

Letter writing

<p>Beginning</p> <p>I was very happy to get your letter.</p> <p>I am panicked hearing that _</p> <p>I'm sorry; I could not write to you earlier.</p> <p>I Wanted to Write you earlier.</p> <p>Many thanks for your letter.</p> <p>You would be surprised to receive my letter.</p> <p>I have just received your letter.</p> <p>Thanks for answering my letter so promptly. "</p> <p>It was nice to hear from you after such a long time</p>	<p>End of the letter</p> <p>Give my best Wishes / regards to</p> <p>Convey my regards to</p> <p>Wish you all the best. A</p> <p>Drop me few lines. -</p> <p>I shall be looking forward to your long and affectionate letter</p>
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Letter format

My dear -----

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side .

solve question paper point according to question-----

Dere Sir
Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.

Your faithfully- for official
Your lovingly - for Relative
Your sincerely – for friend

QUE .1



- Festival of Durgadevi
- Pride of West Bengal
- Attractive cultural programmes
- Places of historical importance
- Dance competition

A.1. Informal Letter:

Write a letter to your friend inviting him or her to spend the puja vacation with you .pamphlet. Take the help of the given

A.2. Formal Letters' ,

You Want to visit your friend for the vacation. Write a letter to your Class teacher asking for a leave for a Week. Take help of the given pamphlet.

Viresh Shukla
13/B, Tara Heights,
Model colony
Kolkata - 310215
March 3, 2023

Dear friend,
I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side.

I hope this letter finds you in a cheerful mood. You will be happy to know that the Puja vacation starts next Monday, the 10th of August. Myself and my family would be really happy if you come here to Kolkata to spend the Puja vacation. Kolkata, as you know, is the capital of our state. Every year We celebrate the festival of Durgadevi very cheerfully. The celebration of Durga puja attracts a large number of people to our state. It is the pride of West Bengal. Various cultural programmes are arranged during the festival. Among

them folk dance, rangoli competition, traditional dress competition and many more programmes are held. We will be together for a few days and enjoy the puja vacation.

Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Hope you will be here with us soon. . Don't forget to write me continuously.

Yours lovingly,
'Vrundavan

or

Gokhale Society
Pune - 412 034
01 August 2023

To,
The Class teacher,
Std. VX (A)
New Vision School,
Pune. '

Subject : To get leave for a week. S

Respected Sir,

With reference to the above mentioned subject, I request you to grant me leave for a week. The reason for the leave is that I want visit to my friend in West Bengal for the Puja vacation. The festival of Durgadevi is celebrated in West Bengal every year. My friend has been inviting me for the last three years. I had decided to go there last year but I could not as the examinations were going on. The celebration of Durga Puja attracts a large number of people to West Bengal.

It is the pride of that state. Many cultural programmes are arranged during the festival. I am always very interested to know the cultures of different states. I had promised my friend that this year I will visit him for the festival. I request you to grant me leave for a week. Sir, I assure you that I will make up for the loss of my studies. I have not missed any single day of the school since the first term.

I hope that you will kindly consider my request and grant me' leave of a week.

Thanking You. _ SMOKING IS INJURIOUS TO HEALTH

Yours obediently,
Amey Kulkarni

QUE .2

SMOKING IS INJURIOUS TO HEALTH

- Smoking kills.
- Chewing Gutkha leads to mouth cancer
- Say no to bad habits. '
- Spoils career.
- Add your own points.

A.1. Informal letter:

Your friend studying in a college , has become addicted to smoking and other bad things. Suggest him to give up bad habits and be on the right track.

A.2. formal letter:

Today's young generation and teenagers have been surrounded by addiction and other bad things. You want to tell their side - effects through newspaper. Write a letter to the editor of a newspaper to publish the news.

Alok Sharma

202/B, Golden Apts. '

Jubilee Campus,

Nagpur - 410149

03 March 2023

Dear Mukesh,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side.

