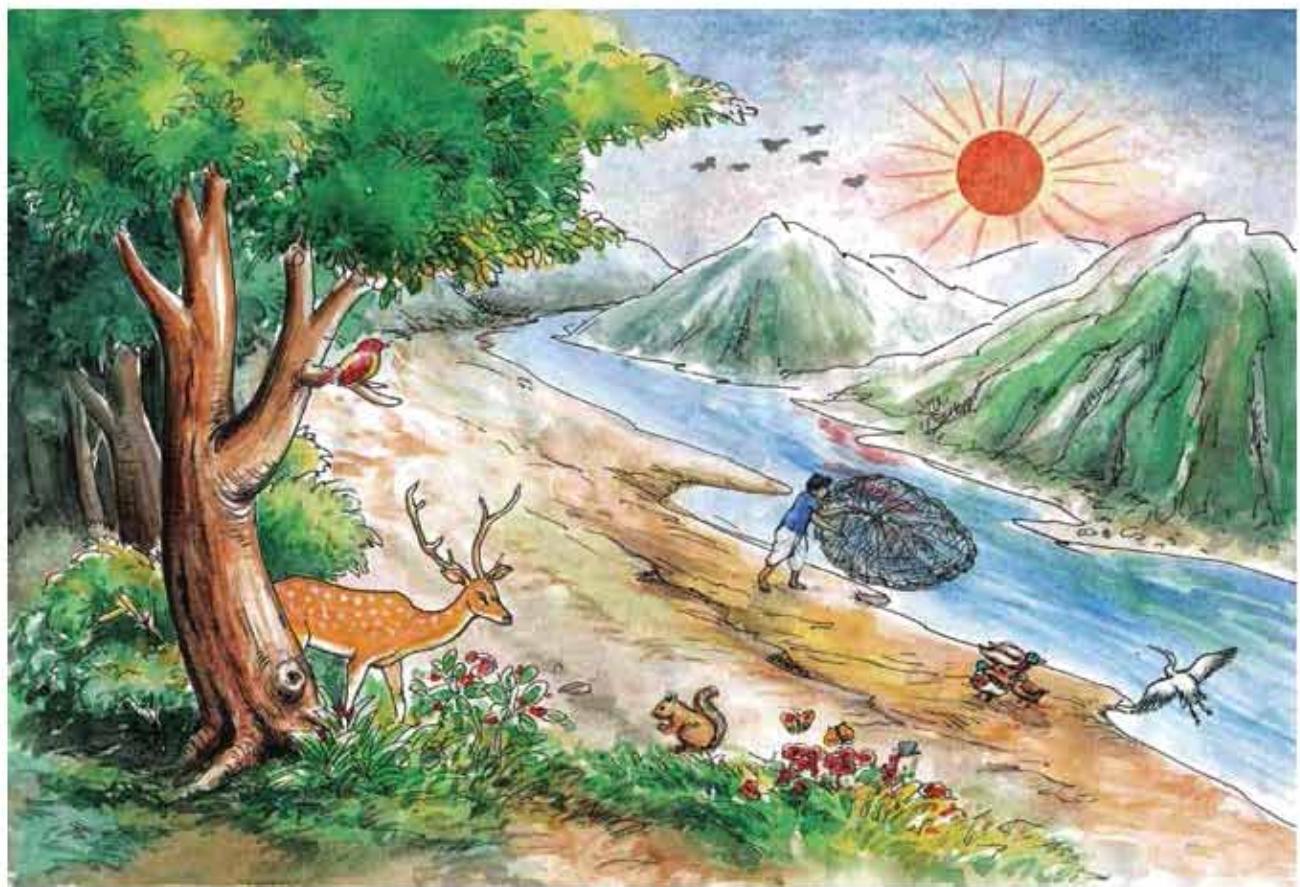
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Chapter One

The Creator And The Creation

Our earth is very beautiful. There are numerous plants, animals, birds, and insects on earth. In this earth man is the best creation. Somewhere in this earth there are deep forests, somewhere there are high hills and mountains, somewhere rivers, somewhere seas and oceans. Somewhere there is plain land, again somewhere there is vast expanse of desert. There are flowers and fruits in the plants, birds on the branches, and the chirping of the birds. There is the blue sky over our head. There is no boundary of the sky. In the sky there are the moon, the sun, many planets and satellites. Besides there are countless stars.



Natural Scenery

Let us see the natural scenery and make a list of five things from the things which we can see there.

Names of the things

1.
2.
3.
4.
5.

No things have been created in this earth all on a sudden. All these have a Creator or God. As for example, a carpenter makes chairs and tables, a mason builds buildings. In the same way the moon, the sun, the planets, the stars, human, other living beings and everything of this world have a Creator. What is the name of this Creator? He has many names. Some call Him Ishwara. Some call Him God. Some call Him Allah. As the same 'Water' is called 'Jal' by some and 'pani' by others.

The Hindus call the Creator Ishwara. Bhagawan is also His another name. Our beautiful world and everything of this world are created by Ishwara. Not only this earth, but also other things beyond this earth are created by Ishwara. Basically Ishwara is the Creator of all things.

The relationship between Ishwara and all living beings is very intimate. This relationship is the relation between the Creator and His creations. Ishwara is the Creator and all living beings are His creations. Ishwara has created us and is rearing us. So we are grateful to Ishwara. So to please Ishwara we should show devotion to Him. We should have deep faith in Ishwara- the Creator.

Ishwara also exists in the heart of all living beings. So we should consider all the living beings as Ishwara and love all living beings. We shall love all the creations of Ishwara. Because to love all His creations is to love Ishwara. Ishwara will be pleased if we love all His creations and will do good to us.

So it is our duty to love Ishwara and all His creations. We should bear this moral lesson in mind and should obey it in all our works.

Exercise

A. Fill in the blanks

1. At night _____ numerous stars are seen.
2. Ishwara has created _____ .
3. Our _____ is wonderful .
4. Ishwara is present at the root of all _____ .
5. To love living beings is to love _____ .

B. Match the words from the right side with the words in the left:

1. On the branches are	we should worship Him.
2. Bhagawan is also	is to love friends.
3. To please Ishwara	is to love Ishwara.
4. Ishwara has	His another name.
5. To love all creations	birds. created us.

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

1. What is there in the sky?

- | | |
|---------|----------|
| a. Moon | b. Sea |
| c. Tree | d. River |

2. What things does a carpenter make?

- | | |
|----------|--------------|
| a. Shirt | b. Jewellery |
| c. Chair | d. Building |

3. What is he who builds building called?

- | | |
|---------------|-----------|
| a. Carpenter | b. Mason |
| c. Blacksmith | d. Weaver |

4. What is called the Creator in the Hindu Religion?

- | | |
|----------|------------|
| a. Khoda | b. Ishwara |
| c. God | d. Allah |

5. How is the relation between Ishwara and living creatures?

- | | |
|----------|--------------|
| a. Sweet | b. Beautiful |
| c. Nice | d. Intimate |

D. Answer the following questions briefly

1. How is our earth?
2. Who is the best living creature?
3. Who is rearing us?
4. Where does Ishwara exist?
5. Whom shall we love?

E. Answer the following questions

1. Ishwara is the Creator of everything -Explain.
2. Why should we be grateful to Ishwara?
3. Describe the relationship between Ishwara and living creatures.
4. How will you show devotion to Ishwara?
5. What happens if we love all the creations?

Chapter Two

God , Goddess And Worship (Puja)

Ishwara is one and unique. Ishwara has no form. He is formless. But He can assume any form or shape.

His power is unlimited. His qualities are endless. When some qualities or powers of Ishwara are expressed in shapes are called devatas (god and goddess). God and Goddess are the visible shapes of God. God and Goddess have super natural power. Man can not do many things. But the god and Goddess can do everything. The power of God and Goddess is the power of Ishwara. Religious books like the Vedas and the Puranas speak about God and Goddess.

There are many god and goddess such as Brahmaa, Vishnu, Shiva, Durga, Kali, Saraswati, Lakshmi, Ganesha etc. Ishwara creates as devata Brahmaa. He rears as devata Vishnu. He destroys as devata Shiva.

We worship god and goddess. The god and goddess are satisfied when we worship them. Ishwara is satisfied when god and goddess are satisfied, and will do good to us. Worshipping god and goddess means worshipping Ishwara.

Then what is meant by worship (Puja)? Puja is the prayer, worship or adoration of god and goddess. We worship god and goddess with flowers, fruits, water and various things. Making idols of God and Goddess we worship them. During worship we should recite 'mantras' or hymns of deities in holy mind. After worship we should bow down to god and goddess.

The idols of God and Goddess are kept in the temples or at homes. We should bow down when we see the idols of god and goddess. Different god and goddess are worshipped at different times.

