



NCS GOA TIMES WEEKLY

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WHAT'S BUZZING AT NCS GOA?



Dear Students and Parents of NCS Goa,

Here's what is buzzing at NCS, Goa this week.

EVENTS AND HAPPENINGS

03 to 09 October 2022

The school closed for Autumn Break for the week. Navratri and Dussehra festivities were on everyone's mind, blessings in abundance to all. Among the few events that were held, Rudra Nagarsekar of Std. IV D won the 12th place in Goa Rapid Chess Rating Tournament, 1st position in Under 9 Category. Ms Tejal Gahoi S., Std XI bagged second place for her outstanding performance in the All Goa Inter Higher Secondary English Elocution Competition organized by the St. Andrews Higher Secondary School, Vaddem. She spoke on the topic; 'Digital Age- Revolutionising Education'. This event attracted 30 participants from different schools around Goa. These events are crucial in enhancing self- confidence and proficiency in public speaking. Our accounts team participated in a professional development session and proudly presented their best practices during the session. A stress busting, impromptu activity of painting the external walls of our library with colourful mural was conducted by our energetic Art department. Teachers participated enthusiastically creating unique works of art, a 'tree of wonder' was the result of their endeavours. The admin and the support team got together and performed a small ceremony in school to celebrate Dussehra. As school resumes, students and teachers alike are awaiting a month filled with exhibitions and activities.



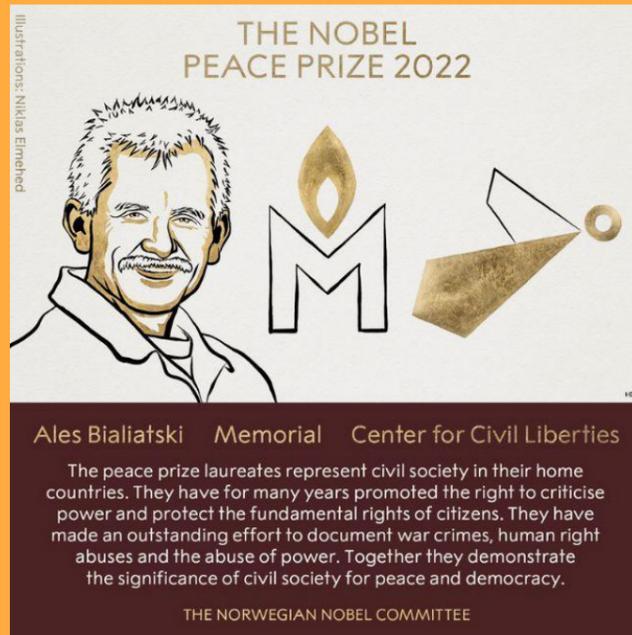
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MEET THE WINNERS OF THE 2022 NOBEL PEACE PRIZE!



The 2022 Nobel Peace Prize is given to Ales Byalyatski, Memorial, and Center for Civil Liberties. Ales is a human rights activist from Belarus. Memorial is a human rights group from Ukraine. Center for Civil Liberties is a human rights group from Russia.

People in the countries where Nobel Peace Prize winners are born are seen as leaders of civil society. They have been fighting for a long time for people to have the right to criticise those in power. And to protect the fundamental rights of citizens.

They have done an amazing job of keeping track of the war's atrocities, violations of human rights, and abuses of power.

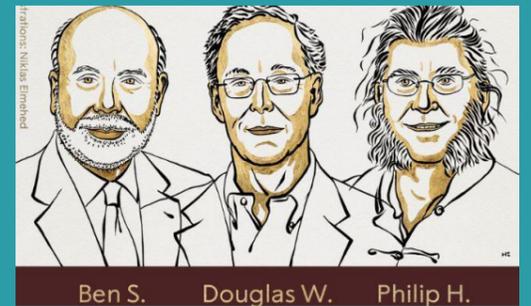
Ales Bialyatski is considered to be one of the pioneers of the movement for democratic reform that began in Belarus in the middle of the 1980s. He has spent his whole life trying to make the country where he was born more democratic and more open to peaceful change.

