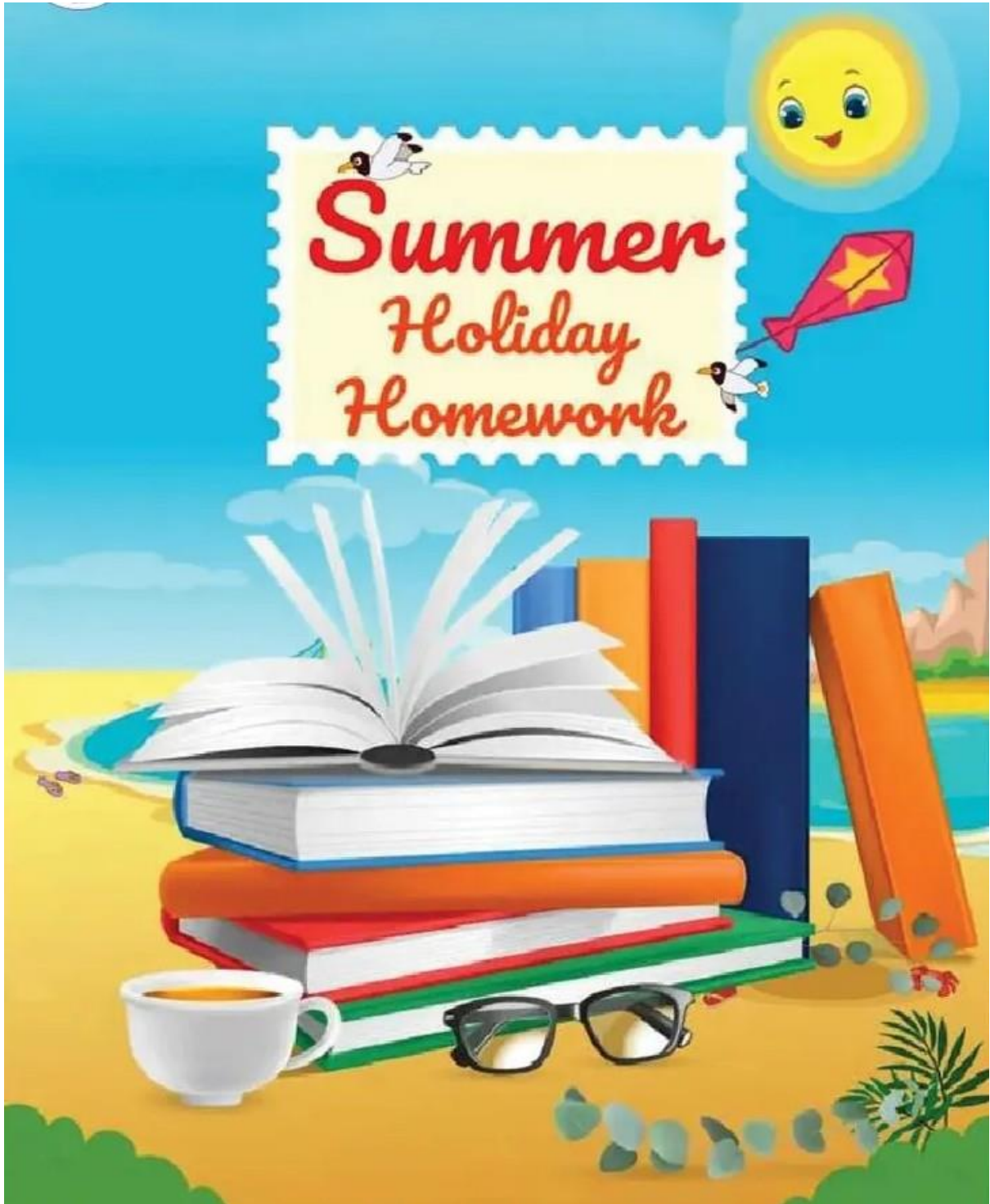


*Sri Guru Harkrishan Model School
Holidays homework
Class IV
Session 2026-27*



GENERAL INSTRUCTIONS FOR HOLIDAYS HOMEWORK

Dear children, finally the Summer Vacation have begun. Summer vacation is synonymous with fun, frolic, getting up late in the morning, playing for longer hours with friends, going for picnics, exploring new places and watching fun filled shows on television. But dear children, there is a lot more you can do to make your vacation more interesting, meaningful and full of fun. It will prepare you for your future endeavour. These days are precious and invaluable and can be made the most of if used judiciously.