I have been seriously worried since hearing about your bad habits. I could never think that you would become a victim of addiction. When I came to know about your bad habits, I was shocked. Actually I do not want to complain about you. As a friend, it is my duty to suggest some things to you. Really we never expected such things from you. You smoke and it is certainly not good. You know that smoking is injurious to health. You are also found to eat Gutkha. It leads to mouth cancer. I cannot imagine that you have turned into a habitual smoker. Do you want to spoil your precious career?

Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Awaiting for your bright future. _ . Don't forget to write me continuously.

Yours lovingly

Alok Sharma

OR

A. 2. Formal letter:
Alok Sharma
202/B, Golden Apts.
Jubilee Campus,
Nagpur - 410149
03 March 2023

To,
The Editor,
The Galaxy Times,
Pune.

Subject: To publish the news regarding the effects of addiction.

Respected Sir,

With reference to the above mentioned subject, I want to draw your attention to the serious problem of addiction. Youngsters today are surrounded by bad habits. I request you to enlighten them through your well - known newspaper. Our city has been developing very fast.

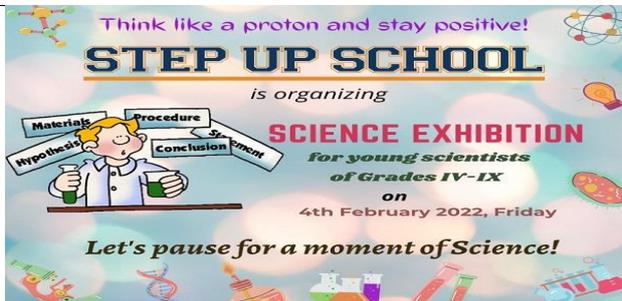
Obviously it is a good thing. Our city is well reputed for education and culture. But some youngsters as well as teenagers have become the victims of bad habits. The ratio of addicted people is increasing day by day. The students and teenagers have started smoking and chewing tobacco and gutkha. Such addictions directly have an ill - effect on their health.

I request you to publish the news about ill - effects of addiction in your newspaper. It will definitely have a good impact on all.

Thanking you.

Yours Sincerely,
Alok Sharma

QUE .3

	<p>SCIENCE EXHIBITION – 2018</p> <ul style="list-style-type: none">- Know and learn new concepts- Books on science at concessional rates- A short film on Dr. Stephen Hawking <p>Venue : Saint Joseph College, Amravati Date : 12 August to 15 August Time : 10.00 a.m. to 6.00 p.m</p>
<p>A.1. Informal Letter :</p> <p>Your school has arranged a trip to visit Science exhibition - 2018 in Saint Joseph College, Amravati. Write a letter to your father asking him to allow you to join the trip</p>	<p>A.2. Formal Letter:</p> <p>You have visited the science exhibition in Saint Joseph College, Amravati. The arrangement was nice. Write a letter to the organizers thanking them</p>

Atul jog
Krushnai Hostel,
Ajinkyatara Road,
Amravati - 410023
09 August 2018

Dear father, _

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side .

I am writing this letter with a special purpose. Science Exhibition - 2018 has been arranged at Saint Joseph College in Amravati and I want to visit it. This exhibition will be very useful and informative to me .Ten renowned scientists from different states of India are going to be present there. The exhibition will be from 12th march to 15 March 2023. A short documentary film on the life of the great scientist Dr. Stephen Hawking is going to be shown. You know that Dr. Stephen Hawking discovered many amazing facts about cosmology or origin of the world. I'm very eager to watch the short film as we have the lesson about Dr. Hawking in our English Syllabus. The organizers are going to sell books on science at concessional rates.

Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.

