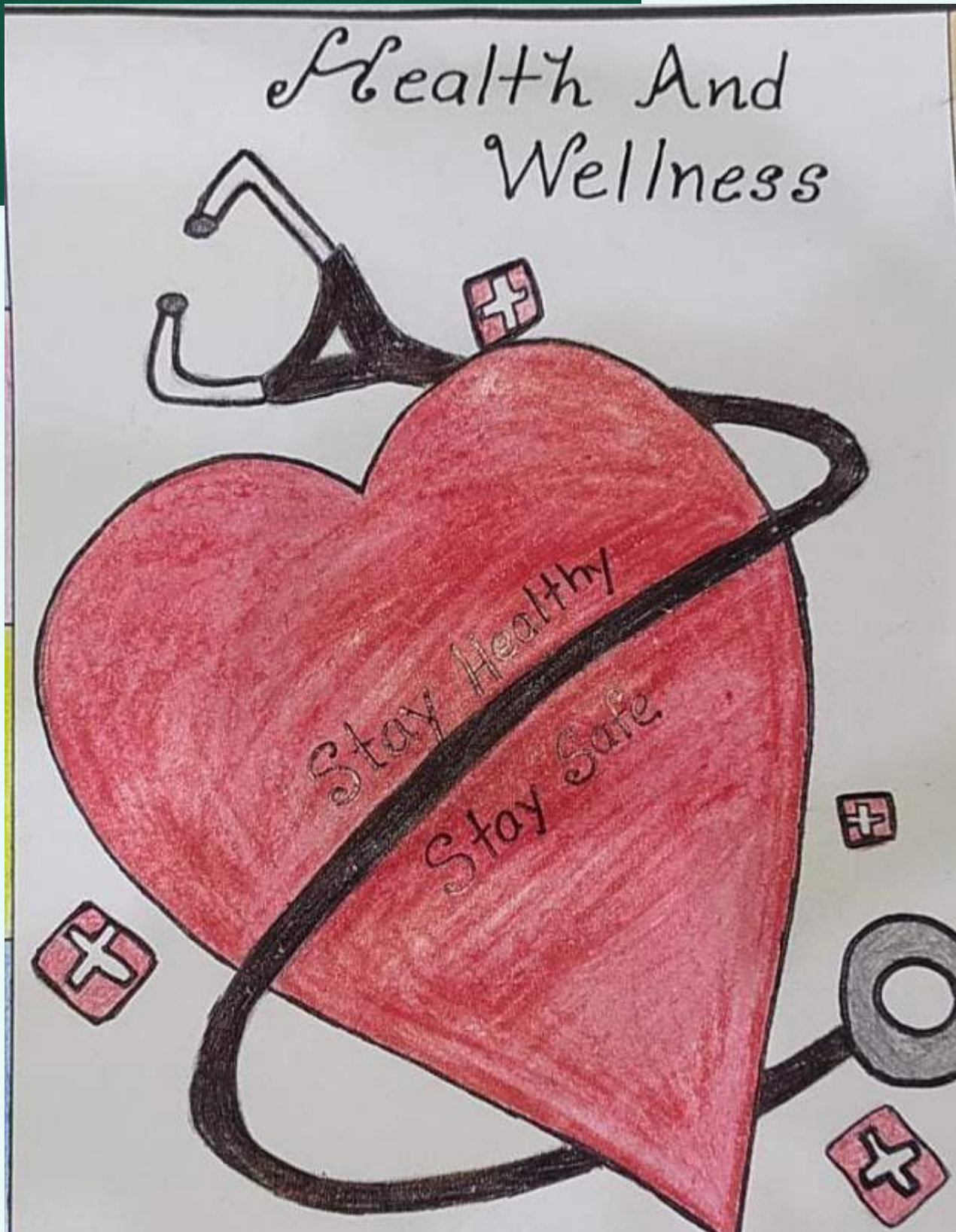


THINKER'S LEAF

HEALTH AND WELLNESS



Student Editorial Desk

I am delighted at the release of our school magazine August 2022.

Health is an excellent place to start on your path to wellness. It's possible to be in perfect health, yet to not also experience overall wellness. Health is a component of wellness, but wellness is an overarching intention and attention to all areas of your life. This edition will include the celebration of "Azadi ka Amrit Mahotsav" and "Health and Wellness".