Memorial is a human rights group that was set up to make sure that the victims of the cruelties of the communist regime would never be forgotten. The idea behind Memorial is that wrongdoing in the past needs to be acknowledged in order to stop wrongdoing in the future.

The goal of the Centre for Civil Liberties is to promote democracy and human rights across the country. In addition, the centre has taken a position in favour of improving civil society in Ukraine. Moreover, the Center for Civil Liberties is a strong supporter of Ukraine joining the International Criminal Court (ICC). The centre is also leading the way in trying to find ways to hold criminals accountable for their actions.

WHAT'S INSIDE?

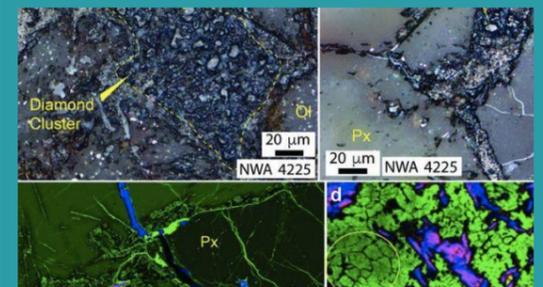
Meet the winners of the 2022 Nobel Prize in Economic Sciences!



Politician Mulayam Singh Yadav passes away at the age of 82!



Planet collisions create six-sided diamonds!



Invisible from Earth's surface, scientists discover a sixth ocean!



Team India sweeps South Africa in ODIs!



& much more..

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AROUND THE WORLD

Meet the winners of the 2022 Nobel Prize in Economic Sciences!

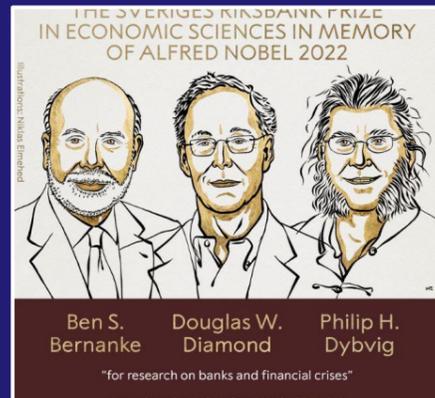


Image Credit : Nobel Prize

The Nobel Prize in Economic Sciences for 2022 is given to Ben Bernanke, Douglas Diamond, and Philip Dybvig.

They are awarded the Nobel Prize because of their analysis of banks and threatening economic times.

Their discoveries made it easier for people to deal with and get over economic crises.

Their work teaches us how banks affect the economy. Especially when there is a lot of financial instability. From their research, we learn how important it is to work to keep financial institutions from going bankrupt.

Their examination of modern banking helps illustrate the necessity of having banks in our society. Also, how we can ensure the safety of financial institutions during times of economic turmoil. As well as the ways in which the failure of financial institutions might aggravate existing economic problems and challenges.

London's immersive exhibition offers a unique blend of animation!



Image Credit : Jordan Curtis Hughes

London's immersive exhibition showcases massive animated artwork! Frameless is the most recent exhibition to use cutting-edge technology.

Frameless Exhibition is a new, immersive, technology driven multidimensional art experience. The immersive exhibition has four different galleries. There are forty paintings on display including Waterlily Pond by Claude Monet and Scream by Edvard Munch.

A good number of them have music that was made just for the exhibition. The organisers say that this will "intensify" the work's "emotional impact." In east London, a Van Gogh exhibition that you can really get into opened a year ago. The organisers are happy to bring these great works of art to life like never before.

The exhibition showcases the works of 28 artists and 40 masterpieces all in one place. It is hoped that this multi-sensory and immersive attraction will bring in a new, younger, and more diverse group of people who are interested in art.

Abu Dhabi unveils the first robot firefighter!



