

Paragraph-Writing

Festivals

- * India is a land of festivals.
- * Festivals unite people and they come together for the sole purpose of celebration and happiness.
- * We can divide the Indian festivals into national, religious and seasonal.
- * The National festivals include

Republic Day, Independence Day and Gandhi Jayanti.

* Some of the prominent religious festivals are Diwali, Eid-Ul-Fitr, Christmas, Guru Nanak Jayanti, Holi and many more. These festivals are very colourful and full of lights.

* Seasonal festivals are celebrated in the particular regions of

the country. Bihu is a festival of Assam, Tamil Nadu celebrates Pongal, Basant Panchami is celebrated throughout North India and West Bengal as well.

* Festivals spark joy, so people look forward to festivals all-round the year.

Paragraph Writing

Exercise

* Exercise is very important in our life, a healthy mind lives in a healthy body.

* If a man is not physically fit and healthy, his mind cannot be sharp and active.

* Cycling, jogging, skipping and

walking are some ways to keep one's body fit and healthy.

* We must remember the proverb, "Health is wealth". ^{It} helps us to build a good health also in digesting food.

* The Physical instructor in the schools involves all the students in sports and games ~~for the~~ ^{them} to keep ~~us~~ happy and fit.