

The best color in the whole world is the one that looks good on you.

COCO CHANEL

# MACVISTA



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comicstrip



artbeat



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## COLOUR THE WORLD

Look at the world around you. We live in a highly colourful world. Every tiny little thing has a colour of its own and these lovely shades make our lives so vibrant.



Colours play a huge role in human interaction. When you look at a person, the colour of the hair, eyes, skin tone etc attracts or repels. Many colours have a huge cultural base like white for purity, but the colour black is shunned as negative.



Understanding colours and their sway over our mood is the basis of Colour Therapy. Colours are used to create a safe environment for emotional or mental health issues. Soft Pastel shades relaxes the mind while vibrant colours might irritate.



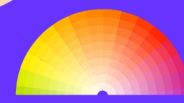
Colours play an important role in our emotional balance. Feeling blue can express anxiety but blue can also be a soothing colour. Having a green thumb means being close to nature. In the pink of health is just that; being healthy.



Nutritionists believe that a healthy body can be achieved by using as many colours on the plate as possible. It is called the "Rainbow diet". Go for it. Try and pack as many colours as you can to become healthy and wise.



Is it any wonder that flags of countries, institutions and organizations all rely on colours to project their ideals? For example, the Rainbow flag of Pride is a call for acceptance from the society.



Similarly red and orange and yellow are warm colours which make us joyful but an excess use of these colours can be terrible. Too much red is the colour of destruction and bloodshed. No wonder, the Greeks painted Mars (the god of war) red.

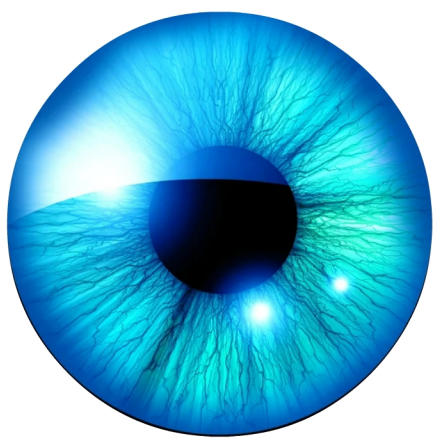
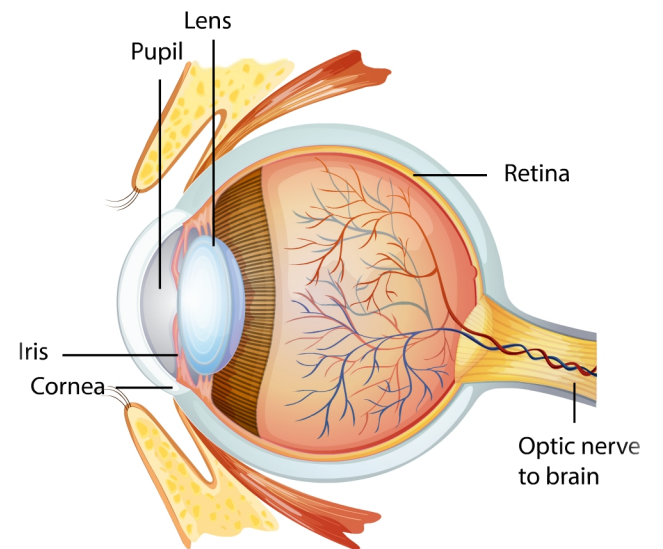


# I SIGHT



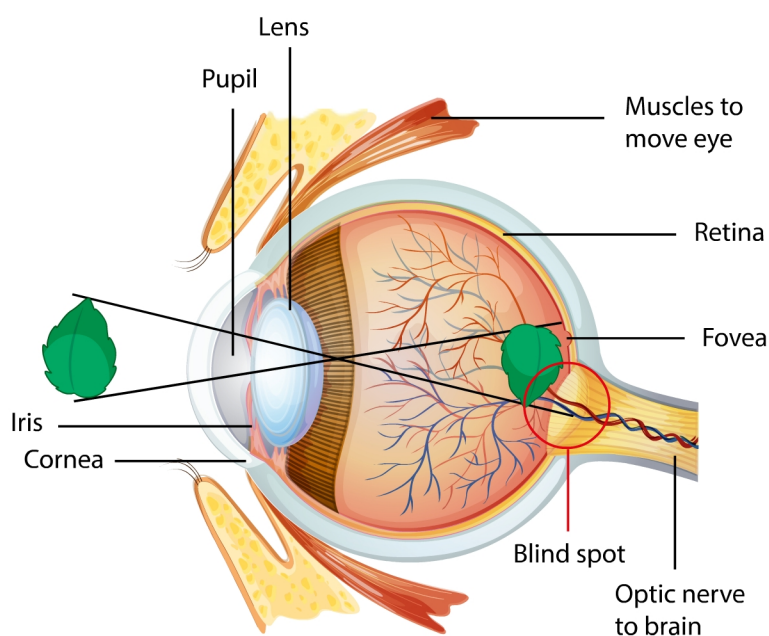
Sight is a wondrous sense organ and we would miss seeing this beautiful world without this very complex organ. Let's see how intricate this simple procedure is.

The eyes sit inside a **socket** and are protected by our bony skull. The **eyelids** and **eyelashes** not only frame our eyes but also protect. Rapid blinking and tears keeps our eyes moist.



