



WELLNESS  
&  
WELLBEING

read more...



# MACVISTA



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April-June 2021 | [gk.macmillaneducation.in](http://gk.macmillaneducation.in)

*“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”*

– Greg Anderson



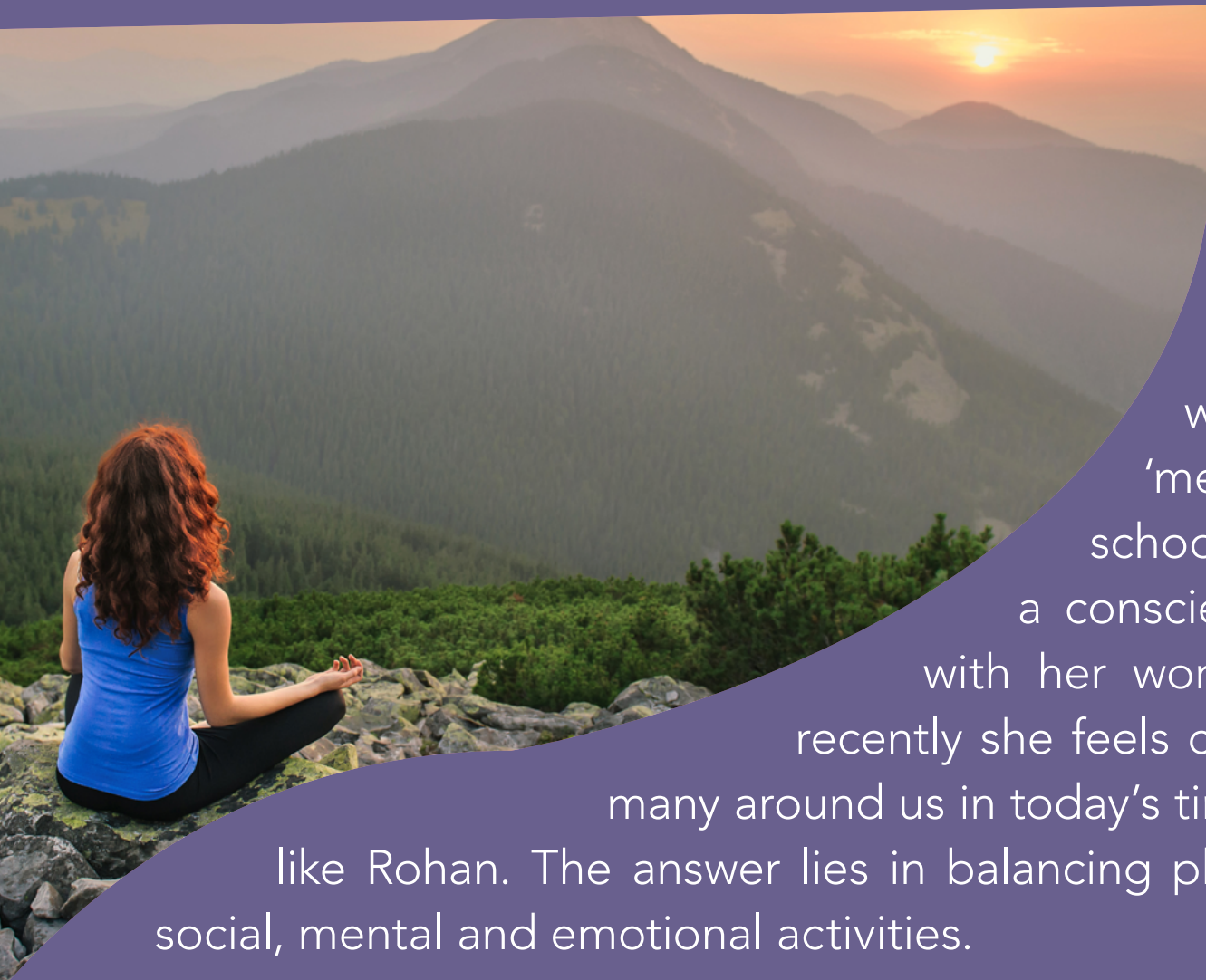
## Finding Wellness

A typical Monday morning in any house is a rushed affair. Chaos, noise and constant irritating whines can be heard throughout the house. Every person looks or feels fatigued at the idea of starting work. Contrast this with the neighbouring house – a strain of lilting music, a lovely aroma and a sense of calm pervades the whole area. What is the magic ingredient for this oasis of peace?

