

Name _____

Roll No. _____

SA-II

CLASS-VIII

WORKSHEET

ENGLISH

12 NOVEMBER – 17 NOVEMBER

LETTER FORMATE

Letter to cousin telling him/her about the benefits of Yoga.

_____ (Self address)

_____ (date)

Dear _____

Yours _____

_____ (name)

Hint : It is not good to be a bookworm all the times.

- Should not neglect health.
- Should spare time for physical exercises.
- Yoga is the best way to keep our body fit.
- energises, makes body flexible, keeps free from diseases like High Blood Pressure, Arthrities, asthma.
- Helps to lead stress free life.
- Easy and can be done at home.