Here the acquaintance of Lakshmi, Saraswati and Ganesha is given

Lakshmi



Devi Lakshmi

Lakshmi is the goddess of wealth. Her colour is fair. Lakshmi sits on lotus. Lakshmi's carrier is an owl. In her right hand there is a lotus and in the left hand there are ears of paddy. Lakshmi has her seat in every house. Every thursday people read 'Panchali' (some sort of religious verses) and worship Lakshmi. 'Kojagori Lakshmi Puja' is celebrated in the night of the full moon 'tithi' in the month of Aswin. By worshipping Lakshmi we

acquire wealth. Devi Lakshmi is very calm and beautiful. She removes the sorrow of extremely poor people. She does good to human. We shall worship Lakshmi and be peaceful and beautiful like her. Like her we shall do good to others.

Let us fill in the table below

In the left hand of Lakshmi there are	
The outcome of Lakshmi worship (puja)	

Salutation Mantras (sacred speech) of Lakshmi

"Vishwarupasya bharyasi padme padmalaye Shubhe |
Sarbatah pahi mam devi mahalakshmi namo'astu Te" ||

Meaning: Oh Padma, Padmalaya, Subha, you are the wife of Vishwarupa (Narayana). You protect me entirely. Oh, devi maha Lakshmi, I salute you.

Saraswati

Saraswati is the goddess of learning. The colour of her body is white. White lotus is her 'asan' or seat. She has a book in one hand and in another hand vina (a kind of lute). She is called vinapani for holding a vina (lute) in her hand. White swan is her carrier.

Saraswati puja is held on the Panchami tithi (fifth lunar night) of the sukla pakkhha (the fortnight during which the moon is visible till it attains fullness) in the month of Magh. specially students worship Saraswati. By worshipping Saraswati we acquire knowledge. The aim of worshipping Saraswati is to express respect to knowledge to be eager to acquire knowledge.

Salutation Mantras of Saraswati

Saraswati mahabhage vidye kamalalochane |
ishwarupe vishalakshi vidyam dehi namo'astu Te ||



Devi Saraswati

Meaning: O noble-hearted Saraswati, goddess of wisdom, lotus-eyed, universe-like, big-eyed, give me knowledge. I bow down you.



Ganesha

Ganesha

Ganesha is the God of perfection or success. The colour of his body is red. His head is like the head of an elephant. He has a tooth and a trunk. The belly of

Ganesha is large in size. He wears the sacred thread on the neck. He has four hands. Rat is his carrier. By worshipping Ganesha one can be blessed or successful.

Ganesha is worshipped at the beginning of

worship of all gods and goddesses. We remember the name of Ganesha before all works. Because, Ganesha is the god of success.

Let us fill in the table below

1. The carrier of Ganesha is	
2. The result of worshipping Ganesha is	

Salutation Mantras of Ganesha

Ekadantam mahakayam lamvodara gajananam |
Bighnanashakaram devam heramvam pranamyaham ||

Meaning: Owner of one tooth, owner of big body, long belly, gajanan, destructor of all obstacles, I bow down Heromba(Ganesha).

Our body and mind become sacred by worshipping god and goddess. Mind becomes liberal. Mentality develops to work unitedly with all. We achieve this moral education by worshipping gods and goddesses.

Exercise

A. Fill in the blanks

1. God can take any _____ or shape.
2. Worshipping gods and goddesses means worshipping _____ .
3. Brahma is the god of _____ .
4. _____ is the goddess of wealth.
5. At the beginning of worship of all gods and goddesses _____ is to be worshipped.

B. Match the words from the right side with the words in the left.

1. God is one and	an owl.
2. White swan	rears us.
3. The carrier of Lakshmi is	worship gods and goddesses.
4. Vishnu	Unique.
5. We	is the carrier of Saraswati. God of creation.

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

1. The visible shapes of God are—

- | | |
|-----------------------|--------------|
| a. Bhagawan | b. satellite |
| c. Gods and Goddesses | d. stars |

2. The name of the form in which Ishwara rears is—

- | | |
|----------|------------|
| a. Durga | b. Lakshmi |
| c. Shiva | d. Vishnu |

3. Of what goddess is Lakshmi?

- | | |
|-------------|-------------|
| a. creation | b. learning |
| c. power | d. wealth |

4. The carrier of Saraswati is –

- | | |
|-----------------|--------------|
| a. a rat | b. an owl |
| c. a white swan | d. a peacock |

5. Name of the god who destroys all obstacles is—

- | | |
|------------|-----------|
| a. Kartick | b. Brahma |
| c. Ganesha | d. Vishnu |

D. Answer the following questions in brief

1. Write the names of three gods and goddesses.
2. What is meant by worship ?
3. Why is Devi Saraswati called Binapani?
4. What god is Ganesha?
5. What is to be done when we see the gods and goddesses?

E. Answer the following question

1. What do you mean by god and goddess ? What is the relation between Ishwara and god and goddess ?
2. Why should we worship god and goddess?
3. Describe Devi Lakshmi.
4. Describe Devi Saraswati.
5. Describe Ganesha.

Chapter Three

Great Men, Women and Religious Books

Section One

Great men and women

In the world most of the people remain busy with their own affairs. They work for their own happiness and peace. They do not think about others. But there are some people who work for the happiness and peace of all. They work for the well-being of the world. They are known as greatmen and great women. As for instance Sri Chaitanya, Lokanath Brahmachari, Sri Ramkrishna, Swami Vivekananda, Ma Sarada Devi, Ma Anandamoyee, Rani Rashmoni are the foremost.

We can be great of good character and liberal if we follow the lives of these great men and women. We can do good to men and the world. Here we are discussing the biography of a great man named Swami Vivekananda and a great woman named Ma Anandamayee.

The Great man

Swami Vivekananda

Swami Vivekananda was a great man. He was a heroic saint. He was born on 12 January 1863 in Kolkata. His father was Bishwanath Dutta and mother was Bhupaneshwari Devi.

The original name of Vivekananda was Narendra Nath Dutta. But in boyhood his another name was Vireshwar. But everybody called him 'Bile'.

Bile respected hermits and saints very much. He also loved the poor very much. Whenever he saw the poor he ran to his house. Whatever foods and clothes he got there were distributed among them.

Bile was as fearless as truthful. He never feared telling truth. One day teacher was teaching in the class room. Bile was talking with some of his classmates. At this

the teacher became very angry. He asked them some questions on the lesson. But nobody could give the answer, except Bile. Because, Bile was talking but at the same time listening to the lesson. Then the teacher asked them to stand

up. Everybody stood up. Bile also stood up. The teacher told him, 'You don't have to stand.' Then Bile told 'Why, I have also talked, I have also committed offence.' The teacher was surprised at the truthfulness and boldness of Bile.



Swami Vivekananda

Narendra did brilliant results in the school and college examinations. He passed B.A examination. He studied a lot about Law and Philosophy.

While Narendra was a college student, a change came into his mind. A question arose in his mind—is there any God? Can anybody see Him? He asked this question to many. But their answer did not seem to be correct to him. At that time he met the great saint Sri Ramkrishna.

Sri Ramkrishna stayed in the temple of goddess Kali at Dakhineshwara in Kolkata. There he performed daily worship of Ma Kali and practised meditation. One day Narendra went to Dakhineshwara. He asked Sri Ramkrishna, 'Have you seen God?' Sri Ramkrishna smiled and answered, 'Yes, I have seen God, just as I see you'. Narendra liked the answer. He understood that, God lives within man.

Narendra felt love also for Sri Ramkrishna. After a long time he found a real 'Guru'. He took the sacred vows from Sri Ramkrishna and became sannyasi (devotee). Then he was renamed Swami Vivekananda. Swami Vivekananda travelled all over India. He found there is only poverty in the whole country. There is only illiteracy, mal-education and superstition.

He realised that the poverty of the country must be removed. Illiteracy—mal-education should be removed. The country was then ruled by the British. The country was dominated by another. The country was going to be destroyed. The country should be saved. The people of the country should be awakened. The country should be made independent.

In 1893 Swami Vivekananda attended the World Conference on Religions at Chicago in America. There he delivered lectures on Hinduism. He told in his speech, 'no dispute, co-operation; no destruction, exchange of thoughts, 'no difference of opinion, harmony and peace'. Everybody was charmed at his speech.

After the Chicago conference Swamiji travelled many countries of the world. He delivered speech on different matters including religion. Many foreigners were charmed and became his disciples. Of them, the name of Margaret Noble was worth mentioning. She was initiated (accepted as a disciple) by Swamiji. Then she was given the name sister Nivedita.

When Vivekananda came back home the people of the country cordially received him. He advised his countrymen to struggle against injustice. He told them to be united by destroying all superstitions. He said that 'strength and courage is religion. Weakness and cowardliness are sin. Freedom is virtue and subjection is sin'. He told that to serve man so living beings is to serve God. He boldly uttered

"Where are you searching for God,
Who in various forms stands before you.
Those who love the living beings
They are serving the God."

Through this he explained that, serving living beings means serving God.

Vivekananda established Ramkrishna Math (monastery) and Mission at Belur in

the district of Howrah. This Math was established with the ideology of service.

On July 4, 1902 he died. He was then only 39 years 5 months 22 days.