It is the sense of wellness which has been created consciously by the inhabitants.

Wellness is a combination of balanced physical, mental, social and emotional health. It signifies a complete care of the mind, body and soul to lead a healthy, happy and well-balanced life.





Meet Rohan and Meeta, two teenager students who are trying to give their best in the present pandemic situation. Rohan has always consciously taken time out for exercise, walks; meditation and a little 'me time' even in the midst of school assignments. Meeta is also a conscientious student, always ready with her work well before time. However, recently she feels completely worn out, as do so many around us in today's time. She wishes to be at peace

like Rohan. The answer lies in balancing physical activities with spiritual, social, mental and emotional activities.

When wellness is consciously created and nurtured, it creates happy places and content individuals. Wellness involves intentionally using tools to relax the mind and body, such as yoga, meditation, going for walks, listening to music and setting a more relaxed pace. The calmness and positive energy from such activities is reflected in our mental and emotional state. Achieving a sense of wellness is a constant work in progress; one just needs to have the intention and discipline for the same.

Start small. Create a place that is uniquely yours. Arrange some cushions and plants in a corner of your room or balcony. Be still and relax your overactive brain. Slow down and listen to the sounds outside and within. Find one thing to laugh about in your crowded day and feel a burst of joy. Happiness reduces stress and promotes productivity, creativity and enhances our efficiency. As wise ones say, "Self love is the best medicine." Love yourself first and then you can embrace the world.



# CALMNESS



# Mirror, Mirror on the Wall

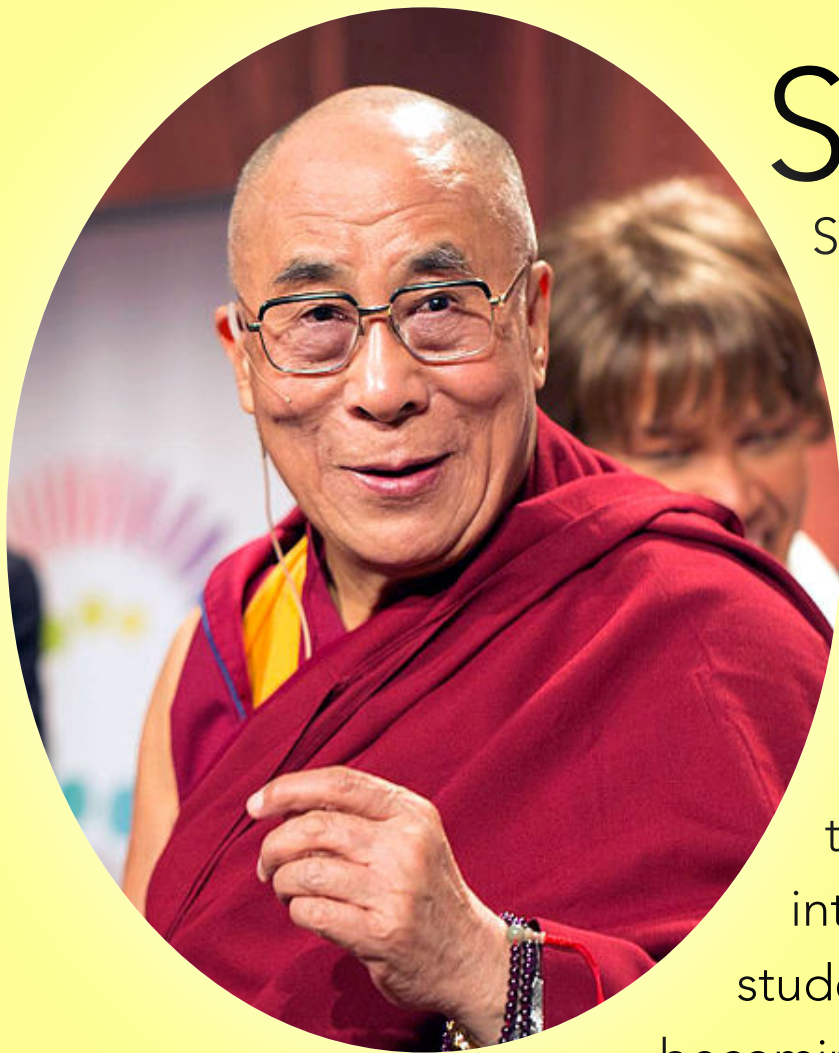
Turning into a teen is something that all young ones look forward to. While it should be a time of positivity and confidence, it is generally quite awkward for most. It takes a lot to be comfortable with the transition and many go through a phase of vulnerability. Body image concerns often begin at this age and can fester if not checked and have an impact on overall health.