Image Credit : Nasreen Abdulla

The Abu Dhabi Department of Civil Defense shows off a Thermite Robot. The firefighter robot can do the work of up to ten firefighters at the same time. The robot will be a huge help when it comes to putting out fires in high-risk areas.

It has a faucet that can pump 2,500 gallons of water per minute. Authorities say that the biggest benefit of using this robot is that it can be replaced, even if it gets damaged in a fire. "But if someone dies, they can't be replaced," the officials said.

The Thermite Robot runs on diesel and can keep going for twenty hours without needing to be refilled. You can use a remote control to turn it on or off from up to 300 metres away. The front of the robot has a special arm. A hook on the back of the robot with a wire that can be pulled back can move things.

The robot has a temperature sensor, cameras, and wheels that let it move on rough terrains, like railroad tracks. The robot can also run on surfaces that are not flat.

Flood-hit Pakistan reaches out to India for mosquito nets!



Image Credit : Canva

A World Health Organisation (WHO) report says that Pakistan has given the green light to buy more than 6 million mosquito nets from India. As a result of the floods, the country is having a hard time stopping the spread of malaria and other diseases that are spread by insects.

Pakistan has had the worst flooding, more than 1,700 people have died, and 33 million people have been forced to leave their homes. The WHO warned that a rise in diseases like malaria could lead to a rise in the number of people who die from Malaria.

As per local reports, malaria is spreading quickly in 32 areas of the country that have been hit hard by floods. The Ministry of Health in Pakistan had asked about getting permission to buy mosquito nets from India.

Relations between India and Pakistan are not the best. As a result of the conflict over Kashmir and the terrorism that comes from Pakistan and crosses into India.



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INDIA news

Politician Mulayam Singh Yadav passes away at the age of 82!

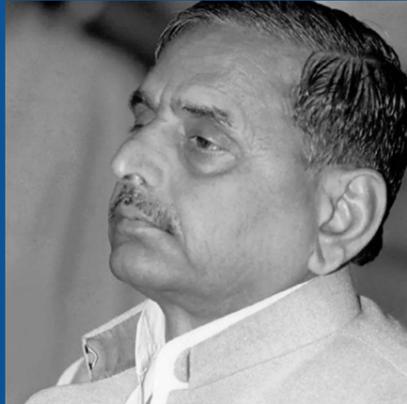


Image Credit : Twitter

Mulayam Singh Yadav, an Indian politician, has died at the age of 82. He is one of the most respected politicians in India. During his time in politics, he was the chief minister of the state three times and the minister of defence for India.

As a former wrestler, Mulayam Singh Yadav was known for his knowledge of grassroots politics. He used this experience and expertise to pin down his political opponents. In addition to being able to get along with most people.

Early in his career, the former chief minister fought for the rights of people from lower castes and minority groups. He was a tough opponent in Uttar Pradesh because he was determined and could bounce back from political losses.

People knew that his political moves kept both his supporters and his opponents guessing, which added to the idea that he was a brilliant strategist. He was in politics for a long time, and he was always important because he was good at both local and national politics.

Mumbai International Airport goes green!



Image Credit : Mumbai Airport

The Mumbai International Airport is the first airport in India to use hybrid technology. Officials say that the airport has completely switched to getting all of its energy from green sources.

Thus this means that it is one of the airports in India that is 100% sustainable. This green project is one way the airport is trying to cut down on its carbon footprint. Therefore, the goal of "Net Zero" emissions is achieved.

Experts in the field of aviation say that the airport's solar panels provide about 5% of the airport's total electricity needs. The other 95% comes from other sources that are good for the environment, such as hydro and wind power. A Carbon Accounting and Management System is set up so that greenhouse emissions could be measured and managed.

The Mumbai International Airport has been recognised by some of the most well-known organisations in the world over the years for its energy use and efforts to be environmentally friendly.

A village in Maharashtra goes offline to promote socialising!



