

Hindu Religion Studies

Class Three

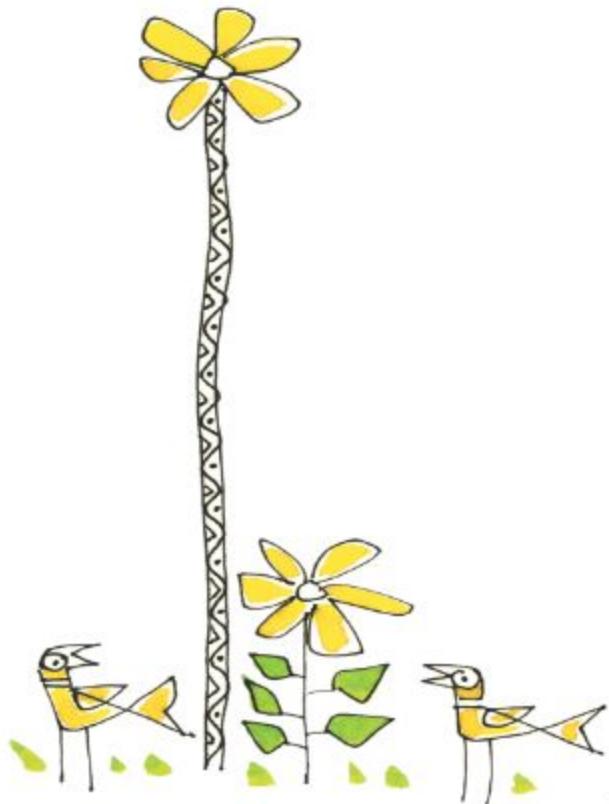


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Hindu Religion Studies

Class Three



National Curriculum and Textbook Board, Bangladesh

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First Edition Writers, Editors and Translators

Professor Narayan Chandra Biswas

Professor Dr. Asim Sarker

Joydip Dey

Archana Saha

Tithi Bala

Keya Bala

Ripon Kumar Das

Dr. Paritiosh Mondal

Rita Sarkar

Tapos Basu

Art Director

Hashem Khan

Illustration

Sajib Sen

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Preface

Primary level constructs the foundation of education. A set of well-defined targets and properly planned primary education provide strengths to the entire education system. Keeping this in mind, the primary level has been given supreme importance in the Education Policy 2010. Increasing the span and inclusiveness of the primary level, as the developed countries of the world, have been emphasised. Special attention has been given to ensure that no child's access to education is hindered by social and economic status, religion, ethnicity, or gender identity.

The National Curriculum and Textbook Board (NCTB) has implemented an integrated curriculum to update primary education. While this curriculum trails the pedagogy and the curriculum of developed countries, it also adopts traditional teaching-learning values of Bangladesh at the same time. This has enabled the education to be more life-oriented and productive. In the context of globalisation, the mental health of the children has also been specially considered in this curriculum.

Textbook is the most important component of curriculum implementation. NCTB has always borne that in mind while designing textbooks for all levels and classes including primary level. Curriculum goals and objectives have been prioritised in the writing and editing of each book. A keen eye has been kept on the diverse curiosity and capacity of the child's mind. Special importance has been given in designing the curriculum and textbooks to make teaching-learning interactive and enjoyable. It is hoped that each book will help in the balanced psycho-physical development of children through educational activities. It will support in acquiring the required skills, adaptability, patriotism and moral values at the same time.

Religion is fundamental to human emotions and aesthetics. It plays an indispensable role in moulding ideal individuals and citizens and cultivating a global sense of brotherhood. Hinduism, one of Bangladesh's four major religions, offers a unique pathway for the Hindu children to understand their religion. Through religious education, they will not only grasp the tenets of their religion but also be inspired by its beauty and grace, fostering a spirit of universal love.

Special thanks to the specialists and teachers who worked intensively in writing, editing and revising the textbook. Thanks to those also who have made the textbook attractive to children through its design and illustration. This textbook has been revised to address the need in the changed context of 2024. Due to time constraints, some errors may still exist. Any constructive advice and guidance from the audience will be considered with due importance.

At the end, I wish every success of the learners for whom the book has been produced.

October 2024

Professor Dr. A K M Reazul Hassan
Chairman
National Curriculum and Textbook Board,
Bangladesh

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Chapter One
The Creator and the Creation, Worship and Prayer
Section One
The Creator and the Creation



Natural Scenery

What can you see in the picture? Write:

Our world is beautiful. We live here. Wherever we look, we see beauty. Beauty is everywhere. This beauty is diversified. There are many kinds of plants and trees here. There are animals and insects. There are forests in some places. There are high mountains, plains, large water bodies, rivers, oceans. There are some green grain fields. Again some wide sandy deserts are here and there. Many familiar and unfamiliar flowers and fruits are on trees. Birds are on the branches of trees. Bird's chirping is heard. We have endless blue sky over our head. We can see the moon, the sun, the stars and the planets.



Can you say who has created these things? Write His name:

This earth is full of natural beauty. This beautiful nature has not been created in a day. This beautiful earth has not been created suddenly. This nice earth of the present day has been created through age-long transformation. Behind all the creations, there is a great Creator.

The Creator has many names. The Creator is called by various names in different religions. In Hindu Religion, the Creator is called Ishwara or God. He is also called by many other names such as Parameshwara, Brahma, Parambrahma, Paramatma, Bhagwan etc. In Christianity, He is called Ishwara or God. The Muslims call Him Allah. The Buddhists follow the rules ordained by Gautam Buddha.

In different languages, God has different names. Ishwara is called God in English. In Arabic, He is called Allah and in Persian, He is called Khoda. As some call the same water pani, water, jal, we address God by different names.



Let us fill in the blanks:

Religion	The Creator's Name
1. Hinduism	
2. Islam	
3. Christianity	



Write the appropriate words in the box:

Bangla

English

Arabic

Persian

Ishwara



Draw a picture of nature after your choice:

Exercise

a) Fill in the gaps:

1. This earth is full of natural -----.
2. In the sky, we can see -----, stars and planets.
3. In Hinduism, the Creator is called -----.

b) Match the left side with the right side:

1) Our earth is	on tree branches.
2) Birds are	is called Ishwara.
3) The Creator has	beautiful.
4) In Hinduism, the Creator	full of natural beauty.
5) This earth is	many names.
	Goutam Buddha.

c) Put a tick (✓) mark beside the correct answer:

1. What is seen in the sky?
a) The sun b) Trees
c) Mountains d) Flowers
2. What is there on our head?
a) Crop fields b) Seas
c) Plain lands d) The sky
3. Who is at the root of all creation?
a) Kartika b) Ganesha
c) The Creator d) Saraswati

d) Answer the following questions in brief:

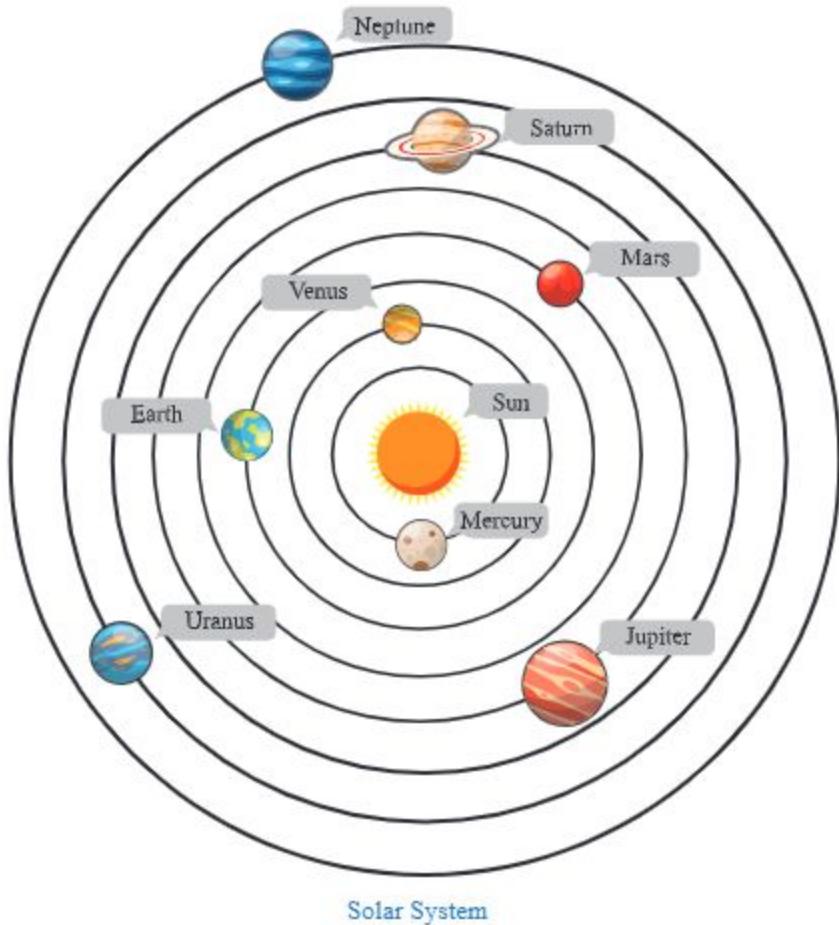
- 1) How is our earth?
- 2) Whose teachings are followed by the Buddhists?
- 3) What is Ishwara called in English?

e) Answer the following questions:

- 1) What things exist in the world?
- 2) Write the names by which the Creator is called?
- 3) Ishwara is the Creator of all things.—Explain.

Section Two

The Almighty Ishwara



The Solar System

Look at the picture above and create a solar system in your classroom. One of your friends will become the sun and each of the other friends will be a planet. Stand up in your position as it is in the picture. Mention the name of the planet according to the role you are playing.



Who has created this solar system?

Ishwara has supreme power. He exists everywhere on the earth. He has created not only the earth but also everything on earth. Outside the earth, there is a vast world. This is called the universe. He is also the Creator of that universe.

Every day the sun rises in the morning and sets in the evening. The earth moves round the sun. Not only the earth but also the planets and their satellites are moving. All these things make up the solar system. The earth is a planet of this solar system. Everything of the universe follows definite rules. According to these rules, day and night occur. The seasons also change accordingly. All the natural facts take place. The Almighty Ishwara controls all these facts.



Sky at Night

The whole creation is under His control. Our birth and death are nothing but His grace. His power is infinite. There is nothing beyond His power. We cannot see many things. Even we cannot think of many things. Ishwara is the Creator of those things too. He creates, nurtures and also destroys. This is how he retains the universe with His power.



Write a letter giving thanks to Ishwara for creating and upholding this universe.

Dear Ishwara,

Yours lovingly

Exercise

a) Fill in the gaps:

1. The earth is a ----- of the solar system.
 2. All ----- is under His control.
 3. Outside the earth there is a vast-----.

b) Match the left side with the right side:

1) Ishwara	the every morning.
2) The sun rises	of the solar system.
3) His power	is infinite.
4) The earth	His weakness.
5) The earth is a planet	is the owner of all power. moves round the sun.

c) Put a tick (✓) mark beside the correct answer:

1. What sets in the evening everyday?
a) The moon b) The sun
c) The earth d) The stars

2. What does everything of the universe follow?
a) Law b) Rules
c) System d) Instruction

3. Who controls everything?
a) Man b) Ishwara
c) Deities d) Demons

d) Answer the following questions in brief:

- 1) What is the Universe?
- 2) The whole creation is under the control of Ishwar—Clarify it.
- 3) Ishwara is the owner of all power—Explain.

e) Answer the following questions:

- 1) What is the composition of the solar system?
- 2) How do day and night occur?

Section Three

Devotion for Ishwara



Why do you love Ishwara ? Write down three sentences on it.

1.

2.

3.

Ishwara has created all living beings. So, there is a close relation between Ishwara and all living beings. We can not see Him. But He exists in all living beings. He is present in all His creation. We are alive because He is with us. He has created the nature. All that we need are found in the nature. We live depending on the nature. Thus, He nurtures us. For this reason, we are grateful to Him. We will respect Him, believe Him, and love Him. We will show devotion to Ishwara to satisfy Him.



Nursing Trees



Love towards Creatures

Ishwara resides in all living beings as soul. For this reason, we will love all living beings. Because to love all living beings is to love Ishwara.

Swami Vivekananda said,

“Those who love all living beings, serve Ishwara.”