Media and society play a huge role in escalating problems arising from body image. Constant visuals of beautiful people who are size zero lead to unhealthy comparison and a yearning to attain unreal perfection. Dissatisfaction with how we look could translate into eating disorders like anorexia or bulimia. Anorexia is when people refuse to eat, thinking that they are fat and so need to eat less. Anorexic people often mask their weight loss and believe that they are feeling full before any meal. Emotionally, they can show signs of irritation feel fatigued and refuse to eat with others. Bulimic people often indulge in binge eating followed by instant purging. They feel the need to constantly eat and purge to maintain their phantom idea of perfection.

Developing a positive attitude and confidence, appreciating oneself and being accepting of your body are the answers to this negative ideal. While media can play a responsible role and show that humans come in all shapes and sizes, it is critical to understand that a diverse world is the perfect world.



# Compassion at the Centre of Learning



**S**ocial, Ethical and Emotional learning (SEE) is based on the values of kindness and compassion. SEE Learning is an educational framework for K-12 and higher education and has been developed by Emory University in collaboration with His Holiness the Dalai Lama. According to the Dalai Lama, a benevolent and ethical mindset should be cultivated in students through the interdependence of various streams of learning and critical thinking. Research suggests that a blend of soft skills like emotional and social intelligence with cognitive aptitudes benefits students enormously, and helps in their journey of becoming global citizens.



**SEE** Educating the Heart & Mind  
**LEARNING**

SEE is based on three dimensions of learning – awareness, compassion and engagement. Being aware of one's thoughts and understanding others leads to an awareness of greater interdependence on each other. Compassion based on personal insight and understanding gives an equal importance to the belief of the other person. Engagement refers to using both the attributes to have a discerning knowledge of the larger dynamics and working towards creating a balance.

The role of critical thinking is an important one in SEE. It enables children to ask the right questions and engage in discussions without reacting aggressively. A structured instruction for learning to attend to one's feelings, without being carried away, can help model a compassionate person. SEE believes in the power of self-awareness, self-meditation, self-analysis and self-support. Cultivating interpersonal relationship skills on the basis of compassion and interaction with others creates happy individuals who are confident and mature. And these individuals grow up to be adults who not only find their place in a global society, but also carve a space for themselves without antagonism and with empathy.



# Clean Hands Save Lives



If there is one thing that the ongoing pandemic has brought to the forefront, it is the importance of clean hands. As basic as it seems, the common practice of washing hands to keep them clean continues to be a huge issue in many parts of the world even today. The UN SDG goal 6 focuses on ensuring availability and sustainable management of water and sanitation for all.