A few more advices and moral teachings of Vivekananda

1. Benevolence is virtue. Oppression is sin.
2. Honesty and honest work-complete religion exist in these two.
3. No matter whether they are illiterate, poor, ignorant, cobblers, and sweepers, they have the same blood as yours, they are your brothers.
4. Faith in oneself, faith in God—this is the only way of prosperity.

Let us fill in the table below

1. Serving living creatures means	
2. Independence is	
3. God is the front of you	

We should follow the moral teachings and advices of Vivekananda and we shall apply them in our life.

Great woman

Ma Anandamayee

Ma Anandamayee was a noble woman. She was a great worshippers of God. She was born on 30 April, 1896 at the village Khewra in the district of Brahmanbaria. Her father was Bipin Bihari Bhattacharya and mother was Mokhsmada Sundari. Her forefathers lived at a village named Biddyakut. Khewra was her maternal uncle's home. The real name of Anandamayee was Nirmala. She was the second child of her parents.

Her father used to chant kirtan of Hari (a kind of religious song). Nirmala asked her father, "Well father you chant the sacred name of Hari. What is the benefit?" Her father replied, 'If one remembers Hari, it brings welfare and well-being'. After this, Nirmala also started singing the name of Hari. In this way in the childhood the feeling of her devotion to God was expressed in Nirmala's mind.

While chanting the name of Hari, heavenly light was reflected on her body.

She was married to Ramanimohon Chakravarty. Ramanimohon's nick name was Bholanath. Even in her father-in-law's house the feeling of chanting the sacred name of Hari was expressed within Nirmala.

Then Nirmala's life of contemplation started. Sometimes she lost sense while singing the name Hari. All the medical treatments were in vain. At last, everybody realized that Anandamayee was not an ordinary woman. She

was a devi. Gradually her name spread out everywhere. By her touch the serious diseases of many were cured. Everybody called her 'Ma'. Then her name became Ma Anandamayee.

Ma Anandamayee's husband Bholanath was then doing job in Dhaka. So Ma Anandamayee spent many days of her life at Shahbag in Dhaka. Ramna Kali temple was next to Shahbag. Ma visited the temple regularly. The temple of Ma Anandamayee was established near the temple of Kali. She

used to worship there. At present there is a temple of Ma Anandamayee close to Dhaka Siddeshwari Kali Mandir. This is the original Mandir of Ma Anandamayee.



Ma Anandamayee

There is an 'asrama' (hermitage) at Khewra, her birth place, after the name of Ma Anandamayee. There is also a school after her name, Khewra Anandamayee High School. There are many temples in different places of India after her name. She spent last days of her life in India. She died on 27 August 1982.

Let us fill in the table below

1. The birth place of Ma Anandamayee was	
2. The real name of Ma Anandamayee was	
3. Ma Anandamayee was a	
4. At Khewra after the name of Ma Anandamayee there is	

The religious speech of Ma Anandamayee is beautiful. She said that, in the world ,there is no end of opinions and paths. But there should be a harmony of all opinions. All paths lead to the ultimate truth. Her message was liberal. All religions were equal to her. All men were also equal. She had a holy life. There are many advices of her regarding moral teaching for the children. Three messages are given here.

1. Utter the name of God .That will do good.
2. Listen to the words of elders and parents. Be very careful to your studies.
3. If there is love and devotion to God in your heart - there is nothing to be worried.

If we obey these advices of Ma Anandamayee there will be prosperity in our life.

Exercise

A. Fill in the blanks

1. The great men work for the _____ of the world.
2. Sri Ramkrishna stayed in Kali bari at _____.
3. The orginal name of Vivekananda was _____.
4. Ma Anandamayee was _____ woman.
5. All _____ were equal to her.

B. Match the words from the right side with the words in the left

1. Swami Vivekananda was a _____	no end
2. At the truthfulness of Bile the teacher	achieve truth.
3. The husband's name of Ma Anandamayee was	great man
4. In the world opinions and paths have	a great women
5. Through all paths we can	was surprised
	Ramanimohon Chakravarty.

C. Put a tick mark (✓) on the right answer

1. What was Swami Vivekanada?

- | | |
|-------------------|-------------------|
| a. heroic warrior | b. valiant person |
| c. heroic saint | d. great hero |

2. In which year was Swami Vivekananda born?

- | | |
|---------|---------|
| a. 1861 | b. 1862 |
| c. 1863 | d. 1864 |

3. Who was the guru spiritual guide of Swami Vivekananda?

- | | |
|-------------------------|--------------------|
| a. Lokenath Brhmacharya | b. Anukul Chandra. |
| c. Sri Chaitannya | d. Sri Ramkrishna. |

4. In which village Ma Anandamayee was born?

- | | |
|-----------|------------|
| a. Khewra | b. Naogaon |
| c. Maoya | d. Uttara |

5. On which Ma Anandamayee died date?

- a. 25 August
- b. 27 August
- c. 28 August
- d. 30 August

D. Answer the following questions in brief

1. What do you mean by great man?
2. What do you mean by great woman?
3. Whom did Sri Ramkrishna worship?
4. In which town of America Swami Vivekananda delivered lecture in religious conference?
5. Where the orginal temple of Ma Anandamayee is situated?

E. Answer the following questions

1. Describe the boyhood of Swami Vivekananda.
2. What lesson do we get from the life and message of Swami Vivekananda?
3. What did Swami Vivekananda tell in the lecture of religious conference at Chicago?
4. Describe the worship life of Ma Anandamayee?
5. Write two messages of Ma Anandamayee.

Religious Books

Religion does good to man. It does good to the world . It helps us to know God. It teaches us to be devoted to God. The book that tells about religion is called a religious book or scripture. Religious books deal with much knowledge. Religious books give man honest advice. They teach us to be good human.

The name of our religion is Sanatana dharma. Its another name is Hindu Religion (Hinduism). The main religious book of the Hindu is the Veda. Besides there are other religious books. For example, the Upanishad, the Purana, the Ramayana, the Mahabharata etc.

The Ramayana is briefly discussed below

The Ramayana

The Ramayana is one of the religious books of the Hindus. It tells us the stories of Rama. So its name is Ramayana.

The original Ramayana was written in Sanskrit. Valmiki wrote Ramayana. Later on Kirtibash translated the Ramayana into Bengali. The story of Ramayana is divided into seven sections. Each of the section is called a Kanda. That is why it is called the Saptakanda Ramayana. These Kandas are- 1. Adi Kanda 2. Ayodhya Kanda 3. Arannya Kanda 4. Kishkindhya Kanda 5. Shundar Kanda 6. Yuddha Kanda 7. Uttar Kanda.

1. Adi Kanda (The early event)

Many many years ago, there was a king in Ayodhya named Dasharatha. He had three queens- Kousalya, Kaikeyee and Sumitra. Rama was the son of Kousalya. Bharata was the son of Kaikeyee. Sumitra had two sons -- Lakshmana and Shatruघna.

Rama and Lakshmana had reputation of heroism from the boyhood. One day

great sage Vishwamitra came to Ayodhya. He took Rama and Lakshmana with him to stop the disturbances created by demons in the hermitage. On the way, Rama killed Taraka Rakhashi with an arrow.

At that time Janaka was the King of Mithila. There will be marriage of his eldest daughter Sita. But there was a condition to marry Sita. Janaka had a bow. God Shiva gave him this bow. Shiva's another name is 'Haro'. So the bow was called 'Harodhanu' after the name of 'Haro'. The condition was that Sita would be married to the man who could break the Harodhanu. Vishwamitra took Rama and Lakshmana there. Rama broke the Harodhanu. So the marriage between Rama and Sita was settled.

This news reached Ayodhya. King Dasharatha came to Mithila with his two sons. Bharata and Shatrughna. Then Sita was married to Rama. Janaka's youngest daughter Urmila was married to Lakshmana. Janaka's brother Kushadhaja had two daughters - Mandavi and Shrutasakirti. Mandavi was married to Bharata and Shrutasakirti was married to Shatrughna. Then everybody returned to Ayodhya happily.

Two heroic works of Rama during his boyhood

- | |
|----|
| 1. |
| 2. |

2. Ayodhya Kanda (The Ayodhya Event)

King Dasharatha became old. So he decided to make his eldest son Rama the crown prince. This was the rule. But Kaikeyee objected, at the evil counsel of her maid Manthara.

Once Dasharatha promised Kaikeyee two boons. Now Manthara asked Kaikeyee to demand the fulfillment of the two boons. The first boon was Bharata would be the king. Second one Rama would go to a forest in exile for fourteen years. Listening to Kaikeyee Dasharatha was very much upset. But he promised. To break the promise is an irreligious act. Rama came to know about all these. He went to the forest to keep his father's promise. His wife Sita and his younger brother Lakshmana went with Rama.



Rama, Sita and Lakshman are going to forest

Let us fill in the table below

Who are they in the picture? Where are the persons going in the picture?

1.	
2.	
3.	

Dasharatha was overwhelmed with grief for Rama and died. At that time Bharata was at his maternal uncle's house. He returned to Ayodhya and rebuked his mother. Then he headed for the forest to bring Rama back. But Rama did not return to Ayodhya. Then Bharata returned to Ayodhya with Rama's wooden sandle. He put those on the throne. Then sitting beside the throne, he ruled the Kingdom.