So, we will not ignore any living being. To ignore the living being is to ignore Ishwara. To love all creation is to love Ishwara. Thus we can serve Ishwara. For this He becomes satisfied. We get His blessings. Besides, we can show our love and respect to Him through worship and prayer. Therefore, we will work for His contentment.

Worship or pray showing love to God.

Exercise

a) Fill in the gaps:

1. Ishwara has ----- all living beings..
2. There is a ----- between Ishwara and living beings.
3. Ishwara exists in ----- living beings

b) Match the left side with the right side:

1) We will	depending on nature.
2) We live	no living beings.
3) We will neglect	respect Him.
4) We will be devoted to Ishwara	do work.
5) To love all creation	for His satisfaction.
	is to love Ishwara.

c) Put a tick (✓) mark beside the correct answer:

1. "Those who love all living beings serve Ishwara." was said by whom?

a) Loknath Brahmachari	b) Provu Jagadbondhu
c) Ma Sarada Devi	d) Swami Vivekananda

2. Who rear us?

a) Ishwara	b) Kali
c) Laxmi	d) Indra

3. How will we be towards Ishwara?

a) Annoyed	b) Grateful
c) Ungrateful	d) Thankless

d) Answer the following questions in brief:

- 1) Where does Ishwara reside?
- 2) Who will we respect and believe in?
- 3) Who does welfare to us?

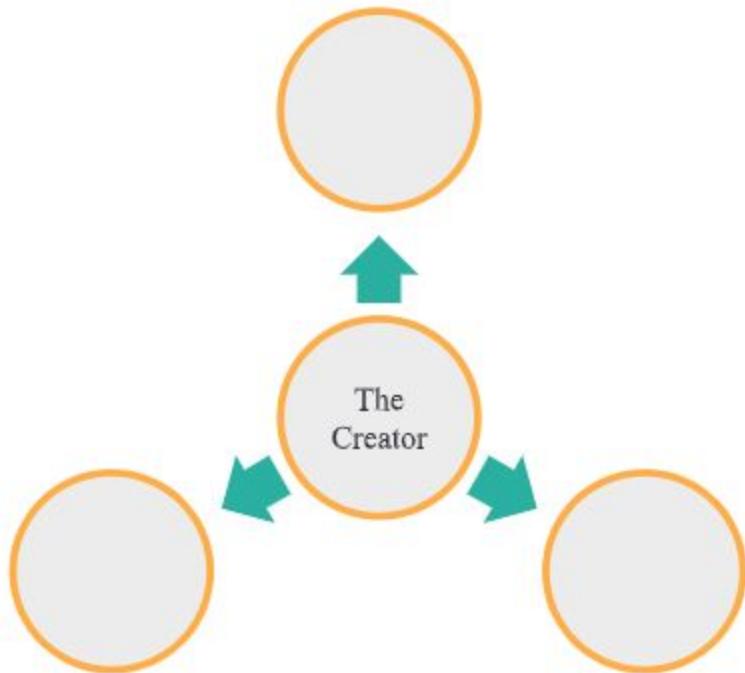
e) Answer the following questions:

- 1) Describe the relationship that exists between Ishwara and the living beings.
- 2) Why will we love all creations?
- 3) Why are we grateful to Ishwara?
- 4) "Those who love all living beings serve Ishwara."—Explain.

Section Four Worship and Prayer



Write several attributive names of the Creator:



Worship

Ishwara exists everywhere. But how can we know Him? How can we perceive Him? To perceive Him, we have to worship Him. To worship means to be devoted to Ishwara, to call Him with attention, to praise Him. We can worship Ishwara through praising, singing hymns, worshipping, meditation and chanting. The attributive names of Ishwara are 'Dayamaya', 'Kripamaya', 'Karunamaya' etc. We will utter these names again and again. We will chant His names in a melodious way. We can worship Him this way. Again we can worship Him silently. We can worship Ishwara both in form and formless way. We sit before gods and goddesses or their pictures while worshipping in visible forms. We have to worship and perform Yajna. Worshipping in formless way can be performed by chanting, meditation and praising. Worship is a Nityakarma (daily duties).



Padmasana



Sukhasana

Every day we have to worship at morning, noon and evening. Worship makes our body and mind pure. While saying our prayer, we praise Ishwara. We seek His blessings. We have to sit for worshipping facing North or East straightly. Particular asanas like Padmasana, Sukhasana are to be followed for worshipping. Regular practicing asana makes our body sound.



Let's recite with devotion.

It is not my prayer
that you save me from all perils

I pray that I should not fear when faced with odds.
Console me not when I am torn with misery

Grant me instead the will to win against grief.
If no help comes forth, let my strength not crumble

When losses abound and
I am deprived of everything,

Let my heart not take this as defeat.
Protect me from the storms is not my prayer

Bless me the strength to sail through.

(Rabindranath Tagore)



Collective Prayer

Prayer

Prayer is one form of worship. To pray means to seek something to Ishwara. Ishwara is great. We are His creation. We should have such type of mental state while saying our prayer. We have to say our prayer to be good. We have to utter- O Ishwara! Take me to the right path, show me the path of well being and the path of light. Please ensure the welfare of all living beings.

We can pray either alone or collectively. We can also pray either silently or loudly. All assemble together for collective prayer. It helps develop good relationship among all.

We have to sit for prayer in a steady state of mind. It needs to pray to Ishwara with folded hands. We have to praise Ishwara. We have to seek our 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 creation and protect all from danger. We have to pray at the beginning of an auspicious task or while we are in danger. Besides, prayer can be performed to Ishwara in any situation.

Prayer and worship increase our attention. It makes our body and mind sound. We can keep in good health. So, We will worship and pray regularly.

Worship and prayer are the important parts of our religion. We can be honest and pious through worshiping and praying. We can love Ishwara. Therefore, the importance of worship and prayer is immense.



Discuss in group and say the necessity of worship and prayer:



Write the ways how we can say our prayer:

1

2

3

4

Exercise

a) Fill in the gaps:

1. To worship means to be devoted to -----
2. Worship makes our ----- pure
3. Pray means to seek something to -----.

b) Match the left side with the right side:

1. Prayer is	all gather at a place.
2. We have to call Ishwara	increase our attention
3. In collective prayer	one form of worship
4. Worship and prayer	with hands together

is one form of Puja.

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) What have we to do to perceive Ishwara?
 - 2) What is worship?
 - 3) Write two special asanas?

e) Answer the following questions:

- 1) How should we worship?
 - 2) What are the benefits of worship and prayer?
 - 3) "Save me from all perils"-- Write the main theme of this prayer song.

Chapter Two

Ideal Biography

Section One

Religious Personality



Write the names below each picture:



There are some extraordinary people in our society. They have many qualities. They think not only for themselves but also for the country and society. They think for the welfare of all human beings. They love all. They work for the happiness and peace of all. Benevolence is the pursuit of their lives. The aim of their life is to ensure the welfare of mankind. They are great. They are gifted with miraculous power. They practise knowledge. They talk about people's well-being. They teach people to adopt pious path. They contribute much to build up beautiful society. They are religious personality or great men and women.

There are many great men and women in our religion such as Sri Chaitanya Mahaprabhu, Ramakrishna Paramahangsadev, Harichand Thakur, Swami Vivekananda, Swami Pranabananda, Sarada Devi, Loknath Brahmachari, Sister Nibedita, Ma Anandamoyee etc. Among them, we learnt about Sri Chaitanya Mahaprobhu, Ramakrishna Pramahangsadev, Harichand Thakur, Sarada Devi, Sister Nibedita and Swami Vivekananda in class one and class two. In this chapter, we will learn about Swami Pranabananda and Ma Anandamayee.

Swami Pranabananda

Swami Pranabananda was born on 29 January 1896. His birth place is Bajitpur Village under Rajoir Upazila in Madaripur District. His father's name is Bishnucharan Bhuiyan and his mother's name is Sarada Devi. Bishnucharan named his son Joynath. Later he was named Vinod.



Swami Pranabananda

Vinod studied at English High School situated at village Bajitpur. He was a devotee of Lord Shiva. He practised meditation since his boyhood. Vinod was very fond of kirtan. He formed a kirtan team with his friends.

Vinod was very restraint and industrious. He also advised his friends to be restraint. He established a hermitage (ashrama) with the help of his fellow-friends. He was known as ascetic celibate. At that time, the movement against the British became stronger. Madaripur was one of the main centres of the revolutionists. Vinod gathered militants to fight for independence. Many revolutionists from different districts took shelter in his hermitage.

After his father's death, Vinod went to Gayadham according to his mother's instructions. In Gaya, oblation was offered to the deceased ancestors. He got furious observing the outrage of the servitors on the pilgrims while offering the oblation. He resolved to reform the Hindu pilgrimages. He returned to his village and established Ashramas in different places including Madaripur, Bajitpur and Khulna. He continued service to the poor and distressed people through these Ashramas.

In 1924, Vinod was initiated into monkship. Then he was named Swami Pranabananda. He assumed sainthood. It means he started wearing dresses of ocher yellow (Geruya).

Swami Pranabananda took necessary steps for the arrangement so that the pilgrims could complete their holy deeds easily. First, he set up an Ashrama in Gaya. This was titled 'Bharat Seva Sangha'. Later he set up Bharat Sevashrama in different places.

Swami Pranabananda did not differentiate people by their status. He put emphasis on education. He tried to raise moral and spiritual power among people. He talked of being organised with Sanatan ideals. He said, "Practise to be restraint in eating, wandering and speech. The weak cannot attain self-awareness and redemption."

He emphasized association and association power. He talked about the importance of association leaders. He said, "Association, association power and association leader—these three make one."

People got new life hearing the sayings of Swami Pranabananda. Numerous people became his disciples. Swami Pranabananda breathed his last in Kolkata on 8 January 1941.



We came to know about the contribution of Swami Pranabanananda. Now write about his contribution.

1

.....
.....

2

.....
.....

3

.....
.....

Ma Anandamayee

Ma Anandamayee was born on 30 April 1896. She was born in the village ‘Kheora’, her maternal uncle’s house, under Kasba Upazila in Brahmanbaria District. Her father’s name is Bipinbihari Bhattacharya. Her mother’s name is Mokshada Sundari. Her father’s house was situated in the village of Vidyakut under Nabinagar Upazila in Brahmanbaria District.

The original name of Ma Anandamayee was Nirmala Sundari. She had no formal education. Her father was a pious man. One day Nirmala said to her father, “Well, father, what happens when you call Hari?” Her father said, “Calling Hari brings good luck.” Since then, Nirmala began chanting Hari.