Many places in India also deal with the lack of access to clean water.

Meet Radha, a teenager from rural Madhya Pradesh. Her day starts with a 3.5 km trek through fields and barren rocks to get few pots of water for the household. For her the simple act of washing her hands or utensils is no less than an obstacle race. To counter this inadequacy, UNICEF's scheme WASH and Government of India's project 'Jal Shakti Abhiyan' have helped build low cost, solar powered water taps and a catchment area to trap rain water. Today, Radha is able to take part in the skill development program with the time that she has and also with lesser number of days when she is unwell. Radha's village has also recorded lower incidence of diseases as clean water has improved the sanitation of all the families.



**जल शक्ति  
अभियान**

संचय जल, बेहतर कल

There is no alternative to fighting disease than proper sanitation and clean habits. Viral infections and diseases would lose if we ensure proper hygienic habits like washing hands before and after meals, washing hands after using the toilet, or even after playing with your pets.

**6 CLEAN WATER  
AND SANITATION**





# TECHNEWS

With the pandemic, the new normalcy of our lives is studying at home, working from home and social distancing. In this scenario, wellness and mindfulness apps have surely found their place in our busy yet static lives.

Some of the popular fitness apps include MyFitnessPal, Cult Fit and Nike Training Club that guide you through a variety of workout models including yoga and zumba. You can sign up and learn along with famous personalities either through live sessions or through training videos; plus you have your own goal sheets and rewards that keep you motivated.

If you have always wanted to learn meditation, you can find the right companion through an app. Some of the popular meditation apps include Headspace, Let's meditate, Simple Habit etc. That's not all; the ever-popular app – Calm – helps you with mindfulness practices and improved sleep patterns. Motivating quotes, calming music and trackers help delve into the world of self-care and self-love. Remember, wellness starts with you.