The central bulging part of the eye is called **cornea**. The cornea houses the **iris** which in turn protects the **pupil**. The iris actually is the coloured portion of the eye which gives everyone a unique characteristic. The iris could be blue, green, black or brown in colour.

Did you know that we actually take in images as wavelengths of light? These light waves bounce off an object and enters through the black pupil inside the iris. The light rays are passed through a lens and strike a screen which is called the **retina**. The best way to understand this would be when you see a movie in a theatre; you can see an array of light waves from the projector room striking the screen and forming images there.



The retina holds millions of cells which are light sensitive and are called **rod cells** and **cones**. The cones see in colour, which are **red, blue and green** and the rod cells give a depth perception. These light waves are then transmitted as electrical impulses through the optic nerves to the brain, which lets us, know what the object is. Phew!! All that action is done in a microsecond of seconds.



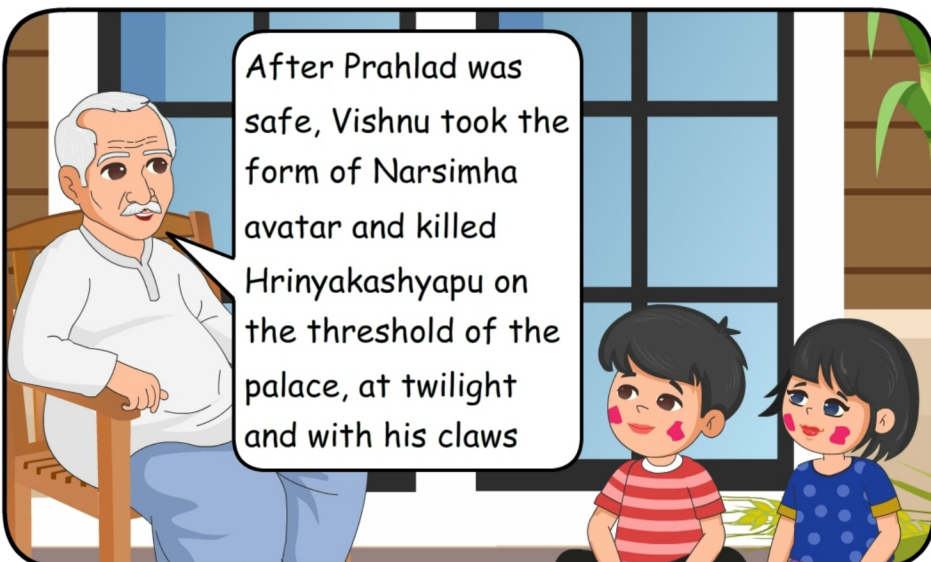
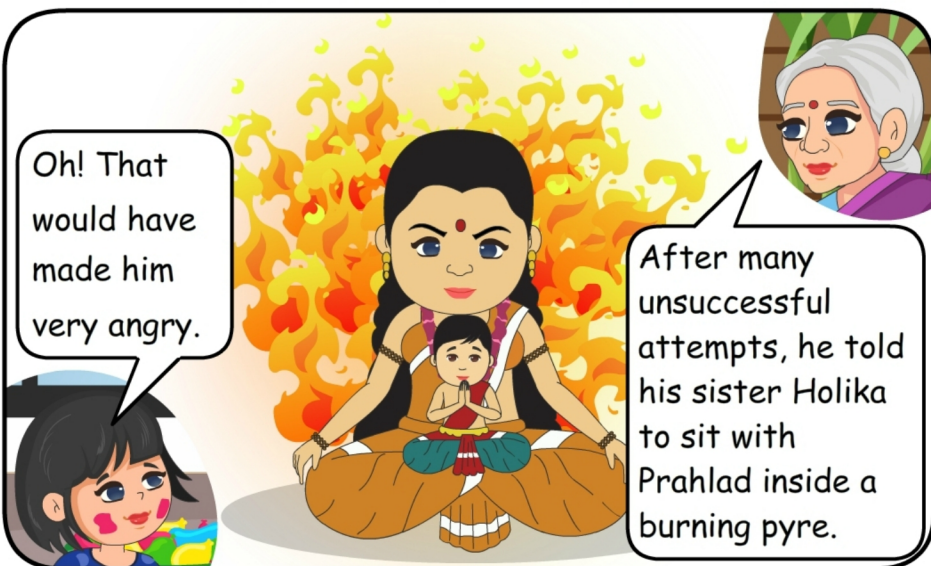
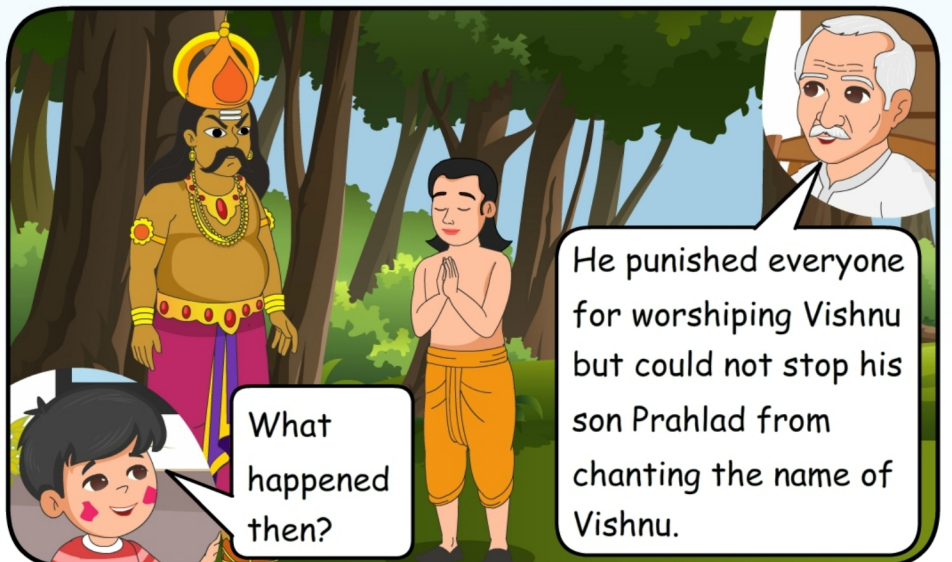
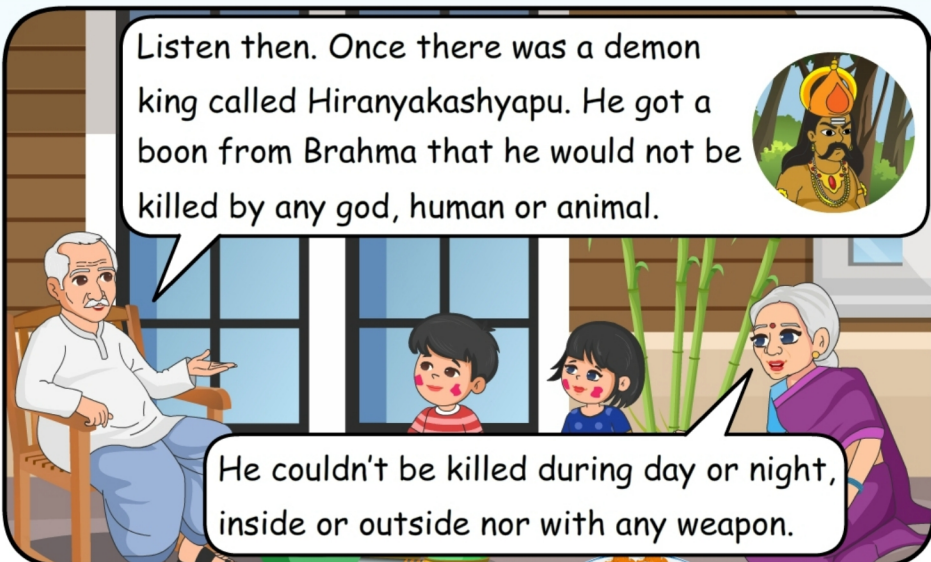
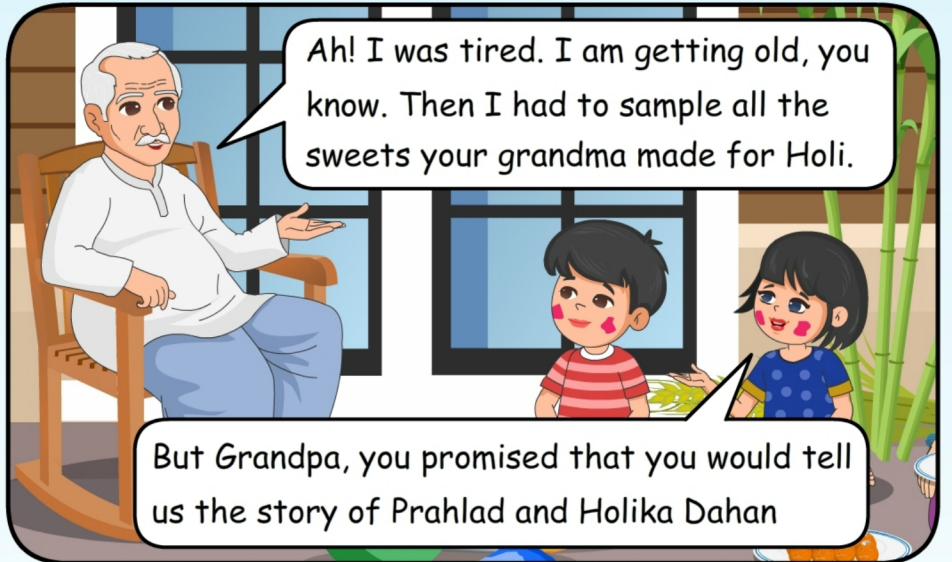