Ma Anandamayee

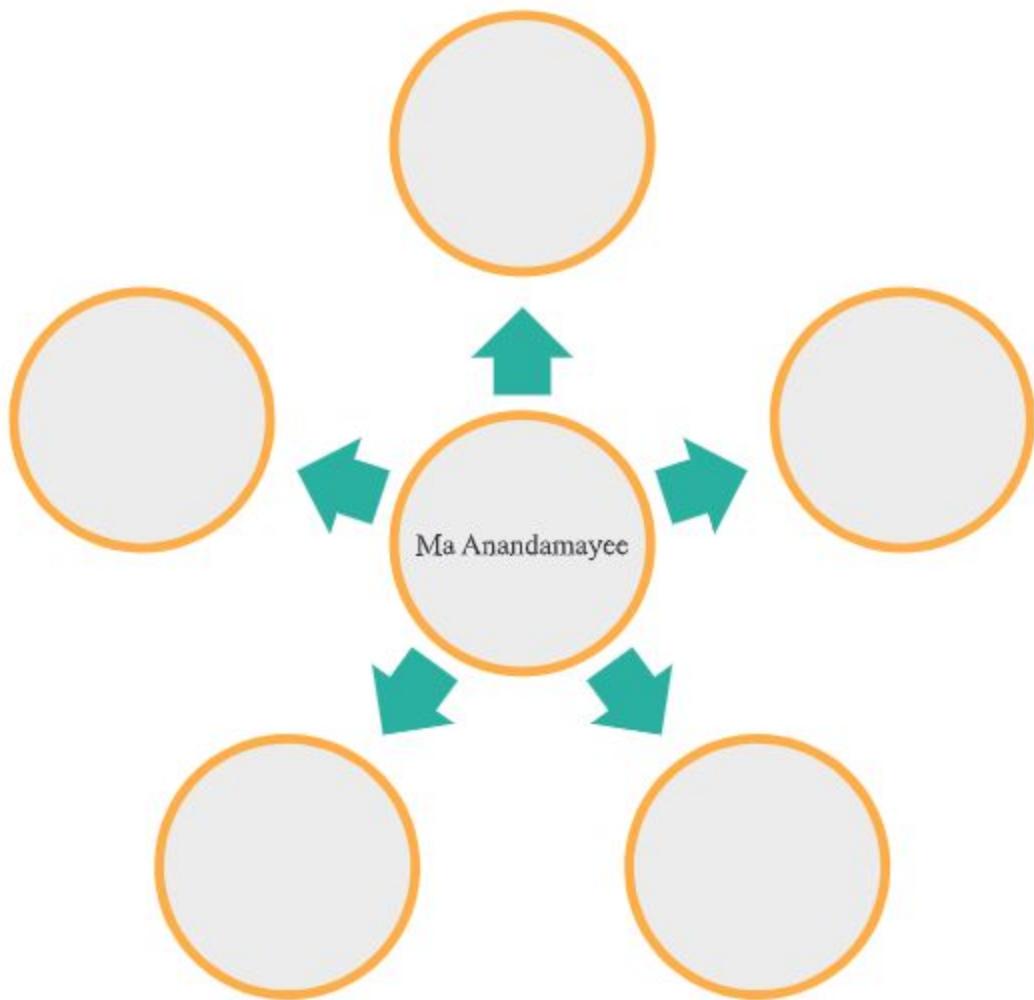
Nirmala was married to Ramanimohan Chakraborty of Vikrampur. Ramanimohon was appointed as the caretaker to Nawab’s Garden at Shahbag. Nirmala came to Dhaka with her husband. Ramna Kalibari was near her residence. She went there daily and performed worship (sadhana). Beside the Kalibari temple, Ma Anandamayee’s Ashrama was built. In 1971, the Pakistani Army destroyed the main Ashrama. Later on, the Ashrama was rebuilt there.

Nirmala used to chant Harinam. While chanting Harinam, she would sometimes faint. Then divine light would come out of her body. Coming in touch with her, many people felt peace. Many sick people were recovered. Observing these incidents, everyone could realize that she was none but a goddess. Since then, she was named ‘Ma Anandamayee’.

Later she went to Dehradun in India with her husband. There the news of her sadhana spread all around. Many people became her disciples. Many Ashramas were built in the name of Ma Anandamayee in different parts of India. At her birthplace, Kheora, there are an Ashrama and a high school after her name. On 27 August 1982, Ma Anandamayee left her worldly life. Her dead body was entombed at Kankhal Ashrama near Haridwar in India.



Fill in the blank circles taking information from Ma Anandamayee's life:

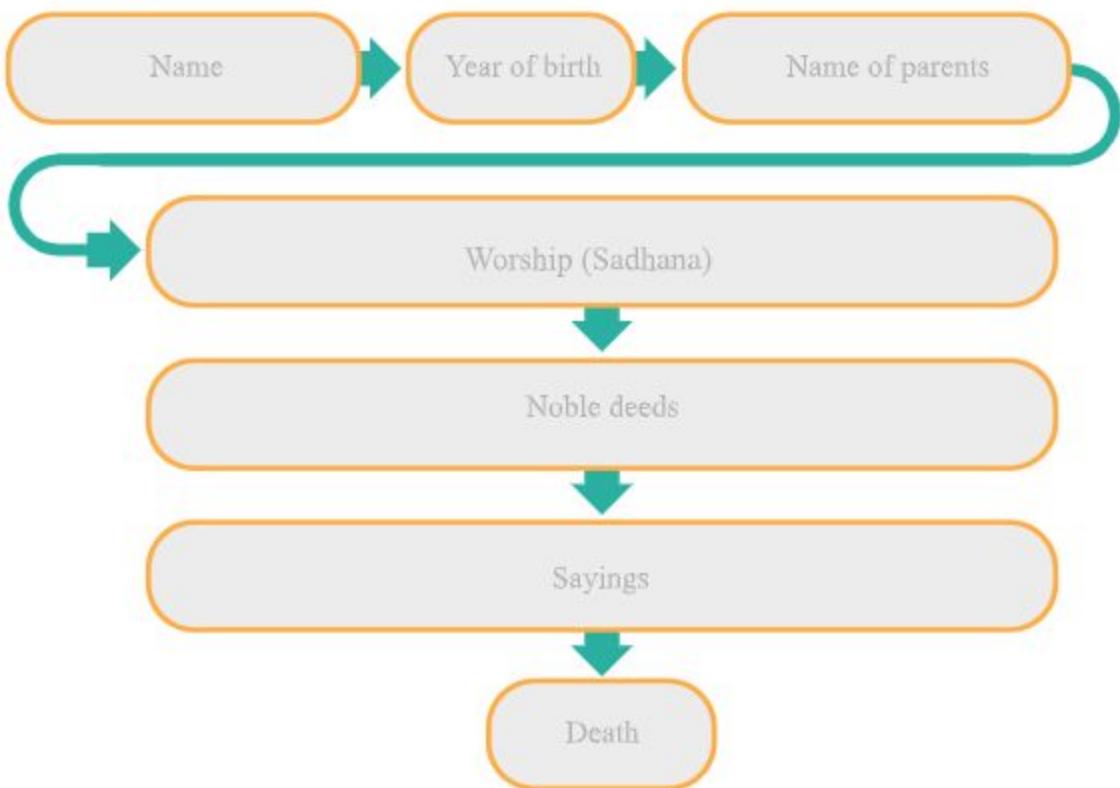


Ma Anandamayee would say, "The world belongs to Ishwara. To perform due duties is the responsibility of human beings." She also said, "In the world, there is no end to opinions and paths. Truth can be found in all paths. All religions are equal. All humans are equal." In her speeches, there is a lot of moral and ethical guidance for children. For example—

1. Chant the name of Ishwara. It will bring blessings.
2. Listen to your parents and elders. Study attentively.
3. If you have love and devotion to God in your heart, you have nothing to fear.



Follow the information below and make a life cycle of a great man / woman:





Let's evaluate:

Tell what happened in the years given below:

1896

1924

1982

1941

Exercise

a) Fill in the gaps:

1. There are some ----- people in our society.
2. Swami Pranabananda was born in -----.
3. The original name of Ma Anandamayee was -----.

b) Match the left side with the right side:

1) The birth place of Swami Pranabananda is	the name of Ishwara.
2) Swami Pranabananda was	the advice of parents and elders.
3) The husband of Ma Anandamayee	Bajitpur.
4) We should chant	a devotee of Shiva.
5) We should obey	was Ramimohan.
	Kheora

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Write a speech of Swami Pranabananda.
 - 2) What is the father's name of Ma Anandamayee?
 - 3) Where did Ma Anandamayee perform worship regularly?

e) Answer the following questions:

- 1) What do you mean by great men?
 - 2) What lesson did we learn from the biography and advice of Swami Pranabananda?
 - 3) Narrate the Sadhana Jiban of Ma Anandamayee.

Section Two

Following the Ideals of Life

In Section one, we have learnt about Swami Pranabananda and Ma Anandamayee. We can learn many things from the ideals of their lives. We can get inspiration to build up our lives beautifully. We can be motivated to do noble deeds. We can be good human beings. We can be virtuous and generous. We can ensure happiness to all humans and the world as well.



Write down what you have learnt from the life of Swami Pranabananda:

...
...
...
...
...



Write down what you have learnt from the life of Ma Anandamayee in section one:



Here are the ideals of Swami Pranabananda and Ma Anandamayee. Match them.

What we have learnt from the ideals of Swami Pranabananda's life are:

- Not to discriminate among people;
- Creating moral values among people through education;
- Raising religious beliefs;
- Creating the tendency of mutual cooperation among people;
- Getting united with one another;
- Establishing temples;
- Getting organized in Sanatan ideals;
- Following the religious ideals;
- Being restraint in eating, wandering and speech;
- Giving up weakness;
- Being aware of health.

What we have learnt from the ideals of Ma Anandamayee's life are:

- Respecting and remembering Ishwara;
- Showing devotion to parents and teachers;
- Being obedient to their words;
- Being respectful to all religions;
- Treating all people equally;
- Not to discriminate among people;
- Being kind-hearted;
- Performing own duties with dedication;
- Studying regularly;
- Acquiring knowledge.

We shall follow the ideal lives of Swami Pranabananda and Ma Anandamayee. We shall reflect those ideals in our lives and works. We shall work for the welfare of mankind and all living beings. We shall motivate others to follow the ideals of their lives. This will bring happiness to all. There will be peace and discipline in the society. Social harmony will be established.



Which ideals of Swami Pranabananda and Ma Anandamayee do you follow? Write down:

Exercise

a) Fill in the gaps:

1. We can be virtuous and -----.
 2. We can ensure ----- to all humans and the world as well.
 3. Not to ----- among people.
 4. Being ----- to all religions.

b) Match the left side with the right side:

1) To develop moral values among people	with devotion.
b) To judge all humans	through education.
c) To perform own duties	equally.
	to acquire knowledge

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Who advised us to give up weakness?
 - 2) Write two ideals of Ma Anandamayee.

e) Answer the following questions:

- 1) Why will we follow the ideals of great men and women?
 - 2) Write five ideals of life set by Swami Pranabananda that you will follow.
 - 3) Write five ideals of life set by Ma Anandamayee that you will follow.
 - 4) How can a society maintain peace and order?

Chapter Three

Moral and Humane Virtues

Section One

Humanity



Mention the name of a good/bad work. Your friend will write the name of an opposite work. In this way, let's play a game of good and bad works.

Good Work	Bad Work

The main virtue of human beings is humanity. Moral and humane characteristics constitute humanity. Human beings live in the society. They have to observe certain rules and regulations to live in the society. For this reason, they help one another in their weal and woe. They cooperate with one another. They work honestly by judging good and evil, justice and injustice. Some of the moral and humane qualities are love and affection, intimacy and fondness, honesty, truthfulness, mutual respect, empathy, generosity, benevolence etc. Following the honest path, working in accordance with words etc. are the examples of honesty.

Truthfulness means speaking the truth.

To respect one another is called mutual respect.

Considering other people's pain as our own and helping them accordingly is called empathy.

Thinking for others and not just for oneself is called generosity.

Helping others is called benevolence.

We do various works every day. There are some good works and bad works among them. The works beneficial to all are called good works. On the other hand, the works harmful to everyone are bad works. So, before doing any work, we should think of whether it is good or bad.



Serving a patient



Write the names of five good works on five fingers given in the picture. See, how many of your works are matched with the five works of your friend sitting beside you.



hand

Exercise

a) Fill in the gaps:

1. Humans live in the -----.
 2. ----- means speaking the truth.
 3. We have to do ----- works every day.

b) Match the left side with the right side:

1) Moral and humane characteristics	with devotion.
2) Humans have to observe certain rules and regulations	through education.
3) Helping others is called	equally.
	to acquire knowledge

c) Put a tick (✓) mark beside the correct answer:

1. The main virtue of human beings is-----
a) Humanity
c) Telling lies
b) Inhumanity
d) Malice
 2. Honesty is a
a) Human virtue
c) The virtue of affection
b) The virtue of unity
d) The virtue of health
 3. To respect one another is called
a) Mutual respect
c) Mutual love
b) Generosity
d) Benevolence

d) Answer the following questions in brief:

- 1) How does man live?
 - 2) What is truthfulness?

e) Answer the following questions:

- 1) "The main virtue of human beings is humanity"—Explain.
 - 2) What do you mean by good and bad works?—Discuss.

Section Two **Benevolence**



Write what you can see in the pictures.



Benevolent people always think for others. They do not think for themselves. They do not expect anything in return for their own activities. These sorts of people are great. In our society, there are many benevolent people. In our religious books, we find many stories of benevolence. Let's read a similar story.

The Benevolence of Bhima

In Mahabharata, Bhima is the second among the five Pandavas. Bhima had immense physical strength. There was intense enmity between the Kauravas and the Pandavas on the issue of the kingdom. The Kauravas were one hundred brothers in number. They used to envy the Pandavas. The Kauravas once tried to kill the Pandavas setting them on fire. They built a Jatugriha (cottage) according to their cunning plan. Five Pandavas and their mother were in the Jatugriha. The house was set on fire. But they survived. They saved themselves by running away before the house was blazed.

They took shelter in a Brahmin's cottage. There they started living in the disguise of Brahmins. One day the sound of crying was heard from that cottage. On that day Bhima was with his mother. Other four sons were out of cottage. Mother Kunti went close and knew the cause of crying.

It was a terrible incident. The name of the city was Ekchakra. There was a forest at one side of the city. A demon named Baka lived in that forest. Every day he had to be given food. A man, two buffaloes and a huge amount of rice were supplied to him. There were also sweetmeats and curd along with that. Otherwise, he would kill everyone. Food from a family was sent on a particular day. Accordingly, that day it was the turn of the Brahmin family. Anyone of the family was to go. Now, there was crying over the issue who would go. No one wanted to go leaving other members of the family.

Hearing all, Kunti said to them, "None will have to go. I have five sons. One of them will go on behalf of you."

Then, the owner of the cottage said, "How is it possible? You are in exile. You are our guests. We cannot endanger you." Kunti assured the Brahmin.

Mother Kunti told Bhima the incident in detail. Hearing everything, Bhima was very pleased. Bhima was a valiant hero and a courageous warrior. Moreover, he was fond of food. He would be able to rescue a family. Next day, Bhima went to the area of



Bhima and agitated Demon Baka

Demon Baka. That time Baka was away from the spot. Bhima started eating food to his heart's content. Returning home, the demon was astonished to know that a human being was having his food. He got angry to see the daring activity of the man. Baka started beating Bhima with the trunk of a tree. Bhima said nothing. He was laughing with himself. He had a little stitching on the back. After some time, he finished his eating. He had curd and then he washed his hands and face. Finally, Bhima attacked the Demon Baka and killed him.

Kunti was benevolent, and so was Bhima. A city was saved for the benevolence of Bhima.

Narrate a story of benevolence that you want to do.

Exercise

a) Fill in the gaps:

- 1) The second Pandava was _____.
- 2) The Kauravas were _____ brothers.
- 3) For benevolent Bhima, a _____ was saved.

b) Match the left side with the right side:

1. Benevolent people	physical strength.
2. In our society, there are	always think for others.
3. Bhima had immense	many benevolent people.
4. Five Pandavas and their mother were	Bhima.
5. The second among the five Pandavas.	a great hero and warrior.
	in the Jatugriha.

c) Put a tick (✓) mark beside the correct answer:

1. What is the position of Bhima among five Pandavas?
 - a) First
 - b) Second
 - c) Third
 - d) Fourth
2. What is the name of Bhima's mother?
 - a) Kunti
 - b) Madri
 - c) Gandhari
 - d) Dushala
3. What is the name of the city?
 - a) Hastinapur
 - b) Dwichakra
 - c) Ekchakra
 - d) Indraprastha
4. Who killed the Demon Baka?
 - a) Yudhishtira
 - b) Bhima
 - c) Nakul
 - d) Sahadeva

d) Answer the following questions in brief:

- 1) How was Bhima?
- 2) Where did Demon Baka live?
- c) How was the relation between the Kouravas and Pandavas?
- d) How many brothers were Pandavas?

e) Answer the following questions:

- 1) "Benevolence is human virtue" —Explain.
- 2) Write down four sentences about Demon Baka.
- c) Learning from the story of Bhima's benevolence, how will you help your endangered friend.

Section Three

Justice and Injustice

What is the appropriate and just is justice. What is not appropriate is injustice. Justice is an important part of values. Justice means doing good deeds and not doing evil deeds. To establish a peaceful society, it is necessary to establish justice and to prevent injustice. Moral teaching is a must to establish justice. It also helps us acquire religious values. As a result, we can judge good and bad. We can make the difference between truth and falsehood, right and wrong. We will be able to understand well-being and adversity, sin and virtue. We will also be able to differentiate between virtues and vices. A developed nation will be formed through being enriched in religious and moral values. So, moral values are really essential. Values are a vital part of social life. Moral degradation and social anarchy result from the lack of those values. As a result, human beings get attracted towards injustice. We should practise the values for social welfare. We should arouse those values among people. It will bring completeness and success in life.



Colour the picture:

Can you say what the picture is about?

It is the picture of a battle in the Mahabharata. Let's read the story of the war of the Mahabharata.

Justice and Injustice of Kurukshetra War

Long ago, there was a kingdom named Hastinapur. Shantanu was the king of that kingdom. Shantanu had three sons—Devabhrata, Chitrangada and Vichitravirya. Devabhrata did not get married. Chitrangada died as a bachelor. Vichitravirya had two sons—Dhritarastra and Pandu. Dhritarastra was the elder but was born blind. So, Pandu became the king. Dhritarastra had one hundred sons and a daughter. They were called the Kaurava. Pandu had five sons. They were called the Pandava. The Kauravas were greedy and selfish. On the contrary, the Pandavas were just.

There was a dispute between the Kauravas and the Pandavas regarding the right of their kingdom. The Kauravas wanted the whole kingdom. Then, there was a fierce fighting among them. The name of this war was the Kurukshetra War. This was the war of justice against injustice. The war continued for eighteen days. The Pandavas won the war. They got back their kingdom. The Kauravas were defeated. This war established justice.



Make a list of just and unjust activities:

Just Activities	Unjust Activities

Exercise

a) Fill in the gaps:

1. What is appropriate and just is _____.
2. Justice is an important _____.
3. Long ago, there was a kingdom named _____.
4. Dhritarashtra had one hundred sons and a _____.

b) Match the left side with the right side:

1) Justice is	is injustice.
2) What is not appropriate	an important part of values.
3) To establish a peaceful society,	but was born blind.
4) Chitrangad died	it is necessary to establish justice.
5) Dhritarashtra was the elder	as a bachelor.
	is justice.

c) Put a tick (✓) mark beside the correct answer:

1. Moral values are

a) Unnecessary	b) Necessary
c) Unreal	d) Harmful

2. How many sons did King Shantanu have?

a) Two	b) Three
c) Four	d) Five

3. How many sons did Vichitravirya have?

a) Two	b) Three
c) Five	d) One hundred

4. How were the Kouravas?

a) Enchanting	b) Greedy
c) Benevolent	d) Friendly

d) Answer the following questions in brief:

- 1) What are needed to establish justice?
- 2) Of Which country was Shantanu the king?

e) Answer the following questions:

- 1) Discuss the importance of justice.
- 2) Narrate the causes of Kurukshetra War.
- 3) Why religious and moral values are needed to build up a developed nation?—Explain.

Section Four

We are for One Another

Some of our friends cannot see. Many of them cannot hear. Some of them cannot speak. Several of them cannot walk. Each of them needs special cooperation. For this reason, they are called children with special needs.



Write the type of cooperation that are required by them:

1.The child who cannot see	
2.The child who cannot walk	
3.The child who does not understand his/her lessons.	

We should help the children with special needs. With our cooperation, they will be able to read like normal children. They will also be able to do other works. We should keep in mind that they are not isolated from the society. All kinds of children have the right to study in schools. The children with special needs will also study in the same institution. They will take part in different functions of the school. They will take part in all activities with other students. They will get pleasure through their participation. Everyone should be conscious so that they can live a normal life.

We should keep in mind
“We are for everyone’s sake,
Everyone is for the sake of others.”

Shuvo is Our Friend

One day the learners saw that a new student was sitting outside the classroom. It was not clear in which direction he was looking at. Every now and then he was smiling himself. When the teacher came, everyone started saying, "An insane boy is sitting outside our classroom."

The teacher said, "Don't call anyone insane without knowing him/her. His name is Shubo. His intelligence has not been developed normally. So, his behaviour is different from that of others. Shubo has come to get himself admitted to this school." After a while, the Headmaster entered the classroom with Shubo along with his mother.

He said, "He is your new friend. He has a little problem. He understands everything slowly. However, the doctor has suggested that his disability symptom will be lessened if he is allowed to stay in normal atmosphere and if you all can behave well with him. So, if you cooperate with Shubo, he will be able to read and write. Will you cooperate with Shubo?"

All said, "Yes Sir, we will."



Introducing Shubo with his Classmates

The students took Shuvo by the hands and let him sit beside them. During the tiffin time, they took him to play with them. In this way, all the students helped Shuvo. He continued education with the help of his friends.

Shuvo was good at drawing. Within a short time, Shuvo became popular with all his friends because of his drawing. Few days ago, he got a prize for drawing at the national level. For Shuvo, that primary school became famous across the country.



Play your role in the story of Shuvo.

Exercise

a) Fill in the gaps:

- Some of our friends cannot ----- with their eyes.
- We should ----- the children with special needs.
- All kinds of children have the right to read in -----.
- Shuvo continued ----- with the assistance of his friends.

b) Match the left side with the right side:

1) We should help	cannot hear.
2) Many of them	cannot speak.
3) Some of them	sitting outside the classroom.
4) A new student was	and let him sit beside them.
5) The students got Shuvo by the hands	the children with special needs.
	can hear.

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Why did Shuvo become dear to all?
 - 2) Where should the children with special needs study?

e) Answer the following questions:

- 1) Who are the children with special needs?
 - 2) What will you do for the children with special needs?
 - 3) How will you feel if you get a national prize as Shuvo has got one?

Chapter Four

Religious Books, Puja-Parvana, Festivals and Peaceful Co-existence

Section One

Hindu Religious Books



Write the names of some Hindu religious books:

1.

2.

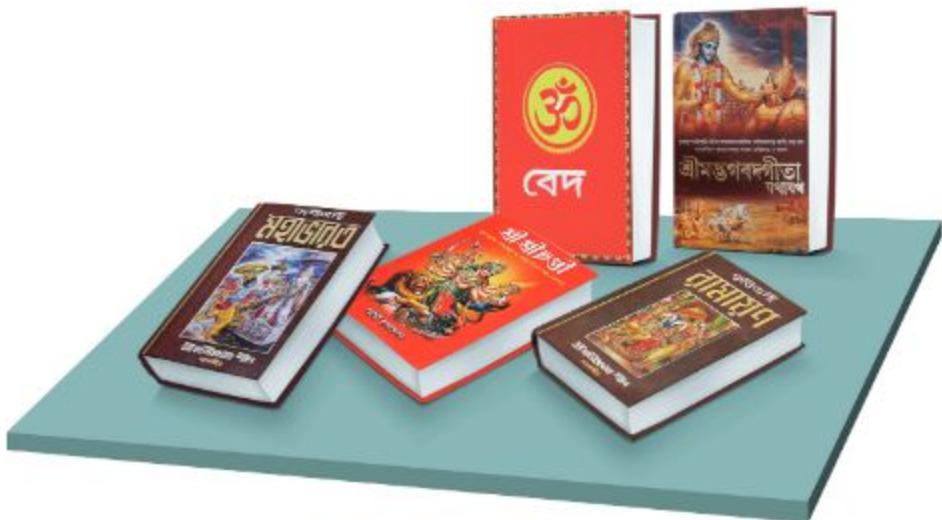
3.

4.

The belief that people hold in their minds is their religion. Religion brings happiness to people. It benefits the world. It helps people understand Ishwara. It teaches people how to worship Ishwara. Religion emphasizes the importance of being good and leading a disciplined and holy life. There are welfare activities mentioned in religion.

The books that contain teachings about religion are called religious books. Religious books include discussions on Ishwara. They contain stories of gods and goddesses. Here there are the discussions on knowledge and welfare activities. There are discussions on serving the living beings, peace, society and life in the religious books. They contain various moral stories and ethical teachings.

Every religion has its own religious books. There are many religious books in Hindu religion. The Vedas are our main religious books. Besides, there are the Upanishads, Ramayana, Mahabharata, Bhagavad Gita, Puranas, Sri Sri Chandi and so on. Each of the religious books tells the greatness of the Creator. They tell us to love all of the creations.