HEALTHY LIFESTYLE  
TIME FOR HEALTH



## WORLD



## VIEW

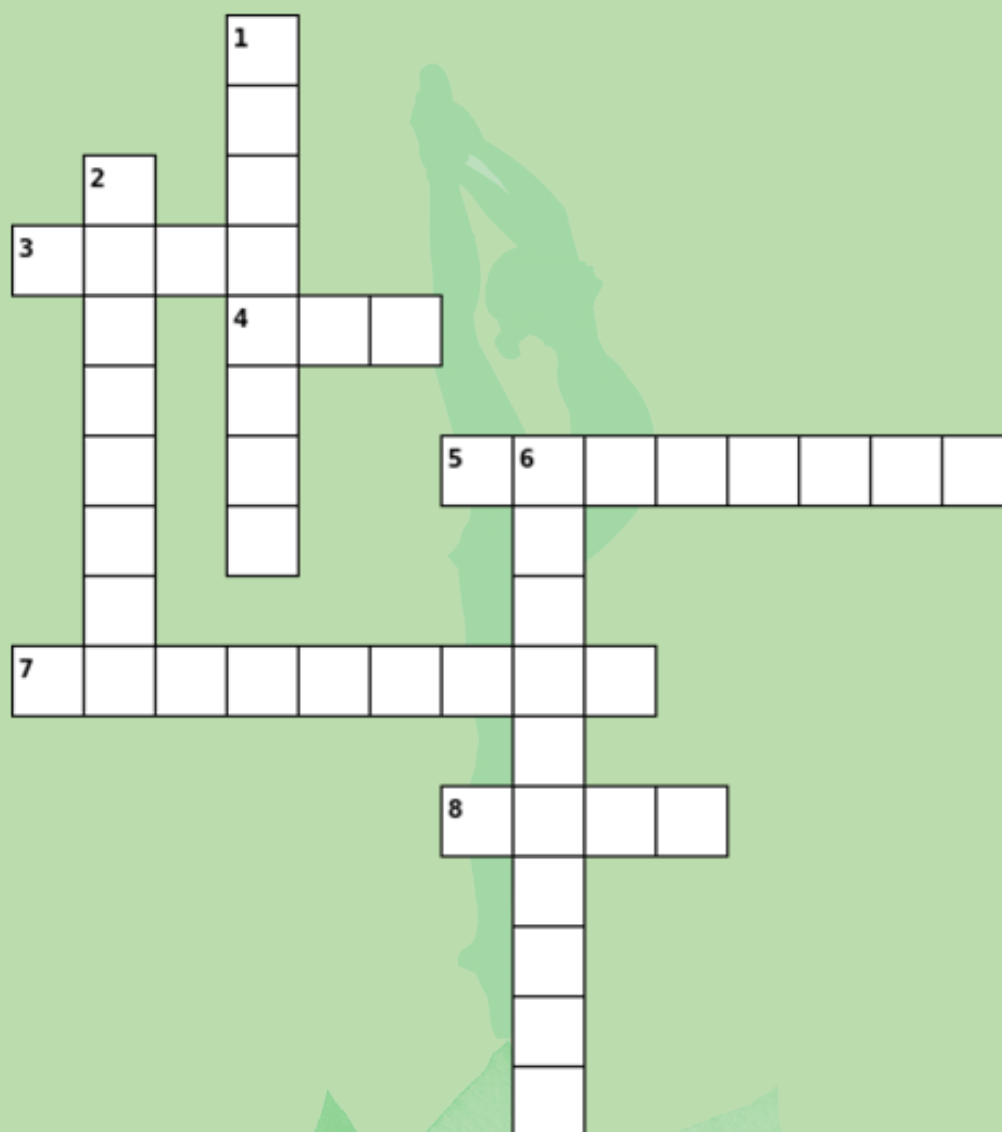
The pandemic has turned the world upside down. Lockdowns, curfews, PPE kits and social distancing are the norm of the day but people around the world have shown remarkable camaraderie in these times. Italy reverberated with music coming from balconies of houses when people played guitars, pianos and flutes together to cheer each other. In India, teenagers created groups to help out elderly residents in their



areas by getting provisions, medicines or just generally reaching out to them. In the UK, children in junior grades drew rainbows and pasted it on their windows as a symbol of hope in these trying times. This was even taken to social media platforms by companies like Louis Vuitton, Cartier and United Colors of Benetton. Nurses in Brazil took two disposable gloves, filled it with warm water and intertwined it onto the hands of critical care patients as a way to stimulate human touch. The act was simply called the “hand of God”.

Yes, the pandemic is the worst thing we all have seen this century but it too shall pass and what remains will be heartening stories of people who came forward to light up the way.

## Crossword



### Across

1. 21 June is international day of \_\_\_\_
2. The month of mental health awareness
3. Helps the body fight diseases
4. The well-being hormone
5. The name of a wellness app that means peace

### Down

1. Nutrients that have alphabets to identify them
2. Feel-good chemical in the brain
6. Eyes closed to awaken the inner eye

# ACTIVITY SHEET

## Activity 1

### Yoga and you

Try these basic yoga asanas to reclaim your health and wellness. Happy stretching, everyone!

#### **BALASANA (child pose)**



This relaxing asana helps calm the mind and soothe the body. It relaxes the nervous system, back and neck muscles, and relieves stress.

#### **Steps to perform Balasana**

1. Sit comfortably on your heels.
2. Place your hands on your thighs. Slowly bend forward while exhaling.
3. Try and touch your forehead to the ground. If this is not possible, then spread your knees apart and try the first two steps again.
4. Stretch your hands above your head with palms facing down.



## Activity 1

### UTTANASANA (forward bend standing asana)



This asana helps in rejuvenating the kidneys and liver functions, improves digestion, gives respite from headache, stress and anxiety.