# COMIC STRIP



## BAIRA AND BELA

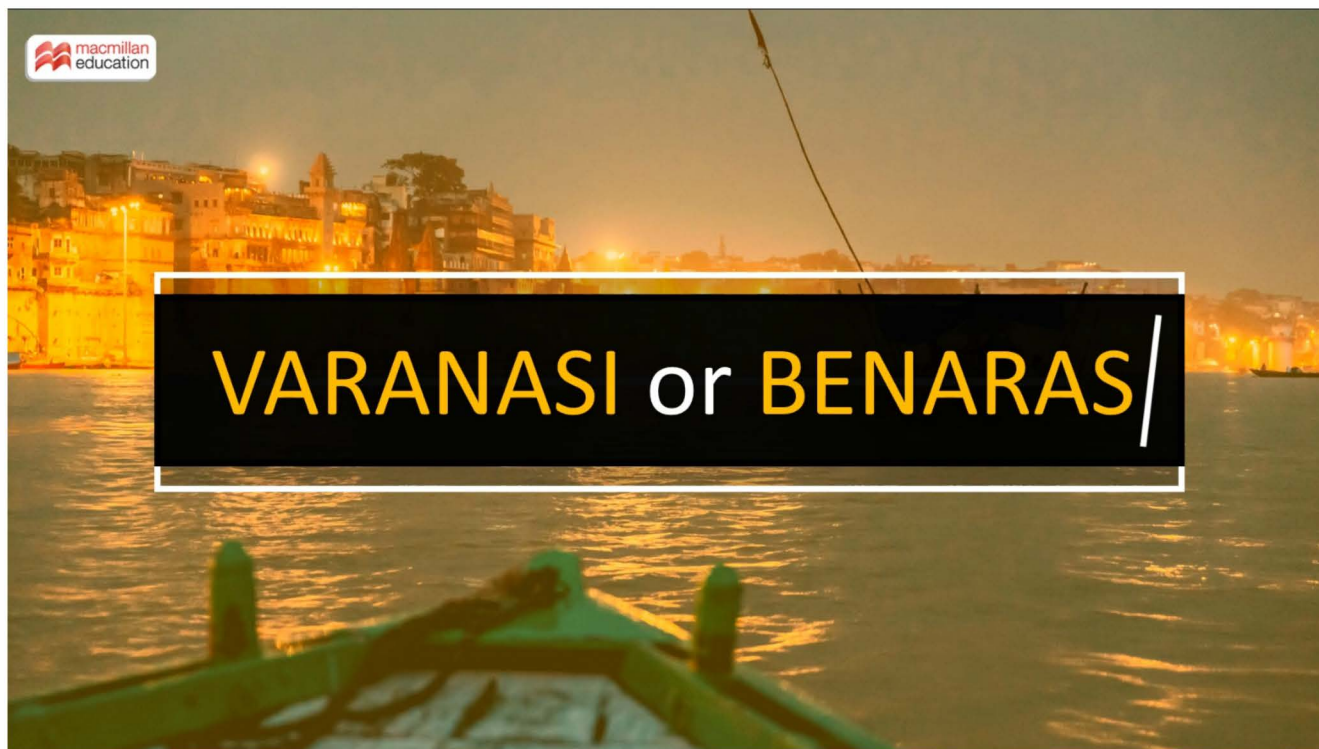






amazingindia

# VARANASI



By whatever name you call this city; *Varanasi*, *Benaras*, *Kashi*, it is luminous, majestic, mysterious and the hub of Hindu Philosophy. Its origins are shrouded in mystery but it has been called the abode of Shiva since the Rig Vedic times. Mark Twain, the English author once wrote: “*Benaras* is older than history, older than tradition, older even than legend and looks twice as old as all of them put together.”

The mighty river *Ganga* which twines its way through the city has been witness to aeons of culture and history. Many illustrious people have been a part of *Varanasi* like Kabirdas, Tulsi das, Munshi Premchand, Girija Devi, Pandit Birju Maharaj,

Ustad Bismillah Khan, Pandit Madan Mohan Malviya, Kamlapati Tripathi etc. Textiles, wooden toys, glass bangles, silks and brocade work put Varanasi on the map of Indian handicrafts and its temples, ghats and people colour the very fabric of its existence.

*Varanasi* is and will always remain the ‘*Eternal City*’ humming with life.

