

**Activity Sheet**  
**Group 3**  
**Word Search**  
**Topic - Health & Hygiene**

**Clues**

- 1. ----- shuddhi.**
- 2. ----- aahar.**
- 3. ----- to bed and ----- to rise.**
- 4. Food prayer starts thus.**
- 5. Annamaya -----.**
- 6. International ----- Day. (June 21)**
- 7. Gnanendriya**
- 8. ----- Brahma, don't waste it.**
- 9. ----- diet.**
- 10. Required for physical fitness.**
- 11. Avoid ----- food.**
- 12. Breathing exercises.**
- 13. Health & -----**
- 14. ----- is better than cure.**
- 15. Food offered to God.**
- 16. Avoiding food for a day.**
- 17. ----- is next to Godliness.**