Your lovingly
Atul Jog

QUE .4

	<p>Blood Donation Camp Donate _Blood - Save Lives Blood donation - a social need</p> <ul style="list-style-type: none"> ○ Venue : Community Hall ` ○ Date: 15" August. Time 10 a.m. to 6 p.m. ○ Blood means life. ○ Blood donation means life donation. ○ Blood donation is the best donation. ○ Blood is required to save emergency patients. ○ Blood cannot be produced in factories. ○ Donating blood is not harmful. ○ if Donor gets a certificate. ○ Participate in Blood donation camp and donate blood generously Without fear. ○ Blood Donation Camp, Lions Club, Latur
<p>A.1.Informal Letter: You have read the ad. put by Lions Club, Latur. Write a letter to your friend appealing him/her to donate blood ' generously. Tell him/her the importance of blood donation.</p>	<p>A.2. Formal Letter: You have read the ad. put by Lions Club, Latur appealing to donate blood generously. Write a letter to the secretary Lions Club, Latur for thanking them for organising blood donation camp</p>

X.Y.Z.
Seva Sadan
Shree Colony
Lam; 413 512
10th August 2018

Dear Suresh,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side .

Blood donation is a Worthy cause. Blood donation causes no loss of strength. Donated blood is replaced Within 12 to 15 hours. Blood donation is the most precious act. Donating blood is not harmful. Donor' gets certificate for further use. Friend, blood cannot be created in factories. Blood is required to save patients in emergency. Thousands of people die due to lack of blood. Who are they? Are they not your brothers and sisters? Do you Want them to die? If not you, who will donate blood for them? Friend, come forward and donate blood generously. Put aside your baseless fears. You donate blood, means you save life. The man who receives your blood will bless you. Remember- 15th of August, Community Hall, 10 a.m. to 6 p.m. Ioin camp, donate generously. Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.
Your loving friend,
X.Y.Z.

OR

Seva Sadan
Shree colony,
Latur - 413512
16 August 2018
To
The Secretary
The Lions Club.
Latur.

Reference :Your appeal published in Lokmat Times dated 9th August.

Respected Sir,

I am spell- bound by the social work you have undertaken . Actually The .Lions Club is known for social service. But this is really praiseworthy. As much blood as you collect, so many lives Will be saved. You are really Lions. It has been extremely nice of you. Thanks for the same. Sir, blood donation is ai social need. Blood donation is really the best donation. As blood means life, blood donation means life donation. Donating blood means saving life.

Blood is required for patients in emergency. Blood cannot be produced in factories. So we have to arrange more and more blood donation camps and collect more and more blood.

Thanks, you are doing that. The day you have chosen Independence Day and place Community Hall will surely help to collect more and more blood. Thousands of people pass through this area. So keep announcing, display banners and appeal to people. My best Wishes for your organization. Thank you once again for your social service.

Yours faithfully,

XYZ

QUE .5

2. Write any one of the following letters

Adarsha School organizes

A SOCIAL SERVICE CAMP

Venue: Wadgaon

Period : 15July to 24]uly 2023 Accommodation and food available

Company of teachers and villagers Join the camp, serve society

SERVICE TO MAN IS SERVICE TO GOD Note : Bring necessary things with you

A.1. Formal Letter:

You have joined the Camp and completed it successfully Thank your headmaster and teachers for organizing such a nice camp and giving you opportunity to serve rural people

A.2. In Formal letter :

You have joined the camp. Write a letter from the camp to your mother. Write about your daily Programme, constructive Work you have A undertaken and overall arrangement,

Ramesh Tambe
Social Service Camp,
Wadgaon,
20 July 2023

Dear Mother,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side .

Our school organised social service camp We have undertaken some projects for villagers like cleaning in the village, making illiterate people literate informing about health care and against superstitions etc. We devote most of the time for villagers. We are Working in groups. 100 of us are divided into 10 groups and each group carries on a separate project. The villagers are very kind, simple, innocent and trusting in nature. We hold some entertainment programmes like singing, dancing, mimicry telling jokes and stories.

I hope that you will be pleased to know about the camp. We are serving rural people in the sense that 'service to man is service to God'. We must thank our headmaster for the arrangement of the camp. We will be back on 24]uly. Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.

Yours lovingly, '

Ramesh

OR

A.B.C. '

Social Service camp

Participants Std X

26 July 23

To,

The Headmaster,

Aadarsha School,

Nagpur.