Image Credit : Canva

A village in the Indian state of Maharashtra has said that they are "free" from two modern addictions: TV and mobile internet. At the very least, every day for a few hours.

The people who live in Vadgaon village hear a siren every night at 7 o'clock, telling them to turn off their TVs and cell phones. At 8:30 p.m., when the village council sounds the siren for the second time, the two "addiction" instruments can be turned on.

As soon as the alarm goes off, council members and groups of villagers have to walk the streets and ask people to turn off their TVs and cell phones.

All students, no matter how old they are when they get home from school, either play with their cell phones or sit and watch TV. A lot of adults also spend too much time on their phones and don't talk to each other.

The village council did not find it easy to get everyone in the town to agree with the idea of a "digital detox." But feel it is worth it!

Ujjain's Mahakal corridor magnum opus in religious tourism!



Image Credit : Narendra Modi

The "Mahakal Lok" corridor first phase of the Mahakaleshwar Temple is inaugurated by Prime Minister Narendra Modi. The temple is located in the city of Ujjain in the state of Madhya Pradesh. The goal is to improve the pilgrimage experience and bring more tourists to the area.

The first phase of the "Mahakal Lok" corridor is over 900 metres long. The corridor runs along the edge of the Rudrasagar Lake. At the entrance, two tall gateways called Nandi Dwar and Pinaki Dwar have been built.

The main things to see at the Mahakal Lok are the falling fountains and a long wall with more than 50 murals that show stories from the "Shiv Puran." All along the Mahakal Path, you can find many religious sculptures that show different parts of Lord Shiva's life. Some of these stories are about how the world was made, how Ganesha was born, and so on.



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SPACE & TECHNOLOGY

Planet collisions create six-sided diamonds!

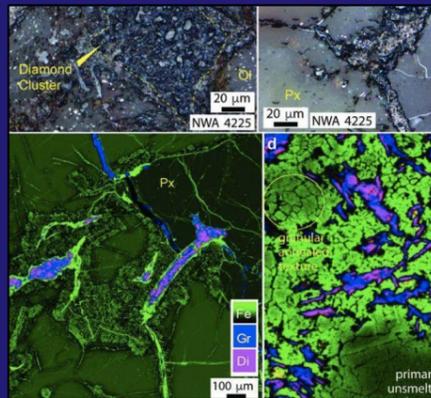


Image Credit : Royal Melbourne Institute of Technology

Scientists think that strange hexagonal diamonds were made nearly 4.5 billion years ago. This happened when an old dwarf planet in our solar system crashed into a big asteroid.

The research team analysed meteorites from the dwarf planet. And thereafter they proved the existence of this unique diamond with six sides “lonsdaleite.”

The unusual structure of lonsdaleite could help change the way that ultra-hard minerals in mining are made. So, nature has given us a way to do something that we can try to copy in an industrial setting.

Experts believe that lonsdaleite could be used to make small, very durable machine parts.

Scientists also found the biggest lonsdaleite crystals that have ever been found. These crystals are up to a micron in size, which is a lot thinner than a human hair.

A day on this new smallest exoplanet ends in 8 hours



Image Credit : Flickr

The planets outside our solar system are called exoplanets. A day on the smallest exoplanet GJ 367b planet ends in 8 hours. It is a little bigger than Mars, very dense like iron, and is moving around its star really fast. It only takes eight hours to go around the star. It is relatively close to us – 31 light-years away.

Scientists are always looking for planets that might be like Earth. They have been focussing on more precise details of the exoplanets in order to understand whether life can exist on those planets or not. They want to find planets that might have water and air and be like Earth.

The smallest exoplanet called GJ 367b is small but too hot for life. It is too hot for people to live on or for plants to grow. Gas giants such as Jupiter are hotter, have more extreme weather and pressures, and don't have the building blocks to support life.

But other planets that are smaller than Earth but bigger than Mars might be good for life

Night sky from India's highest Astronomical Observatory!