3. Aranya Kanda (The Forest Event)

Rama, Lakshmana and Sita were living in the forest. They had to stay fourteen years of exile in the forest. They had less than a year to fulfill the fourteen years of their exile. In the meantime a misfortune came about. Then the King of Lanka was Ravana, a demon. Lanka was an island in the middle of the sea. It was very difficult go to there. Ravana came in disguise from Lanka and kidnapped Sita.

4. Kishkindhya Kanda (The Kishkindhya Event)

Kishkindhya was the Kingdom of the monkeys. After much wandering Rama and Lakshmana went there. There they made friendship with Shugrib, a monkey hero. Bali was the elder brother of Shugrib. Bali was the King of Kishkindhya. These two brothers were not in good relation with each other. Rama helped Shugrib. Bali was killed by Rama. Shugrib became the King. In return, Shugrib sent the monkeys in various directions in search of Sita.

5. Sundara Kanda (Sundara Event)

Hanuman was a great hero among the monkeys. He went to Lanka. Moving

from one place to another he found Sita in Asoka forest.

Hanuman massacred Lanka. He set fire to the houses of Lanka. Many demons also died.

6. Yuddha Kanda (The War Event)

Hanuman came back from Lanka and gave the



news of Sita to Rama. But how Rama would reach Lanka? Going to Lanka needs crossing the sea. At last with the help of the monkeys Rama built a floating bridge on the sea. He reached Lanka with his companions. He attacked Lanka. Bibhishana, the brother of Ravana, told his brother to return Sita. But Ravana did not agree. Bibhishana allied with Rama.

The war was started between Rama and Ravana.

Many demons died in the battle. Ravana was also killed by Rama. Rama came back to Ayodhya with Sita and Lakshmana. Bharata gave back the kingdom to Rama. Bharata became the crown-prince.

7. Uttara Kanda (The Later Event)

The days were passing happily. The people were very happy with Rama's administration. Rama also loved his people very much. He could give up even his own happiness for the welfare of the people. To make the people happy one day Rama sent Sita to exile in the forest. Sita was pregnant then. In the forest, there was a hermitage of sage Valmiki. Sita took shelter there. Sita gave birth to two sons. Kush and Lava. They were twin brothers. Kush and Lava grew up in the forest. After a long time the sons came to know their father. Sita came back to Ayodhya with her two sons. But again Sita was hurt by the attitude of the royal court. She requested Mother Earth to give her shelter. Then the earth was divided and a throne came out. Sita ascended the throne and entered the underworld.

The moral education we get from the story of the Ramayana is to respect parents. To respect elder brother. To destroy lawlessnesses. To become an appropriate King. Always think welfare of the people. To keep promise. We shall also apply these in our life.

Exercise

A. Fill in the blanks

1. The main religious book of the Hindus is ____.
2. In the Ramayana there is the story of ____.
3. ____ was the King of Ayodhya.
4. ____ broke the Harodhanu.
5. Ascending the throne Sita entered the ____.

B. Match the words from the right side with the words in the left

1. Teaches us to be good people	Valmiki.
2. The original Ramayana was written by	forest.
3. To keep his father's promise Rama went to the	religion.
4. The King of Lanka was	life.
5. We shall apply the teachings of the Ramayana in our	Ravana.
	Dasharatha

C. Put a tick mark (✓) on the right answer.

1. Who translated the Ramayana in Bengali?

- | | |
|-------------|---------------|
| a. Valmiki | b. Kirtibash |
| c. Byashdev | d. Tulshi Das |

2. How many Kandas are there in the Ramayana?

- | | |
|------|------|
| a. 4 | b. 5 |
| c. 6 | d. 7 |

3. How many sons did the King Dasharatha have?

- | | |
|-----------|-----------|
| a. 4 sons | b. 3 sons |
| c. 2 sons | d. 1 son |

4. For how many years had Rama been to the forest?

- | | |
|-------------|-------------|
| a. 11 years | b. 12 years |
| c. 13 years | d. 14 years |

5. While in exile in the forest in whose hermitage was Sita ?

- | | |
|----------------|--------------------|
| a. of Byashdev | b. of Kapilmuni |
| c. of Valmiki | d. of Durbashamuni |

D. Answer the following questions in brief

1. What do you mean by religious books ?
2. Why did Vishwamitra take Rama and Lakshmana with him?
3. What are the boons Kaikeyee demanded from Dasharatha ?
4. Why did Rama go to the forest ?
5. What did Bharata do, when Rama went to the forest ?

E. Answer the following questions

1. What is the necessity of religious books ?
2. Write the names of the Kandas of the Ramayana ? Give the description of any one Kanda.
3. How did Rama reach Lanka ?
4. What lesson do we get from the Ramayana ?
5. Why should we follow the teachings of the Ramayana in our life ?

Chapter Four

Fellow Feeling

A true incident.

Mamata and kamal. They read in the same school. Mamata reads in class three and Kamal reads in class one. Kamal goes to school with his classmates. All of them are very restless. They walk in the street, as if they run. One day they are running from one place to another in the road. In the meantime Mamata came through side the road and met them. Seeing Kamal running from one place to another she prevented him from doing that. She told, do not run about from one place to another in the road, Kamal. You should walk slowly. Otherwise, you will stumble.

Who listen to whose words! After a little while Mamata's words became true. Kamal stumbled and fell down. There is a wound in the old toe of his right foot. It is bleeding. He started crying.



Fellow feeling of mamata to kamal

They may be late to reach the school. Kamal's classmates left him and went away.

But Mamata did not do that. She told Kamal, 'Fie! Don't cry. I shall look after'. Mamata's mother always keeps dettol, cotton, bandage in Mamata's schoolbag. We can not say, when these things become necessary. Now it becomes necessary. Not for Mamata herself, but for Kamal.

Mamata applied medicine to the wounded old toe of Kamal. After that she tied it carefully.

Mamata lifted Kamal up. After that Mamata took his schoolbag. Holding Mamata Kamal went to school limping on the heel.

On reaching school Mamata first took Kamal to his class. Kamal's class teacher listened everything from Mamata. He became very happy.

On the other side Mamata's class teacher became very angry for coming late in the class. He said, 'Why are you late to the class?'

Mamata told him everything in detail. The teacher became very happy.

He told everybody in the class, 'Do you know, today what Mamata has done for Kamal, what is it called?'

Students: What is it called, Sir?

Teacher: It is called fellow feeling.

Exactly that.

Fellow feeling means to take other people's joys and sorrows or pleasure and pain as one's own. Kamal's classmates did not take sorrows of Kamal's as their own. But Mamata took Kamal's sorrow as her own.

We all live in harmony in 'paras' and villages. There everybody is to live together in happiness and sorrow. We are to live together. This is called society. In the society we have to show mutual fellow feeling. Thus there will be friendliness with each other. Peace prevails in the society.

So fellow feeling is a very important matter for the society.

To express fellow feeling there should be no consideration of caste and creed. We are to show fellow feeling to the people of all religions. So it is very important to show fellow feeling to the persons of different religions.

I shall tell you a story regarding fellow feeling from religious book

Fellow feeling of Arjuna

Story of the Mahabharata.

Arjuna was the greatest hero of the Mahabharata. Once Bhagaban Sri Krishna and Arjuna came for walking by the side of a forest named Khandaba.

Then there came Agnideva. He told that a king was performing sacrifice for twelve years. By eating 'ghee' of that sacrifice he has lost his appetite. He went to grandfather Brahma. Brahma told , 'You burn the Khandaba forest.' But the elephants by their trunks and snakes on their heads irrigated water and extinguished the fire. He sought help of Sri Krishna and Arjuna. They showed fellow feeling to Agnideva and agreed to help him. Because, by this the loss appetite of Agnideva will be removed.

Fire broke out in the Khandaba forest. The residents of the forest and other animals were burn to death in that fire. Hundreds of flashing tongue-like fire flames reached the sky making whiz of wind. The birds even could not fly away. They were dying in that fire flame.

The demons had a king . His name was Maidanava. He was coming out from the residence of Takshak Nag of Khandaba forest. Then he was also attacked by the fire. Sri Krishna and Arjuna were not satisfied at the behaviour Maidanava. Sri Krishna and Arjuna knew that , Maidanava has done much enmity. He gave trouble to many. Yet Arjuna saved him from that fire. In this way, hero Arjuna expressed fellow feeling even to the enemy.

In this way, we should also express fellow feeling to all the enemies and friends. Then the enemies will be converted into friends. They will do no more enmity. Joy and peace will prevail in the society.

Children with special needs and fellow feeling

There are many children in our society, some of them can not see, some of the

can not listen. Some of them can not speak. Some can not walk even. Special co-operation is needed for them . Special arrangements should be made for their moving about, studies etc. Again there are some children or men whose intellect does not increase though their age increases. They can not remember after listening . They can not perform their work properly. They also have special needs. Special care should taken also for them. This type of children are called children with special needs. But they themselves are not responsible for the incompleteness of their body and intellect. It is particularly necessary to show fellow feeling to these children with special needs.