This new edition is the outcome of the hard work and dedication of my student representative team. I congratulate them for their diligent efforts to make this magazine a reality . I also express my gratitude to a principal Dr. Geeta Shukla and the other coordinating teachers for their guidance . My heartfelt gratitude to everyone who has contributed to this magazine . We hope that leaders will appreciate the honest steps taken by the institution. Wish you all a happy reading.



- Shruti Semwal, XII Arts
PanchShila House

Health and Wellness

People often use the terms health and Wellness interchangeably . Although if a person does not have one, cannot have the other.

Health and Wellness has a great impact on the economy as healthy people build a healthy nation, The growth and development can be regarded as the health of an economy, and the health of an economy can only be good if the people contributing to its GDP are healthy.

Health improvement has become a significant social priority since a moderately good human capital condition improves the workforce's abilities, efficiencies and quality of life.

A rapid increase in the Healthcare expenditure is a trend in major developing and developed countries which makes a concern for the growth of the economies worldwide.

- Ankit Bisht
(PGT Economics)





Health is Wealth

The age-old popular saying, 'Health is wealth is a precious saying.'

Health does not mean absence of physical illness only but refers to a state of complete physical, mental and social well-being, Health is important to live life to the fullest. Healthy habits like brushing teeth twice a day and washing mouth before meal will keep you healthy. The real wealth is the maintaining of healthy habits such as a balanced diet and exercising regularly. The World Health Organisation Commemorates the annual celebration of World Health Day on April 7 to create awareness among people about health and cleanliness.

- Palaksha, 6 A
Vikramshila House

Health

A healthy body leads to a healthy mind,

A healthy mind leads to a healthy life.

An active body is all it takes,

To live life to its fullest.

You should stay away from diseases

And always do your best.

When no diseases, nothing can stop you from growing,

Your life becomes easy, active and free flowing.

Free flowing just like a bird in the sky,

With good health, you will keep going high and high.

Eat healthy; eat fresh, say no to junk food,

Junk food is a slow poison, it does no good.

It's your health; you have to take care of it,

Run, Jump, play do whatever it takes to keep you fit

Play do whatever it takes to keep you fit.

- Anjali Negi, 10th B
Takshashila House

My Perception of Health

Health is wealth, rightly said. Good health

is an essential aspect of human life.

Fitness is the cornerstone of good health.

The best way of living a good life is by

maintaining good health and fitness. One

can live life to the fullest only by

maintaining good health and fitness. Good

health and fitness imply both mental and

physical well-being. The basic way to

good health and fitness is doing workouts.

We should always remember that a

healthy mind can only be gained by being

healthy. Stay healthy, stay fit, laugh aloud

and remain stress free. That's my

perception of a good health.

- Yashita Dhodi, 7 B
Nalanda House

Health is Wealth

“A resource for everyday life, not the objective living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”

This means that health is a resource to support an individual's function in wider society, rather than an end in itself. A healthy lifestyle provides the means to lead a full life with meaning and purpose.

There is no one who has never had a running nose, headache or stomach pain.

As humans we often fall sick mostly because of pollution, bad lifestyle, junk food and sometimes bad weather. Most often we avoid our health and wellbeing.

Being healthy is not just going to gym and doing yoga. Humans should be mentally, physically and emotionally healthy. People should know that money can't help you if you are not fit and healthy. Not being physically healthy can affect our lives badly.

Some check points to stay healthy:

Eat Right : Do not forget to eat breakfast. Choose nutritious meal with more protein and fibers and less fat, sugar and calories.

Stay Hydrated : Drink water regularly to stay healthy.

Get Enough Good Sleep : To stay healthy we should get 7 to 9 hours of sleep daily.

Exercise : Being physically active can improve your brain's health, helps manage weight and reduce risk of disease.

Try Reducing Stress : Stress is one main reason for most of the health problems people face. Stress leads to overeating, oversleeping and depression which would, in turn, alter physical and mental health.

Staying fit is one of the most important aspects of being able to lead a good life because health plays a huge role to lead a better life

“It is health that is real wealth and not pieces of gold and silver”

- Mahatma Gandhi

**- Gauri Thapliyal, 9th B
Takshashila House**



What money can't buy..