#### Steps to perform Uttanasana:

1. Stand with your feet apart on a yoga mat.
2. Keep your hands on your waist.
3. Bend from the waist down and drop your hands to try touch the ground.
4. Keep your head dropped towards your knees.

### TADASANA (mountain pose)

This is a basic asana for improving focus, correcting body posture and also relieving stress.

#### Steps to perform Tadasana

1. Stand with feet apart on your yoga mat.
2. Focus your eyes at a particular point ahead of you.
3. While focusing, join hands together at chest level and slowly stretch your hands above the head. Remember to exhale long and deep.
4. Slowly straighten your body to stand on your toes. Reach for the sky while focusing on a single point.



## ACTIVITY SHEET

## Activity 2

This lockdown is a perfect excuse to learn some new crafts. How about learning a little baking or painting to start with?

**Bake me a Cake**

Let's try a simple but delicious mug cake.

**Ingredients**

- 4 tablespoon self-rising flour
- 2 tablespoon sugar
- 2 tablespoon cocoa
- 1 egg
- 3 tablespoon milk
- 3 tablespoon vegetable oil
- 1/2 tsp vanilla essence
- 1 tablespoon baking milk chocolate chips

**Method:**

1. Take all the dry ingredients in a mug and mix thoroughly.
2. Then add the egg, milk, oil, vanilla essence and mix properly so that there are no lumps.
3. Now, add the chocolate chips.
4. Place this mug in a microwave on high for 3 minutes.
5. Wait for it to cool down and then enjoy with a big dollop of ice cream, if you will!





# ACTIVITY SHEET

## Activity 2

### Paint a picture

Let's create a beautiful piece of art.

#### What you need:

- Canvas
- Acrylic paints
- Medium
- Containers
- Wooden pencils

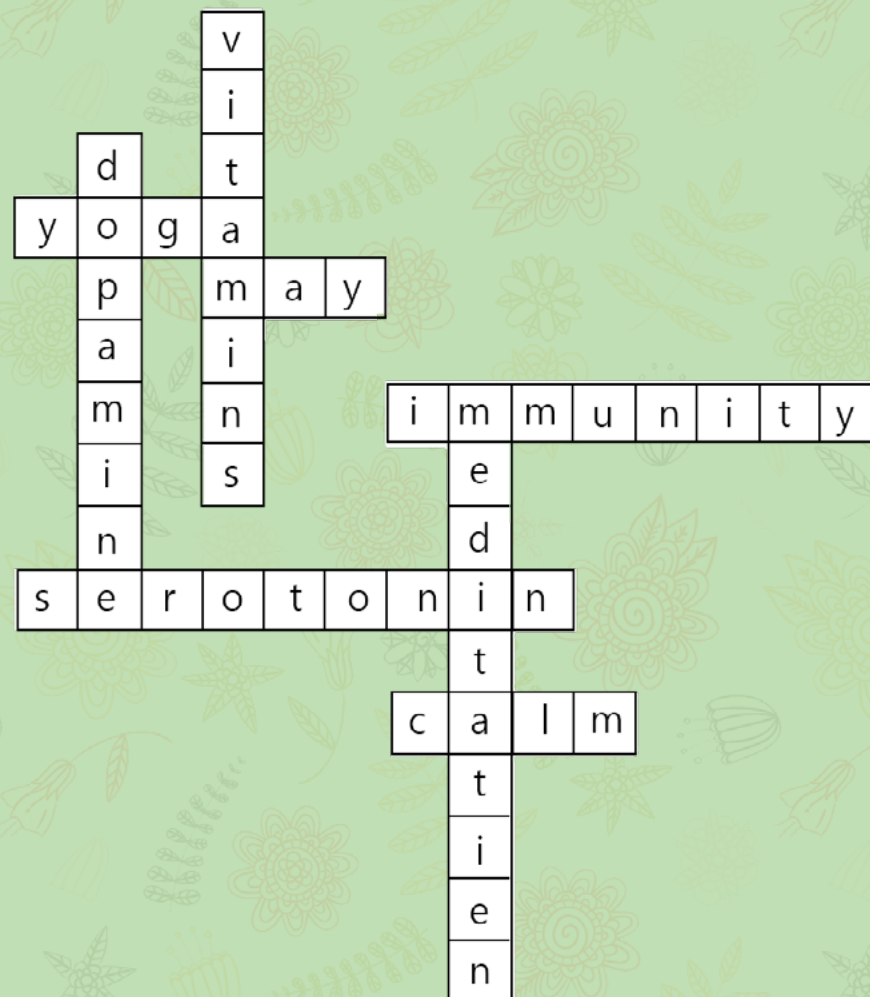
#### Method:

1. Fill the empty containers with paint. The ratio should be 2-parts paint and 1-part medium.
2. Mix the paints thoroughly with the help of the wooden pencils.
3. Take your canvas and lay it on the table.
4. Now, pour the paints randomly all over the canvas. There is no right way to do it, so have fun. Just make sure that the entire canvas is covered.
5. Allow it to dry and voila, you have created a masterpiece!





# Crossword Answers



1. What type of cheese is made backwards?
2. What can go up and come down without moving?
3. How can you go 10 days without sleep?
4. What has 13 hearts but no lung or stomach?
5. How can you make six an odd number?
6. I am a word with letters three. Add two more and less there will be. What word am I?





# JOKES

What do you do with a sick chemist?  
If you can't helium, and you can't curium,  
you might as well barium.

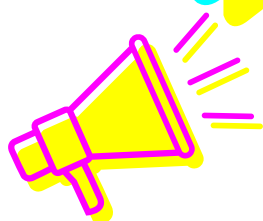
How much room do fungi need to grow?  
As mushroom as possible

Why does everyone love yoga teachers?  
They bend over backwards for you!

Knock knock!  
Who's there?  
Yoga.  
Yoga who?  
Yoga to try this, it feels amazing.

Source: Multiple sources

## FUN FACTS



1. If you are feeling stressed or annoyed, have a banana. Bananas contain serotonin, which works as a mood stabiliser. It also helps calm hunger pangs and helps you sleep better.

2. Colours on your plate help in all round wellness. A colourful plate means a well-balanced diet where vegetables and fruits of each colour can help you become healthy. For instance, red of the tomato, beets or radishes reduces hypertension and keeps the heart happy. Yellow from citrus fruits, pumpkin etc. give us vitamins A and C and nourish our skin and hair. Green broccoli or cabbage improves immunity.



3. Writing a diary helps unclog thoughts and emotions and raises emotional wellness. Writing down angry thoughts helps calm the mind.

4. Bhutan was officially the first country to recognise that happiness is the most important aspect of life. Therefore, it introduced the Gross Happiness Index as a measure as against the Gross Domestic Product (GDP) index followed in most countries.

5. Iceland is the healthiest country thanks to its hot pools of geothermal waters and less population.

6. Japan has a beautiful concept of Shinrin-Yoku or 'forest bathing', which means moving away from all gadgets and just being one with nature. This helps you go on a digital as well as a social detox to experience the wellness that comes from nature and solitude.



1. Edam
2. Temperature
3. You sleep at night.
4. A deck of cards
5. Remove S and then IX are
6. Few





# Comic Strip



## BAIRA AND BELA





# CURRENT EVENTS UPDATES

## April 2021

### April 4

Egypt transported 22 royal mummies of Pharaonic Egypt from their present museum in Tahrir Square to the National Museum of Egyptian Civilization in a dazzling parade called ‘Pharaoh’s golden parade’.

Suez canal was finally open to maritime traffic after the stranded ship Ever Given was finally pushed clear.

### April 6

Vladimir Putin, the President of Russia, signed a law that allows him to hold office for two additional 6-year terms. He is currently serving his fourth term. It gives him the possibility to stay in power till 2036.