Guidelines for holistic development:

1. Take nature walk.
2. Learning by doing.
3. Practice tying shoe laces and buttoning up your shirt.
4. Keep your room clean and organized.
5. Help your parents with daily chores.
6. Spend time with your family members.
7. Plant a tree and nurture it.

Instructions for the kids:

- Do your homework neatly and on your own.
- Learn and Revise all the work done in the class.
- Make your own time table for summer vacation and get it laminated.
- Before going to bed at night, Plan your tasks for the next day and pen down them in a small diary. You can write at least 2-3 lines that what did you do the whole day and what you will do the next day.
- Prepare a folder, decorate it and bring your all holidays activities in it.

Guidelines for the parents:

- Spend some quality time with your kids. Have at least one time meal with them.
- Play at least one indoor or outdoor game with them. Take them to the park and share your childhood experiences with them.
- Encourage your child to go outdoors rather than sitting in front of electronic gadgets all day.
- Encourage your child to cultivate the reading habit. Get some story books of their choice to read.
- Involve your child in some household chores like laying the table, watering the plants, washing their own plates, cleaning their cupboards etc... such type of activities give them first hand experience to become more confident and responsible.

Encourage your child to do their homework on their own but under your guidance.

Subject :---English

1. Write a diary entry for 7 days about your holidays.

You may include:

- Fun activities
- Family time
- Favourite food
- Trips or outings
- Feelings and thoughts

🎨 Decorate your diary pages creatively.

2. Read any ONE story book.

- Pinocchio
- The Hen that Laid Golden Eggs
- Adventures of Hansel and Gretel

Character Fun Activity

Choose your favourite character and write:

- Name of the story
- Name of the character
- 5 qualities of the character
- What lesson did you learn?
- Why did you like the character?

🎨 Draw and colour the character beautifully.

3. Grammar worksheet

Note: Take a printout of this worksheet and solve it. Do not paste this worksheet in the English notebook.

1. Unscramble the Jumbled Sentences

a) Library / books / many / has / the

b) Delicious / mother / food / cooks / my

c) flying / sky / birds / the / in / are

d) every / school / goes / Riya / day / to

2. Underline the Subject and circle the Predicate:

- a) The children are singing songs.
- b) My grandmother tells stories.
- c) The dog barked loudly.
- d) Birds are flying in the sky.

3. Change the Affirmative Sentences into Negative Sentences

a) She likes ice cream.

b) They are playing cricket.

c) Rahul goes to school daily.

d) The baby is sleeping.

4. Change the Statements into Questions.





a) You are my friend.


b) She is reading a book.

c) They play football daily.

d) Rahul can swim well.

Important Note

-  Revise all the work done so far.
-  Read at least 2 pages daily and do writing practice regularly.
-  Complete all the incomplete work of the notebook.
-  Do all the holiday homework neatly and as directed.

 Maintain neat handwriting and creative presentation.