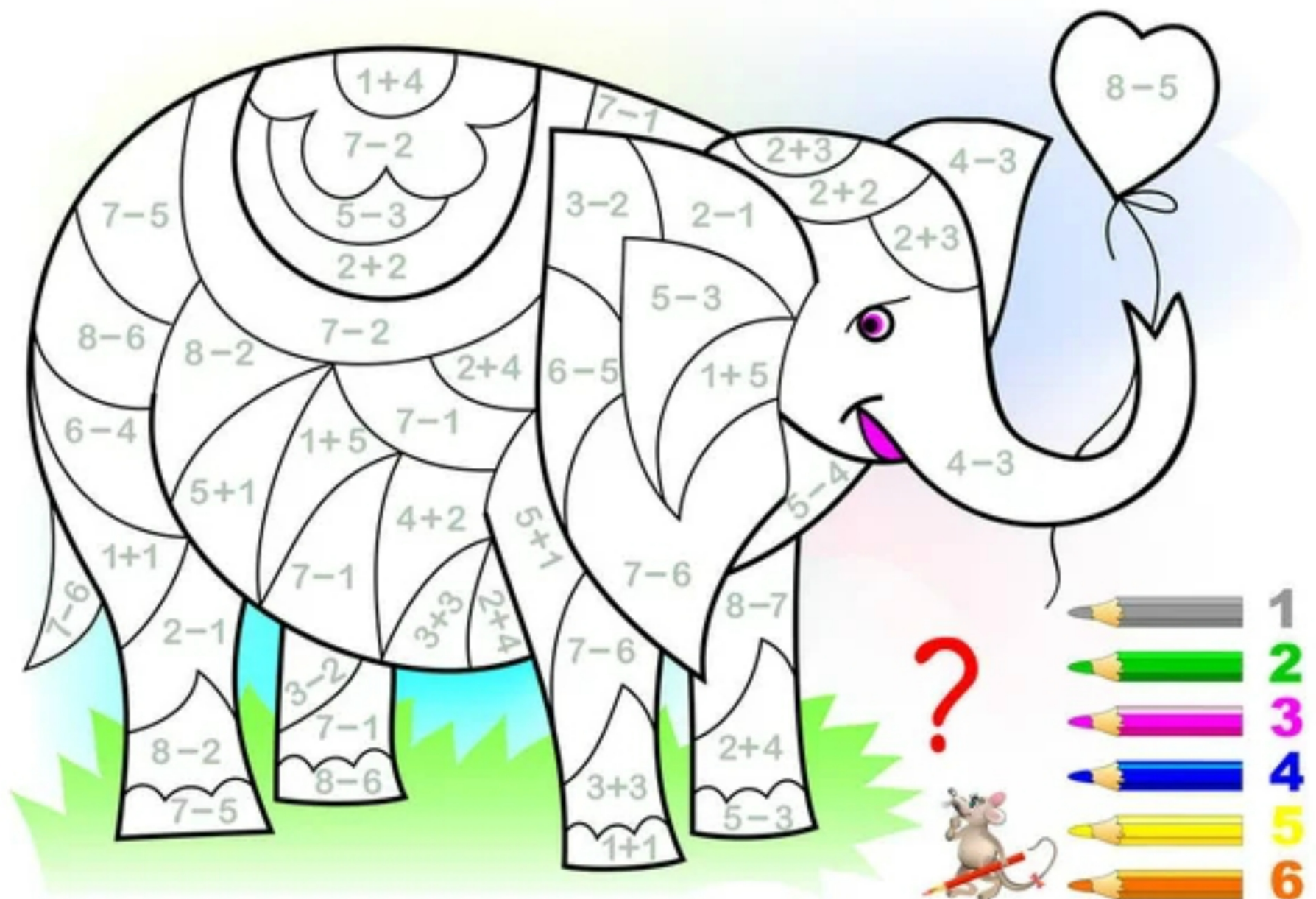




# ART BEAT

Solve the puzzle to unlock the colour code and paint the picture. Share it with us at [editor\\_macvista@macmillaneducation.com](mailto:editor_macvista@macmillaneducation.com)

The best entries will be published.

