

DELHI PUBLIC SCHOOL JAMMU
SESSION 2025-26
ASSIGNMENT - IV

SUBJECT: ENGLISH

Class: VI

Instructions:

Read the questions carefully.

Attempt all questions.

Section A(Reading)

Section B (Grammar & Creative Writing)

Section C(Literature)

SECTION A (READING)

Q1. Read the passage and answer the questions that follow:

The Importance of Yoga

Yoga is an ancient practice that began in India. It includes exercises for the body, mind, and breath. People do yoga to become healthier and feel more peaceful. Yoga helps improve balance, strength, and flexibility. It also teaches us to relax and stay calm, even when life is busy or stressful. Many schools and workplaces now include yoga in their routine because it helps people focus better and feel less tired. Breathing exercises and simple yoga poses can be done by people of all ages. Doctors also recommend yoga to help with stress, anxiety, and body pain. Doing yoga regularly can make your mind clear and your body strong. It is not just about moving the body but also about thinking in a positive way. Yoga reminds us to live in the moment and take care of our health every day.

1. What is yoga?

- a) A type of dance
- b) A kind of food
- c) A practice for body, mind, and breath
- d) A sport played in teams

2. Why do people practice yoga?

- a) To become famous
- b) To feel tired
- c) To improve health and peace of mind
- d) To play better games

3. Find the synonym of the word "relax" from the passage.

- a) Strong
- b) Calm



c) Clear

d) Stressful

4. Find the antonym of the word "negative" from the passage.

a) Yoga

b) Pain

c) Positive

d) Tired

5. State whether True/False:

Yoga helps people of all ages to stay healthy. _____

6. How can yoga help students in school?

SECTION B (GRAMMAR & CREATIVE WRITING)

QB. Change the following sentences into indirect speech.

1. Rita says , “ I enjoy playing badminton”
2. The boy said to mother, “ It is raining heavily.”
3. Nisha said , “ I am baking cake for my mother.”

Q C . You recently went on a school trip to a historical place. Write a letter to your friend describing your experience, what you saw, and what you enjoyed the most.

SECTION C (LITERATURE)

Q D. Answer the following questions in 30-40 words

- 1) Using two references from the poem justify the title ‘ The Wonderful words’.
- 2) Why did Rajan find on his seat during Sports Day?
- 3) How did Rajan ‘s decision to share the truth about his friend was a brave choice? Give reason for your answer.