Subject Hindi

1: रिक्त स्थान भरिए (Fill in the blanks)

- 1.राम _____ जा रहा है। (खेल / खेलता / खेलते)
- 2.यह मेरी _____ है। (किताब / किताबें / किताबों)
- 3.सूरज पूरब से _____ है। (चढ़ता / चमकता / उगता)
- 4.मोर एक _____ है। (जानवर / पक्षी / कीट)
- 5.वह _____ खाता है। (खेल / खाना / भोजन)

2: निम्नलिखित शब्दों के लिए समानार्थी शब्द लिखिए।

1. सूर्य - _____
2. जल - _____
3. मित्र - _____
4. भोजन - _____

3: अपने पसंदीदा खिलौने के बारे में पाँच वाक्य लिखिए।

1. _____
2. _____
3. _____
4. _____
5. _____

4: नीचे दिए गए शब्दों में कौन-सी मात्रा लगी है, बताइए।

शब्द	मात्रा
पानी	-----
फूल	-----
घर	-----
चींटी	-----
दौड़	-----

5: नीचे दिए गए शब्दों के विलोम शब्द लिखिए:

1. देवता = _____

2. छोटा = _____

3. सुख = _____

4. मित्र = _____

5. रुचि = _____

1: कक्षा में करवाया गया सारा कार्य कंठस्थ करके लिखने का अभ्यास करें।

2: हिंदी वर्णमाला के 5 व्यंजनों को चुनिए (जैसे: क, ट, प, म, र) और प्रत्येक वर्ण से शुरू होने वाले एक-एक शब्द का चित्र बनाइए।

उदाहरण: क - कबूतर (चित्र बनाएँ)

3: मातृभाषा का महत्व (सूचना लेखन)

प्रश्न: "हमें हिंदी क्यों बोलनी चाहिए?" इस विषय पर 5 पंक्तियों में अपनी राय लिखिए।

4: प्रोजेक्ट: एक A4 शीट पर "मेरा परिवार" शीर्षक पर एक चार्ट बनाएँ।

👉 परिवार के सभी सदस्यों के नाम और उनका रिश्ता चित्र के साथ दर्शाएँ।

- दिए गया कार्य अलग नोटबुक में करें।

Subject :- Punjabi

लिखत अभिआस (Writing Practice)

1. लिखाਈ ਨੂੰ ਸੁੱਧ ਅਤੇ ਸਾਫ਼ ਕਰਨ ਲਈ ਕੁੱਲ 10 ਸੁੰਦਰ ਲੇਖ ਆਪਣੇ ਆਪ ਲਿਖਣੇ |

2. "ਮੇਰੀ ਮਾਂ" ਅਤੇ "ਕਿਸੇ ਮੇਲੇ ਦਾ ਦ੍ਰਿਸ਼" ਵਿਸ਼ਿਆਂ ਤੇ A4 size sheet ਤੇ 5 ਸਤਰਾਂ ਲਿਖੋ (ਤਸਵੀਰਾਂ ਵੀ ਲਗਾਓ) |

3. (Reading Practice)

ਹੇਠਾਂ ਦਿੱਤੇ ਪੈਰੇ ਪੜ੍ਹ ਕੇ ਦਿੱਤੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਸਹੀ ਉੱਤਰ ਚੁਣੋ |

ਇੱਕ ਵਾਰ ਦੀ ਗੱਲ ਹੈ ਕਿ ਇੱਕ ਲੁੰਬੜੀ ਨੂੰ ਭੁੱਖ ਲੱਗੀ ਹੋਈ ਸੀ। ਉਹ ਭੋਜਨ ਦੀ ਭਾਲ ਵਿੱਚ ਇਧਰ ਉਧਰ ਘੁੰਮਦੀ ਇੱਕ ਬਾਗ ਵਿੱਚ ਪਹੁੰਚੀ। ਉਥੇ ਉਸਨੇ ਅੰਗੂਰ ਲੱਗੇ ਵੇਖੇ। ਅੰਗੂਰਾਂ ਨੂੰ ਵੇਖ ਕੇ ਲੁੰਬੜੀ ਦੇ ਮੂੰਹ ਵਿੱਚ ਪਾਣੀ ਆ ਗਿਆ। ਉਹ ਜੋਰ ਲਗਾ ਕੇ ਉੱਪਰ ਨੂੰ ਉਛਲੀ ਪਰ ਅੰਗੂਰ ਉੱਚੇ ਹੋਣ ਕਰਕੇ ਉਹ ਅੰਗੂਰਾਂ ਤੱਕ ਨਾ ਪਹੁੰਚ ਸਕੀ। ਉਹ ਆਪਣੇ ਆਪ ਵਿੱਚ ਬਹੁਤ ਸ਼ਰਮਿੰਦਾ ਹੋਈ ਤੇ ਮਨ ਨੂੰ ਇਹ ਕਹਿ ਕੇ ਸਮਝਾਉਣ ਲੱਗੀ ਕਿ ਇਹ ਅੰਗੂਰ ਤਾਂ ਖੱਟੇ ਹਨ। ਇਹਨਾਂ ਨੂੰ ਖਾ ਕੇ ਮੈਂ ਬਿਮਾਰ ਹੋ ਜਾਵਾਂਗੀ।