India launched the first ever Integrated Health Information Platform- IHIP, an advanced disease surveillance system. It will help in real time collection of data and also identify the earliest signs of disease spread.

### April 9

Prince Phillip, the royal consort of Queen Elizabeth died at the age of 99 at Windsor Castle.



## April 2021

### April 13

India saw a heavy increase in the coronavirus cases as hospitals reported lack of beds, medicines, vaccines and oxygen.

### April 22

Vanita Gupta becomes first Indian-American Associate Attorney General of US.



NASA’s Perseverance Rover successfully generated oxygen on Mars for the first time ever.

### April 25

Chloé Zhao won the Oscar for Best Director for the film Nomadland at the 93rd Annual Academy Awards on April 25, 2021. She became the first woman of color, first Chinese woman and second woman-ever to win the award. Frances McDormand bagged the Oscar for Best Actress for ‘Nomadland’, while Anthony Hopkins won the Best Actor for his performance in ‘The Father’.

### April 27

A hanging suspension bridge over the river Paiva, in Portugal, aims to be the longest pedestrian suspension bridge in the world.

## May 2021

### May 5

Mamata Banerjee took oath as the CM of West Bengal for the third consecutive time.

### May 7

Palestinians and Israelis clashed at the famed Al-Aqsa mosque in Jerusalem.

### May 10

Shocking attack on a school in Russia left seven children dead.

German tennis player and world number six Alexander Zverev won his 2nd Madrid Open Title.



### May 15

Andrea Meza from Mexico has been crowned Miss Universe for the year 2020.



China’s space rover Zhurong pulls off a soft landing on Mars.

CURRENT EVENTS UPDATES

May 2021

May 20

A ceasefire was announced and aid rushed to Gaza strip after clashes.

May 25

Cyclone Yaas develops over the Bay of Bengal resulting in red alert on the coasts of Andhra Pradesh, Odisha and Bengal.

G-7 countries decided to stop international financing of coal projects which emit carbon and phase out support for all fossil fuel.

May 28

Chinese scientist Yuan Longping, known as the father of hybrid rice died of organ failure.

May 30

Bharat Ratna Professor C.N.R. Rao has been honoured with the International ENI Award 2020 for his research in renewable energy sources and energy storage.

Guillermo Lasso became the President of Ecuador, and the country's first right-wing leader in 14 years.



June 2021

June 2

North Korean supremo Kim Jong Un appointed a new second in command.

NASA announces two new missions to Venus, VERITAS and DAVINCI+, in 2028 and 2030 to map the surface of Venus and its atmospheric composition.

June 5

Protesters face off with officers in Minneapolis, USA over the deaths of Winston Boogie Smith, George Floyd and Daunte Wright.

June 7

19-year-old Yuka Saso of the Philippines wins U.S. Women's Open Golf championship beating Japan's Nasa Hataoka.



Abdulla Ashahid, the Foreign Minister of Maldives, has become the President of the 76th session of the UN General Assembly.

June 10

Crippling drought in Western US has lead to an alarming drop in the water levels in Lake Mead, the reservoir of the Hoover Dam.

Military court in Myanmar charged Aung San Su kyi for corruption and began trial.

June 2021

June 15

Barbora Krejčíková of the Czech Republic defeated Anastasia Pavlyuchenkova of Russia to win the women's singles title at the 2021 French Open.



Israel votes in favour Naftali Bennett, ending Benjamin Netanyahu's 12-year tenure as Prime Minister.

June 20

The Pulitzer Prize was won by Indian-origin journalist Megha Rajagopalan for the investigative reports exposing China's secretly built Uyghur Muslims detention camps.

Track legend Milkha Singh died at the age of 91.



June 25

Minneapolis police officer Derek Chauvin is sentenced to prison for the murder of George Floyd.

The destruction of Great Barrier Reef has prompted UNESCO to recommend that it should be put on endangered list of World Heritage Sites.