Health is the biggest wealth for a human being in his or her entire lifetime. One can survive without excess money but can't survive without good health. Health is something that we can't buy with money but we can take care of it and we can cure it when needed with the help of the money. If a person is not having good health, he will not be able to enjoy life to the fullest. Money doesn't make a person rich and happy but good health does. Moreover, a person can't feel complete and happy without good health. In this age of mobiles, gadgets when people resort to surfing the internet for long hours, staying awake till midnight, eating junk food showing a disliking for simple home cooked food, it is natural to feel physically tired and emotionally drained. We fail to understand that our immunity instead of getting boosted up is getting weakened day by day. Following healthy habits can reverse this whole thing. We need to inculcate discipline in our lives to bring about a healthy lifestyle.

Manika Trivedi, XII 'Humanities' (Takshashila House)

The Secret to Staying Fit

“ A healthy outside starts from the inside ”

Being healthy and fit is a simple term to take care of your body . We should always try to keep us healthy as it makes our life more enjoyable. A fit body makes our life so much better. For being healthy exercise is the most helpful thing. Exercise helps us in many ways to be fit and healthy. Exercise prevents excess weight gain and being engaged in physical activities helps us to burn calories . Regular exercise makes our mood lighter and more happier and also prevents us from physical as well as

mental issues like high blood pressure , high cholesterol , heart and lung problems , strokes , cancer , depression and anxiety too . It also helps us to reduce the risk of death from all causes . Exercise delivers oxygen and thereby burning nutrients in our body and boost up our energy . These are some benefits of exercise to keep us healthy and fit . A good diet also matters a lot for being healthy . Especially for teenagers a good diet is very important because a healthy mind and a fit body needs nutrients which we get from food .

At last , health is the most important thing a person should care for . Leading a healthy lifestyle leads to happiness, love, comfort, success & achievement . Health is the biggest wealth a person could ever have.

**- Nishika Singh, VIII A
Vikramshila House**

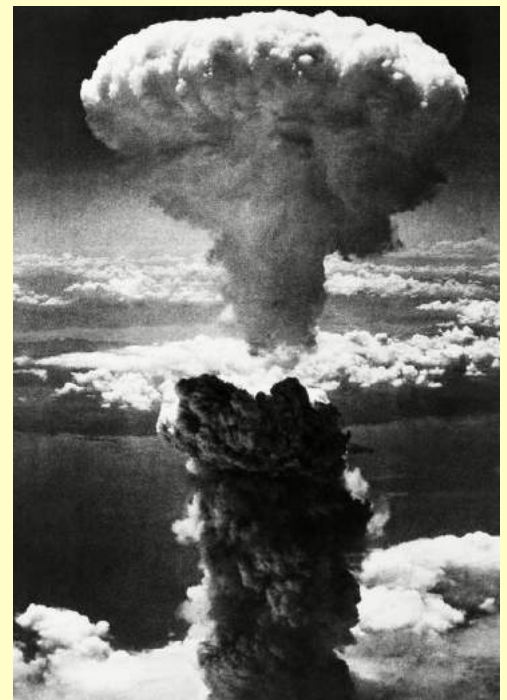


NAGASAKI DAY

On 9 August every year, Nagasaki day is observed because on this day US dropped atomic bomb on the Nagasaki city of Japan in 1945 during World War II. The first bomb was dropped on the city of Hiroshima and the second was dropped on Nagasaki on 9th August which killed around 74,000 people or more. The devastation caused due to the bombing led Japan's surrender in World War II.

Dropping the bomb would end war quickly and effectively with the least amount of casualties on the U.S side was the US agenda. The bomb was plutonium bomb that was exploded over Nagasaki on 9th August. It has left its impact on the coming generations too. The after effects of the radiations has been found to be tremendous. This day reminds all of us the irony of killing thousands by the US to exhibit dominance and supremacy in World War II.

**- Ambika Shah, 8 B
Takshashila House**



PESTO BASIL PASTA

Ingredients -

1. Almonds
2. Basil
3. Extra virgin olive oil
4. Pasta of your choice

1. Heat a pan and place ¼ cup almonds on it. Keep the heat to a low.
2. Lightly toast the almonds stirring often for 2 to 3 minutes. Remove the lightly toasted almonds from the pan and place them on a separate plate and let them cool at room temperature.