(i) ਲੁੰਬੜੀ ਨੂੰ ਕੀ ਲੱਗੀ ਸੀ ?

(ੳ) ਪਿਆਸ () (ਅ) ਗਰਮੀ () (ੲ) ਭੁੱਖ () (ਸ) ਸਰਦੀ ()

(ii) ਲੁੰਬੜੀ ਨੇ ਬਾਗ ਵਿੱਚ ਕੀ ਵੇਖੇ ?

(ੳ) ਸੇਬ () (ਅ) ਕੇਲੇ () (ੲ) ਅਮਰੂਦ () (ਸ) ਅੰਗੂਰ ()

(iii) ਅੰਗੂਰਾਂ ਨੂੰ ਦੇਖ ਕੇ ਲੁੰਬੜੀ ਦੇ ਮੂੰਹ ਵਿੱਚ ਕੀ ਆ ਗਿਆ ?

(ੳ) ਪਾਣੀ () (ਅ) ਦੁੱਧ ()

(ੲ) ਜੂਸ () (ਸ) ਲਹੂ ()

(iv) ਲੁੰਬੜੀ ਨੇ ਆਪਣੇ ਮਨ ਨੂੰ ਕੀ ਕਹਿ ਕੇ ਸਮਝਾਇਆ?

(ੳ) ਅੰਗੂਰ ਮਿੱਠੇ ਹਨ () (ਅ) ਅੰਗੂਰ ਖੱਟੇ ਹਨ ()

(ੲ) ਅੰਗੂਰ ਕੈੜੇ ਹਨ () (ਸ) ਅੰਗੂਰ ਗੰਦੇ ਹਨ ()

•ਇੱਕ ਹਾਥੀ ਹਰ ਰੋਜ਼ ਨਦੀ 'ਤੇ ਪਾਣੀ ਪੀਣ ਅਤੇ ਇਸਨਾਨ ਕਰਨ ਜਾਂਦਾ ਸੀ। ਰਸਤੇ ਵਿੱਚ ਦਰਜੀ ਦੀ ਦੁਕਾਨ ਸੀ। ਦਰਜੀ ਉਸਨੂੰ ਕੁਝ ਨਾ ਕੁਝ ਖਾਣ ਲਈ ਦੇ ਦਿੰਦਾ। ਇਸ ਤਰਾਂ ਦੇਵੇਂ ਮਿੱਤਰ ਬਣ ਗਏ। ਇਕ ਦਿਨ ਦਰਜੀ ਨੂੰ ਕਿਸੇ ਗੱਲੋਂ ਗੁੱਸਾ ਚੜ੍ਹਿਆ ਹੋਇਆ ਸੀ। ਜਦੋਂ ਹਾਥੀ ਰੋਜ਼ ਵਾਂਗ ਦੁਕਾਨ 'ਤੇ ਆਇਆ ਤਾਂ ਦਰਜੀ ਨੇ ਸੁੰਡ ਵਿੱਚ ਸੂਈ ਚੁਭੇ ਦਿੱਤੀ। ਹਾਥੀ ਨੂੰ ਵੀ ਬਹੁਤ ਗੁੱਸਾ ਆਇਆ। ਉਹ ਨਦੀ ਵਿੱਚੋਂ ਗੰਦਾ ਪਾਣੀ ਆਪਣੀ ਸੁੰਡ ਵਿੱਚ ਭਰ ਕੇ ਲੈ ਆਇਆ ਅਤੇ ਉਸਨੇ ਦਰਜੀ ਦੇ ਨਵੇਂ ਕੱਪੜਿਆਂ 'ਤੇ ਗੰਦਾ ਪਾਣੀ ਸੁੱਟ ਦਿੱਤਾ। ਦਰਜੀ ਦੇ ਸਾਰੇ ਕੱਪੜੇ ਖਰਾਬ ਹੋ ਗਏ ਏ