First we should keep watch so that we do not think them to be separate from us. We should give necessary co-operation in their all works. Our education system has special arrangement for these children with special needs. Even it has been decided to admit the children with special needs in the same educational institutions. We shall play with these children with special needs. We shall participate in different functions with them. In this way we shall always show fellow feeling to the children with special needs.

People of all nations and religions or the men and children with special needs are the creations of the same Creator. All are equal. Someone is not big, some one is not small. In Hindu religion it is said that, God exists as the soul among all creatures. We know that to love His creations means loving Ishwara (God) To show respect to Ishwara (God). Thus according to Hindu religion we shall know that the expression of fellow feeling is a part of religion and is a moral virtue. We shall always show fellow feeling in our own behaviour.

Exercise

A. Fill in the blanks

1. The teacher was very much _____ at the behaviour of Mamata.
2. Mamata showed _____ to Kamal.
3. All the religions are _____ .
4. Fellow feeling is a part of _____ .

5. Children who cannot see in the eyes, are called children —— .

B. Match the words from the right side with the words in the left

- | | |
|-------------------------------------------------------------------------------------------------------|-----------------|
| 1. In Mamata's school bag there is ————— | fellow feeling |
| 2. To stand by the side in others happiness and sorrows,
and in dangers and difficulties is called | Agnidev |
| 3. While Sri Krishna and Arjuna were walking there came | virtue |
| 4. Fellow feeling is a moral | dettol |
| 5. While showing fellow feeling we should not consider | caste and creed |
| | humanitarian |

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

1. Who showed fellow feeling to Kamal?

- a. Samata
- b. Mamata
- c. Janata
- d. Akata

2. What has been expressed in the behaviour of Mamata to Kamal?

- a. hardness
- b. softness
- c. fellow feeling
- d. to serve

3. Why should we express fellow feeling?

- a. to show the people
- b. because fellow feeling is a moral virtue
- c. to become good in studies
- d. because it is praiseworthy

4. To whom we should show fellow feeling?

- a. only to parents, brothers and sisters.
- b. only to the class mates.
- c. only to the neighbours.
- d. to everybody irrespective of caste and creed

5. To whom Arjuna showed fellow felling?

- a. to Sri Krishna
- b. to Takshak
- c. to Maidanava
- d. to Durjadhana

D. Answer the following questions in brief

1. What is the meaning of the word 'fellow feeling'?
2. Write the names of four religions.
3. Where and with whom Arjuna was walking?
4. Give an example of the children with special needs?
5. What has been done in our education system for the children with special needs?

E. Answer the following questions

1. What is fellow feeling? clarify it.
2. Why should we show fellow feeling to the people of different religions?
3. How Arjuna showed fellow feeling to Maidanava?
4. Whom do we mean by the children with special needs?
5. 'Fellow feeling is a part of religion'- write clarifying it.
6. According to the Hindu Religion, what has been told about the behaviour to be done to the children with special needs?

Chapter Five

Modesty, Decency and Priority

Modesty

The word 'modesty' is associated with our manners. Manifestation of humbleness in behaviour and manner is called modesty. Those who are modest behave politely. They speak in the proper manner and they also love others.

The word modest means something that is bendable. It means something that is not hard, i.e. something that is soft. A hard branch of a tree can't be bent. Hard branches are not bendable. But a tender branch of a tree is bendable. It can be bent easily. Softness of behaviour like tender branches is called modesty.

In our society there are some people who are very rough and impolite. They speak in harsh tone. They easily get annoyed with other people. They don't love and respect others. They behave rudely. They can't get other persons' love. On the other hand, everyone loves them who behave gently. Through this kind of manners one can do good to the society. Modest conducts enhance our dignity. In the poet's voice:

'Be small to be big'

Here to become 'big' (bara) means to become a very good person and to be 'small (chota)' means to be humble, modest etc.

We should always behave gently with our elders. At the same time, we should also behave politely with our classmates, friends and even with our youngers. Politeness makes life beautiful. We shall practise polite behaviour and make our life beautiful.

Let us give attention to the following sentences

- (1) Everyone loves who behaves politely
- (2) Be small to be big
- (3) Humbleness beautifies our lives
- (4) We shall always practice polite behaviour.

Decency (Bhadrata)

There is a deep relationship between the words 'namrata (modesty)' and 'bhadrata (decency)'. 'Bhadra' means goodness and 'Bhadrata' means good behaviour, decent manner. Decency is shown by how one moves, speaks and dress-up also. We bow down to our superiors. When we meet our friends, we ask them- "Are you well?"

We stand all up when our teacher enters the classroom and we sit down when he/she says- "sit down". Through these manners, decency is also shown. To be decent, it needs to be polite. Politeness reveals decency. It is said in the Shrimadbhagavadgita-

Bow humbly to your preceptors (your teachers) and ask your questions politely.

Shrichaitanyaadeva says-

Be meek like a grass and be tolerant like a tree.

So modesty and decency are the part of our religion. These are the qualities of a pious and an honest person.

Modesty and decency help us to be humble and tolerant. Our total environment and society can be disciplined and peaceful if we always practise modesty and decency. Then all of us can live peacefully and harmoniously there.

So our decent and modest manners are very important for social peace and discipline.

Here we have come to know about the functions of modesty and decency. Now we will be able to expose the relevant aspects of politeness and decency in a very easy manner. We must be able to show modest and decent attitude to all.

Here is an example of modesty and decency taken from the great epic Mahabharata.

Yudhisthira's Modesty and Decency

This was a story of long past. A great battle took place in a place named Kurukshetra. Yudhisthira, Bhima, Arjuna, Nakula, Sahadeva- these five brothers

and their soldiers and supporters were on one side. The hundred brothers of Duryodhana, Dushasana etc. with their soldiers and supporters were on the other side. Yudhishthira and Duryodhana were cousins. This was a battle on the issue of having the ownership of their kingdom. Duryodhana was not willing to give the rightful part of their kingdom that Yudhishthira claimed. So he was bound to fight unwillingly against his relatives. He had kith and kin in the both sides of the war. Bhism, the elder brother of Yudhishthira's grandfather, was in the group of Duryodhana. Dronacharya was also in Duryodhana's side. Dronacharya was the arms teacher to Yudhishthira. So many important persons like Bhism, Dronacharya were present on the opposite side as their rival in that war.

In that day war took place face to face.



Modesty and decency of Yudhishthira

The both sides were ready in the warfield to fight against each other. Right that time Yudhisthira did a wonderful thing. He left his weapons and went ahead to the opposite side.

What happened to him!

Everyone tried to stop him. But he did not stop. He went straight to his grandfather Bhism and bow down to him. Bhism blessed him, "Be victorious." Then after he went to bow down to Dronacharya, his teacher of weapons. He also blessed Yudhisthira.

Thus Yudhisthira paid his respect to the superiors of the opposite side. In the warfield also he did not forget to show respect to his elders.

Why could he forget this?

Because, decency is a quality of the pious.

Priority

Another subject is connected with our conducts. We should give priority to others. Giving priority to others means we should not take advantage before others. Everyone should help others to get their own rights.

Priority means to allow someone to have their facilities.

Let us think, we have to work in a queue. I came later there, then I would not go before than others. I should maintain the queue. Even I should not take this opportunity if they offer me to go before them. Thus we should allow others first, which may be called priority.

Giving priority to others is also a moral quality. Through this we can enhance our generosity. Thus we can increase our patience also. Toleration may be practised by giving priority to others. This reveals modesty and decency also. One can become a polite, patient and gentle human being by giving others priority. As a result, everyone of our society can become patient and generous. This can bring goodness to the society and the society may be filled with peace and happiness.

Exercise

1. Fill in the blanks

- The arms teacher of Yudhisthira and Duryodhana was ____.
- Yudhisthira did not forget to show ____ even at war field.
- Giving another person an advantage is called ____.
- Giving priority to others is a quality of ____.
- One can become ____ by giving priority to others.

2. Match the words from the right side with the words in the left

a. A decent person is —————	modesty
b. An impolite person is opposite to —————	loved by all
c. We should behave with the youngers —————	a polite person
d. Ask questions with —————	priority
e. Giving others advantages is called —————	politely
	patience

3. Put a tick mark (✓) on the correct answer

a. Modesty is a part of

- | | |
|--------------|----------|
| a. manner | b. pride |
| c. education | d. work |

b. What are they who get angry easily?

- | | |
|-----------|-------------|
| a. gentle | b. polite |
| c. proud | d. impolite |

c. What is expressed by our conducts and dress up?

- | | |
|-------------|--------------|
| a. civility | b. wealth |
| c. decency | d. education |

d. Who showed the decency in the Mahabharata

- | | |
|-----------|----------------|
| a. Bhima | b. Arjuna |
| c. Nakula | d. Yudhisthira |

e. To whom did Yudhisthira show decency?

