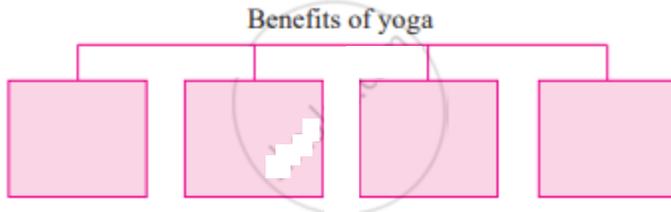


Chapter 3: Learn Yoga from Animals

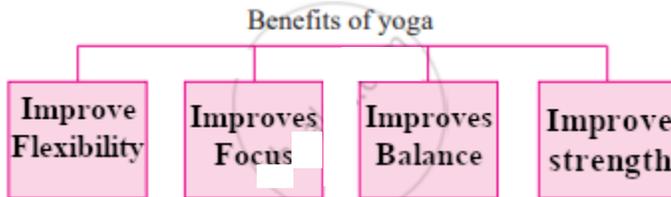
ENGLISH WORKSHOP [PAGES 41 - 42]

English workshop | Q 1. (A) | Page 41

Complete the following diagrams.

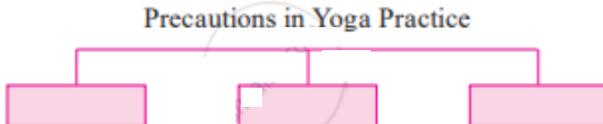


SOLUTION



English workshop | Q 1. (b) | Page 42

Complete the following diagram.

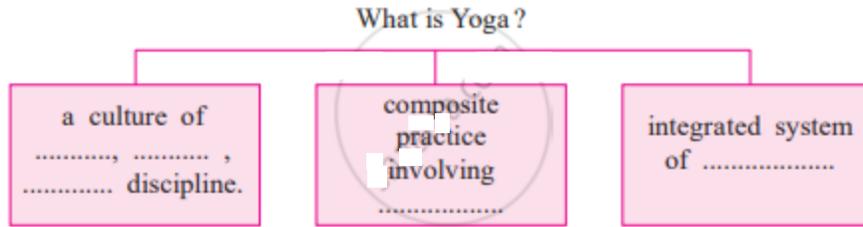


SOLUTION

| | |
|-------------------------------------|---|
| Precautions in Yoga Practice | For beginners practise yoga in the presence of yoga teacher or join a yoga class. |
| | Practice in a clean, airy, well-lit room with a levelled floor |
| | Practice in the morning before breakfast or in the evening before dinner |

English workshop | Q 1. (c) | Page 42

Complete the following diagram.



SOLUTION

| | |
|---------------|--|
| What is Yoga? | A culture of <u>physical, mental, spiritual discipline.</u> |
| | Composite practice involving <u>complete mind body and soul</u> |
| | Integrated system of <u>physical exercise.</u> |

English workshop | Q 2 | Page 42

Prepare charts for each one of the asanas described in the passage. Use the following points :

- Name (in English, in your mother tongue)
- Meaning in English
- General information
- Steps and pictures
- Benefits

SOLUTION

Students do it on your own.

English workshop | Q 3 | Page 42

List the names of body parts used in the passage.

SOLUTION

Body parts- navel, spine, shoulder, palm, face, elbow, wrist, chin, abdomen, chest, fingers, jaws, feet, legs, toes, eyes, mouth, head, back, tongue, lungs.

English workshop | Q 4 | Page 42

List the adverbs/adverbial phrases used in the passage.

SOLUTION

- a. to feel physically vibrant
- b. feel mentally sharp
- c. completely at ease.
- d. breathe in deeply

English workshop | Q 5.1 | Page 42

What are conjunctions? explain with some example?

SOLUTION

A conjunction is a word which joins words or clauses.

- Do you like cricket or football?
- Your parents will be happy if you study well.
- She has not come to school because she is ill.

English workshop | Q 5.2 | Page 42

What are interjections? explain with some examples.

SOLUTION

An interjection is a word that expresses a sudden feeling or emotion. Interjections can express joy, grief, surprise, pain, approval, etc.

- a. Hurrah! We have won the game. (Joy)
- b. Ouch! That hurt. (Pain)
- c. Wow! What a nice picture! (Approval)