(i) ਰਸਤੇ ਵਿੱਚ ਕਿਸ ਦੀ ਦੁਕਾਨ ਸੀ ?

(ੳ) ਹਲਵਾਈ ਦੀ () (ਅ) ਦਰਜੀ ਦੀ () (ੲ) ਕੱਪੜੇ ਦੀ () (ਸ) ਲਕੜੀ ਦੀ ()

(ii) ਦਰਜੀ ਨੇ ਹਾਥੀ ਦੀ ਸੁੰਡ ਵਿੱਚ ਕੀ ਚੁਭੇ ਦਿੱਤਾ ?

(ੳ) ਸੂਈ () (ਅ) ਪੈਨਸਿਲ () (ੲ) ਪੱਥਰ () (ਸ) ਸੂਲ ()

(iii) ਹਾਥੀ ਸੁੰਡ ਵਿੱਚ ਕੀ ਭਰ ਕੇ ਲੈ ਆਇਆ ?

(ੳ) ਗੰਦਾ ਪਾਣੀ () (ਅ) ਸਾਫ਼ ਪਾਣੀ () (ੲ) ਮਿੱਟੀ () (ਸ) ਚਿੱਕੜ ()

(iv) ਹਾਥੀ ਨੇ ਗੰਦਾ ਪਾਣੀ ਕਿਸ 'ਤੇ ਸੁੱਟ ਦਿੱਤਾ ?

(ੳ) ਪੁਰਾਣੇ ਕੱਪੜਿਆਂ 'ਤੇ () (ਅ) ਗੰਦੇ ਕੱਪੜਿਆਂ 'ਤੇ ()

(ੲ) ਫਟੇ ਕੱਪੜਿਆਂ 'ਤੇ () (ਸ) ਨਵੇਂ ਕੱਪੜਿਆਂ 'ਤੇ ()

4. *ਰਚਨਾਤਮਕ ਕੰਮ(Creative Work)*

ਪ੍ਰੀਓਡਿਕ ਟੈਸਟ ਪਹਿਲਾ ਦਾ ਸਾਰਾ ਕੰਮ ਯਾਦ ਕਰ ਕੇ ਵੱਖਰੀ ਕਾਪੀ ਵਿੱਚ 2 ਵਾਰ ਲਿਖੋ|

(5) ਮਨੋਰੰਜਨ ਨਾਲ ਸਿੱਖਿਆ (learning with fun)

1-2 ਛੋਟੀਆਂ ਪੰਜਾਬੀ ਕਵਿਤਾਵਾਂ ਜਾਂ ਗੀਤ ਸਿੱਖੋ ਤੇ ਉਸਦੀ ਵੀਡੀਓ ਬਣਾ ਕੇ ਭੇਜੋ|

(6) ਹੇਠ ਦਿੱਤੀਆਂ ਤਸਵੀਰਾਂ ਨੂੰ ਦੇਖ ਕੇ ਜੇ ਵਿਚਾਰ ਤੁਹਾਡੇ ਮਨ ਵਿੱਚ ਆਉਂਦੇ ਹਨ ਉਹਨਾਂ ਨੂੰ 30-40 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ

| (take printout and paste these pictures also)