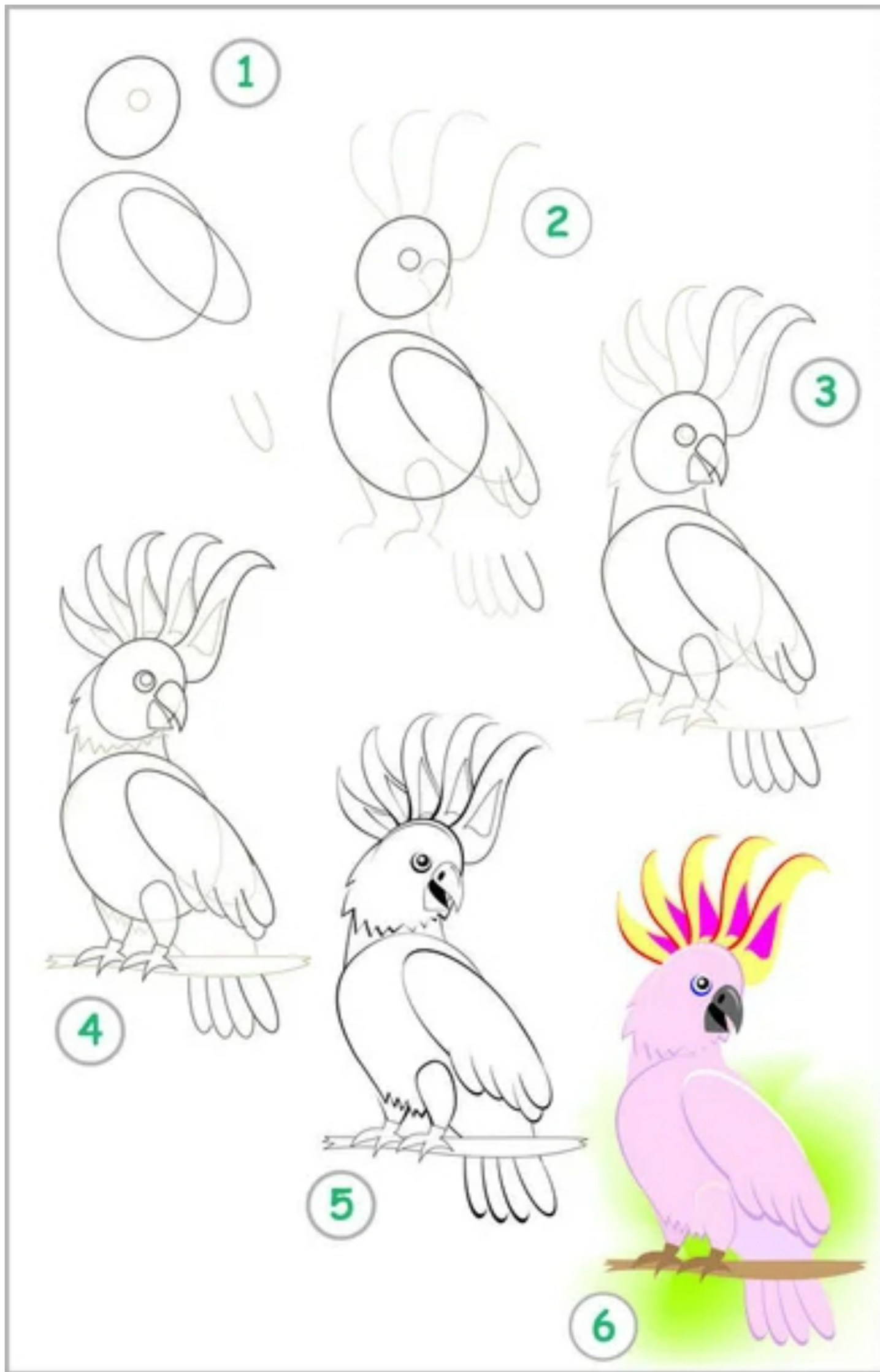


Skill Enhanced - Visualisations, cognition, motor skills





Let's try and create a beautiful picture with these step by step instruction.  
Give it a shot and share it with us at  
[editor\\_macvista@macmillaneducation.com](mailto:editor_macvista@macmillaneducation.com)  
The best entries will be published.



Skill Enhanced - Visualisations, cognition, motor skills





# DIY- MAKING HOLI COLOURS

Holi is a very colourful festival but the colours available in the market are full of chemicals. How about making organic colours with vegetables, flowers, fruits and even with help from the spice box?



## INGREDIENTS FOR YELLOW COLOUR

- Maida, Gram flour, Rice flour or Corn starch
- Dry Turmeric powder
- Few drops of essential oil of choice like rose, jasmine or chandan

## METHOD TO MAKE DRY GULLAL

- Take Maida, gram flour ( besan) or rice flour in a dry pan
- Add the turmeric powder. The ratio of these two ingredients needs to be 1: 2.
- Add few drops of the essential oil to the mix
- Rub vigorously between your palms
- Spread it out on a paper or thali and put it in the sun to dry out
- Sieve the dry mix twice to get rid of lumps
- You could then put the colours into nice little clay pots or paper bags and keep it ready for Holi.



## METHOD TO MAKE WET COLOURS

Now to make some wet colours that can squirt out of the water guns.

- Take a basket full of marigold flowers
- Boil them in 2 litres water till the water becomes half
- Cool and fill the pichkaris for a colourful Holi.



## TO MAKE RED GULLAL

- Dry hibiscus or red roses in the sun
- Grind and mix with rice flour or maida
- Mix properly and add few drops of aroma oil



## TO MAKE GREEN GULLAL

- Mix henna or mehendi powder with rice flour or maida
- Rub together to mix properly
- Sieve to get rid of lumps



Enjoy your homemade colours for a great Holi.



Skill Enhanced - understanding instructions, creativity, motor skills







# the future of camera



Cameras have come a long way from the bulky tripod and huge lenses wielding contraptions to a sleek, compact avatar. Digital cameras have outrun the old sepia tinted, black and white vintage photographs to colour our memories in a whole range of shades. Engineers and chromatic scientists are looking at new ways to make photos a true replication of memories.



Recently Canon and Nikon launched cameras with the ability to take full HD audio video. This is one step forward in recording important events. Companies are trying to shrink the camera into a more pocket sized version but with all the gears of a professional camera. GPS feature in future cameras stamps the snaps with the time, longitude, latitude and altitude data. Wi-Fi connectivity, on photo editing and long battery life are some of the features that the camera industry is working on.

AI is also being introduced into cameras to allow you to take professional style photos. MIT engineers are looking at ways in which to give a sensory boost to your photos by including the smells associated with the shot taken. Imagine not only looking at the alleys of Paris but also smelling the chocolate. What a sensory experience!