Hindu Religious Books



Let's read the poem in a body:

In the Adi Kanda, the birth of Rama and the marriage to Sita are described |

In the Ayodhya Kanda, Rama's exile to the forest takes place ||

In the Aranya Kanda, the abduction of Janaki occurs |

In the Kishkindha Kanda, the meeting with Sugriva happens ||

In the Sundara Kanda, the building of the bridge over the ocean is completed |

In the Lanka Kanda, the destruction of Ravana takes place ||

The Uttara Kanda is the special part of the Kandas |

In grief, Boidihi went to the underworld ||

The part of the seven Kandas of the Ramayana is a store of nectar |

This was composed by the great poet Krittivas ||

Here are the summaries of the Ramayana and the Mahabharata:

The Ramayana

The sage Valmiki composed the Ramayana. The Ramayana is divided into seven parts, and each part is called a Kanda. Therefore, it is called the 'Saptakanda Ramayana.' These seven Kandas are Adikanda, Ayodhyakanda, Aranyakanda, Kishkindhyakanda, Sundarakanda, Yuddhakanda, and Uttarakanda.

In ancient times, King Dasharatha ruled Ayodhya. He had three wives: Kausalya, Kaikeyi, and Sumitra. Kausalya had a son named Rama, Kaikeyi had a son named Bharata, and Sumitra had two sons, Lakshmana and Shatrughna. On the other hand, King Janaka ruled Mithila, and he had two daughters: Sita and Urmila. Rama married Sita, and Lakshmana married Urmila. Janaka also had a brother named Kushadhwaja, who had two daughters, Mandavi and Shratakirti. Mandavi was married to Bharata, and Shratakirti was married to Shatrughna.

King Dasharatha's eldest son was Rama, and he decided to make Rama the king. However, Kaikeyi objected to it. Once, Dasharatha fell seriously ill and Kaikeyi took care of him. Being pleased with her service, he granted her two wishes. Then according to the evil advice of the maid-servant Manthara, Kaikeyi wanted the two wishes to be fulfilled. First, she asked that Bharata would be made the king. Second, she asked that Rama would be sent into exile for fourteen years. Rama was very much devoted to his father. To keep his father's promise, Rama went into the forest with his wife Sita and brother Lakshmana.



Exilement of Rama, Lakshmana and Sita

In the meantime, Dasharatha died of grief for Rama. Then Bharata was at his maternal uncle's home. Returning to Ayodhya, he scolded his mother Kaikeyi. He went out to bring back Rama. But, Rama did not come back. Bharata then returned to the kingdom with Rama's shoes. He ruled the kingdom keeping the shoes on the throne.

During their exile, Rama, Sita, and Lakshmana spent thirteen years in the forest. One day, the demon king Ravana from Lanka came to the forest. Sita was alone in their cottage. Seeing her alone, Ravana abducted Sita and took her to Lanka. Rama went to Lanka to rescue Sita. There were a lot of monkey soldiers with Rama. A fierce battle between Rama and Ravana took place and Ravana was defeated. Ravana was killed. Rama, Sita and Lakshmana returned to Ayodhya. Finally, Rama became the king.

The Ramayana is a religious book for daily reading. From the story of the Ramayana, we learn many moral lessons such as respecting our parents and elder brothers, respecting our seniors, destroying evil, and being a just king. The duty of the king is to always think of the welfare of the subjects and keep his promises.

The Mahabharata

Krishna Dvaipayana Vyasa dev composed the Mahabharata. The central story of the Mahabharata is the war between the Kauravas and the Pandavas. Along with this story, it contains numerous stories and sub-stories. The vast Mahabharata is divided into several sections, each of which is called a 'Parva.' The Mahabharata consists of eighteen Parvas.

In ancient India, there was a kingdom named Hastinapura. At one time, its king was Shantanu. Shantanu had three sons: Devabrata, Chitrangada, and Vichitravirya. Devabrata was the eldest, and he made a strong promise never to marry or ascend the throne. Due to this strong promise, he came to be known as Bhishma. Chitrangada died at a young age. So after Shantanu, Vichitravirya became the king. Vichitravirya had two sons Dhritarashtra and Pandu. Dhritarashtra was born blind, and this led Pandu to become the king. Dhritarashtra had a hundred sons and one daughter. The eldest son was Duryodhana. Duryodhana and his brothers are known as the Kauravas. Pandu had five sons. The eldest among Pandu's sons was Yudhishtira. They are called the Pandavas. After the death of Pandu Yudhishtira was coronated as crown prince. However, Duryodhana did not accept the decision.

Duryodhana tried various tricks to kill the Pandavas but they survived. Later, Dhritarashtra divided the kingdom and gave a half to the Pandavas. Khandavaprastha became the kingdom of the Pandavas, which was later known as Indraprastha.

Duryodhana, plotted against the Pandavas to drive them away from the kingdom. He invited Yudhishtira to play a game of dice. Yudhishtira lost the game. There was a term in the game of dice. According to the term of the game, the Pandavas had to go into exile for thirteen years and disguised exile for one year. According to the terms, the Pandavas went to the forest with their wife Draupadi. Twelve years passed away. Then they went to the kingdom of Virat in disguise. There they stayed for one year of disguised exile. The Pandavas fulfilled all the terms. They came back to Hastinapura with their wife Draupadi. But Duryodhana did not give back their deserved kingdom. Then Yudhishtira demanded five villages for his five brothers each. Duryodhana did not even want to give them those villages. Sri Krishna tried his best to establish peace among all. But all the efforts went in vain.

There was an open field in Kurukshetra near Hastinapura. A war took place in Kurukshetra between the Kauravas and the Pandavas. On the battlefield, Arjuna saw elders, kith and kin in the opposition group. Seeing them, Arjuna's heart was filled



The Kurukshetra War

with despair. Sri Krishna said to Arjuna, " This war is a holy war. If you fight for justice and religion, it is not a sin." Sri Krishna gave pieces of advice to Arjuna. Listening to them Arjuna's mind became calm. He agreed to fight. The messages that he gave to Arjuna are separately known as Srimad Bhagavad Gita.

The war of Kurukshetra ended in eighteen days. In the war, all the warriors including Duryodhana were killed. Yudhishtira became the king of Hastinapura. Thirty-six years of Yudhishtira's ruling was completed. Parikshit, Abhimanya's son and Arjuna's grandson, was made the king. The five Pandavas along with Draupadi left the kingdom and started their journey to the Himalayas. On the way, Draupadi and four brothers died. Yudhishtira went to Heaven directly.

The Kurukshetra War described in the Mahabharata is a holy war. It was the war of righteousness (Dharma) and the truth against unrighteousness (Adharma) and falsehood. In that war, righteousness (Dharma) and the truth won. Unrighteousness (Adharma) and falsehood were defeated. From the Mahabharata, we get a lot of moral lessons. We have to perform our duties. We have to give up our worldly desires and acquire knowledge. We have to follow the true and just paths.

The Mahabharata is a book of daily reading. The story of the Mahabharata is like nectar. If we hear the Mahabharata, we can get virtues. Therefore, Kashiram Das has said-

**The story of the Mahabharata is equal to nectar !
Kashiram Das says, hearing it brings virtue !!**



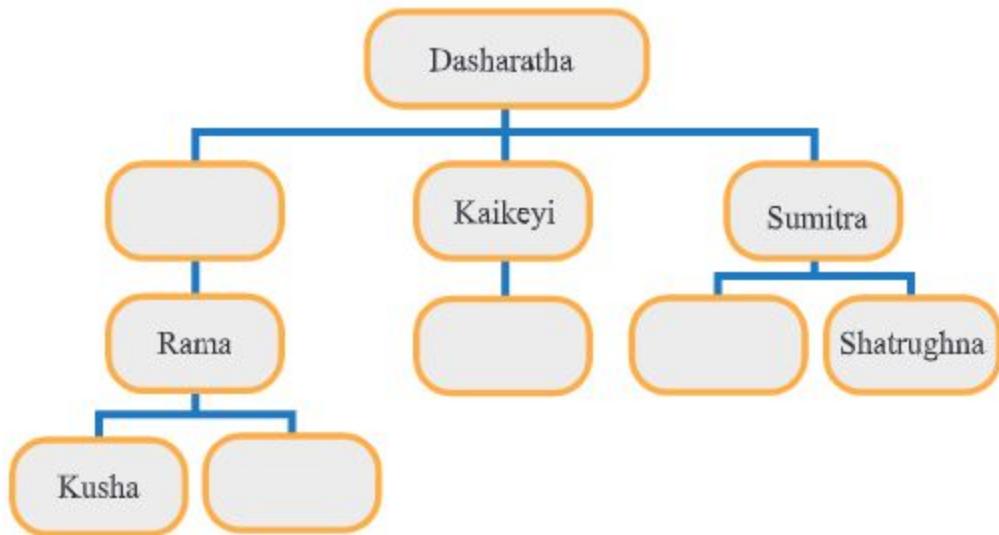
Write three sentences in each column:

The Ramayana	The Mahabharata

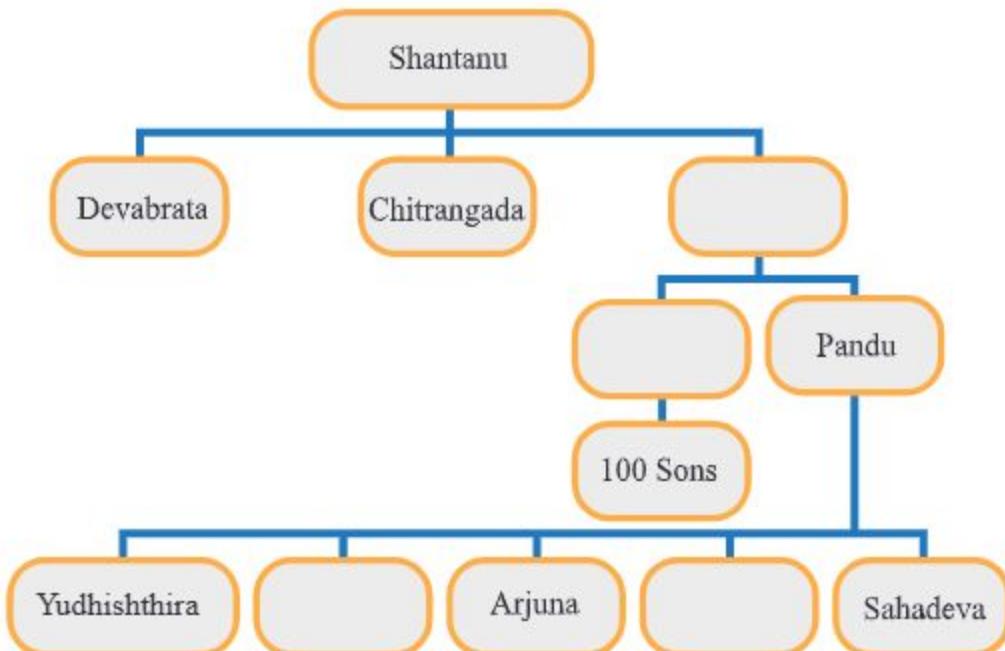


Let's evaluate:

Write the names in the diagram and create the family structure described in the Ramayana:



Write the names in the diagram and create the family structure described in the Mahabharata:



Exercise

a) Fill in the gaps:

1. There are many -----in Hinduism.
 2. Khandavaprastha became the kingdom of -----.
 3. The story of the Mahabharata is like -----.

b) Match the left side with the right side:

1) King Dasharatha's eldest son was	a daily readable Religious book.
2) The Ramayana is	the Mahabharata.
3) Krishna Dvaipayana Vyasadev composed	advice to Arjuna.
4) Srimad Bhagavad Gita	Yudhishtira.
5) Sri Krishna gave	Rama.
	is a part of the Mahabharata.

c) Put a tick (✓) mark beside the correct answer:

1. Rama married

 - a) Mandabi
 - b) Sita
 - c) Urmila
 - d) Shratakirti

2. How many Parvas are there in the Mahabharata?

 - a) Ten
 - b) Fifteen
 - c) Seventeen
 - d) Eighteen

3. Who composed the Ramayana?

 - a) The sage Valmiki
 - b) Krishna Dvaipayana
 - c) Vashistha
 - d) Vishwamitra

4. In the kingdom of which king, were the Pandavas in disguise?

 - a) King Virat
 - b) King Sagar
 - c) King Drupada
 - d) King Salya

d) Answer the following questions in brief:

- 1) What boons did Kaikeyi want from King Dasharatha?
- 2) What moral teachings do we get from the Ramayana?
- 3) What promise did Devabhrata make?
- 4) In which war, there is no sin?

e) Answer the following questions:

- 1) What do you mean by religious books?
- 2) Write four lines from the short poem of Ramayana.
- 3) What teachings do we get from the Mahabharata?