Subject : To admire your administration.

Respected Sir, _ '

Every year our school organizes social service camps at villages nearby. This year it was organized at Wadgaon from 15th July to 24th July. I with my classmates joined and completed the camp successfully. Sir, we are very much grateful to you for arranging such a nice camp. The sight chosen was excellent. The tents were strong enough to face rain and storm. The teachers selected for the camp were also kind and co-operative. The food was nicely served. Nobody suffered any physical complaint. The villagers were also kind and co-operative.. We really enjoyed the camp days. Now we feel fresh and realize that 'sound mind rests in a sound body.'

We served people thinking that 'Service to man is service to God'. Sir, you have the experience of arranging such camps. The note given at the end of the notice was of much help to us. We took sufficient dresses, warm clothes, pots, buckets, and medicines for timely use. We realized the importance of all these things' during the camp. So, on behalf of all the participants, I thank you for giving us the opportunity to join the camp. I will remember this camp and the nice arrangements throughout/my life. I think the camp has given a new turning point (mah) to our personality.

Thanking you.

Yours faithfully,

A.B.C.

QUE .6



Visit to Karnala Bird Sanctuary

- Enjoy your weekend holidays
- Just 12 kms from Panvel _ _
- Near Matheran and Karjat in Raigad Dist
- A place of natural beauty.
- Variety of beautiful birds :big and small
- Beautiful nature I '
- Sky kissing trees
- Gushing Waterfalls `
- Sanctuary open from sunrise to sunset '
- First bird sanctuary of Maharashtra
- Contact : District Forest Officer, Raigad
- Accommodation available.

A1 formal letter

You want to visit Karnala Sanctuary. Write a letter to the DFO, Raigad about permission and booking

A2 informal letter

Your class visited Sanctuary. Write a letter to your mother describing Karnala as a place of natural beauty

X.Y.Z.

M.G. Road,
Andheri (West)
Mumbai - 400 062
September 15,2023

TO

The District Forest Officer,
Raigad

Sub : To seek permission to visit 'Karnala Bird Sanctuary'

Respected Sir With reference to the above mentioned subject, I hereby request you to give permission to visit Karnala. Sir, we the students of D('class, have decided to visit Karnala on 25"" December. Near about 50 students are joining the trip. This is a one day picnic/ trip arranged by our school for our class only. As a representative (it has become my responsibility to make all arrangement.

We will come there by our school bus." Our teachers will be with us. We will follow all the rules of the sanctuary. We will not do any harm to trees or birds. We will just watch and enjoy. This is a one day trip but if there is any accommodation, we will there for a night. So let me know and if possible book a hall or rooms which accommodate 50 students and teachers. If accommodation is available, we will extend the trip for two days. _ So hereby I request you to give us the permission to visit and also book rooms for the same. ' Eagerly waiting for your positive reply Thanking you.

Yours faithfully,
X.Y.Z

OR

M.G. Road,
Andheri (W)
Mumbai- 400 062
Jan.20, 2023.

Dear mother,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side .

I hope the same about you and papa. On 25"" of Jan. We visited Karnala Bird Sanctuary'. It was an educational trip organized by our school. We went there by school bus. We were 50 accompanied by 5 teachers. As it is a bird sanctuary we saw many colourful and beautiful, big and small birds

The twittering gave us a warm Welcome. There Were sparrows, bulbuls, parrots, and even eagles. We saw tall and sky kissing big trees. Big and gushing water falls attracted everybody. We enjoyed there a lot. Overall, the nature was very lovely. We Walked up and down the hills. In the afternoon We played games, sang songs and danced. After lunch, our Geography teacher told us everything about birds, trees and nature. It was a delightful experience.

At sunset we started our return journey. Before leaving, we thanked the forest officer for allowing us to visit the sanctuary. Such opportunities are very rare in life. I will keep it in my memory forever. Convey my regards to papa and love to Veda and Krishna.