Note:-- ਹਰ ਕੰਮ ਨੂੰ ਸਾਫ਼ ਸੁਥਰਾ ਵੱਖਰੀ ਕਾਪੀ ਵਿੱਚ ਕਰੋ ਤੇ ਕਾਪੀ ਨੂੰ ਸੁੰਦਰਤਾ ਨਾਲ ਸਜਾਓ।

Subject Divinity

- (1) ਅਰਦਾਸ ਯਾਦ ਕਰੋ |
- (2) ਆਪਣੀ ਪ੍ਰਾਰਥਨਾ ਕਿਤਾਬ ਦੇ ਪੰਨਾ ਨੰਬਰ (32) ਤੇ ਸ਼ਬਦ ਵਿਦਿਆ ਵਿਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ ਯਾਦ ਕਰੋ |
- (3) ਦਸ ਗੁਰੂਆਂ, ਪੰਜ ਪਿਆਰਿਆਂ, ਚਾਰ ਸਾਹਿਬਜ਼ਾਦਿਆਂ, ਪੰਜ ਕਕਾਰਾਂ, ਦਿੱਲੀ ਦੇ ਇਤਿਹਾਸਿਕ ਗੁਰੂਦੁਆਰਿਆਂ ਦੇ ਨਾਂ ਯਾਦ ਕਰੋ |
- (4) ਸ੍ਰੀ ਗੁਰੂ ਹਰਿਕ੍ਰਿਸ਼ਨ ਸਾਹਿਬ ਜੀ ਦੇ ਜੀਵਨ ਬਾਰੇ 8-10 ਸਤਰਾਂ A 4 size ਸ਼ੀਟ' ਤੇ ਲਿਖੋ ਤੇ ਯਾਦ ਕਰੋ |
- (5) ਹਰ ਰੋਜ਼ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਜਾ ਕੇ ਕੀਰਤਨ ਸੁਣੋ ਤੇ ਰਾਤ ਨੂੰ ਆਪਣੇ ਦਾਦਾ ਦਾਦੀ ਜੀ ਕੋਲੋਂ ਗੁਰੂ ਸਾਹਿਬਾਨਾ ਦੀਆਂ ਸਾਖੀਆਂ ਸੁਣੋ |

Subject :-- EVS

Name: _____

1. Fill in the Blanks

1. Our eyes help us _____ the of objects.
2. Wear _____ to protect your eyes from the sun.
3. We have _____ to hear sounds.
4. The _____ covers our whole body.
5. Use a clean _____ when you sneeze.
6. People who cannot see use _____ to read.
7. A _____ family is a small family.
8. We should always _____ our elders.
9. _____ helps our body stay cool.
10. We learn many _____ from our family.

2. Give One Word

1. The organ used to smell: _____
2. A very big family: _____
3. The organ of sight: _____
4. Taking a child as your own: _____
5. It tells us if an object is hot or cold: _____
6. It decodes signals for our body: _____
7. A doctor for Ear, Nose, and Throat: _____
8. Raised dots for reading: _____
9. Things we should not put in our ears: _____
10. The side of our mother's family: _____

3. Match the Following

- | | |
|----------|-------------------|
| 1. Eyes | A. Smell a flower |
| 2. Nose. | B. See the world |
| 3. Skin. | C. Big family |

- | | |
|------------------|-----------------------|
| 4. Joint Family | D. Touch and feel |
| 5. Fingertips. | E. Read Braille |
| 6. Ears | F. Use while sneezing |
| 7. Handkerchief. | G. Listen to music |
| 8. Sunglasses | H. Father's side |
| 9. Paternal. | I. Mother's side |
| 10. Maternal. | J. Out in the sun |

- Activity:
- o Make a Sense organ Chart: Create a table with four columns: Touch (Hard/Soft?), Smell (Sweet/Sour?), Sound, with examples. (Roll no. 1-10)
- o Prepare an album of your family and write down at least two lines about the characteristics of each family member. (Rollno. 11-20)
- o Find out and write the rules of at least four games, like cricket. Basketball ,hockey ,kho kho,football on an A4 sheet.(Rollno:21-30)

Subject:- Art

1. Tints, Tones & Shades Chart :- Choose any 2 favourite colours. For each colour, create a neat chart showing:

- Add White progressively → 3 Tints (getting lighter)
- Add Grey progressively → 3 Tones (getting duller)
- Add Black progressively → 3 Shades (getting darker)

Paint each box carefully and label it. Present both charts side by side on the same sheet.