Image Credit : Indian Astronomical Observatory

At the Indian Astronomical Observatory (IAO), one may get a view of the night sky from the observatory's highest point. The Observatory is in Hanle, which is close to Leh in Ladakh. It is one of the highest places in the world where optical, infrared, and gamma-ray telescopes can be set up.

IAO is one of the developing destinations for research combining optical and infrared subfields of astronomy. Visitors to the Astronomical Observatory can see the universe in a way that no one else can. This is possible because the nights in the area are very clear and there isn't much light pollution.

Also, the background concentration of aerosols and the extremely dry air give experts a very clear view. Furthermore, the observatory is in a place where there are many clear nights each year.

Using the Himalayan Chandra Telescope (HCT), nighttime observations can be made at the IAO-Hanle all year long, even when the monsoons are happening

Evidence of the Universe's First Stars!



Image Credit : NOIRLab

As per a recent study, there is a chance that the universe was only 100 million years old when the first stars formed. The first stars are called Population III. It's possible that these early stars went supernova at the end of their lives.

Researchers from the US, Japan, and Australia study a “distinct mix of heavy elements.” They think that the elements could have come from a first-generation star that exploded up in a huge supernova. Scientists think that the first stars in the universe were very big, bright, and hot—possibly hundreds of times the mass of our sun.

They say that the Population III stars would be made of hydrogen, helium, and a small amount of lithium, which are the simplest gases. Heavier elements could not form until the first stars exploded in violent heat.

This discovery could give us a lot of information about how matter has changed over the course of the universe's history



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SCIENCE & DISCOVERIES

Invisible from Earth's surface, scientists discover a sixth ocean!



Image Credit : Canva

Researchers think that there is a sixth ocean in both the upper and lower mantles of the planet. The area where the upper and lower mantles of the earth meet are where the water has been found. The research shows that there is liquid water in the transition zone (TZ).

The transition zone (TZ) is a layer in the middle of the earth's upper and lower mantle. The barrier can be found between 410 and 660 kilometres below the surface. The scientists looked at diamonds that had formed 660 metres below the Earth's surface.

The diamonds came from Botswana and formed 660 kilometres below the surface of the earth at the boundary. That is between the transition zone and the lower mantle. They discovered that the diamonds were made at this line.

After scientific methods were used to study the diamonds, they were found to have a lot of water in them. Researchers say that the transition zone has a lot of water in it and does not work like a dry sponge.

Could a video game help you enhance memory?

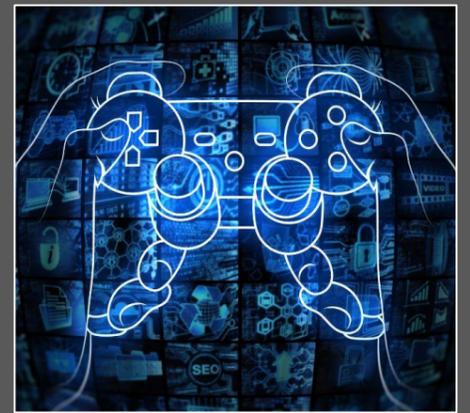


Image Credit : Canva

A new music rhythm game claims it can improve short-term memory and teach how to play the drums at the same time. As players get better at Rhythmicity, the game's focus on object recognition and mental effort affects their short-term memory.

Scientists did a test and observed that volunteers who played rhythm training had a better short attention span when it came to recognising faces. As players get better, the required speed, complexity, and accuracy could be changed even more.

This lets the game encourage players to get better while keeping it from being so hard that it takes away from the overall experience of playing the game.

The tests showed that there was more activity in the part of the brain that is linked to reading music by sight and having a short-term visual memory. After the eight-week course, people who played Rhythmicity were better at recognising faces.

Researchers uncover the tallest tree in the Amazon!