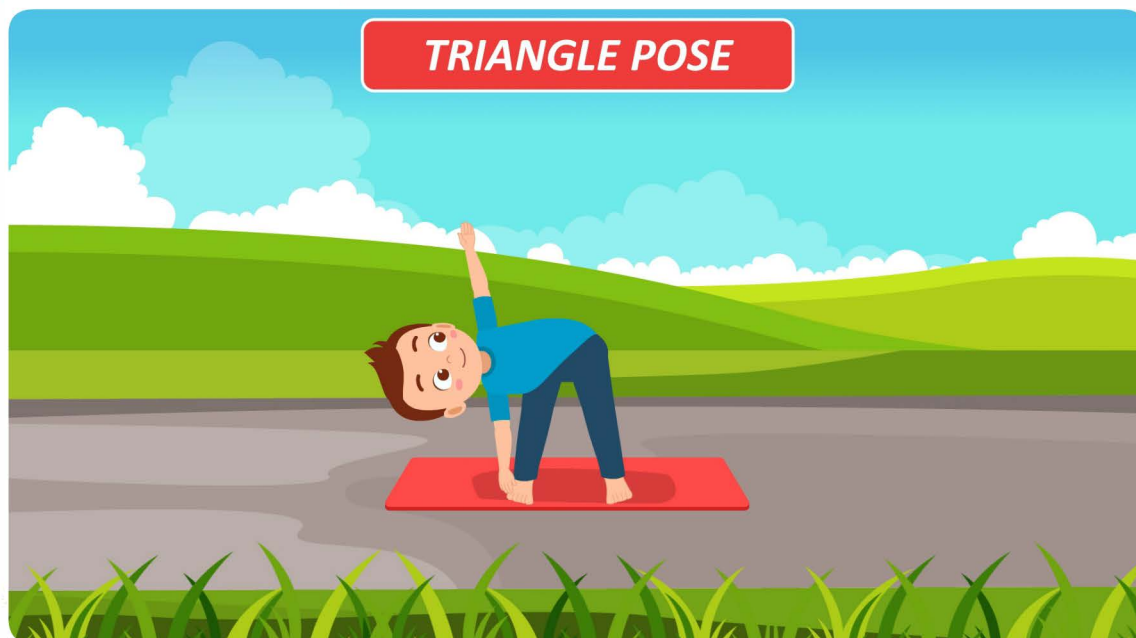


There are many sites on which you can upload and share your photos along with stories-

- Instagram- this is a free site which allows you to upload photos and videos
- Pinterest- this site allows you to save and organise your ideas and photos
- Flickr- a popular onsite photo sharing site
- Google photos- photo and video hosting site







## TRIANGLE POSE

This asana helps in opening the chest and lungs. It strengthens the back muscles, calf muscles and stretches the hip joint. It also increases concentration and balance. Try this pose with your back to the wall for extra support.

### How to do

- Stand with your feet apart and turn the right foot out.
- Stretch your arms sideways.
- Move your right arm towards your right shin.
- Move your left arm upwards towards the ceiling.
- Take a slow, deep and steady breath in and out while maintaining the pose.
- For an extra stretch to your muscles, turn your head and gaze at the upward turned palm.
- Keep the pose for three to five breaths and then change.

### Benefits

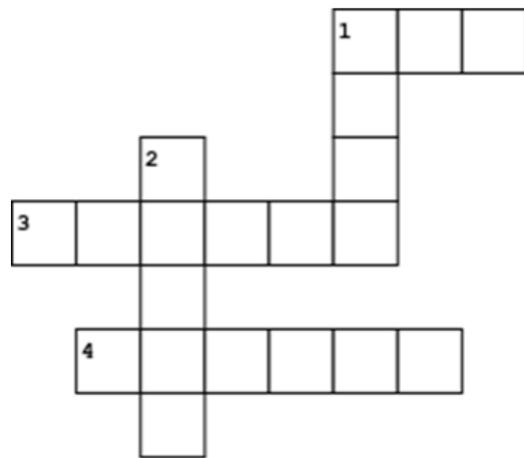
- Balance
- Strength to the core muscles, feet and back
- Stretches the joints , legs and back muscles



# FUN TIMES

Enjoy these fun activities and get your brain cells active.

12	+		=	36					
		÷		÷				+	
	-		=	4				23	
x		=		=		÷		=	
		6			x	5	=		
=						=			
56		20	-		=	11		3	
		+		x				x	
84	÷		=					13	
		=		=				=	
				63	-		=		



## Across

- 1. She was caught \_\_\_ handed
- 3. He was \_\_\_ with anger
- 4. What a cowardly, \_\_\_ bellied person
- 8. Wordsworth wrote about them

## Down

- 1. She sees the world through \_\_\_ tinted glasses
- 2. Beware the \_\_\_ eyed monster