3. Then place the almonds in a food processor or food chopper or a small to medium grinder jar. I have used a food chopper.

4. Process the almonds to a coarse texture.

5. Rinse 2 cups (50 grams) of basil leaves. Then place leaves in a colander or strainer to dry naturally or you can use a salad spinner to dry them quicker. Add the basil leaves to the food chopper. Also add 2 small to medium garlic cloves. Optionally you can also add 4 to 5 whole black peppers. Sprinkle ⅓ teaspoon salt or add as required.

6. Process or crush the basil leaves while adding olive oil in parts from the top. Add a total of ⅓ cup extra virgin olive oil. In case you add extra virgin olive oil directly to the jar, then add in parts and process.

7. Blend to a semi fine or fine consistency. You can blend to a smooth or chunkier sauce according to your preferences. You can also add a few drops of lemon juice to preserve the green colour. Use a spatula to remove the pesto from the sides and bottom of the food processor, food chopper or grinder jar. Place it in a mixing bowl or pan. Cover and set aside (Making pesto pasta)

8. Bring 5 to 6 cups water to a boil on a medium to high flame. Add 1 teaspoon salt or as required to the water.

9. When the water comes to a boil, then add 2 cups fusilli or macaroni pasta (200 grams).

10. Cook the pasta until it is al dente. Or, if you prefer, cook pasta until it is completely done. With a slotted spoon, remove the pasta from the pan. Drain it very well.

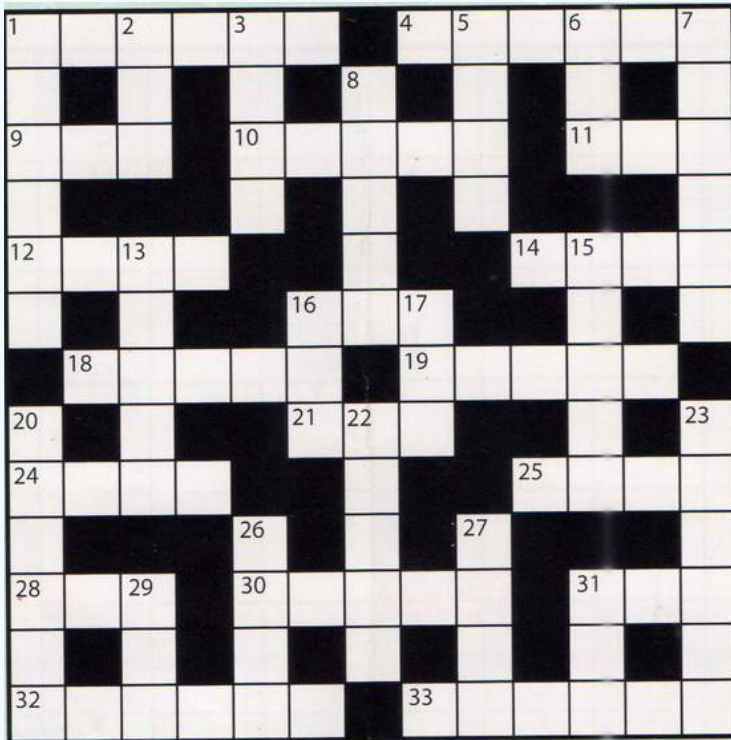
11. Add the cooked pasta in a mixing bowl.

12. Add all of the prepared pesto sauce and mix very well. If you want you can add some lemon juice, or crushed black pepper or extra virgin olive oil at this point.

13. Serve pesto pasta garnished with some vegetarian parmesan cheese. You can also garnish with cheddar cheese or vegan cheese. Garnish is optional. Pesto pasta can be served warm or at room temperature. - **Soumya Pant, XII Humanities (Panchshila House)**

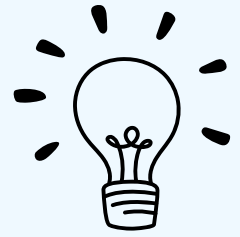


Sudoku



ACROSS

- | | |
|--------------|---------------|
| 1 Binary (6) | 19 Later (5) |
| 4 Nectar (6) | 21 Rat (3) |
| 9 Tor (3) | 24 Dire (4) |
| 10 Among (5) | 25 Rely (4) |
| 11 Pay (3) | 28 Own (3) |
| 12 Peat (4) | 30 Trove (5) |
| 14 Pike (4) | 31 Doe (3) |
| 16 Lea (3) | 32 Hearty (6) |
| 18 Binge (5) | 33 Header (6) |



