



AVALON HEIGHTS INTERNATIONAL SCHOOL

Personal Hygiene WS:1

Grade 3: ____

Ayurveda (Our Ancient Indian Wisdom)

1. Choose the right option and fill in the blanks given below:

- a. The ideal time to wake up in the morning is _____ (6 am/ 7 am).
- b. We should drink _____ (hot / cold) water with lemon and honey _____ (before /after) breakfast for better digestion.
- c. We should go to the toilet _____ early in the morning / after meal.
- d. Ideally we should try to finish our dinner by _____ (7 pm / 9 pm).
- e. _____ golden milk/ tulsi kadha) helps in digestion and gives restful sleep.

2. Identify if the sentences given below are true or false. Correct and rewrite the false statements in your notebook:

- a. We feel more lively and energetic when we sleep late in the morning-
- b. Our body does not support going to the toilet early in the morning-
- c. It is important to finish the work at one stretch, without any breaks-
- d. The timing we go to sleep does not have any effect on the quality of our sleep.
- e. The quality of sleep has no impact on our energy and mood the next day.
- f. Meditation or prayer helps in purification of the mind
- g. Ayurveda is useful only for the grown ups.
- h. It is always healthy to start the day with water

3. Ayurveda believes in the natural cycle of a human body and also emphasizes on following a healthy daily routine for a healthy mind and body. Map your daily routine, on any given normal day at home, in the table given and talk about it in the space provided.

AHIS

Daily Schedule



MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.
2 COR. 12:9

5:00 - 6:00	_____
6:00 - 7:00	_____
7:00 - 8:00	_____
8:00 - 9:00	_____
9:00 - 10:00	_____
10:00 - 11:00	_____
11:00 - 12:00	_____
12:00 - 1:00	_____
1:00 - 2:00	_____
2:00 - 3:00	_____
3:00 - 4:00	_____
4:00 - 5:00	_____
5:00 - 6:00	_____
6:00 - 7:00	_____
7:00 - 8:00	_____
8:00 - 9:00	_____

Your analysis and reflection: