

# Mental Health Matters Wales

## Activity Pack

# India

### Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

### Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum wellbeing.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



**MHM Wales**



**Better  
Together**



**Wellbeing  
Hubs**



**Therapeutic  
Support**

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services

## Aim of Pack:

To create activities that celebrate...

*India*

India's Independence Day falls on August 15th. It celebrates independence after nearly 200 years under British rule. The day is a national holiday and Indians all over the world commemorate it with flag hoisting ceremonies, parties, music and dancing.

Whether you are Indian, have Indian friends, family, carers or not, this is a date not to be missed for a party. After all, India, despite its challenges is emerging as one of the most stable and admired countries in the world with a lot to offer in tradition, customs and festivals.

### The Benefits of these Activities include but are not limited to

#### Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

#### Improved Coordination

Activities can delay the loss of muscle control.

#### Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

#### Pride

There can be immense satisfaction and pleasure taken from drawing projects.



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**Therapeutic  
Support**

# FIVE

## Facts about

# INDIA

**Each colour** of the Indian flag represents something different: Saffron represents courage and sacrifice, white represents peace, unity and truth, and green stands for faith and fertility. In the centre of the white band is a blue wheel with 24 spokes. In the centre, the Dharma Chakra or "Wheel of Law" represents the importance of justice in life.

**Many different languages** are spoken in India. The main ones are Hindi, Bengali, Telugu, Marathi, Tamil, and Urdu.



**Women in India** traditionally wear saris, and men traditionally wear dhotis. Both are long pieces of cloth draped around the body in a certain way.

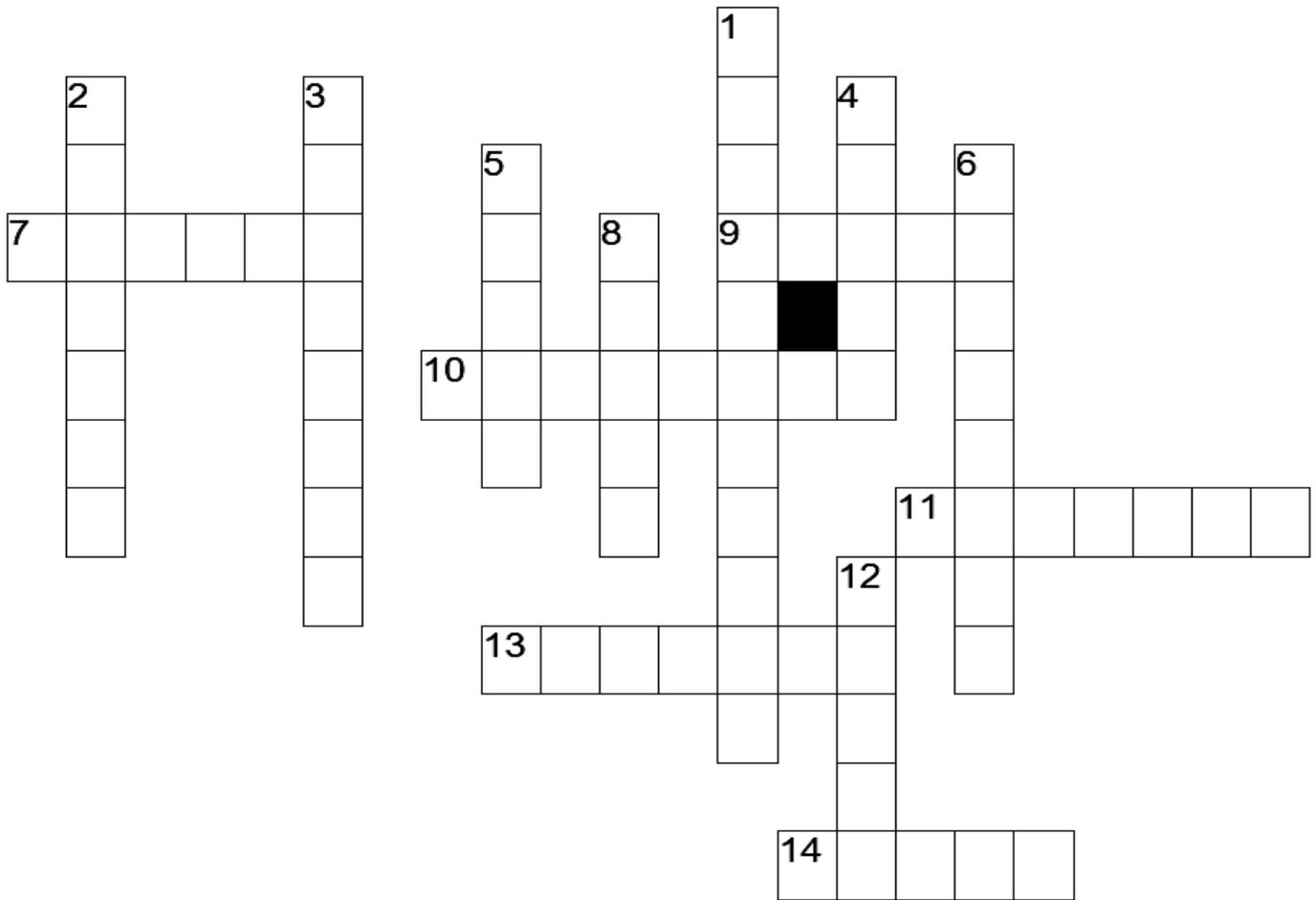


**Diwali**, also called the 'festival of light' is one of the most important Hindu festivals. The festival celebrates new beginnings and the triumph of good over evil, and light over darkness.

**Yoga** originated in India over 5,000 years ago



# India Crossword



## Across

7. What is the National Tree?
9. National River
10. What is the capital of India?
11. What is a famous sport in India?
13. National Calendar
14. National Flower

## Down

1. What is India's national animal?
2. What is India's National Bird?
3. What religion associated with India?
4. What is India's official language?
5. National Currency
6. National Song
8. What country is this cross word about?
12. National Fruit

**Answers,** 1) Bengal Tiger, 2) Peacock, 3) Hinduism, 4) Hindi, 5) rupee, 6) Sanskrit, 7) Banyan, 8) India, 9) Ganga, 10) New Delhi, 11) Cricket, 12) Mango, 13) Saka Era, 14) Lotus

# Indian Ingredients

N	W	T	R	V	B	J	I	P	J	Q	P	J	M	S	T	D	I	B	J	Q	R	V	S
S	Y	H	J	E	X	D	A	M	E	M	F	D	X	C	B	S	G	L	F	J	T	N	M
Z	I	Z	C	H	B	L	J	B	G	X	X	Q	C	O	B	Z	L	P	P	S	O	Y	X
I	Y	A	R	M	L	E	O	D	P	V	N	M	G	X	M	O	J	S	A	T	S	V	O
R	E	K	H	Q	J	N	J	O	J	D	U	N	Z	M	H	Z	B	M	G	J	Z	P	G
O	N	S	R	Q	A	B	I	Z	Q	T	E	K	U	V	P	P	O	J	O	U	T	N	W
O	T	J	L	R	L	J	A	U	U	A	G	L	S	I	A	S	H	S	I	R	Q	H	H
D	U	M	R	C	P	N	R	R	O	N	Q	C	X	Z	A	K	I	L	L	I	H	C	Z
N	H	H	D	L	E	P	M	L	F	H	T	M	V	P	Y	D	L	P	R	A	P	D	R
A	C	L	U	D	L	E	D	I	U	B	G	T	I	R	N	Q	I	A	H	C	G	A	V
T	I	Q	O	K	R	Y	A	U	F	M	K	P	T	N	Y	U	Y	T	U	Q	Z	Y	L
N	I	K	T	I	M	W	N	Z	S	J	O	X	A	P	A	T	I	A	N	T	T	Z	U
F	T	X	C	W	I	E	A	Z	M	O	F	H	P	C	P	F	C	K	R	R	R	Y	O
H	S	E	Q	C	V	M	G	R	W	U	T	I	A	B	M	O	Y	T	D	R	W	B	U
D	C	X	W	P	V	H	L	B	V	N	A	X	H	G	C	C	B	Y	T	J	G	C	V
N	Q	J	N	Z	Q	R	J	X	E	F	U	Q	C	O	J	D	R	C	H	X	K	R	E
O	J	P	X	L	S	I	C	A	S	O	D	Q	N	P	L	D	W	T	N	B	U	Q	I
M	Z	G	V	H	I	B	Q	F	M	N	V	U	L	R	Z	I	S	A	N	B	M	P	P
A	B	H	O	L	S	G	Q	K	J	U	T	M	A	B	B	G	U	R	H	D	X	K	U
D	A	Z	L	W	S	V	P	S	L	N	D	R	T	H	A	B	Z	O	O	P	C	S	J
R	R	J	W	V	A	S	C	N	B	Q	U	A	G	N	M	S	V	K	R	U	D	I	C
A	F	R	V	J	L	R	K	Z	A	W	U	L	P	E	D	U	W	A	W	U	A	I	A
C	I	M	G	F	R	S	B	O	O	A	W	Q	A	O	B	R	I	P	U	B	P	W	I
L	X	G	N	S	J	L	Z	G	T	M	N	F	J	L	P	K	K	W	S	W	M	C	E

PAKORA

BARFI

CHILLI

COCONUT

TURMERIC

CHAI

POPADUM

CARDAMON

NAAN

KOFTA

SAMOSA

LASSI

CHAPATI

TANDOORI

DOSA

CHUTNEY

# Hindu Gods

Can you match these Hindu Gods to their descriptions?



**Brahma**

Hindus believe this god helps people overcome their problems by granting them wisdom and strength.



**Ganesh**

He is the Hindu god of death and destruction. Hindus believe he is the source of good and evil and is part of the main trinity of Hindu gods.



**Shiva**

Hindus believe that this god is the creator of the universe. He has 4 heads and grew inside a lotus.

# Curry Jumble

Curries are the most well-known part of Indian cuisine. Most Indian dishes are usually curry based, prepared by adding different types of vegetables, lentils or meats in the curry. The content of the curry and style of preparation varies per the region.

Can you un-jumble these popular curry dishes?

1. BAITL

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2. BNAUH

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3. BNAIYRI

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4. SAHADNK

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5. ZPOAIDA

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6. ZRAILFJE

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7. AKRIO

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8. KRAOM

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9. SDAARM

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10. OHAILGM

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11. PAAASDSN

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12. AIPAT

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13. AGRNO JOSH

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14. GASA

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15. IKATK

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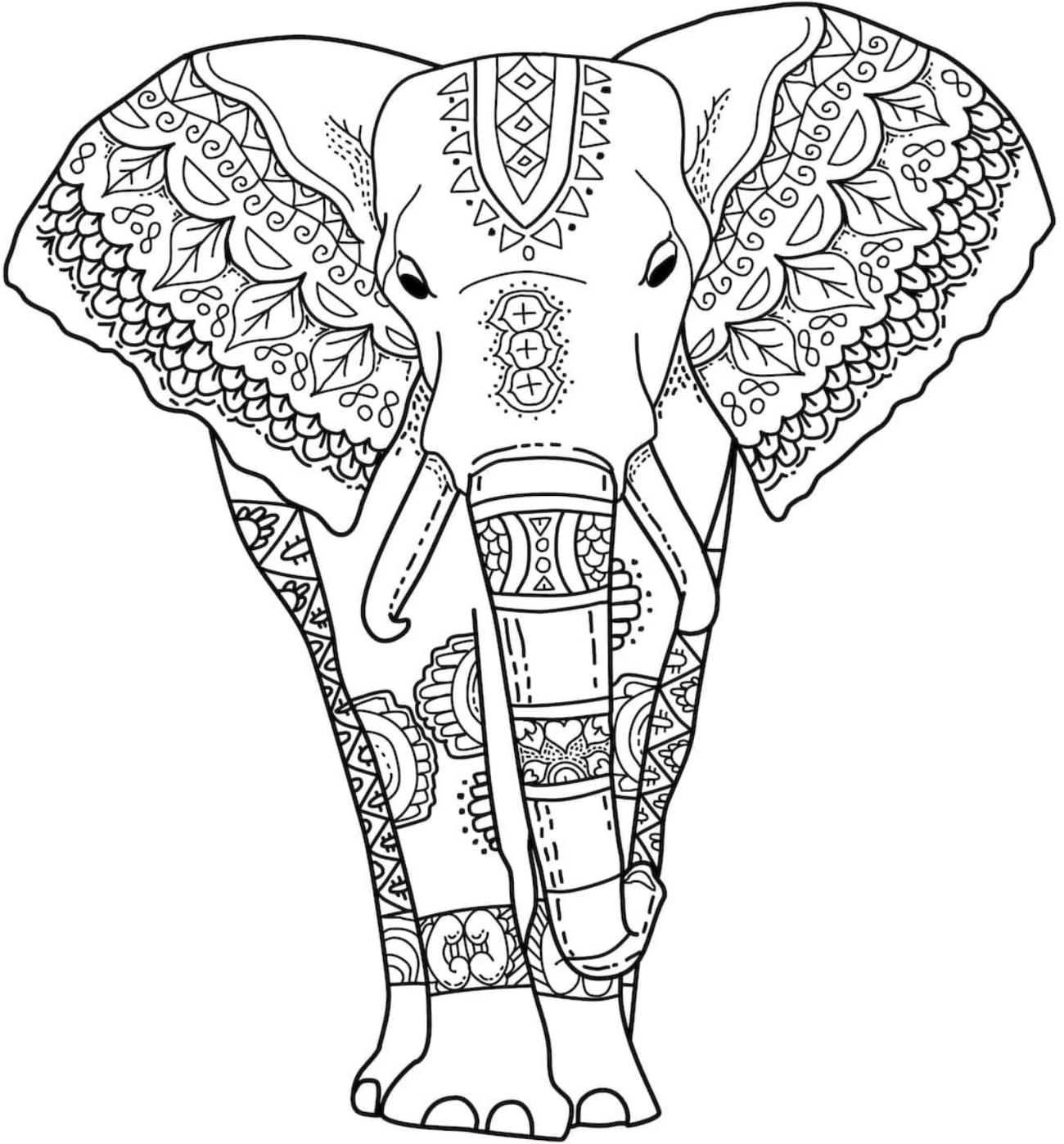
16. KITKA ASAAML

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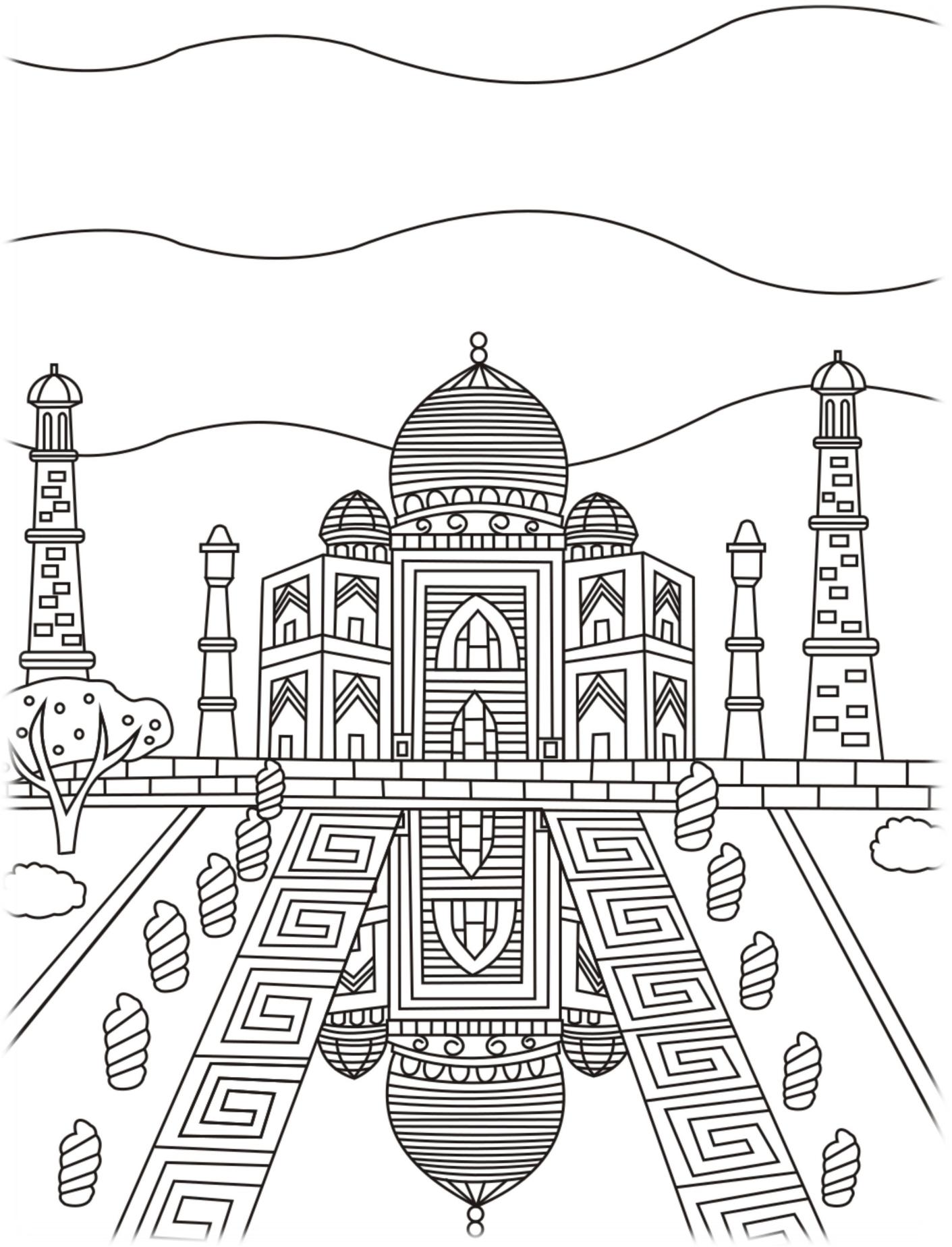
17. LDOAOVNI

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**Answers,** 1) Balti, 2) Bhuna, 3) Biryani, 4) Dhansak, 5) Dopiaza, 6) Jalfrezi, 7) Korai, 8) Korma, 9) Madras, 10) Moghlai, 11) Passanda, 12) Patia, 13) Rogan Josh, 14) Saag ,15) Tikka, 16) Tikka Masala, 17) Vindaloo

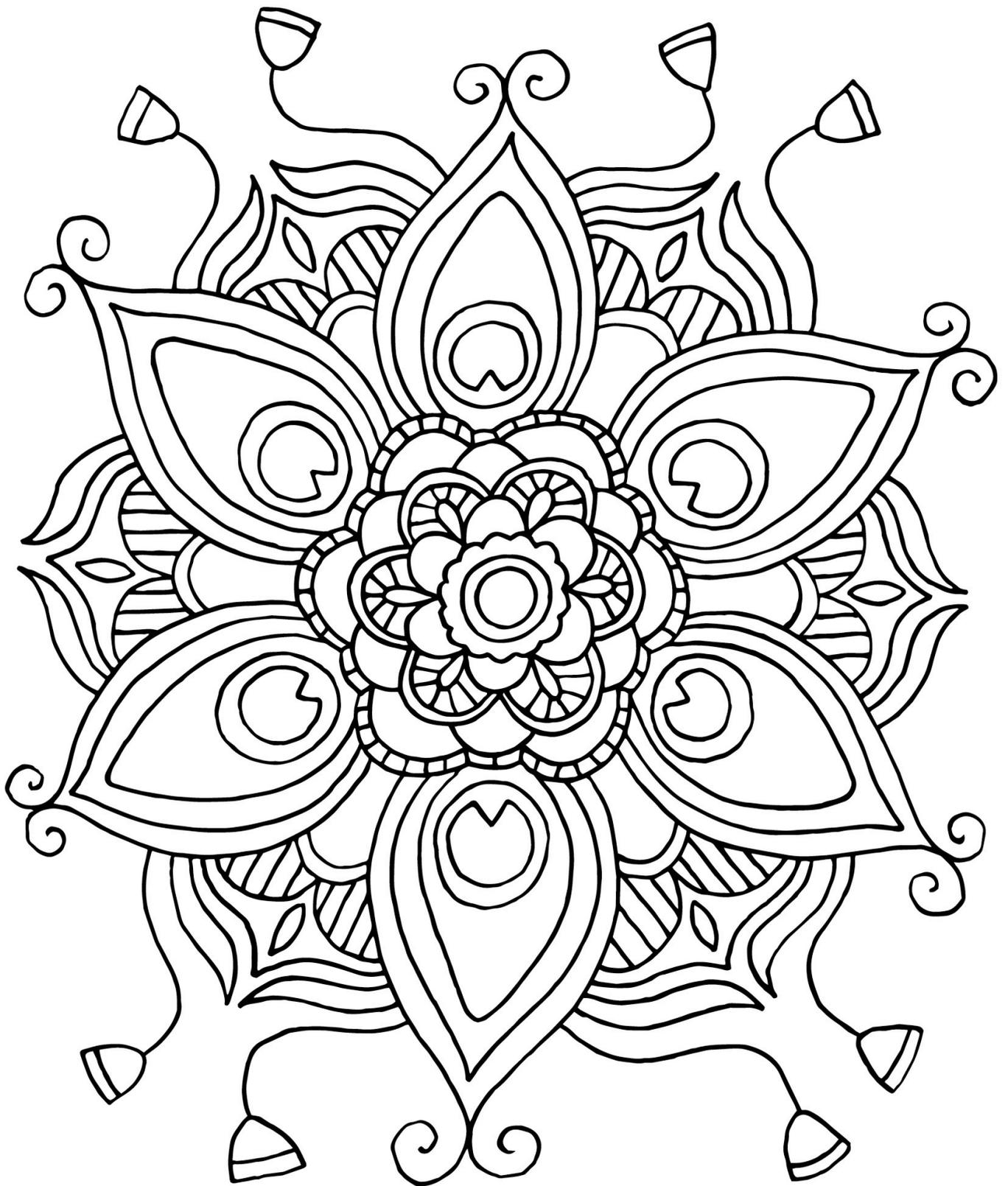


# INDIA





# MEHNDI





# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

# Say to Yourself...

*“The great secret of true success, of true happiness, is this:  
the man or woman who asks for no return, the perfectly  
unselfish person, is the most successful.”*

- Swami Vivekananda



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