



## Practise Yoga ✓

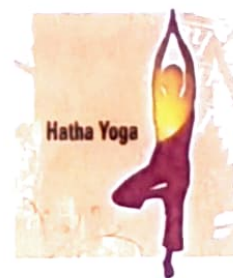
Nilotpal is a famous yoga instructor of his area. A famous school of his area is celebrating the International Day of Yoga on 21 June. The school has invited him on this day to demonstrate yoga in front of the students and the staff.

On 21 June the teachers and the students gather at the school campus at 7 a.m. Nilotpal also arrives on time. The school playground is beautifully arranged for this grand occasion. The playground is surrounded by tall trees. Many carpets are laid on the ground. The teachers and the students take their respective seats on the carpets. Before the beginning of the yoga programme the Principal of the school, **Mr Prabin Choudhury**, delivers a lecture before the students.



**Mr Choudhury** : Good morning, my dear students and respected teachers. The International Day of Yoga was first celebrated on 21 June 2015. Since then we have been celebrating this day. As yoga is a science of living a healthy life, I hope our students will practise yoga regularly. Yoga is an ancient physical, mental and spiritual practice that originated in India. We, the Indians have been practising yoga since ancient times. It helps us in finding inner peace. It is considered as a strong method for meditation. It is an amazing type of exercise which makes life better. It treats various diseases. It regularizes the functioning of our body organs. It teaches us discipline of all kinds. Yoga can be practised by children, youths, adults or elderly people. It needs only safe, slow and controlled movements of the body with controlled breathing. Now I request our yoga instructor Nilotpal to start the session.

Nilotpal takes his position in the middle. All the teachers including the principal and the students also take their positions. All of them follow the instructions of the instructor. Nilotpal demonstrates different types of yoga such as Ashtanga yoga, Hatha yoga, Kundalini yoga, Vinyasa yoga etc.





All the teachers and the students are wearing a blue T-shirt and a pair of black trousers. All of them try their best to follow the instructions of Nilotpal. After practising yoga, all feel refreshed and relaxed. Water and fruit juice with light snacks are served at the end of the programme.

After the programme, many of the students approach Nilotpal and express their eagerness to continue yoga. Nilotpal is very happy to see their interest. The students also give him their word that they will regularly practise yoga to remain fit and healthy.

### Word Note :

grand : having more importance than others

meditation : an act of remaining in a silent and calm state for a period of time

### Remember the Words

famous instructor gather occasion playground surrounded laid respective  
carpets delivers demonstrate originated ancient meditation spiritual  
amazing exercise diseases regularizes functioning organs youths adults  
safe movements controlled breathing session grand eagerness  
follow refreshed relaxed snacks served remain approach

### For the teacher only

The students are expected to learn narration, the use of correlatives and also the use of seldom, rarely, hardly

### Comprehension :

1. Answer the following questions in complete sentences.
  - a) When do we celebrate the International Day of Yoga?
  - b) What is the name of the yoga instructor?
  - c) What are the teachers and the students wearing?
  - d) What are served at the end of the programme?
2. What is yoga?
3. What are the different types of yoga?

4. Fill in the blanks.

- a) The International Day of Yoga was first celebrated on ---- 2015.
- b) Yoga can be practised by children, ----, adults, or ----- people.
- c) After practising yoga, all feel ---- and ----.
- d) Nilotpal is very happy to see the ---- of the students.
- e) Many students promise Nilotpal that they will ---- practise yoga.

## Grammar and Usage :

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A.

### Correlatives

There are some conjunctions that go in pairs. They are called **Correlatives**.

Some of the **Correlatives** are :

**both.....and**

**so.....that**

**as.....as**

**either .....or**

**neither.....nor**

**not only.....but also**

### Examples :

- i) **Both Rinku and Sweta** are intelligent.
- ii) Ice cream is so tasty **that** I like it very much.
- iii) He is **as tall as** his father.
- iv) **Either Kakali or Madhu** will come to our house.
- v) I like **neither tea nor** coffee.
- vi) Leena is **not only** beautiful **but also** intelligent.

### Activity 1

Fill in the blanks with appropriate correlatives.

- i) ---- Bibhu ---- Dhiru will go to the meeting.
- ii) Mother will give me ---- a storybook ---- a drawing book.
- iii) The girl is ---- beautiful ---- her mother.

- iv) I like ---- mango ---- orange.
- v) ---- Shantanu ---- Sunita is a player.
- vi) ---- Mohan ---- Manasi are my friends.
- vii) Radhika is ---- brave ---- wise.
- viii) Aniket worked ---- hard ---- he fell ill.

### Activity 2

Rewrite the following pairs of sentences using 'both....and', 'either....or', 'so....that', 'neither.....nor', 'not only.....but also', 'as.....as'.

- i) She is good. Her sister is equally good.
- ii) He is very ill. He cannot walk.
- iii) He must be Suman. He must be Ruman.
- iv) He is not a fool. He is not a madman.
- v) Nandini is beautiful. Nandini is intelligent.
- vi) My mother attended the wedding ceremony. I attended the wedding ceremony.