Section Two

Deities

Ishwara is one and unique. He is omnipotent. His power is limitless. He has countless virtues. He has no form. Therefore, He is Nirakar (formless). However, He can take on any form or shape. He can manifest His power or virtues in any form. Again, the devotees (Shadhaks) can give a form of His qualities. In this way, any virtue or power of Ishwara can assume a form. This attainment of form is called deities. Deities are the tangible forms of Ishwara. The power of deities is the power of Ishwara Himself. The power of Ishwara is manifested through deities. There are many deities, such as Brahma, Vishnu, Shiva, Durga, Kali, Saraswati, Lakshmi, Manasa, Kartika, Ganesha and so on. The form in which Ishwara creates is called Brahma. The form in which He nurtures is called Vishnu. The form in which He destroys is called Shiva. Durga is the goddess of power. Saraswati is the goddess of knowledge. Lakshmi is the goddess of wealth.



Align the dots below:



We learnt about Saraswati and Ganesha in class one and Lakshmi and Kartika in class two. Now let's know about Shiva and Durga.

God Shiva

The form in which Ishwara destroys is called Shiva. Shiva is the god of well-being. For the sake of well-being, he destroys all ill beings. Through destruction, he protects the balance of the world. He has many names, such as Maheshwara, Mahadeva, Bholanatha, Nataraja etc.



God Shiva

Shiva's complexion is as white as snow, and he has matted hair on his head. He has three eyes, with one eye in the middle of his forehead. Above the forehead, there is a crescent moon. In his hand, he holds two musical instruments, a Damaru (a small drum) and a Shinga (trumpet). The trident is his main weapon. He puts on the skin of a tiger, and his vehicle is a bull.

Shiva can be worshipped at any time, but special worship of Shiva is done on a special day. Shiva is worshipped particularly on the 14th day of the Krishna Paksha (waning phase of the moon) of Falgun (Bangla month). This day is called Shiva Chaturdashi. The night of this day is called Shivaratri. Devotees of Shiva are known as Shaiva. Worshipping Shiva destroys ill-being and ensures well-being.



The salutation of chanting (mantra) of god Shiva:

Om namah Shivaya Shantaya Karanatrayahetabe ।
Nivedayami catmanam tvam gati Parameshwara ॥

Meaning: I bow to the calm Shiva who is the cause of creation, preservation, and destruction. O Paramaheshwara, you are the ultimate shelter. I surrender myself to you.

Goddess Durga

Durga is the goddess of power. She is the combined form of all powers. She is called Durga because she defeated a demon named Durgam. She destroys the miseries of all living beings, and therefore, she is also known as Durgatinashini. She has many names like Mahamaya, Bhagavati, Chandi, Kali, and so on.



Goddess Durga

Durga's complexion is like the colour of the Atashi flower, and her face is as beautiful as the full moon. She has three eyes. That is why, she is called Trinayana. One of her eyes is in the middle of her forehead. She has a crescent moon on one side of her head. Goddess Durga has ten hands, and that is why she is also known as Dashabhuja. In her ten hands, she holds ten different weapons and they symbolize her power. Her carriage is a lion.

In the religious book, 'Sri Sri Chandi,' the story and the greatness of goddess Durga are described. From it, we came to know that the goddess Durga defeated the demon Mahishasura. That is why, she is also called Mahishasuramardini. She has defeated many other demons as well.

Durga is called Sarvamangala because she brings all kinds of well-being. She gives us strength and courage. She protects us from all sorrows and troubles. Chanting the name of Durga removes dangers. Travelling will be a happy trip if we chant 'Durga' 'Durga' before starting a journey. Durga Puja is celebrated in autumn, and so it is known as Sharadiya Puja. It is also celebrated in spring. Then it is called Basanti Puja. During Durga Puja, the recitation of 'Sri Sri Chandi' is performed.



The salutation of chanting (mantra) to Goddess Durga:

Sarva mangalamangalye Shive sarvartha sadhike ।
Sharanye tryambake Gouri Narayani namo astute ॥

Meaning: O giver of all well-being, the symbol of welfare, the giver of the shelter of all, Trinayana, Gouri, Narayani, I bow to you.



Make sentences using the following words:

The trident

Shiva Chaturdashi

Shaiva

Demon Durgam

Exercise

a) Fill in the gaps:

1. Shiva is worshipped on the ----- tithi of the Krishna Paksha of the Falgun.
2. Shiva's complexion is as white as -----.
3. Om namah Sivaya ----- Karanatrayahetabe.
4. ----- is the combined form of all powers.

b) Match the left side with the right side:

1) Shiva is.	known as Shaiva.
2) Devotees of Shiva are	the god of well-being
3) Durga's carrier is	known as Basanti Puja.
4) Durga is called	a lion.
5) Durga Puja in the spring season is	Sarvamangala. goddess

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Why is Durga called Durgatinashini?
 - 2) Why is Durga Puja called Sharadiya Puja?
 - 3) What do you mean by Shiva Chaturdashi?
 - 4) How does Ishwara manifest His power?

e) Answer the following questions:

- 1) What do you mean by deities?
 - 2) Describe the beauty of goddess Durga.

Section Three

Puja-Parvana and Religious Festivals



Mention the names of the few Pujas you have attended:

1.

2.

3.

4.

Deities are the different symbols or forms of Ishwara. We worship deities to seek their blessings. We express our respect to them. When we worship the gods and goddesses, we are actually worshipping God. If we worship them, they become pleased. When they are pleased, Ishwara is also pleased. Then our well-being is ensured.

The word 'Puja' means praising or showing respect. Puja refers to adoring and worshipping deities. Puja means praising deities. We express our devotion to them. Various offerings are made to deities. The offerings include flowers, fruits, grass (durba), basil leaves, wood apple leaves, water, sandalwood, sunned rice (atop chal), incense and lamps among others. After making the idols of deities puja is performed. We decorate the temple. We pray for the well-being of all. During puja, mantras have to be chanted in a sacred mind. Then, flower offerings, Arati and meditation are performed. After performing Puja, we have to salute deities.

The word Parvana means festival or celebration. It means a joyous occasion. Various types of celebrations are organized during the worship of different deities. Festivals that make the Puja joyous are called Parvana. Celebrations are carried out with joy. Celebrations that we observe include the New Year, Poush Sankranti, Chaitra Sankranti, Nabanna, Dolyatra, Bijoya Dashami etc.

Puja and Parvana include elements like making idols of deities, decorating temples or homes and organizing various musical instruments, especially drums, cymbals, bells, castanets, kasi (a musical instrument) conch shells, etc. These instruments are played during the celebrations. There is interaction with various people. Different types of food and feasts are prepared and shared. Various enjoyable activities are organized. People wear clean dresses.



Rathayatra

In Hindu religion, various festivals are celebrated throughout the year. Among these, the major festivals are Durga Puja, Saraswati Puja and Lakshmi Puja. People gather in temples to worship during these festivals. During the worship, they exchange greetings and good wishes with one another. They enjoy different kinds of sweets, snacks and fruits. Children engage themselves in various games and have fun. When everyone comes together for worshipping, the atmosphere becomes festive and joyous. During these times, religious discussions and cultural events take place. Fairs are organized, and grand processions like 'Shobhayatra' are held. Various types of festivals are celebrated. Participation of everyone makes the celebrations universal.

Exercise

a) Fill in the gaps:

- When we worship the deities, we are actually worshipping -----.
 - are carried out with joy.
 - of everyone makes the celebrations universal.
 - People gather in ----- to Puja festivals.

b) Match the left side with the right side:

1) If we worship deities,	Poushparvana.
2) The name of a ParVana is	used during Puja.
3) Musical instrument are	they become pleased.
4) After performing Puja	we have to salute deities.
	Saraswati Puja.

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Why do we perform Puja?
- 2) What are the essential items for performing a Puja?
- 3) Which musical instrument are played during Puja?
- 4) What are our major Puja festivals?

e) Answer the following questions:

- 1) What do you mean by Parvana? Mention the names of our Parvanas.
- 2) Narrate various parts of Puja and Parvana.

Section Four

Religious Books of Other Religions



Name the religious books you have in your house:

There are four major religions in our country. Every religion has its own religious books. The Holy Quran is the main religious book of the Muslims. The messages of Allah are written in the Quran. At first, the Holy Quran was written in Arabic.

The main religious book of the Buddhists is called the Tripitaka. The religious messages of Gautama Buddha have been written in three Pitakas or books. These three collections are the Sutta Pitaka, Vinaya Pitaka, and Abhidharma Pitaka. These three Pitakas are together called the Tripitaka. The Tripitaka is written in Pali.

The Holy Bible is the main religious book of the Christians. The word 'Bible' means a book. The Bible is mainly a compilation of various books. The messages of God are described in those books. These messages are described through different historical events. The first Bible was written in Hebrew.

All religious books are holy books. It is important to show respect towards one's own religious books as well as the religious books of other followers. It is our duty to honour all religious books.



The Holy Quran

The Holy Bible

The Holy Tripitaka

**Fill in the blanks:**

The Holy Quran	
The Tripitaka	
The Veda	is the main religious book of the Hindu religion
The Bible	

**Draw the cover of the book in the blank according to the text below:**

The messages of God

The messages of Gautama Buddha

The messages of Allah

Exercise**a) Fill in the gaps:**

1. There are ----- major religions in our country.
2. All ----- are sacred.
3. The word 'Bible' means -----.

b) Match the left side with the right side:

1) The main religious book of Christians is	The Holy Quran.
2) Three Pitaka together are called	religious books.
3) Every religion has its own	The Holy Bible.
4) One of the three Pitaka is	the Tripitaka.

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) In which religious book are the messages of Goutam Buddha collected?
 - 2) In which language the first book of the Bible was written?

e) Answer the following questions:

- 1) Why should we honour and respect all religious books?
 - 2) Discuss the religious books of the Buddhists.

Section Five

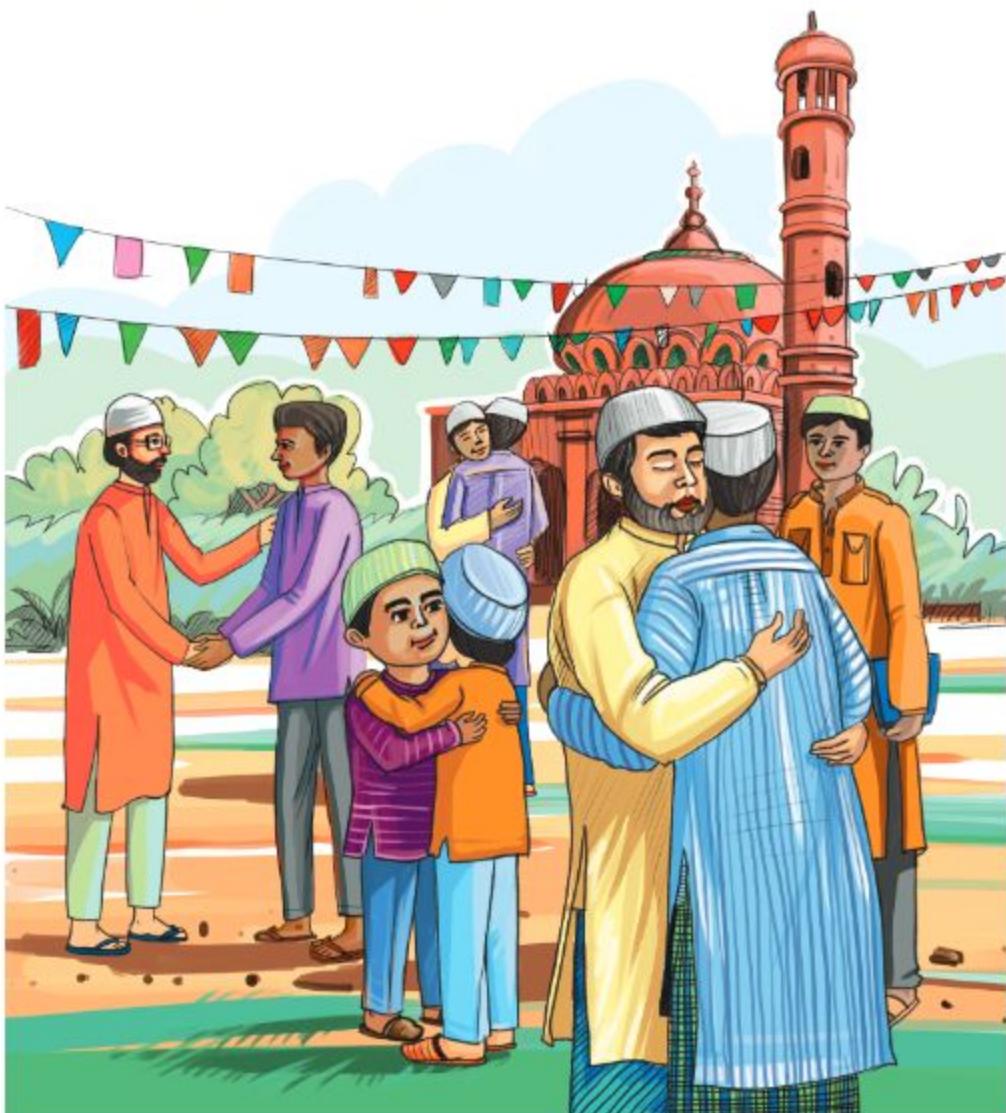
Peaceful Co-existence



Write the names of your three best friends who belong to other religions and the reasons why you like them:

