



GUJARATI

WEEK 8 PRE

PRACTICE WITH SOMEONE

ADD ANE= AND

MY FAVOURITE ANIMAL – MARU MANSANAD PRANI

MARU FAVOURITE PRANI XX CHHE MY FAVOURITE ANIMAL
IS XX

MANE XX GAME CHHE KARNAKE XX TE JADPI/DHIMO
/NANU/MOTU CHHE I LIKE XX BECAUSE IT IS FAST/SLOW,
BIG/SMALL

ME TENE ZOO/PARK MA JOYU HATU I HAVE SEEN IN THE
ZOO/PARK

TENO RUNG XX CHHE IT'S COLOUR IS XX AND XX

TE XX COUNTRY MA RHE CHHE IT LIVES IN XX COUNTRY

TE XX KHAY CHHE IT EATS XX

TENE 4 PAG ANE 2 KAN CHHE

IT HAS 4 LEGS AND 2 EARS

TE GARAM/THANDA DES MA RHE CHHE IT LIVES IN A
HOT/COLD COUNTRY

QUESTIONS TO ASK OTHERS

TAMARU MANPASAND PRANI KAYU CHHE? WHAT'S YOUR FAVOURITE ANIMAL

TENO RUNG KAYO CHHE? WHAT IS IT'S COLOUR

TE SU KHAY CHHE? WHAT DOES IT EAT ?

CULTURE TOPIC

Indian Traditions and Customs

If you look back at 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. These traditions are still practiced and hold a similar relevance, as they did back in those days.

Ear piercing

With most parents getting their child's ears pierced at a young age, ear piercing is being practiced in India since time immemorial.

According to Ayurveda, the lobe of the ear has an important point right in the center.

It's believed to stimulate the surrounding nerves and sends a flow of energy through the body

Drinking water from copper utensils

You might have noticed your grandparents storing and drinking water from copper utensils.

This practice has 'n' number of health benefits associated with it.

It's believed that drinking water from a copper vessel can boost your immune system, aid digestion, decrease wound healing time, strengthen joints and improve digestion as well.