



Solution of Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2

Posture of Sitting (Asanas)

Solution Sheet-1

Date: 22/10/2020

1. Meaning of the following words:

- a) Useful - **Necessary**
 - b) Gesture – **Posture/ Pose**
 - c) Sufficient - **Enough**
 - d) Expert - **Specialist**
 - e) Adjusted - **Fixed**
 - f) Firm - **Strong**
 - g) Fruitful - **Effective**
 - h) Constantly - **Continuously**
-