

■ Edit the passage :-

- i) It is a great thing to take pride on our
- ii) work. Anything that was worth doing at all,
- iii) is worth doing well. Even on humblest task,
- iv) We could be ambitious to do it as well.

Ans: i) It is a great thing to take pride in our
 ii) work. Anything that is worth that doing at all,
 iii) is worth doing well. Even for humblest task,
 iv) we should be ambitious to do it as well.

a) The problem of obesity among children is on the rise. Lack of physical activity is the key reason behind it. Write an article on the topic "Importance of physical education in our life".

Ans: All of us know the meaning of physical Exercise which

is some kind of movement whether going for a walk or going to a gym. Physical education has become quite essential in our modern life-style. And luxuries contributes to in activities sedentary habits which leads to in cases of obesity rising at an alarming rate. For example watching movie continuously, sitting at the study table regularly and less movement are responsible factors for obesity, also craze for fast food is another contributory factor. So for even to travel a short distance, we use our own vehicles. The more we spend time on our electronics gadgets in a useless way the more disease like weak eyesight, joint and muscular problem quite common. Now, it is high time we should pay attention to the importance of physical activity. Therefore, we should make our own routine and must go for some kind of physical activity, also we should change in dietary habits, then only, very soon we can notice the positive effect of leading a healthy lifestyle.