Image Credit : Science X

Researchers find the largest tree ("Angelim Vermelho") ever found in the Amazon rainforest. The huge specimen is found in the Amazon rainforest - world's biggest tropical forest.

The rainforest covers a lot of northwestern Brazil and parts of Colombia, Peru, and other South American countries. The huge tree stands 290 feet tall and has a circumference of 32 feet. Researchers had to go 155 miles by boat up rivers with dangerous rapids to get to "Angelim Vermelho". Plus another 20 kilometres on foot through a very steep jungle.

After sleeping under the huge tree for the night, the group took samples of its leaves, soil, and other parts. Now, these will be looked at to find out how old the tree is, why there are so many big trees in the area, and how much carbon they store.

Large trees in the area take in about half their weight in carbon from the air, which makes them an important part of the fight against climate change.

Muscle can be altered into bone, check out a new study!

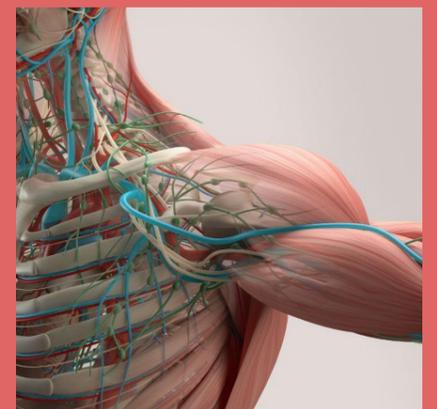


Image Credit : Canva

A very rare condition in which muscles, tendons, and ligaments slowly turn into bone was the focus of a study. The condition, which is called fibrodysplasia ossificans progressive (FOP), lasts a lifetime and can't be cured.

Estimates of its occurrence vary widely, but confirmed cases occur in around one out of every one to two million births. This change happens in at the genetic level that controls how bone is made. The cells make bone tissue in places where there shouldn't normally be any.

Most of the time, the symptoms start in the neck and shoulders, causing the bone to grow in the shape of ribbons, sheets, and plates. The hard tissue, which includes joints makes it harder and harder to move around.

Eventually, it locks body parts in place and shortens the lives of those who have it. It is hoped that the results of this research will help the medical community to better meet the needs of patients.



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SPORTS & ENTERTAINMENT

Team India sweeps South Africa in ODIs!



Image Credit : BCCI

Team India batters South Africa in the third match of the one-day international to win the series. India won with 185 balls to spare, giving South Africa its third-biggest loss in terms of runs in One-Day Internationals.

The one-day international series was won by India when they defeated South Africa in the third match of the series by a score of seven wickets with approximately 30 overs remaining.

The visiting team, South Africa, was bowled out for 99 runs, which was their lowest score in a One-Day International against India.

The home team got all of the runs they needed in 19.1 overs. They scored 105-3 in a short amount of time, so the break that was supposed to happen between innings wasn't needed.

With 185 balls left in the game, India won. This was South Africa's third-biggest loss in terms of runs in One-Day Internationals.

Harmanpreet Singh receives Hockey's Most Valuable Player award!



Image Credit : Harmanpreet Singh

Harmanpreet Singh of India is the FIH Men's Player of the Year for the second year in a row. The vice-captain of India has scored 18 goals in 16 games, including two hat-tricks. He now holds the Professional League record for most goals scored by a player in a single season.

Sports experts say that Harmanpreet Singh is a true hockey superstar in the modern era. Harmanpreet Singh is a great defender who has the talent for getting in the way of the other team's offence. His great dribbling skills make it easy for him to move the ball up the field from the defensive end.

During the 2021-22 Hockey Pro League season, India's vice-captain has scored an incredible 18 goals in 16 games, including two hat-tricks.

Because he scored 18 goals during the season, he finished the year as India's top scorer and now holds the Pro League record for most goals scored in a single season.

Take your Gaming to the next level with Odyssey Ark!