Name of the friends	Reasons why you like them

We have many friends who belong to other religions. We should know about their religions. People of every religion observe some religious festivals. The main religious festival of the Muslims is Eid. The Arabic word 'Eid' means festival. The Muslims observe two Eids every year. These are Eid-ul-Fitr and Eid-ul Adza. On Eid day, the Muslims gather in groups and perform Eid prayer in Mosques and Eidgahs. One exchanges greetings with the other by saying 'Eid Mubarak'. The relatives, neighbours, friends, and children—all move around together and enjoy happiness. After that, they enjoy feasts. The Muslims have few other religious festivals such as Eid-e-Miladunnabi, Shab-e-Barat, Shab-e-Qadr, Ashura etc.



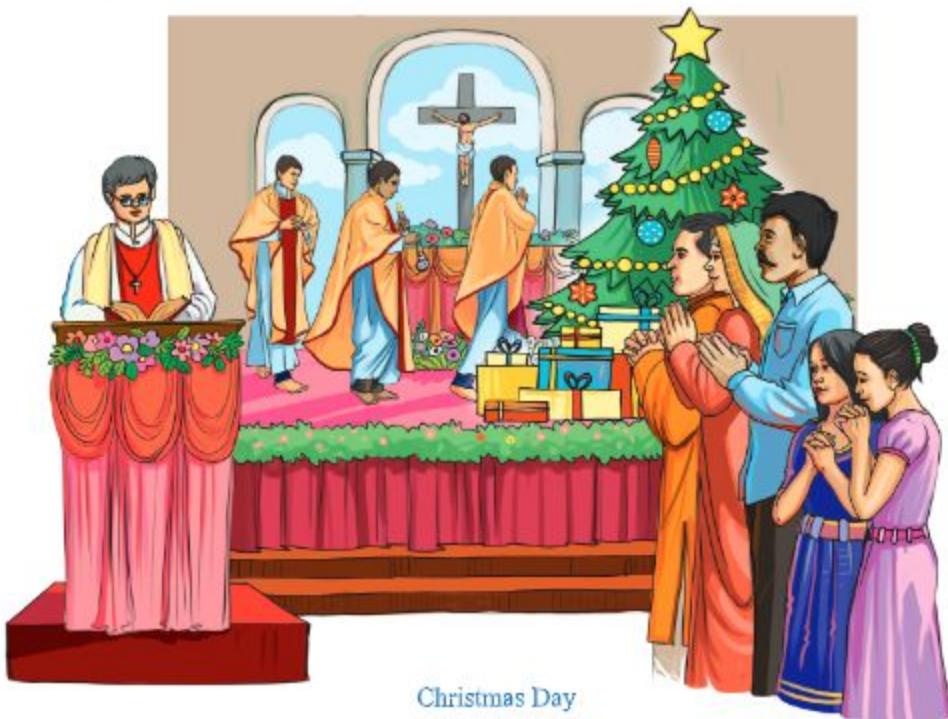
Eid-ul-Fitr



Buddhapurnima

Buddhapurnima is the main religious festival of the Buddhists. This festival is celebrated on the occasion of Gautama Buddha's birthday. During this time, the followers of Buddha perform special prayers. Children also participate in the program happily. Maghipurnima is also an important religious festival of the Buddhists.

Christmas is the main religious festival of the Christians. Every year, the birthday of Jesus Christ is celebrated as Christmas on 25th December. In our country, the Christians pray in Church on this day. They exchange gifts with each other. Everyone enjoys happiness and takes a special feast together. Besides, they observe Good Friday and Easter Sunday.



Christmas Day

Bangladesh is a country of communal harmony. In Bangladesh, the Hindus, the Muslims, the Buddhists and the Christians live together. People of this country respect their own religion as well as other religions. People of all religions participate in the festivals like Eid, Janmashtami, Durga Puja, Buddhapurnima, Christmas etc. They wish welfare for everyone. Saraswati Puja is arranged in many educational institutions. All the students participate in Saraswati Puja in various ways and they greet each other. Apart from religious festivals, there are many social festivals and events such as Annaprashan, Gayehalud, Marriage, Shraddha etc. People of all religions participate in these programs.

The main goal of all religions is mankind's welfare and peaceful coexistence. This spirit must be raised. People of all religions will help one another in times of danger. All will live together peacefully.



Act out in groups/pairs about attending the religious ceremonies that belong to other religions.



Write a message to your friends exchanging greetings of Eid/Buddhpurnima/Christmas:

Dear

I greet you on the occasion of

Yours lovingly



Let's evaluate:

Write the correct sentences:

People of every religion do not observe their religious festivals.

Buddhpurnima is the only one religious festival of the Buddhists.

On Eid day, the Muslims do not go to the Eidgah to pray in groups.

The Christians observe 25 December as 'Easter Sunday' every year.

People of our country respect only their own religion.

The main goal of all religions is not human welfare and peaceful co-existence.

Exercise

a) Fill in the gaps:

1. We have many friends who belong to other -----.
2. ----- is the main religious festival of the Buddhists.
3. ----- Puja is arranged in many educational institutions.

b) Match the left side with the right side:

1) A social festival of the Hindus is	all religion.
2) A festival of the Christians is	Maghipurnima.
3) A festival of the Buddhists is	Annaprashan.
4) We are respectful to	Good Friday.
	Uponayan.

c) Put a tick (✓) mark beside the correct answer:

1. On which occasion, the Buddhapurnima is celebrated?

a) Gautama Buddha's birthday	b) Chibardan
c) Maghipurnima	d) Poushparvana
2. The main religious festival of the Muslims is -----

a) Shab-e-Barat	b) Ashura
c) Shab-e-Qadr	d) Eid
3. One of the major religious festival of the Hindus is

a) Janmashtami	b) Gayehalud
c) Hatekhari	d) Poushparvana

d) Answer the following questions in brief:

- 1) Where do the Christians go on the occasion of the Christmas?
- 2) What is the main goal of religion?
- 3) How should we live in the society?
- 4) Why do the Muslims go to the Eidgah on Eid day?

e) Answer the following questions:

- 1) What do the Muslims do on the occasion of Eid?
- 2) Discuss the religious festivals of the Buddhists.
3. “The main goal of all religions is mankind’s welfare and peaceful coexistence”–Explain.

Chapter Five

Nature, Environment and Patriotism

Lesson One

Man, Nature and Living Beings

What has been usually created is nature. Ishwara has created nature. Man cannot create nature. Nature is the normal form of the earth.



Mutual Dependence of Living Beings and Nature

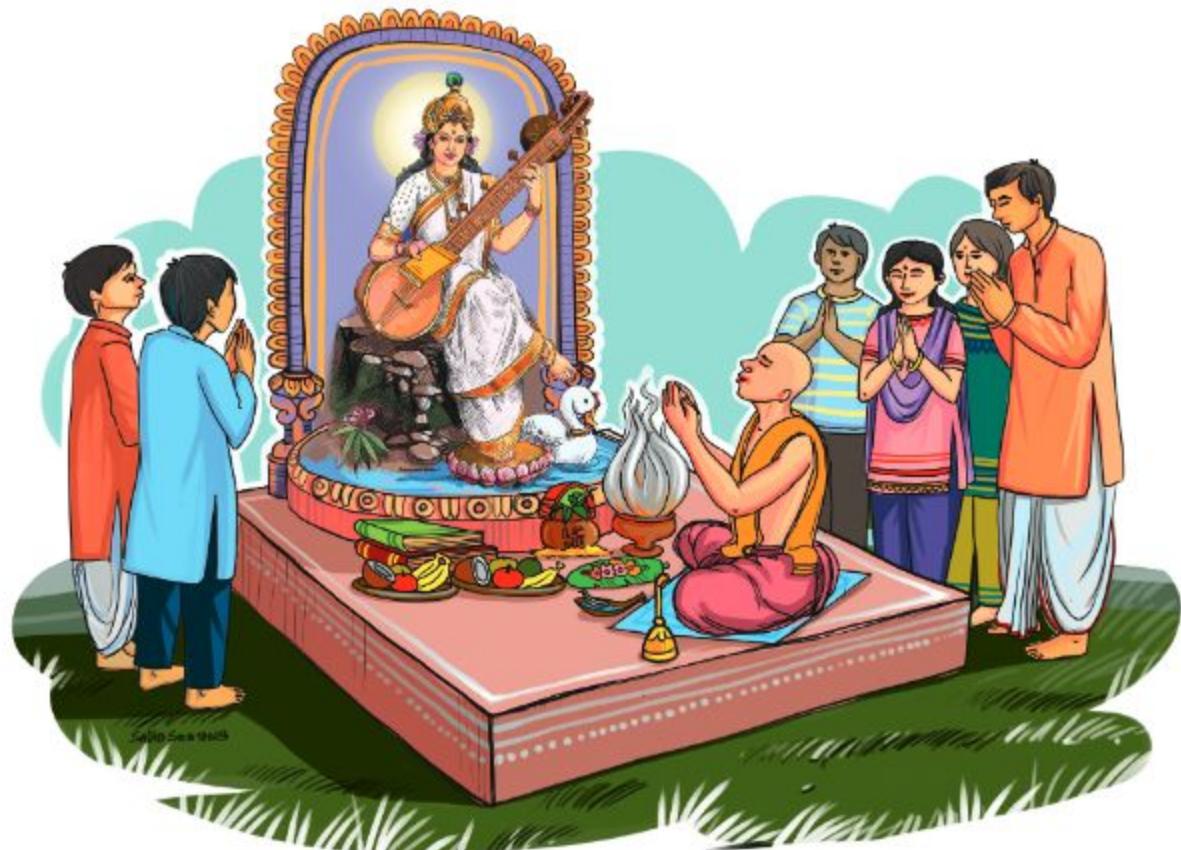
Those who have lives in nature including humans are living beings. The others are lifeless objects. We live depending on nature. We breathe with the help of air. We get water from the river. Crops grow in the soil. Our food is made of those crops.

Trees give us oxygen. We inhale that oxygen. We build houses with the timbers from trees. We live there. All the fish, meat, eggs, milk, fruits that we eat come from living beings.

We also get benefits from lifeless objects. We get stones from the mountains too. Stone is useful in many ways. Snow gets accumulated on the mountain. Ice melts into water. We get light from the sun in the sky. This light removes darkness. Plants get lives from sunlight. As a result, nature cannot be separated from the living world. According to Hindu Religion, our relationship with nature is inseparable. Protecting nature is a part of our religion. For this reason, we respect and worship nature in many ways. In every Puja, we need various ingredients from nature.



Think for a moment, how nature has kept us alive. Talk to the other friends about it. Now write in the box below:



Worship of the Goddess Saraswati

Let's look at the ingredients of Saraswati Puja. Various flowers are needed including palash, mango leaf (amrapallab), wood apple leaf (bilwapatra), maize grains etc. Various flowers, fruits, leaves and grains are also used in other pujas. These have some special qualities. Some pujas require trees such as banana, tulsi, wood apple, banyan etc. That's why, we have to go in front of the trees for different Pujas. Therefore, various beneficial trees should be kept alive.

