



WEEK 8

PRACTICE THESE SENTENCES WITH SOMEONE

ADD AUR = AND

MY FAVOURITE ANIMAL – MERA PASANDEEDA JAANWAR

MY FAVOURITE JAANVAR XX HAIN MY FAVOURITE ANIMAL IS XX

MUJHE XX ACHHA LAGTA HAI KYO KI WHO XX (TEJ/HAULI,BUDDAH/CHOTAH) HAIN I LIKE XX BECAUSE IT IS FAST/SLOW, BIG/SMALL

MEH NE USKO ZOO/PARK MEIN DEKHA THA I HAVE SEEN IN THE ZOO/PARK

USKA RANG XX HAIN IT'S COLOUR IS XX AND XX

WOH XX (COUNTRY) MEIN REHTA HAIN IT LIVES IN XX COUNTRY

WOH XX KHAATA HAIN IT EATS XX

USKI XX TAANGE AUR XX KAAAN HAIN

IT HAS 4 LEGS AND 2 EARS

QUESTIONS TO ASK OTHERS

TUMHARA FAVOURITE JAANVAAR KAUN SA HAIN ? WHAT'S YOUR FAVOURITE ANIMAL ?

USKA RUNG KYA HAIN ? WHAT IS IT'S COLOUR

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.