- | | |
|----------------|---------------|
| a. Shrikrishna | b. Bhisma |
| c. Indra | d. Duryodhana |

4. Answer the following questions in brief

- a. What does modesty mean?
- b. What is the way of expressing decency?
- c. What does the word 'priority' mean?
- d. Where and to whom did Yudhisthira show his decency?
- e. Be meek like a grass— who said?

5. Answer the following questions

- a. What is the benefit of good manners?
- b. How did Yudhisthira show decency—write briefly.
- c. Modesty is the part of religion— make it clear.
- d. Why should we give priority to others?
- e. Give an example of showing priority to others.

Chapter Six

Honesty and Truthfulness

Section One

Honesty

Honesty means always speaking the truth and living an honest life. Honesty also includes honest thinking and honest activities. It also means not to take other's things illegally. Honest people are respected by all. They have no greed. Even the Gods are pleased with them. Honesty is a part of religion and a moral virtue. Here is given an example of honesty below:

The Woodcutter and the Goddess of Water

There was a woodcutter in a village. He had an iron axe. He used to cut wood everyday and by selling that wood in markets maintained his family.

There was a river flowing by the village. On the bank of the river there was a forest. One day, the woodcutter went in the forest to cut wood. All on a



The water-goddess gives a gold axe to the woodcutter

sudden the woodcutter's axe fell into the river. The woodcutter broke down with worries. Because he could not cut wood without the axe and if he can not do it daily how he could maintain his family. Then his wife and children would remain unfed.

At that time the goddess of water came up to him from the river. She had a silver axe in her hand. Goddess of water asked the woodcutter, "Have a look, is this your axe?"

Having a look the woodcutter said, "No, this is not my axe."

The Goddess of water went away and came back again with a golden axe in her hand. She asked the woodcutter, "See this axe now, is this yours?"

The woodcutter replied, "No, this is not also mine."

The water goddess dived into water and came again up with an iron axe in her hand. She asked the woodcutter, "Now you see, is this yours?"

The woodcutter replied, "Yes, this one is my axe."

The goddess of water was pleased with the woodcutter for his truthfulness. She gave these three axes to the woodcutter. After then the woodcutter was no more in want.

Through this story of 'The Woodcutter and The Goddess of Water' we have come to know that honesty is a great virtue. Everyone likes honest people. Even the deities love them. So we should be honest. This is the moral learning of this story.

Let us fill in this table

1. The quality that woodcutter showed by refusing to take the gold axe is called	
2. The woodcutter went to cut wood in the	
3. The woodcutter was helped by	

Exercise

1. Fill in the blanks

- Speaking the truth and following the right path is called ____.
- Everyone respects and loves ____.
- The woodcutter's axe was made of ____.
- Refusing silver and gold axe the woodcutter showed ____.
- Following the story of the woodcutter we shall be also ____.

2. Match the words from the right side with the words in the left

a. Attachment of right work is also	→	was made of silver.
b. Honesty is a part of		religion.
c. Honesty is a moral		in the sea.
d. The woodcutter's axe fell into		the river.
e. The axe that water-goddess first gave to the woodcutter		honesty.
		quality.

3. Put a tick mark (✓) on the correct answer

1. What does an honest person have not?

- | | |
|--------------|-------------|
| a. affection | b. kindness |
| c. greed | d. hope |

2. What was there on the river bank?

- | | |
|-----------|------------|
| a. forest | b. village |
| c. city | d. port |

3. The axe that Water-Goddess gave to the woodcutter secondly was made of —.

- | | |
|-----------|-----------|
| a. iron | b. gold |
| c. silver | d. copper |

4. How many axes did Water-Goddess give to the woodcutter after being pleased for his honesty?

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

5. ‘Yes, this is my axe’--- who said this?

- a. a farmer
- b. a labourer
- c. a woodcutter
- d. a smith

4. Answer the following questions in brief

- a. What does honesty mean?
- b. How is honesty related to religion?
- c. How did the woodcutter maintain his family?
- d. Who came out from the river?
- e. What did the Water-Goddess do for the honesty of the woodcutter?

5. Answer the following questions

- a. What is the necessity of honesty?
- b. How did the woodcutter lose his axe?
- c. What did Water-Goddess do after losing the woodcutter his axe?
- d. ‘Honesty is a part of religion’--- explain this.
- e. Narrate a story about honesty not mentioned in your textbook.

Section Two

Truthfulness

Truthfulness means always speaking the truth. At any situation and in front of anybody, telling the truth is also truthfulness. Those are truthful don't think about their profit and loss. They don't think about their death and life. They always depend on honesty. They never tell a lie, even at the cost of their life. At any circumstances they never depart from the truth. Such a truthful person was in the long past whose name was Prahlada. Here giving his story below:

Prahlada and Hiranyakashipu

Hiranyakashipu was the king of the demons. Prahlada was his son. Hiranyakashipu was the rival of the Lord Vishnu. But Prahlada became a true devotee of Vishnu. After knowing that his son had become a true lover of Vishnu he became seriously angry on him. He called Prahlada and said, "Vishnu is my enemy, so you have to give up the name of Vishnu."

Prahlada replied, "How it can be father? He is the God!"

Hiranyakashipu: Vishnu is the rival of demons. So having birth in the line of demons you can not praising the name of Vishnu.

Prahlada: Father, Shrivishnu is our God. God can not be enemy of anyone. I am unable to quit his name.

Hiranyakashipu got more anger. But what could he do? His own son, after all. He sent his son to a teacher if he might get modification. But this went in vain. Prahlada remained the same. As a true devotee of Vishnu he was reciting his name accordingly. Hiranyakashipu could tolerate no more. So he decided to kill his own son. Prahlada was attacked by the soldiers according to the king's order. But he did not die. He was thrown in the fire. But the fire was blown out itself. He was tied to a heavy stone and thrown into the river. But the stone floated up. He was thrown under the elephant's feet, but the elephant picked him up on to his back. He was pushed into the snakes' house. The snakes started to dance expreanding their hooded skin. He was fed poisoned food. Still Prahlada did not die.

Then after one day Hiranyakashipu was sitting on his throne, livid with rage. He called Prahlada. Reciting the name of Vishnu, Prahlada went to his father. Overcome by anger, Hiranyakashipu roared, "I will kill you with my own hands. Who dare save you?"

Prahlada : Vishnu himself will save me.

Hiranyakashipu : Coming over save here?



Vishnu as Nrisingha killing Hiranyakashipu

Prahlada : He prevales everywhere, father.

Hiranyakashipu : Everywhere? Even in this crystal-pillar?

Prahlada : Certainly He, father.

Then giving a roar, Hiranyakashipu broke the crystal-pillar into pieces. Out of it

came instantly a fierce figure. His name was Nrisingha. His face was that of a lion and his body was like that of a human. Coming out of the pillar He kept Hiranyakashipu on His thighs and killed him. With folded hands, Prahlada was extolling the human-lion Vishnu.

Let us fill in the following table

1. Always speaking the truth is called	
2. Whose name did Prahlada always remember	
3. The word 'pillar' means	
4. The relationship between Vishnu and Hiranyakashipu was	

The moral lesson of the story of Prahlada and Hiranyakashipu is: One should speak the truth at any situation. One should never fear to speak the truth. The truth tellers are never afraid of death. They may encounter many dangers but must overcome all of them in the long run. Therefore, we should be truthful in life.

Exercise

1. Fill in the blanks

- Prahlada was a ____ .
- The truthfulness don't think about ____ .
- The honest never ____ even at the cost of their life.
- God is never ____ to anyone.
- Prahlada said, " ____ will save me."

2. Match the words in the right box with the words in the left

a. Truthfulness is a	devotee of Vishnu.
b. Prahlada became a	death.
c. Prahlada was born of	part of religion.
d. Prahlada was thrown into	fire.
e. The truthful are not afraid of	killing.
	demon clan.

Honesty and Truthfulness

3. Put a tick mark (✓) on the correct answer

1. What was the name of Prahlada's father?

- a. Hiranyaksha
- b. Hiranmay
- c. Hiranyakashipu
- d. Hiranyapati

2. Whose name did Prahlada always remember?

- a. Vishnu
- b. Krishna
- c. Shiva
- d. Durga

3. Which house was Prahlada pushed into?

- a. tiger's house
- b. lion's house
- c. snakes' house
- d. bear's house

4. What did not Prahlada renounce at great pains?

- a. devotion to Vishnu
- b. kingship
- c. power
- d. money

5. What would we be, following Prahlada's way of life?

- a. wealthy
- b. wise
- c. saint
- d. truthful

4. Answer the following questions in brief

- a. What is truthfulness?
- b. Why was Hiranyakashipu displeased with Prahlada?
- c. What did the elephant do when Prahlada was thrown under its feet?
- d. What would we be, following Prahlada's way of life?
- e. In which form of incarnation did Vishnu kill Hiranyakashipu?

5. Answer the following questions

- a. What does truthfulness mean? Explain.
- b. What are the benefits of truthfulness?
- c. Why should we be truthful?
- d. How did Hiranyakashipu punish Prahlada?
- e. What moral lesson do you learn from the story of Prahlada's truthfulness?

