

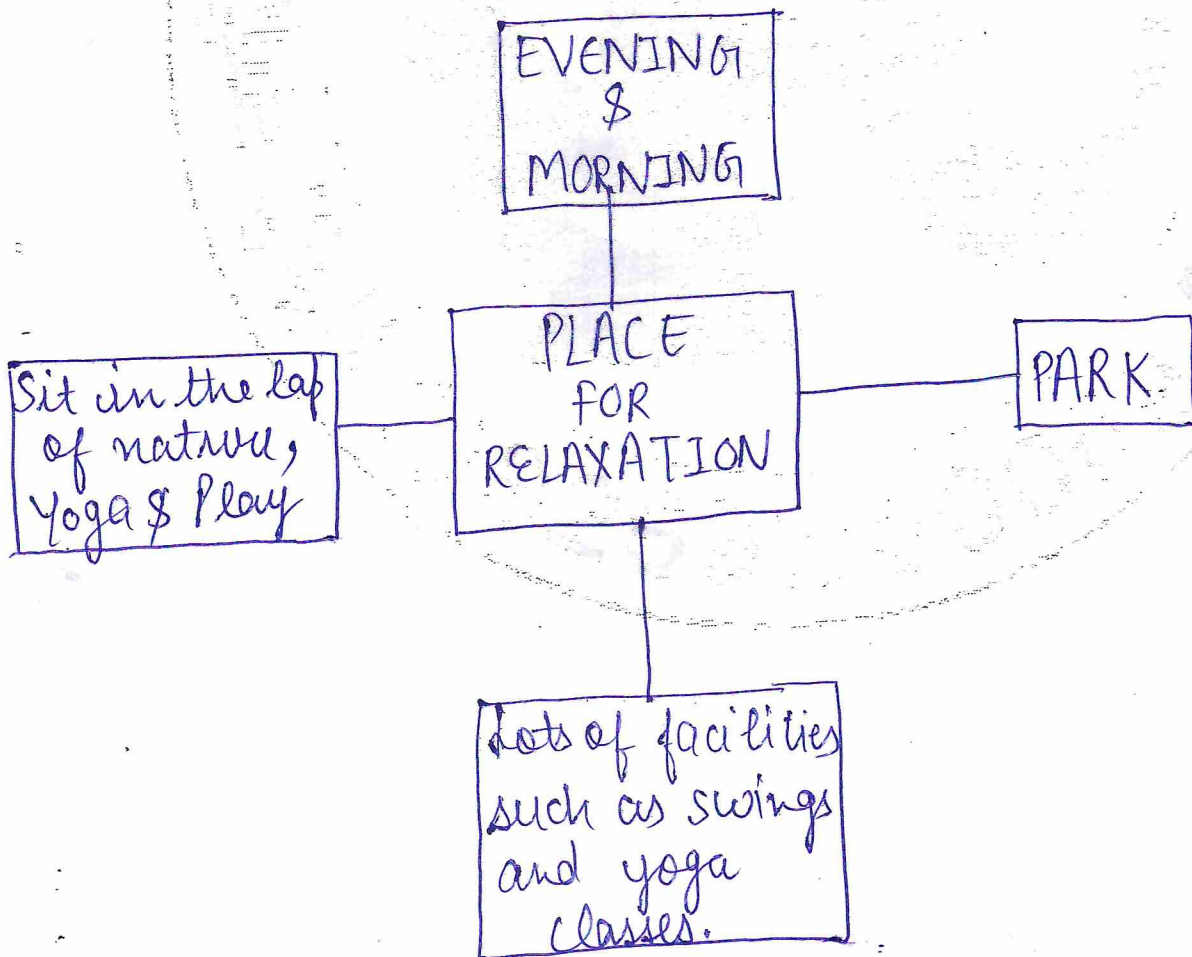
Matti Wallian da Coaching Center

Himanshu EDUCATIONAL HUB

Near Kabir Ashram, Budhlada-151502 Distt.Mansa (PB)

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2. Describe a place where you would like to go to relax.
- # What it is
 - # When you would like to go there
 - # What do you like to do there
 - # and how you feel about this place.



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VOCAB

- ① Relax → Rejuvenate, Recharge
- ② Centre of Attraction
- ③ flowers for mild fragrance
- ④ Beautiful → Attractive, Pleasing
- ⑤ well maintained
- ⑥ Soothing to eyes
- ⑦ Recreational activity → Yoga
- ⑧ Morning Breeze → Inhale
- ⑨ lush green park
- ⑩ Interact with nature

IDIOMS

- ① fit as a fiddle [Healthy]
- ② Stone's Throw Away [Near]
- ③ HALE AND HEARTY [Healthy]
- ④ In the pink of health [Healthy]
- ⑤ Heaven on Earth [Charming place]
- ⑥ full of beans [Energy]
- ⑦ Heart of city [Centre]

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Sample

It is irrefutable [impossible to deny] that life is becoming more stressful day by day. So, relaxation has become need of the hour for individuals.

Every person has different way to feel relaxed. Here I would like to talk about the park which is situated in the heart of my city and a stone's throw away from my abode [home]. I spend my leisure time there in order to rejuvenate my mind. There are many facilities in the park. There are yoga classes which is free of cost for everyone in the park. Apart from this, there are numerous flowers which give mild fragrance. Whenever, I feel low, I visit the park and sit in the lap of nature. Whenever, I go there I like to do yoga to stay fit as a fiddle. Moreover, I inhale fresh air because of lush green plants. All in all I consider this park as a heaven on the Earth.

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FOLLOW-UP

① Do people have enough places to relax in your country?

Yes, there are many places in my nation where individuals can feel relaxed. People can spend their leisure time in parks as well as in library. In parks, people can sit in the lap of nature and do meditation. On the other hand, in library people can read books in peaceful environment.

② What do people usually do when they are relaxed?

Individuals can do different kinds of activities while relaxing. Sometimes, people scroll social media as well as watch movies. Moreover, people chat with their family members.

③ Is physical activity good for relaxation?

Well, physical exercise is best for relaxing mind because it acts as a stress buster. People can spend their time in productive way. If I talk about myself, whenever I feel stressed, I choose physical exercise for relaxation.

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④ What do old people do to relax?

Old people do numerous activities for relaxation. Grey haired people visit a park and sit in the lap of nature in order to rejuvenate their mind. Apart from this, old people mostly visit religious places. They also enjoy laughter club.

⑤ What is importance of relaxation?

Relaxation plays essential role in human's life. People can focus on their work by relaxing their mind. Relaxation keeps heart healthier and improves brain function as well as memory.