FIND THE HIDDEN OBJECTS IN THE PICTURE BELOW



From multiple sources







# YOUR CORNER

NATURE  
CALM  
GROWTH  
HEALTH

GENEROUS  
HAPPY  
WARMTH

PASSION  
EXCITEMENT  
JOY

LOYALTY,  
HONESTY,  
PEACE

THOUGHTFUL  
IMAGINATIVE  
WISE

## HONOUR ROLL



Aarush Bansal  
Grade 1



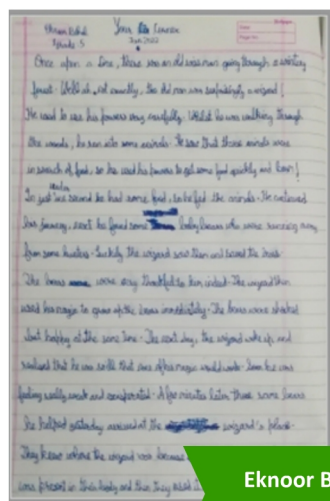
Yatharth  
Grade 3



Kashvi Sharma  
5yrs



Bhavit Gupta  
Grade 2



Eknor Behal  
Grade 5

Kind Rohan on a wintery day  
It was the month of December and it was the winter season. There lived a boy named Rohan near the woods. One day, he was making a snowman near his house. He went in the wintery evening in the forests to find some twigs to make the snowman's hands where he suddenly saw an old man. He saw some bears attacking the old man. The old man could not even try to run from them because he was old and weak, so Rohan decided to help the old man by throwing more twigs on the dangerous bears. The bears did not move. He then quickly collected some stones, compassionate Rohan gently moved forward to throw them on the bears. When the bears ran away, the old man felt very happy and lucky and so he said in return "Thank you, my little boy! I am very grateful to be saved from the big scary bears". Rohan introduced himself and this money to buy toys and sweets for yourself". This was so kind of the old man. He was weak but he was a very wise man and he wanted to help the boy. Rohan first refused but he with the money. So, if you ever find the old man like the boy did, then ask the old man why the bears were after him.  
Moral of the story- Kindness is something anyone can give without losing anything themselves.



Aadya Tandon



Aarna Bansal  
Grade 4

Kindness is an act of helping others and being generous towards each other. Let us all make Kindness a habit today. Share any act of kindness that you did recently at [editor\\_macvista@macmillaneducation.com](mailto:editor_macvista@macmillaneducation.com)





# RIDDLES

# JOKES

David's parents have three sons: Snap, Crackle, and what's the name of the third son?

**Answer:** David

Why did the toddler toss the butter out the window?

So she could see a butter-fly.

I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?

**Answer:** Your breath

How does a flower whistle?

By using its tulips.

# FUN FACTS

Red is the first colour that a baby sees till about 5 months when their colour spectrum increases

The reddish colour of the planet Mars comes from an excess of Iron oxide which also gives our blood its colour. Quite appropriate, don't you think for the planet named after the Roman god of war Mars.





## INTERNATIONAL

2nd Mar

Russia advances on Ukraine. The cities of Kherson, Mariupol etc targeted by Russian bombs.



4th Mar

The Zaporizhzhia Nuclear Power Plant in Enerhodar, Ukraine is captured by Russian forces.

A rampant wildfire near the Hanul Nuclear Power Plant in Uljin County, South Korea, leads to national emergency alert.

8th Mar

Russia announces humanitarian pathways for evacuating residents from the war zones around Kiev, Mariupol etc.

Australia declares national emergency following unprecedented floods.



9th Mar

11th Mar

Yoon Suk Yeol has been elected as South Korea's new President.



Gabriel Boric is sworn-in as the youngest President of Chile.



15th Mar

A 7.3 magnitude earthquake strikes Fukushima, Japan, triggering tsunami warnings and causing power outages in Tokyo

16th Mar

Russia- Ukraine conflict escalates leading to thousands fleeing the country. Talks between the two countries are still inconclusive.

## SPORTS

2nd Mar

The Paralympic committee bans Russia and Belarus from competing.

4th Mar

Shane Warne passes away after a heart attack at the age of 52.

Image Courtesy: Tourism Victoria from Australia  
"Launching the Cricket World Cup at Eureka 89" is taken from CWC launch with Shane Warne  
This file is licensed under the Creative Commons Attribution 2.0 Generic license.



16th Mar

Jhulan Goswami, Indian wicketkeeper has become the highest wicket taker in women's cricket.

Image Courtesy: NAPAARAZI  
"Jhulan Goswami of India - ICC Women's Cricket World Cup, Sydney, March 2009." is taken from  
https://www.flickr.com/photos/napaarazi/3387592479/  
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## NATIONAL

2nd Mar

India launches 'Mission Ganga' to bring back Indian citizen from war ridden Ukraine.

4th Mar

Indian Railways tested its anti-collision system, Kavach



8th Mar

The President of India honoured women achievers for their exceptional work. Awardees include Tiffany Brar, Radhika Menon among others.

11th Mar

UP retains BJP as the ruling party, whereas Punjab's CM Charanjit Singh Channi loses his seat.

14th Mar

For the first time in 100 years, Rashtriya Indian Military Academy opened its doors to women cadets.

15th Mar

India assures that the accidental firing of its missile into Pakistan on March 9th was just a technical glitch and not a threat.

High Court has dismissed petitions challenging ban on Hijab and uniforms essential for institutions.

16th Mar

Bhagwant Mann, candidate from AAP, who swept the Punjab polls stakes claim to be the CM of Punjab.

## ART AND OTHERS

2nd Mar

The World Bank suspends all programs in Russia following the attack on Ukraine.

8th Mar

Endurance, the ship of Sir Henry Shackleton who led expeditions to Antarctica, has been discovered in the depths of Weddell Sea in the Antarctica peninsula

11th Mar

WHO centre for traditional medicines will start base in Gujarat under the AYUSH department of Indian government.

14th Mar

BAFTA announced its 2022 awards. Will Smith won best actor and "The power of Dog" won the best film. Encanto was judged the best animated movie.





# ANSWERS

## FUN TIMES

12	+	24	=	36				22	
		÷		÷				+	
8	-	4	=	4		55		23	
X		=		=		÷		=	
7		6		9	X	5	=	45	
=						=			
56		20	-	9	=	11		3	
		+		X				X	
84	÷	12	=	7				13	
		=		=				=	
		32		63	-	24	=	39	

### Across

- 1. Red
- 3. Purple
- 4. Yellow

### Down

- 1. Rose
- 2. Green