- Materials needed: Watercolour or poster colour, white / black / grey paint, brush, A4 sheet, ruler, pencil.

2. A Complementary Colours Butterfly :-Draw a large butterfly outline on your sheet. Fill its wings using

Complementary Colour Pairs:

- Upper Left wing: Red - Upper Right wing: Green
- Lower Left wing: Blue - Lower Right wing: Orange

Paint the background using the Yellow-Violet complementary pair.

Observe how opposite colours look extra bright next to each other! At the bottom, write: "I like complementary colours because..."

- Materials needed: A3 sheet, poster colour, brush, pencil, black marker for outline.

Subject :--- MATHS

ART INTEGRATED ACTIVITY:

- Roman Numeral Peacock Design
Create a beautiful peacock drawing and decorate its feathers using Roman numerals. Write different Roman numerals such as I, V, X, XX, XXX, XL, and L on each feather. Use different colours, shapes, and patterns to make your peacock attractive and creative.

Written work

- Revise all the work which was done as of now.
- Learn and write tables from 2 to 20 in a separate notebook.

Fun Activity

Maths Treasure Hunt

Find 10 numbers around your house from:

- newspapers
- calendars
- bills
- vehicle numbers
- mobile numbers

Task:

For each number:

- write the number name,
- write the expanded form
- identify the greatest and smallest digit.

Outdoor Activity

Planning the Cost of a Family Trip

a) Introduction: A family of four members is visiting Kerala from New Delhi for 7 days. Solve the problems below to calculate their total cost for the entire week.

b) Airfare: A single round ticket for one adult costs ₹7000. Calculate the total airfare for 4 adults.

c) Package Tour: The family decided to take a packaged tour for the entire week. The package includes hotel stay on a double room sharing basis and travel by taxi in and around. The room was given at a cost of ₹1000 per day. Two such rooms were booked for the entire week. The local travel cost the family ₹15,000 for the week. Calculate the total cost of the package tour.

d) Lunch: The family spends around ₹1500 every day on lunch. Calculate the amount spent by them on lunch that week.

e) Shopping: The family went to the local market to shop for souvenirs and traditional clothes. They bought items worth a total of ₹1632. The father paid an amount of ₹2000 to the shopkeeper. How much money should he get back?

- f) Dinner: The family went out for dinner at a 5-star restaurant. The total bill amount was ₹5000. They also had to pay ₹750 as service charges along with the bill. How much money did they have to pay in total for the trip?
- g) Amount spent on the holiday: Find out the total expenditure the family spent on the holiday.

Subject GK

1. "My Incredible India" Scrapbook Activity IN

Create a small scrapbook (5–6 pages) about India using pictures, drawings, and short facts.

They can include:

- National symbols
- Famous monuments
- States and their special •foods/dresses
- Festivals of India
- Famous personalities
- Instructions:

Use colorful pictures or hand drawings.

Write 2–3 lines about each topic.

Decorate creatively.

2. Collect and write any 5 current affairs(1 under each theme)for the months of May and June in your GK notebook for the following themes as mentioned below:-

1. Sports
2. Science
3. Environment
4. India
5. World

Artificial Intelligence (AI)

Worksheet

Q1. Fill in the Blanks

- (i) A _____ is used to store files and folders.
- (ii) Files are arranged inside _____.
- (iii) We use the _____ option to remove a file.
- (iv) Scratch 3.0 is a _____ programming language.
- (v) In Scratch, characters are called _____.
- (vi) The green flag in Scratch is used to _____ the program.

Q2. Multiple Choice Questions

- (i) Which of these is used to organize files?
a) Folder b) Paint Brush c) Calculator d) Speaker
- (ii) Which option is used to copy a file?