Image Credit : Samsung

Odyssey Ark is Samsung's curved gaming monitor. The 55-inch Odyssey Ark is also the first curved display of its kind to be made available in large size. The Ark is made for people who like to play games.

Modern features include a response time of 1 millisecond, Cockpit Mode, Ark Dial, and AMD FreeSync Premium Pro. The features are meant to give gamers an innovative experience. With a Height Adjustable Stand (HAS) and the Cockpit Mode, you can rotate, tilt, and pivot the screen.

The screen can be turned a total of 270 degrees. The Ark Dial, which is solar-powered, can be used to control the Flex Move Screen, MultiView, Quick Settings, and Game Bar, among other things.

The Matte Display protects the screen from both glare and reflections from the environment. The Sound Booster and Dolby Atmos are both built into the Odyssey Ark to improve the quality of the surround sound experience.

Scottish nightclub runs on dancers' heat!



Image Credit : SWG3

At the nightclub in Glasgow, Scotland, the dancefloor is equipped with a special system. The system turns the heat that dancers' bodies give off into clean energy. 'Slamming basslines' Bodyheat is the name of the invention.

The dancers' body heat works like thermal batteries. The energy sent by the body heat is sent to the heat pumps, where it is heated to the right level, and then sent back to the nightclub. The owners say that this will make it possible for them to turn off the conventional heating at the venue. This in turn will reduce CO2 emissions by about 70 tonnes per year. The system has been called "a leap of faith," and the nightclub plans to have "net-zero" carbon emissions by 2025.

The process of storing heat and then using it again is one of the most important things that can be done to help solve the energy crisis in the UK and make energy security better.



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DON'T MISS THESE

Meet the World's tallest Savannah Cat!



Image Credit : Guinness World Records

Fenrir, a Savannah cat, has been named the tallest living domestic cat in the world by the Guinness World Records organisation. Fenrir's height is 47.83 centimetres (18.83 inches), which is almost double the size of a typical cat. Fenrir's record-setting status is acknowledged by the International Cat Association.

The Savannah cat is a mix of several different breeds. The breed is the result of a mix between a domestic cat and a serval (native African big cat species). Serval is a species of wild African cat that is similar in size to a domestic cat but has larger ears.

Despite being a descendant of a wild feline, Fenrir is extraordinarily tall for his breed. Fenrir stands one inch taller than ordinary-sized Savannah cats. Ordinary-sized Savannah cats typically measure between 14 and 17 inches tall.

Fenrir belongs to Dr William John in the United States of America. "When people see Fenrir, they sometimes think it's a little panther, a puma, or an ocelot," says Dr William.

Hundreds pay tribute to Babiya, a vegetarian crocodile!



Image Credit : Twitter

A vegetarian crocodile ("Babiya") who lived in a temple pond in Kerala died. To show their respect, hundreds of people gathered at the funeral. The people who went to the temple to pray thought that the crocodile Babiya had divine qualities. The crocodile only ate the jaggery and rice that was given to it.

The temple does not have any documents that could provide light on how the enormous reptile managed to get to its pond. As there is neither a river nor any other body of water in the immediate area.

Babiya remained vegetarian for more than seven decades. It had lived in a temple pond in the Kasaragod region of Kerala for its entire life.

After each of the pujas that took place at the temple throughout the day, Babiya was given an offering. It is not known for certain whether or not the creature ever displayed aggressive behaviour or attacked worshippers. Babiya guarded the temple while living in the lake for nearly seventy years.

86-year-old bodybuilder set a new record at the Japan Championships!



Image Credit : Mainichi

At the Japan championships, a bodybuilder who is 86 years old beat his own record as the oldest person to compete. He is the oldest person who has ever taken part in the event. In the 68th annual men's Japan bodybuilding championships, Toshisuke Kanazawa competed.

Kanazawa began competing in bodybuilding competitions at the age of 20. At the age of 24, he took home his first Japan title. At the age of 34, he called it quits on the sport due to personal reasons. He made the decision to return to competition at the age of 50 in order to inspire his wife, who is prone to illness.