Yours lovingly,
Harshad '
QUE .7

MARY KOM WON THE BRONZE IN OLYMPICS

New Delhi (RT.I) August 16, 2012 : Indian Boxer Mary Kom won the Bronze medal in the Olympic games -2012.It is a proud moment for India. She is congratulated by every Indian.

A.1. Informal Letter:

Consider yourself the son of Mary Kom. You are proud of her that she has recently Won the Bronze medal in Olympic games. Congratulate her through letter

A.2. Formal Letter:

Mary Kom won the Bronze medal in the Olympics games. She Wants to thank the organizers of the Olympic Committee about the nice arrangement

**Rechungvar
Kangathei,
Manipur,
India
14 August 2012**

Dear Mom,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side

What a tremendous achievement ! We're highly thrilled by your performance in the Olympic games. Congratulations for winning Bronze Medal in the Olympic games. Khyrneivar is also with me. We know that you have taken hard efforts to Win the medal. Actually you should have got the Gold medal but let it be. You are really a super boxer. For the World, you are a super boxer but for us you are the super mom. Before contesting in the games, you constantly prepared for it. You practiced a lot. You woke up early in the morning and started exercise.

You are a five-time World Amateur Boxing Champion and the only Woman boxer to have Won a medal in each one of the six World championships. This Bronze Medal in the Olympics has added a feather in your cap. We could not come with you. We regret it but We were always with you emotionally. By the way tell me about yourself. How do you feel? We are eagerly Waiting for your arrival in India. .

Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.

Living Without you is very tough. Come soon.

Your loving son,
Rechrngvar.

QUE .8

HOL Village announces

‘CLEANLINESS WEEK’

Cleanliness keeps you healthy -

Cleanliness is next to godliness

Period of cleanliness drive : 18th Jan. to 26 Jan. 2023

Do this :

- 1) always use dustbin.
- 2) keep your locality clean.
- 3) don't spit on roads and walls.
- 4) use toilets everyday.
- 5) plant more trees.

A.1. Formal Letter:

Write a letter to the Gram Sevak drawing his attention to the points given in the poster. Also, use your own points.

A.2. Informal Letter:

Write a letter to your friend telling him how you celebrated cleanliness week. Make use of the points given in the poster. Also, use your own points

A.B.C.

Ganesh Niwas,

Z.P. Area,

HOL.

15th Sept. 2018

To

The Gram Sevak,

Grampanchayat Karyalaya,

HOL

Reference: Poster about 'CLEANLINESS WEEK'

Subject: HOL Cleanliness drive`

Respected Sir,

We the villagers of HOL are experiencing very unhealthy conditions. On behalf of the villagers, I wish to draw your attention to the poster published for CLEANLINESS WEEK. I myself and on behalf of the villagers of our village thank you for arranging cleanliness Week. Cleanliness-keeps all healthy and cleanliness is next to godliness. It is praiseworthy that the campaign has been announced on at the right time because civic conditions are very sorry.

The period of cleanliness drive is from 15th Sept.~ 2018 to 22 nd Sept. - 2018. Involvement of all is very important. To make the drive successful, villagers must be involved in it. Villagers' active participation will make the drive a grand success. One thing is that the number of dustbins is very less. During this drive, number of dustbins would be increased. People should use dustbins, keep their locality clean, use toilets every day and plant more and more trees.

Don't spit on roads and Walls, it is harmful. ` All should remember that 'Prevention is better than cure'. Clean village is a happy and healthy village. Remember, man can live and work well when surroundings are clean. I want to draw your attention towards management. We should keep a Watch on offenders and they should be punished. Let's join together and make our village clean.

Thanking you.

Yours faithfully,

A.B.C.

Or

A.B.C.
Ganesh Niwas,
Z.P. Area,
HOL.