- a) Paste b) Copy c) Delete d) Save
- (iii) Scratch 3.0 is mainly used for:
- a) Drawing only b) Playing music c) Coding and animation d) Printing files
- (iv) Which block starts a Scratch project?
- a) Motion Block b) Sound Block c) Green Flag Block d) Delete Block
- (v) What is the default sprite in Scratch?
- a) Dog b) Cat c) Tiger d) Bird

Q3. State True or False

- (i) Files help us store information in a computer. _____
- (ii) We cannot rename a folder. _____
- (iii) Scratch uses colorful coding blocks. _____
- (iv) Sprites can move in Scratch projects. _____
- (v) The delete option removes unwanted files. _____

Q4. Match the Following

Column A	Column B
Folder	Removes file
Sprite	Stores files
Green Flag	Starts project
Save	Character in Scratch
Delete	Stores work

Q5. Short Answer Questions

- (i) Why do we organize files into folders?
- (ii) What is Scratch 3.0?
- (iii) Name any two blocks used in Scratch.
- (iv) What is a sprite in Scratch?

Note :- Do this worksheet In computer's note book.
Learn the question answers of Lesson 1 and 2

Yoga Time

1. Child's pose (Balasana)

The child's pose is another simple pose to do and it involves sitting back on the heels and folding forward, bringing the arms out in front of the body and resting the forehead on the ground.

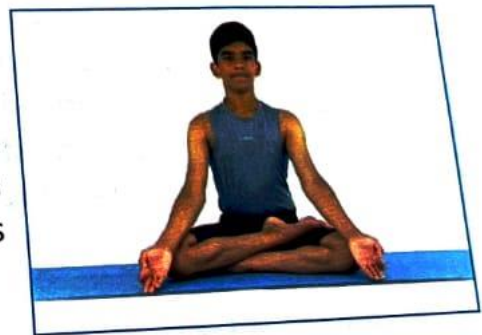


Benefits:

- Promote relaxation
- Reducing stress
- Calming oneself
- Increasing flexibility and strength in the ankles, legs and hips.
- Releasing tension from the body (specifically the upper body)

2. Half lotus pose (Ardha Padmasana)

The half lotus pose is an easier version of the lotus pose, but it still provides the advantages of the full pose. It is important to note that this pose should be done on both sides of the body to get equal results on each side.



Benefits:

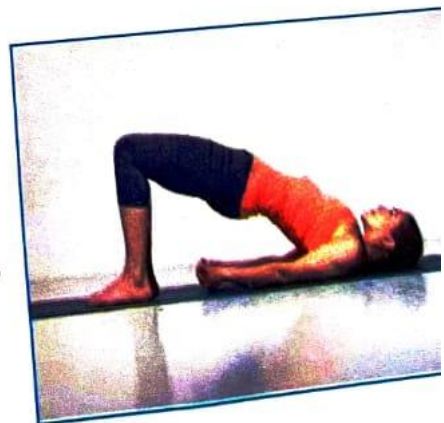
- Promoting relaxation.
- Increasing creativity.
- Correcting posture.
- Releasing tension from the body.

• Bridge pose (Setu Bandha Sarvangasana)

This pose involves backbend which gives a good stretch to the spine and thighs.

Benefits:

- Stretches and opens the shoulders, thighs, hips and chest portion.
- Increases the flexibility of the spine.



4. Tree pose (Vrikshasana)

Vrikshasana pose teaches our bids the grace of a tree, standing tall and maintaining balance.

Benefits:

- Improves balance and concentration
- Strengthens muscles, calves and ankles while stretching the legs and the chest.



5. Cobra pose (Bhujangasana)

In this pose, our upper body is raised upward like a cobra. It is commonly performed in a cycle of asan in surya namaskar, salute to the Sun.

Benefits:

- Strengthens the spine
- Stretches the chest, shoulders, abdomen and buttocks
- Stimulates the abdominal organs.
- Releases fatigue and stress
- Good for managing breathing problem like asthma.

