

"Every flower is a soul blossoming in nature."  
GÉRARD DE NERVAL, FRENCH WRITER AND POET

## WELLNESS AND MORE

## MANAGE ISOLATION ANXIETY

# Find happiness in little things

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**A**re you struggling with anxiety and negative thoughts in lockdown? Well, that's the story of every second person in the world...almost. Take solace in the fact that you are not alone and try to stay positive and happy by doing these things:

#### KEEP A 'I'M GRATEFUL' DIARY

When you think that nothing is in your control and there is a dead end at the end of the road, think about things that you are grateful for and write them down. Read it after your done and even the next day and you may just feel better. "Journalling your thoughts and remembering things that you can still be grateful for gives you the strength to carry on with life, even if it's tough," says psychiatrist Jitender Nagpal.

**SOCIAL CONNECTION WEEKEND**

Make sure you are not isolated from your near and dear ones in quarantine. Set 'my social time' aside every weekend and talk to your friends and family members in that time.

When you talk, don't be formal and just talk your heart out. Wave to your neighbour who is walking the dog and exchange notes about the day and so on.

"Social connections boost mental immunity: a warm smile and a pleasant greeting has the power to lift your mood and brighten your day," adds Nagpal.

**SET ONE PRIORITY FOR THE DAY**

Keeping one main task for the day that you can accomplish well and ticking it off by the end of the day will make you feel productive and worthy. Do this daily and see your confidence soar.

## Write a TINY TALE on the following topic:

**T**ake your favourite character from a book you have read, and place them in this coronavirus situation. What would they do? How would they act? How might they feel? You can write it as scene, or a diary entry by the character, or a story... BUT you have to adhere to the submission rules.

#### SUBMISSION RULES

**Deadline:** June 10, 2020. Entries post deadline will not be accepted.

**Word limit:** 200 words only because it is a Tiny Tale contest.

**Plagiarism:** Is a strict NO-NO.

**Format:** Only typed entries sent via email provided will be accepted.

**Subject line in the email should say:** My Tiny Tale

**Submit to:** TIMESNIE175@GMAIL.COM

#### LOCKDOWN DIY

## Grow garlic in your balcony

**T**his immunity boosting herb is easy to grow and can be done from just a few garlic cloves.

Plant some cloves in the soil with the roots facing down. Garlic needs plenty of direct sunlight, so keep it in the sun all day.

Once you notice new shoots appearing, cut them and your plant will produce a bulb. You can use the shoots in your soup, salad and curries for flavour and health.



Upon crushing, garlic produces a chemical called allicin that is a powerful antibiotic, especially for preventing and curing cold, cough, and flu!

#### GROOMING GYAN

## Heal rough elbows and knees

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Did you always want to take care of your patchy and dry elbow and knees but never had the time to do so? Well, this lockdown is the time to take care of neglected skin areas and make them shine. Here's a scrub by wellness expert Shahnaz Hussain to soften and brighten your skin.



**THE RECIPE:** Use 1 tablespoon ground almonds with 1 teaspoon curd and a pinch of turmeric. Scrub this blend on your elbows and knees to remove dead and discoloured skin cells. Wash off with plain water. Then apply olive oil or coconut oil.

#### Daily tip for squeaky skin elbows

"While bathing, go easy on soap and give the knees and ankles a rub with a soft towel. Immediately after your bath, apply a lemon-turmeric cream while the skin is still damp," says Hussain.

#### MAKING A POINT



Translated: 'Come what may, my mother is there for me'. This painting is by PARTHIV DAS, CLASS II, DPS Kalinga, BBSR

#### TEST YOURSELF

## HISTORY MYSTERY



#### BRIHADISVARA TEMPLE



'Brihadisvara' is a Sanskrit word where 'Brihat' means 'great' and 'Isvara' means 'lord'. The temple located in the city of Thanjavur, Tamil Nadu, is dedicated to Lord Shiva. The city was created as a ceremonial bhakti centre. Built by a Chola dynasty king, it is one of the largest South temples in south India.

**Photo Credit:** Kritika Chandnani

**What tradition of Hinduism were Cholas a believer of?**

Shaivism (Tradition in Hinduism where people worship Lord Shiva)

**Ans. Jauhar**

#### RANI PADMAVATI

**2** In the portrait, the princess is adorned with jewellery and wears a veil of muslin. Above her, a rolled-up carpet, and in the background, there are niches filled with glass bottles, Chinese porcelain and fruit bowls. The landscape recalls the 'gangifa' game of Lucknow. The legend talks of this Rajput princess of Chittor who preferred to kill herself rather than becoming a slave of the brutal victor - Alauddin Khilji. Source: National Library of France, Department of Prints and Photography



**What is this act of self-immolation by women in the Indian subcontinent to avoid enslavement by foreign invaders called?**

**Ans. Jauhar**

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni, it is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

#### WUZZLES

**WUZZLES**  
WORD PUZZLES BY WOOD TOM

Each Wuzzle is a word riddle which creates a disguised word, phrase, name, or saying. Examples: 1. NOON GOOD - GOOD AFTERNOON  
2. LADDER - GOOD MORNING

**3. WUZZLES BOOKLET**  
The Best of Wuzzles (84 riddles), "Wuzzles for Kids" (34 riddles) and "Wuzzles for Grownups" (34 riddles) are available, posted from Amazon, Amazon UK, Cedar Rapids, IA 52206.

Print Your Answers Here:  
1.     
2.     
Today's Answers:  
1.     
2.     
Created by Tom Underwood  
www.wuzzling.com

ANSWERS  
1. LADDER  
2. RUN  
3. LADDER  
4. LADDER

#### Quiz time

#### GENERAL KNOWLEDGE

**Q.1) Which cricketer won the prestigious Polly Umrigar Award?**

- A. Virat Kohli
- B. Jasprit Bumrah
- C. Hardik Pandya
- D. Rahul Dravid

**Q.2) Which state has launched "K-RERA" to bring transparency in real estate sector?**

- A. Kerala

**Q.3) Which country declared Fire Emergency in one of its states few months back?**

- A. Spain
- B. Brazil
- C. Australia
- D. Canada

**Q.4) Who among these is**

- A. Rakesh Kumar



#### MORE ACTIVITIES

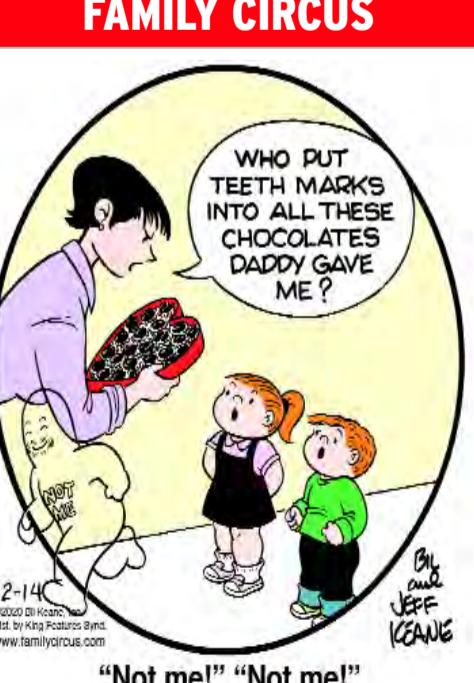
the Air Officer-in-Charge-Administration of Indian Air Force?

- A. Birender Singh Dhanoa
- B. Subroto Mukherjee
- C. MSG Menon
- D. Rakesh Kumar



Kerala CM launched K-RERA to bring transparency in real estate sector

#### FAMILY CIRCUS



"Not me! Not me!"

By Jeff Keane

1. B) Jasprit Bumrah 2. A) Kerala 3. C) Australia 4. C) MSG Menon

#### ANSWERS