Chapter Seven

Good Health and Exercises

Good health

Keeping physical fitness is called good health. Good health means the soundness of body and mind. It is necessary to follow some rules, in order to keep in health fit. We need to take food regularly. We should do some exercises. We need sleep in time. We should rise early. We should keep our nails short. We should take baths with soaps. If we follow these, we can maintain a sound health.

When health is good there is soundness of mind. For there is close connection between health and mind. When we have good health, we can succeed in any work. On the other hand, when we get sick we can't concentrate on any work. As a result we fail to have success.

Good health is related to religion. We should have mental peace and happiness in order to practise religion. We need to have calmness of mind to practise religion. We have to call up God with the singleness of mind. Otherwise we can't feel Him. For calmness of mind we should have good health. Therefore keeping in good health is needed for the practice of religion.

Now we have learnt that keeping in good health is an obligation for all. We have also learnt how to preserve health.

Success does not come unless we have good health. Good health is even required for practice of religion.

Exercise (Asana)

A specific form of yoga posture is called asana. Health remains fit because of physical



Two children are performing exercise

exercise (asana). Ability to work increases for practising these asanas. In older days the saints and sages used to practise different kinds of asanas. Because of this practice they could have sound health. As a result, they could meditate attentively. They could practise the rituals of religion and could meditate. Now a days, even the general people practise different asanas to keep in good health. Here is given a short description of Sukhasana, Padmasana and Shabasana.

Sukhasana

Sit straight after bending the two legs. First bend the right leg and then the left leg. Keep the right hand upturned on the palm of the left hand and then on the joined thighs. Stay thirty seconds and then change the position of the hands and legs. Sukhasana is also called Virasana. It cures rheumatism and increases concentration. It lengthens life-span. This is a useful asana to keep in sound health.



Sukhasana

Padmasana

This asana is similar to Sukhasana. First bend the right leg and then the left leg as shown in the picture. Sit with the legs bended so that it looks like a lotus. That is why it is called Padmasana. Keep the right hand upturned on the palm of the left hand. Thus stay thirty seconds. Then change the position of the hands and legs. This asana also has the same benefit as Sukhasana. It cures rheumatism etc. It increases our concentration level. It also lengthens our life-span.



Padmasana

Shabasana

Lying down like a corpse is done in this asana. So it is called Shabasana. In Shabasana legs are kept a little apart. Inhalation and exhalation are

done according to the rules. Body is left completely relaxed. Shabasana is done after any other asana and it removes tiredness. Shabasana should last for one minute. Many a person practises Shabasana for five to ten minutes to remove tiredness. This asana actually removes tiredness and rejuvenates us. If we practise this asana we can study longer at night with no damage to our body.



Shabasana

Let us fill in the table below

Write the names of three asanas

1.	
2.	
3.	

Write two merits of the Padmasana

1.	
2.	

We have come to learn that our body remains sound by practising different kinds of exercises. It increases our concentration. We can study with much concentration. So there is a very close relation between the asanas and good health.

EXERCISE

1. Fill in the blanks

- There is a close relation between body and ____.
- There is a relation between maintaining good health and ____.
- In practising religion mind needs ____.
- A specific form of yoga is called ____.
- Asana increases ____.

2. Match the words from the right side with the words in the left

a. For good health we need	mind is sound. fitness.
b. When body is fit	physical exercise .
c. In a singleness of mind one should call	Ishwara.
d. Asana makes physical	to worship
e. In Shabasana legs are	kept a little apart .

3. Put a tick mark (✓) on the correct answer

1. Physical fitness means –

- | | |
|----------------|-------------|
| a. long life | b. joy |
| c. good health | d. exercise |

2. What should we do for good health? We should –

- | | |
|---------------------------|----------------------|
| a. take physical exercise | b. have enough food |
| c. go on a visit | d. have a long sleep |

3. In which do we lie down like a corpse?

- | | |
|--------------|--------------|
| a. Sukhasana | b. Padmasana |
| c. Halasana | d. Shabasana |

4. What is another name of Sukhasana?

- | | |
|---------------|--------------|
| a. Virasana | b. Padmasana |
| c. Chakrasana | d. Shabasana |

5. How much time should we stay in same posture in Sukhasana?

- a. 10 seconds
- b. 20 seconds
- c. 30 seconds
- d. 40 seconds

4. Answer the following questions in brief

- a. What does good health mean?
- b. What is required for practice of religion?
- c. What do you mean by asana?
- d. What happens when you practise asana?
- e. Why is such name given to Padmasana?

5. Answer the following questions

- a. What rules should we follow in order to keep in good health?
- b. What is the relation between physical fitness and mind?
- c. What does asana mean? Explain.
- d. What is the relation between religion and asana?
- e. Describe Sukhasana.

Chapter Eight

Patriotism

Patriotism is one of the nobles of all virtues of human life. Patriotism means deep love of the motherland. One loves one's country as a bird loves its nest, animal loves its home. Such love and feeling for the country is called patriotism.

How is patriotism expressed? It is the duty and responsibility of all to love their country, to work for the welfare of the country and to protect the sovereignty if it is invaded by enemies. Patriotism is shown through these activities. A true patriot loves his/her country more than the heaven. Devine verse says, 'Janani Janmabhumi shcha Swargadapi Gariyasi'. It means the motherland is more glorious than the heaven.

Patriotism is a part of religion. Every honest and religious people love their country. They can sacrifice even their own lives for the sake of their country. In 1971, during the liberation war, 3 millions people sacrificed their lives for the independence of Bangladesh.

Patriotism teaches us to know and love our motherland. It also teaches us to love the people of the country. Patriotism is a great virtue. It is also a great inspiration in human life. The patriots who sacrifice their own lives for their country are always respected. They gain the heaven. Many people of ancient times are still famous for their patriotism. Here is given from the Mahabharata a story of patriotism of a queen:

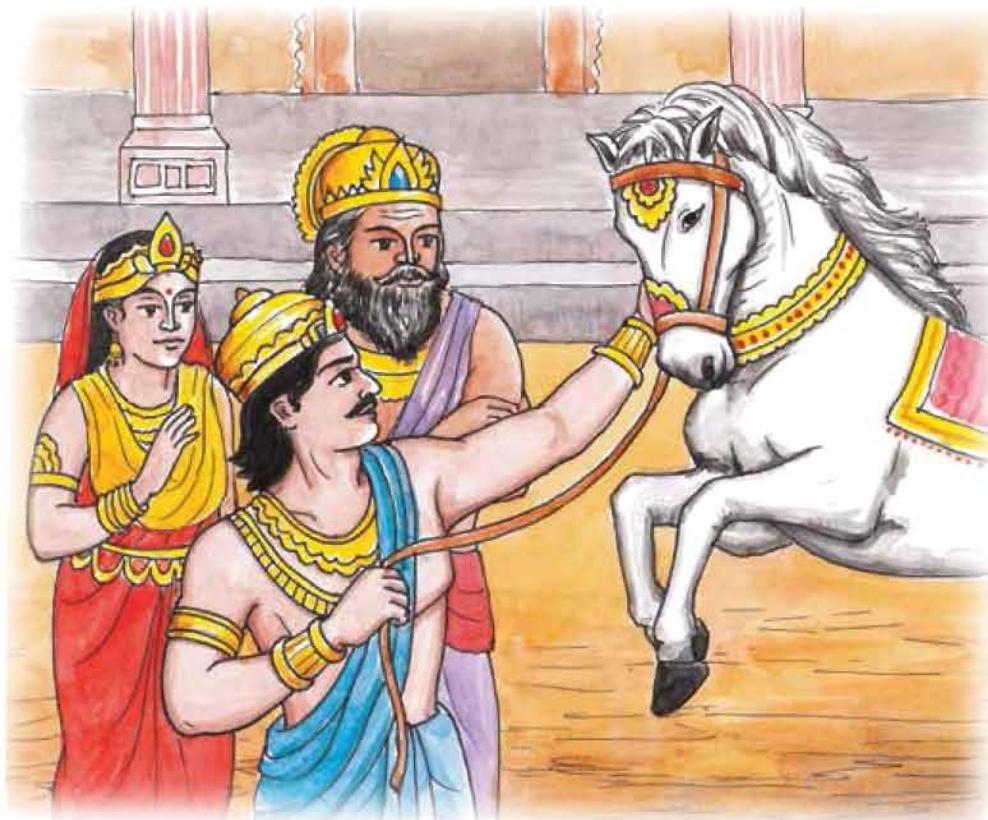
Patriotism of Jana

In ancient time there was a kingdom named Mahishmati. Niladhawa was the king. The name of the queen was Jana. They had only one son named Pravira. Prince Pravira was very brave.

Yudhisthira, the King of Pandava, released a horse for Ashwamedha Yagna (sacrificial horse). Ashwamedha Yagna is the rituals only of the kings. In this Yagna, a king releases a horse and some soldiers follow it. The horse runs from

one kingdom to another. The defeated king goes under the reign of the winning king. In this way, the kings get defeated and the horse moves to another country unless it is stopped. If a king doesn't stop the horse, it means his defeat. At last the horse returns home and is slaughtered. In this way the Yagna comes to an end. This is called Ashwamedha Yagna. The king who performs the Yagna becomes the king of the kings.

