

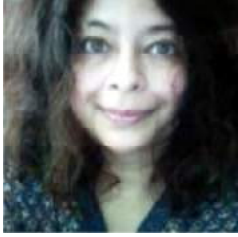
## Reading B

### Namaste

A heart that salutes  
and greets  
hands come together  
palms touch  
as in prayer  
and fingers meet.  
Head lowered  
a slight bow  
with respect due  
a gesture that reads  
The spirit in me honours  
the spirit in you.  
A welcome to the young  
and old alike  
to a guest a friend  
anyone who might  
walk your way  
a word when parting too..  
when it's time to leave  
turn and bid adieu.  
A simple word  
yet has much to say  
a word that wishes you well and hopes  
you'll have a beautiful, blessed day.

*Nishu Mathur*

## About the author



**Nishu Mathur** has been writing poems for a couple of years now. She has written more than 300 poems till date.

## Meanings in context

gestures : a movement, especially from your face and hands for expressing something

adieu : good bye

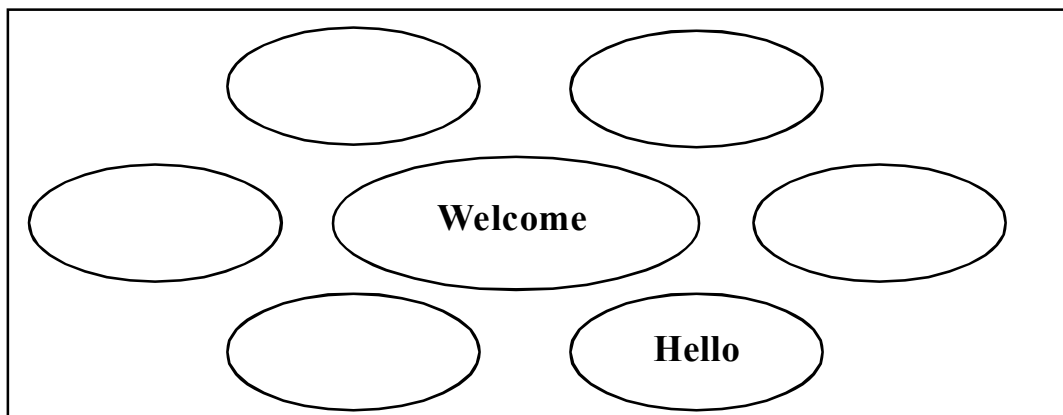
## Comprehension

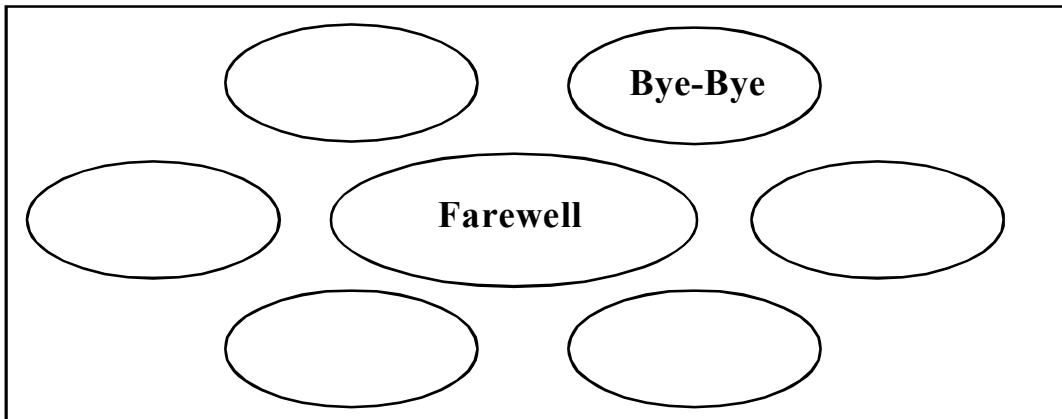
**Answer the following questions.**

1. What body posture do we take to say ‘namaste’?
2. To whom do we say ‘namaste’?
3. At what time do we say ‘namaste’?
4. What does ‘namaste’ convey?
5. How does the person feel when he/she says ‘namaste’?

## Vocabulary

**I. Complete the word-web with the words related to the word in the center.**





**II. What does each of these gestures suggest? Write it in the space provided.**



1. ....



2. ....



3. ....



4. ....