25th Jan 2023

Dear Sudam,

I received your kind letter yesterday. I am very happy to read it. I am very fine herewith my health and study. I hope that all of you are all right .greeting and love to you from the bottom of my heart. I think you may have forgotten me now but there is nothing such as my side Friend, in the last week we celebrated cleanliness drive- 18Jan to 22nd Jan. It was announced by the HOL village as 'CLEANLINESS WEEK'. I with the villagers wholeheartedly participated in it.

There were some do's and don'ts published. Do's were always use dustbins, keep locality clean, use toilets, and plant more trees. Don'ts were, don't spit on roads and walls. Friend, we know that unhealthy conditions cause diseases. So we adopted the policy 'Prevention is better than cure'. Everybody knows that cleanliness keeps us healthy. It is next to godliness. A clean village is a happy and a healthy village. Knowing the importance of cleanliness, we all joined hands and made our village clean. We also pledged to follow these dos and don'ts throughout the year. We also decided to keep a watch on offenders (and punish them).

Rest is all right. More when we meet face to face. Please convey my best regards to elders and sweet love to Younger's. Don't forget to write me continuously.

Yours lovingly,

A.B.C.

QUE .9

WANTED

- Wanted reporters, young Boys/ Girls for
- The Indian Express
- Experience preferred
- Minimum graduate, knowledge of Computer and driving is must
- Write to the editor giving details.

A.1. Formal Letter:

You have read the ad. Prepare a letter of application and send it to the editor of The Indian Express. Give your details

A.2. Informal Letter:

You want to become a reporter. Write a letter to your father seeking his permission to become a reporter. Give reference of the above advertisement.

X.Y.Z.

9th floor, Sagar Building,
Churchgate.
Mumbai- 400 021
June 20, 2018.

To,

The Editor,
The Indian Express,
Nariman Point,
Mumbai

Reference: Your advertisement in the daily The Indian Express dated 19th June 2018.

Subject: Application for the post of a news reporter. '

Respected sir, .

With reference to the above mentioned subject, I wish to apply for the post of news reporter for Your daily newspaper, The Times of India.

I am a 26 years old male graduate. I have completed my B.] from Mumbai University. I have also completed by Master of Journalism. L have completed MSCIT computer course. I have two years experience in this field. At present I am working for Lokmat Times. I am a fluent English, Marathi and Hindi speaker.

I have a pleasing and handsome personality. I am a good communicator. I am ready to work anywhere. I am a sincere and hard working person. If I will be given an opportunity I promise to strive for your entire satisfaction. I assure you that I am capable of sincere and dedicated service. I have knowledge of History Geography and Politics of India. My service, knowledge and experience will be useful for your newspaper. I hope you will consider my application syrnpathetically and give me an opportunity to serve your reputed newspaper. . Waiting eagerly for your positive reply. '

Thanking you.

Enclosure :

- 1) Xerox copy of B.]. Certificate
- 2) Xerox copy of MJ. Certificate
- 3) Xerox copy of MS-CIT Certificate
- 4) Bio-data

Stay healthy stay fit

Yoga for all!

- Essential in modern age
- Reduce tension
- Provides energy
- Develops concentration
- Join the classes : Yoga for All
- Special batches for students

Reasonable fees

Healthy Society
Apple Street, Pune 411004

A. 1. Letter
Write a letter to your younger brother telling him about the importance of Yoga and advise to join Yoga classes.

A. 2. Write a letter to your School Headmaster / Headmistress requesting him / her to start yoga classes in your school.

7G, Rainbow Colony,
M.G. Road,
Dharavi,
Mumbai - 400017.
7th March, 2016.

Dear brother,

Received your yesterday. I hope all is well with you and rest of the family. I am writing this letter to advise you about the importance of Yoga.

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance.

The main goals of “Yoga in Daily Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one’s overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Pranayama techniques act to purify the and is including these three main energy channels.

Healthy society at Dharavi Street is offering Yoga classes for all with special batches for students at reasonable fees. Hope you will join these classes and avail the benefits. Convey my regards to all at home.

Your loving brother,
XYZ.



Vidhyashri Plus
COACHING INSTITUTE