DOWN

- | | |
|--------------|---------------|
| 1 Beater (6) | 16 Tan (3) |
| 2 Tap (3) | 17 Era (3) |
| 3 Mean (4) | 20 Finger (6) |
| 5 Moor (4) | 22 Bream (5) |
| 6 Any (3) | 23 Decree (6) |
| 7 Stripe (6) | 26 Shop (4) |
| 8 Glean (5) | 27 Dust (4) |
| 13 Pedal (5) | 29 Raw (3) |
| 15 Layer (5) | 31 Roe (3) |



Students can send their answers of the above Sudoku through school email id : hr@mbs.ac.in
 Answer of last month's riddle is - **Ankle**

Book Review

The Comfort Book by Matt Haig

It is entirely human to be imperfect. It is entirely human to be flawed. It is entirely human to have certain prejudices and have internalised some of the more dubious characteristics of the place and time we live in and the environment we grew up in. No one is above the terrifying and miraculous mess of our species. Humans have the capacity for moments of brilliance and goodness, but also an awful lot of failing. If we see problematic people only as 'people other than us', we are never going to have the courage to transform ourselves. And it does take courage. Courage, as Maya Angelou put it, is the most important of virtues because 'without courage we cannot practice any other virtue with consistency'. Courage is essential for us to look at ourselves without shying away. Virtue isn't something we gain simply by pointing to bad things outside ourselves and making ourselves feel good by contrast. True virtue is something we achieve by looking inward, to our own motives and flaws and cravings, and addressing those sticky and difficult and contradictory parts of ourselves.

(Virtue is a journey, not a destination)

If you don't have a copy of this phenomenal book with you already then I strongly suggest you to go and get one today! It's totally worth it and should be on your bedside table always.



- **Jasleen Kaur**
 (HR Admission Coordinator)

INDEPENDENCE DAY CELEBRATION



India celebrated its 76th Independence Day this year. Azadi Ka Amrit Mahotsav was the motto of this year's Independence Day. Har Ghar Tiranga campaign was started with much zeal and fervour all over the nation. As the nation indulged itself in festivities to commemorate the day of India's independence, Manava Bharati India International School also celebrated the day with a host of programmes to showcase the journey of 75yrs of Independence. The programme began with unfurling of the tiranga by Principal- Dr. Geeta Shukla, assisted by Mr. P.K. Dhyani, Vice Principal- Mr. Ajay Gupta and Co-ordinators Ms. Jeniffer Paffet & Ms. Arti Raturi. This was followed by a group dance performed by the students of classes 1st and 3rd. They danced to the tunes of "Desh mera Rangeela." A powerful English speech was then delivered by Nitisha Lekhwar of class 2nd. In her speech she highlighted the significance of this year's Independence Day and how important the Tiranga is in our lives. Then came up a spectacular dance performance by Aarohi of class 1st and Adrika of class 3rd. They brilliantly coordinated their steps to the tune of "Aye watan watan mere aabad rahe tu." Next was the Hindi speech delivered by Nandini Singh of class 5th. The school choir came next to perform "Saare Jahan se Achha." They used innovations in their musical instruments in the form of buckets and bottles. Next was the Sanskrit Shloka recitation by class 4th students. The Students of classes 9th and 10th came up then to perform the Nukkad Natak highlighting social and environmental issues faced due to urban migration.

The programme ended with the speech of Principal ma'am who made us understand the importance of sacrifices of our martyrs and the importance of Tiranga. She highlighted the brilliant performances of Team India in the Common Wealth Games, all due to the hardwork and team effort. She focused on the importance of being well mannered and disciplined to become able citizens.

The staff and students of the school witnessed these brilliant performances. The entire programme was magnificently hosted by Darsh Lekhwar of class 5th and Kanak Naithani of class 4th. The spirit of nationalism amongst the students was awe inspiring. With the culmination of this event, the students were distributed sweets after which they went home.



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