All our deities have specific carriers. Those vehicles belong to any kind of animals, for example, Karthik's peacock, Ganesha's rat, Saraswati's swan. We respect these animals. Human beings depend on different animals for their survival. Ishwara exists in every living being. So killing living beings is a great sin. We will not kill living beings unnecessarily.



Mark the useful parts of the tree below. Say what purposes they are needed for.



A Tree

Exercise

a) Fill in the gaps:

1. Nature is the ----- form of the Earth.
2. We get water from the -----.
3. We build ----- with the timbers from trees.
4. killing living beings is a great -----.

b) Match the left side with the right side:

1. Kartika	Owl
2. Saraswati	Peacock
3. Durga	Swan
4. Lakshmi	Lion
	Rat

c) Put a tick (✓) mark beside the correct answer:

d) Answer the following questions in brief:

- 1) Write the names of the carriers of Kartika and Ganesha.
 - 2) Where do we go for Puja?
 - 3) What benefits do we get from mountains?
 - 4) What is our relation with nature according to Hinduism?

e) Answer the following questions:

- 1) Why do we have to depend upon nature?
 - 2) What benefits do we get from inanimate objects?
 - 3) Why should we not kill living beings without reasons?

Section Two

Natural Disaster is Human's Disaster



ଅଜୀବ ଜ୍ଞାନ '୨୦୧୭

Nature



Write the names of the animals in the above picture:

Rice, wheat, pulses are crops. Human food is made of these crops.

Rats destroy crops. Sparrows also destroy crops. Once, the campaign started in China to kill these animals. They thought it would increase crop production. But from the following year, the crop production started decreasing. Later on, they realized that the animals that seemed to be harmful were actually not harmful. Those animals also contribute to nature. Sparrows eat insects. Rats increase the fertility of soil.

Our religion shows respect to all animals. Along with goddess Manasa, we also respect snakes. Because snakes also help us. Snakes eat rats.

Every creation has importance in nature. Otherwise, Ishwara would not have created them. Let's look at the surrounding creatures. You will see that every living being is useful to us either in a way or other. A living being is dependent on the other. If any living being becomes extinct, the balance of nature is disturbed.

Water reservoirs are being filled for building the houses. Forests are being cut down. Deforestation is also taking place for agriculture. For this, the habitat of animals and birds is reducing. Many animals are becoming extinct. Thus, nature is facing disasters.

Cutting down forests reduces rainfall. Land erosion occurs. Green field turns into desert. Due to the lack of trees, the temperature of the earth is increasing day by day. For this, natural calamities such as flood, drought, cyclone etc. are increasing. Thus our food and shelter are facing crisis. So if we can save nature, our existence will be secured.



Drought



Flood



Fill in the table below. One is done for you:

Natural Disaster	Damages
Flood	Houses go under water, crops are damaged

Exercise

a) Fill in the gaps:

1. Sparrows eat -----.
2. Many animals are becoming -----.
3. Rats ----- crops.
4. Cutting down forests reduces -----.

b) Match the left side with the right side:

1. Human food is	importance in Nature.
2. Each animal has	made of crops.
3. Water reservoirs are being filled	becoming extinct.
4. Many animals are	for building houses.
	roads are constructed.

c) Put a tick (✓) mark beside the correct answer:

1. What do rats increase in soil?

a) Fertility	b) Decay
c) Desertification	d) Salinity

2. One living being is on another.

a) Harmful	b) Revengeful
c) Dependent	d) Dreadful

3. Who lose habitats if forests are cut down?

a) Humans	b) Animals and birds
c) Fishes	d) Crocodiles

4. Why is world temperature increasing?

a) For sun heat	b) For lack of trees
c) For brick-fields	d) For deserts

d) Answer the following questions in brief:

- 1) What is destroyed for building houses?
- 2) What was done in China to kill birds?
- 3) How do snakes help us?
- 4) What will happen if living beings become extinct?

e) Answer the following questions:

- 1) Write about what you will do to save animals.
- 2) What changes are taking place in nature for increasing world temperature?

Section Three

Serving the Living Beings



Rural life



Write down the benefits our animals have done for us:

Swami Vivekananda said, those who love all living beings, serve Ishwara.

Ishwara resides in the heart of every living being. So we will love all living beings. We will love all of Ishwara's creation. Because to love all of Ishwara's creations means to love Ishwara. Ishwara gets pleased, if we love all creations of Ishwara. Ishwara blesses us.

Many people throw stones at street dogs. They hunt birds. They disturb the animals in the zoo. These should not be done. These works are wrong and sinful. Because they also have life and feelings. They get disheartened.

Pet dogs give us security. Cattle are domestic animals. They give us milk. Manure is made from cowdung. That is helpful for agriculture. Birds give us joy. They keep nature beautiful. Birds increase production of crops by eating insects. So, taking care of animals and birds is beneficial to us. This way, Ishwara is also served.

If we want, we can easily help animals and birds. Water can be provided for thirsty birds and animals. A bird's nest can be made from discarded utensils. We can leave food leftovers for pet animals such as cats, dogs etc. A little bit care can save many sick animals. We can water the plants in the dry season. We can clear the weeds from the base of the trees in monsoon. In this way, service to living beings is done.



Write what you can do for trees, birds and animals:

For animals	For birds	For trees



Draw a picture of your favourite animal or bird:

A large, dashed rectangular box intended for a child to draw their favorite animal or bird.

What can you do for thirsty birds? Write down:

A yellow-outlined rectangular box with three horizontal lines inside, designed for a child to write their responses.

Exercise

a) Fill in the gaps:

1. Pet dogs give us -----.
2. We will ----- all living beings.
3. I can water the plants in dry -----.

b) Match the left side with the right side:

1. Swami Vivekananda told us	will love.
2. Manure is made from	to love living beings.
3. Birds give us.	cowdung.
4. Cows and goats are	Joy. domestic animal.

c) Put a tick (✓) mark beside the correct answer:

1. How do birds increase crop production?
 - a. By eating crops
 - b. Sitting in the trees
 - c. Eating insects and spiders

2. What do dogs give us?
 - a. Clothes
 - b. safety
 - c. Shelter

3. What do we use cowdung as?
 - a. Manure
 - b. Soil
 - c. Grass

d) Answer the following questions in brief:

- 1) What did Swami Vivekananda say for living beings?
- 2) What should we not do towards birds and animals?
- 3) What are the benefits of taking care of birds and animals?
- 4) How can we make nests for birds?

e) Answer the following questions:

- 1) “Those who love all living beings, serve God”—Write your thoughts about it.
- 2) What can you do for the well-being of birds and animals?

Section Four

Patriotism



Let's all of us start our class singing a patriotic song.

The place where man is born is called motherland. Everyone is born in a country. The place where people are born and live is their country. To love one's own country is called patriotism. There is a nice patriotic story in the Ramayana.

Patriotism of Sri Rama

In the Ramayana, there is a story of battle between Rama and Ravana. Ravana died in the battle. After that, Ravana's brother Vibhishana sat on the throne of Lanka. At that time, Lanka was a very prosperous country. The weather of Lanka was pleasant. The natural beauty was also worth seeing. Sri Rama's homeland was Ayodhya. He had to leave his native land for father's promise. He had to live in exile for fourteen years. He could have stayed in Lanka after the war with Ravana. Vibhishana requested him to stay in Lanka. Vibhishana was a friend of Rama.



Conversation between Vibhishana and Rama

Rama did not accept Vibhishana's request. Rama says,

**Iyam swarnapuri Lanka na mahayang rochate sakhe!
Janani janmabhumi scha swargadapi gariyasi ||**

**Friend, Lanka is Swarnapuri but not my favourite!
Mother and motherland is superior to heaven ||**

In these words, deep patriotism of Sri Rama can be understood. Motherland was dearer to him than heaven. Motherland and own country is mother for him. This is how we can love our country.

There is more in the Ramayana, Ramachandra was going into exile. Then he repeatedly looked back at Ayodhya. He saluted Ayodhya. He sighed, "I do not know when I will see my beloved homeland again!" Through this, Ramachandra's patriotism is revealed.



What can you do to make the country beautiful?

1.

2.

3.

Exercise

a) Fill in the gaps:

1. To love one's own country is called -----.
2. Sri Rama's ----- was Ayodhya.
3. Mother and ----- are superior to heaven.
4. Deep ----- of Sri Rama can be understood.

b) Match the left side with the right side:

1. Ravana's brother was	Rama.
2. Mother and motherland are	Vibhishana.
3. Rama had to leave his native land	the king of Lanka.
4. Ravana was	for his father's promise.
5. Lanka was a very	prosperous country.
	superior to heaven.

c) Put a tick (✓) mark beside the correct answer:

1. According to Rama, motherland is better than _____.
 - a. Countries
 - b. Heaven
 - c. Sky
 - d. Indrapuri

2. In which religious book, we do get the story of the battle between Rama and Ravana?
 - a) The Ramayana
 - b) The Purana
 - c) The Chandi
 - d) The Geeta

3. Lanka was a very
 - a) Poor country
 - b) Populous country
 - c) Prosperous country
 - d) Golden country

d) Answer the following questions in brief:

- 1) What is called motherland?
- 2) Who became the king of Lanka after the death of Ravana?
- 3) What did Vibhishana say to Rama?
- 4) How many years did Rama stay in the forest?

e) Answer the following questions:

- 1) What do you mean by patriotism? Why is patriotism needed?
- 2) Write the story of Ramachandra's going to exile.

Section Five

Let's Love the Country



Do you love your country? Why? Write down:



Liberation War

Mother has given us birth. She has nurtured us. On the other hand, our country gives us food. The country raises us by giving shelter and education. For this, we have to love our country like mother. Our religious books also tell us to love our country like our mother. For this, patriotism is a part of religion.

We always try to put a smile on the mother's face. Once upon a time, our country was dependent. The people of the country were in a lot of troubles. The people of the country fought in the Liberation War to put a smile on our motherland's face. Thirty lac people sacrificed their lives in this war. This country became independent with the help of a lot of blood and struggle.

The people of the country suffer from various calamities. Then it is our duty to stand by them. This brings a smile to the motherland's face. We stood by each other during the Covid 19 Pandemic. As a result, the damage of our country was less than that of many countries. This is how, our country should be loved.

We have to serve the country like our mother. We don't want to see our mother ugly. The country has to be kept neat and clean. If the people of the country are not good, the country will not be good too. So the people of the country should be loved. The people of the country should be helped in danger.

Laws are made to run the country well. We have to obey the rules of the country. We should cross the road following the traffic signals. Failure to do any work is harmful for the country. So we should not shirk our duties. We should study well to be patriotic.

We often waste food, keep the light on in the house unnecessarily. We waste water. It is a wastage of the resources of the country. If we do not waste resources, we will be frugal. If we are frugal, the wealth of the country will be saved. This wealth can be used in future.

In this way we will love the country.



What are the things to follow for crossing the road? Write down:

1.

2.

3.

4.

5.

Exercise

a) Fill in the gaps:

1. Patriotism is a part of -----.
 2. We always try to put a smile on the ----- face.
 3. The people of the country should be helped in -----.
 4. We will ----- the country.

b) Match the left side with the right side:

1. Covid 19 is	of the country.
2. We have to obey the rules	will be saved.
3. The country has to be kept	neat and clean.
4. We have to love country	a pandemic
5. If we are frugal, the wealth of the country	part of religion. like mother.

c) Put a tick (✓) mark beside the correct answer:

1. How will we love the country?
a) Like mother
c) Like friend
b) Like oneself
d) Like brother
 2. What is done to run the country?
a) Not to work
c) Not to read
b) To make law
d) Not to build factories
 3. How many people sacrificed their lives in the Liberation War?
a) Ten lac
c) Thirty lac
b) Twenty lac
d) Fifty lac
 4. What happens if we avoid our duties?
a) Study goes well
c) One gets own benefits
b) Country faces harm
d) One's family gets benefits

d) Answer the following questions in brief:

- 1) How should we love our country according to the scriptures?
- 2) What should we do when our countrymen are in danger?
- 3) How will we cross the roads?
- 4) What should we do to keep the country beautiful?

e) Answer the following questions:

- 1) Why will you love the country like your mother?—Explain.
- 2) Why should we be economical? What should be done to be economical?

The End

Academic Year 2025, Class Three—Hindu Religion

Mother and motherland are superior to heaven.



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