### B.

Look at the following sentences :

- i) The man **seldom** smiles.
- ii) He **rarely** goes to his village.
- iii) Ankita **hardly** forgets to do her homework.

The words in the above sentences, '**seldom**', '**rarely**', and '**hardly**' show how frequently one does something. These words are called adverbs of time. They have a negative force of meaning.

### Activity 3

Mention at least three activities that you seldom do, rarely do, and hardly do.

### Activity 4

Fill in the blanks of the following sentences using rarely, hardly or seldom.

- i) My mother ---- rebukes me.
- ii) She ---- visits her relatives.



- iii) That poor man ---- gets healthy food to eat.
- iv) I ---- have to cook my food myself.
- v) Gita ---- looks upset.

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C.

Narration

Look at the following sentences.

Amal says, "I am a singer".

Amal says that he is a singer.

The meaning of the above two sentences are same. But the form of the two sentences are different from each other. In the first sentence Kamal's words (his speech) have been quoted exactly in his own language. In the second sentence Kamal's words (his speech) have been reported.

The first sentence, where the actual words of the speaker are quoted, is called a Direct Speech or Direct Narration.

The second sentence, where the words of the speaker have been reported, is called an Indirect Speech or Indirect Narration.

Look at the following direct speech :

Rini says	:	"I study in class VI."
Reporting Verb	↓	Reported Speech

In the Direct Speech we use inverted commas ( "....." ). What the speaker says is called Reported Speech and the verb in the Reported Speech is called **Reported Verb**. The verb that introduces a Reported Speech is called the **Reporting Verb**.

If the Reporting Verb is in the Present Tense or in the Future Tense, the tense form of the Reported Verb does not change.

Examples :

- i) Direct : Rubi says, "I am happy."  
Indirect : Rubi says that she is happy.
- ii) Direct : Dulu says, "I go to school on foot."  
Indirect : Dulu says that he goes to school on foot.
- iii) Direct : Rani says, "My mother will go to Delhi next year."  
Indirect : Rani says that her mother will go to Delhi next year.

- iv) Direct : They say, "The children of our family like sweets."  
Indirect : They say that the children of their family like sweets.
- v) Direct : He will say, "I read novels."  
Indirect : He will say that he reads novels.
- vi) Direct : The teacher says, "The sun rises in the east."  
Indirect : The teacher says that the sun rises in the east.

### Activity 5

Change the form of narration of the following :

- i) Madhuri says, "I am a follower of Buddha."
- ii) Doriali will say, "I visit the doctor regularly."
- iii) The teacher says, "The sun sets in the west."
- iv) The women say, "We always arrive at 8 a.m."
- v) The boys say, "We practise football every Sunday."

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### Writing Activity :

#### Formal Letter (Application)

Suppose you are Nilakshi Bora, a student of class VI of Holyhome Academy, Hajo. You were absent from the classes on account of your fever. Write an application to your principal asking for leave of absence.

To,

The Principal,

Holyhome Academy, Betkuchi, Hajo, Kamrup (Metro)

(Through the class teacher)

Subject : Application for leave of absence

Date : 10 June, 2017

Respected Sir,

With due respect I beg to state that I could not attend my classes from 6 June, 2017 to 9 June, 2017 on account of my fever.

Therefore, I earnestly request you to grant me the above mentioned four days as leave of absence. For this act of kindness I shall ever remain grateful to you.

Thanking you,

Yours faithfully

Nilakshi Bora

Class VI A

Roll number : 10

Suppose you are Mrinmoy Das, a student of class VI of Aditya Academy, Tihu. You will remain absent from the classes from 15 March, 2017 to 20 March, 2017 on account of your sister's marriage ceremony. Write an application to your principal asking for leave of absence.

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## Build Up Your Vocabulary

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1. A building where cars are kept \_\_\_\_ Garage
2. A building where books are kept \_\_\_\_ Library
3. A place where scientific experiments are carried out \_\_\_\_ Laboratory
4. A place where orphans are kept \_\_\_\_ Orphanage
5. A place or ground for burial of dead bodies \_\_\_\_ Cemetery
6. A place where birds are kept \_\_\_\_ Aviary
7. A place where soldiers are housed \_\_\_\_ Barrack
8. A place for production and treatment of milk \_\_\_\_ Dairy
9. A place where grains are stored \_\_\_\_ Granary
10. A place for flying or landing of aeroplanes \_\_\_\_ Aerodrome
11. A place where coins are made \_\_\_\_ Mint
12. A place where historical relics are kept \_\_\_\_ Museum
13. A place where lunatics are kept for treatment \_\_\_\_ Asylum
14. A place where Hindus go for worship \_\_\_\_ Temple
15. A place where Muslims go for prayer \_\_\_\_ Mosque
16. A place where Christians go for prayer \_\_\_\_ Church
17. A place where goods are stored before  
sale or despatch \_\_\_\_ Godown

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