The horse of Pandavas went to the kingdom of Mahishmati. Prince Pravira stopped the horse and kept it. King Niladhwa became very afraid and ordered his son to release the horse. But Jana, the freedom lover queen, strongly defended him. She supported Pravira because she didn't want to lose their independence.



The Sacrificial horse is tied, Beside King Niladhwa, Queen Jana and Prince Pravira

Pravira fought a deadly fight against Arjuna, the army chief of Pandavas. Pravira lost the fight and was killed. Queen Jana was overcome with grief for losing her

Patriotism

son. But she didn't break down as she was a true patriot. And her son, Pravira was a true patriot too. Her son died for the country. Such death is an act of glory. King Niladhawja acknowledged his defeat and released the horse of Pandavas. It was very painful for Queen Jana. Because she preferred death to subserviency. Therefore Jana committed suicide by jumping into the river Ganges. She is still remembered for her true patriotism. Glorious Jana was blessed, Heroic Pravira, the great son of the great mother, was also blessed!

Let us fill in this table

- | |
|------------------------------------|
| 1. Pravira restrained |
| 2. Whom did Pravira fight against? |

We shall also be patriot like Pravira and Jana. We shall love our country. We shall work for the welfare, prosperity of the country. And we shall defend our independence.

Exercise

1. Fill in the blanks

- a) Birds love ____ .
- b) Man loves ____ .
- c) Love of the motherland is called ____ .
- d) Janani ____ swargadapi gariyasi.
- e) ____ is preferable than subserviency.

2. Match the words from the right side with the words in the left

a. To protect independence is	coward.
b. Patriotism is a	noble virtue.
c. A great mother's	→ a duty of all.
d. We shall love	heroic son was Pravira.
e. Provira was	our country.
	very brave.

3. Tick (✓) the right answer

1. Where is the Jana's story of patriotism found?

- a. in the Ramayana
- b. in the Mahabharata
- c. in the Chandi
- d. in the Puranas

2. What was the name of the king of Mahishmati kingdom?

- a. Yudhishtira
- b. Rama
- c. Niladhwa
- d. Nala

3. What was the name of Jana's son?

- a. Pravira
- b. Mahavira
- c. Avira
- d. Suvira

4. Who can perform the ashwamedha yagna?

- a. saints
- b. subjects
- c. gods
- d. kings

5. Who was the army chief of Pandavas?

- a. Bhima
- b. Nakula
- c. Arjuna
- d. Shrikrishna

4. Answer the following questions in brief

- a) What is patriotism?
- b) What does patriotism teach us?
- c) Why is patriotism called a part of religion?
- d) Why is patriotism important?
- e) Why shall we love our country?

5. Answer the following questions

- a) How is Patriotism expressed?
- b) Narrate an incident of a freedom fighter's participation in the liberation war.
- c) Write a brief note on Ashwamedha Yagna.
- d) Narrate the story of Queen Jana's patriotism in brief.
- e) Narrate a story of patriotism not mentioned in your text book.

Chapter Nine

Temples and Shrines

Temples

Temples are the abode of deities. The idols of Gods and Goddesses are placed there. Religious worships and prayers are done there by the devotees. So where the idols of deities are placed and religious ceremonies, prayers etc. are done called temples.

The temples are named after Gods and Goddesses like the 'temple of Shiva', 'temple of Kali', 'temple of Durga', 'temple of Krishna', 'temple of Vishnu' etc. The idol of Shiva is placed in the temple of Shiva, the idol of Kali in the temple of Kali, the idol of Durga in the temple of Durga and the idol of Krishna in the temple of Krishna. Thus the idols of various deities are placed in different temples. The temples are also named after the name of places; such as Dhakeshwari temple, kantaj temple etc.

The temple is a sacred place. Our body and mind become pure as we visit these temples. Worshippers visit temples to see Gods and Goddesses. They worship there in the temples. They say their prayers to their deities. This increases devotion and grows religious feelings into their minds. So everyone should go to temples to see the deities. Everyone should perform their religious worship and prayer there.

In various places there are many big temples. For example, Dhakeshwari temple of Dhaka, Kantaji temple of Dinajpur, Kali temple at Kalighat of Kolkata and Jagannath temple of Puri etc.

Dhakeshwari and Kantaji temples are described here.

Dhakeshwari Temple

Dhakeshwari temple is situated in Dhaka, the capital city of Bangladesh. It is an old and important temple. The idol of Goddess Durga is found in this Dhakeshwari temple. Here prayers take place everyday in the morning, noon and evening. There are some Shiva temples close to its campus. Dhakeshwari

temple is a place of pilgrimage of the Hindus. Durga-puja, Kali-puja, Saraswati-puja etc. take place here in the every year. People from home and abroad of the Hindu community come here to offer their worship.



Dhakeshwari Temple

Kantaji Temple

Kantaji temple is situated in the district of Dinajpur. King Prannath started building this temples and later his son Ramnath finished the work of the temple in 1752 AD. The temple was dedicated to Rukminikanta or Kantaji. Rukminikanta is another name of Shrikrishna.

The statue of Shrikrishna or Kantaji is preserved in this temple. The temple is very attractive. Many stories of the ancient legends are drawn on the wall of the temple; for example-the story of the battle between Rama and Ravana, the story of the battle of Kurukshetra etc. There are also many illustrations of Krishnaleela or Krishna's amusement on the wall. These pictures are drawn in terracotta.

Temples and Shrines

The picture of burnt clay is called terracotta. The temple is very famous for the art of its terracotta. Worship is offered in this temple everyday.



Kantaji Temple

Shrine (place of pilgrimage)

Place of pilgrimage is a sacred place. The shrines are named after deities or saints' names. Visiting the shrines refers to showing reverence for our deities and saints. Mind becomes free from sin. Mind become pious. We can achieve virtues. Peace abides in mind. So, the sacred place from where we can get rid of sin and achieve virtues is called shrine. People visit shrines to feel close to God. Shrines are the best places for religious activities. Pilgrimages bring many good results. When we have a bath and pass the nights at holy places our mind becomes pure. A pious person can't do any harm to others. One can gain heaven by virtue of pilgrimage.

There are many shrines in our country. Chandranath, Langalband, Gaya, Kashi, Mathura, Vrindavan, Navadvip etc. are the famous places of pilgrimage.

Here the holy place Langalbanda is described:

Langalbanda

Langalbanda is a famous place of pilgrimage in Bangladesh. It is situated in Narayanganj on the bank of Brahmaputra river. This is an ancient place of pilgrimage. Parshurama, in ancient period, got rid of his sin by taking a holy bath here. The holy baths take place here on the Shukla Ashtomy day of the month of Chaitra. This bath of Langalbanda is called 'Ashtami Snan'. By taking a bath people can get rid of sins. Many from home and abroad come here for holy baths.



A scene of holy bath at Langalbanda pilgrimage

Temples and Shrines

There are many temples at Langalband. Everyday devotees worship in the temples.

Let us fill in this table

1. Where is Kantoji temple?	
2. Langalband is a	
3. In the Dhakeshwari temple is kept	

The shrine's water and soil is holy. By taking a bath in shrines one can get rid of sins. So, we shall visit temples and shrines.

EXERCISE

1. Fill in the blanks

- The place where idols of deities are kept is ____.
- At the temple ____ are worshipped.
- Dhakeshwari temple is located in ____.
- Temple is a ____.
- Going a shrine makes our mind ____.

2. Match the words from the right side with the words in the left

a. Temple is a	Langalbanda .
b. Temples are named after	god and goddess .
c. In the Dhakeshwari temple is kept	sacred place .
d. One of the holy places in Bangladesh is	deities .
e. Having a bath at a shrine removes	the idol of Durga .
	our sins .

3. Tick (✓) the right answer**1. What is kept in the Kali-Temple?**

- a. idol of Krishna
- b. idol of Ganasha
- c. idol of Kali
- d. idol of Durga

2. What is kept in the Shiva Temple?

- a. idol of Krishna
- b. idol of Shiva
- c. idol of Durga
- d. idol of Kali

3. Whose place of pilgrimage is Dhakeshwari temple?

- a. Hindus
- b. Muslims
- c. Christians
- d. Buddhists

4. Whose idol is kept in the Kantaji temple?

- a. Rama
- b. Shiva
- c. Shrikrishna
- d. Kali

5. Where is Langalband located?

It is located on the bank of—.

- a. The Jamuna
- b. The Meghna
- c. The Padma
- d. The Brahmaputra

4. Answer the following questions in brief

- a. Why is temple called an abode of deity?
- b. What do the devotees do at the temple?
- c. Where is Kantaji temple located?
- d. What is a shrine called?
- e. Name two shrines (places of pilgrimage) of Bangladesh.

5. Answer the following questions

- a. What is temple? What do we do at a temple?
- b. Describe Dhakeshwari temple.
- c. Describe Kantaji temple.
- d. Describe the shrine of Langalbanda.
- e. How do the devotees show reverence at the shrine of Langalbanda?

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