



WEEK 9

PRACTICE WITH SOMEONE

ADD ANE = AND

WHAT MAKES ME HAPPY/SAD – MANE KHUS ANE UDHAAS
SU KARE CHHE

HU KHUS THAV CHHU JYARE HU I AM HAPPY WHEN I

ADD

(TV PROGRAMME) JOV CHHU WATCH TV

FOOTBALL/NETBALL/TENNIS RAMU CHHU PLAY

FOOTBALL/NETBALL/TENNIS

XX (FAVOURITE FOOD) KHAAS CHHU WHEN I EAT XX

XX (FAVOURITE DRINK) PEEV CHHU WHEN I DRINK XX

MARA FRIENDS NE MALU CHHU WHEN I MEET MY FRIENDS

(THEME PARK) JAAV CHHU WHEN I GO TO THE THEME PARK

MANE XX FOOD ITEM PASANDH CHHE I LIKE XX (FOOD)

HU UDHAAS THAV CHHU JYARE MARE I AM SAD WHEN

JALDI SUVU PADE CHHE I HAVE TO SLEEP EARLY

MANE ROOM SAAF KARVI PADE CHHE I HAVE TIDY MY ROOM

MANE XX (BROCCOLLI) KHAVI PADE CHHE I HAVE TO EAT (BROCCOLLI)

CULTURE TOPIC

If you look back in India's history, you will find it is full of traditions and customs. These traditions might look ordinary but have several health benefits attached to them.

Walking barefoot on grass

A freshly mowed bed of grass with dew drops on top, blows a feeling of freshness all over. Several researches have shown that walking barefoot on grass can help improve sleep, reduce pain, decrease muscle tension and lower stress levels. So just take off those shoes and take out some time to walk barefoot on grass.

Jewellery

Wearing jewellery on functions, weddings and even on a daily basis has been a part of Indian culture since long.

It's thought that, while wearing silver jewellery helps boost blood circulation, aiding in cold and flu prevention and wound healing, gold jewellery too has its own set of benefits.

Wearing gold regulates body temperature, reduces stress and attracts positive energy.

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