He says as a matter of fact that no matter how old you are, you should never stop striving for new goals and putting yourself through new experiences.

He aspires to compete until he is 90. In addition, he wants to live a healthy life so that I can serve as a role model for other grandpas and grandmas around the world.

What's lurking in the dark at the Mysterious Bhangarh Fort?

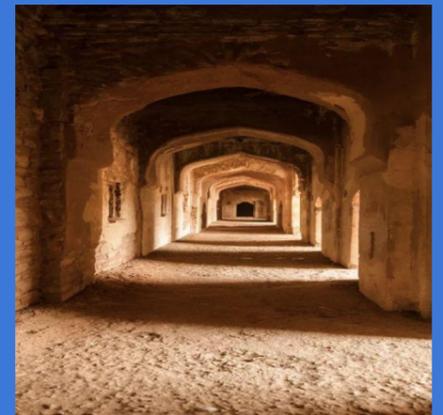


Image Credit : Canva

Visitors are not allowed in the Bhangarh Fort between the hours of dusk and dawn. The fort might be the most haunted place in all of India. The fort was built in the 1600s. In 1573 AD, Raja Bhagwant Singh had the Bhangarh fort built for his younger son Madho Singh.

The story of the beautiful princess Ratnavati is shared by local villagers. Her stunning beauty and charming personality made her famous. A priest who knew how to do dark magic fell in love with her and confessed his feelings. When he saw the princess's maid in the village buying perfume for the princess, he put a spell in a bottle filled with perfume. The spell was to make Ratnavati fall in love with him. Ratnavati threw the bottle when she found out about this.

The priest in a fit of anger cursed the princess, her family, and the whole town. The locals believe that because of the priest's curse, no one could ever come back to life. It is often thought to be the most haunted fort in India. On the other hand, the guards in the area said they had never seen anything supernatural in that place. It could be folklore that gets passed on from generation to generation.



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FEATURE CONTENT

Brisbane – International Travel Diaries!



Image Credit : Canva

Brisbane is the capital of Queensland state in Australia. It is located along the Brisbane River. Let's explore this beautiful city a bit more! From March to May, the city experiences autumn. Yes, when the northern hemisphere (places above the Equator) has summer, the southern hemisphere (places below the Equator) has autumn and winter!

Brisbane has winter from June to August. But both in autumn and winter there is plenty of sunshine! There are a lot of exciting places to visit, such as the beaches, parks, museums and riverside. Experience the river from the water on a cruise or ship ride. Partake a ride like no other on the Wheel of Brisbane.

Moreton Bay is just 14 km away and here, you can visit this place to see beautiful sea life. You can see dolphins, lobsters, turtles and many shorebirds.

Moreover, it has plenty of water sporting activities like jet skiing, boating and even whale watching!

Baklava – Eat Street!



Image Credit : Canva

A delightfully rich, buttery, and sugary delicacy, Turkish Baklava is also known as *Fistikli Baklava* or *Pistachio Baklava*. It is made with ground pistachios. To a large extent, it is composed of phyllo (a type of pastry), butter, and chopped nuts like pistachios. Pistachios are sandwiched between two layers of dough in this baked treat. After that, a syrup that consists of sugar, water, and lemon juice is poured on top of it.

Baklava is usually enjoyed as a mid-morning sweet snack with a cup of Turkish coffee. You can also enjoy it as a mid-afternoon treat with a glass of tea. Baklava is also served during Easter, Christmas and other holidays. It is believed to have been created by Central Asian Turkic tribes.

History also shows that it was made in the kitchens of the Topkapi Palace during the Ottoman Empire. In the late 19th century, small pastry shops were opened in Istanbul and other small towns, popularising this delicious dessert

Spinach – Healthify!



Image Credit : Canva

Spinach is a blooming plant that is native to central and western Asia. It has dark green leaves. It is an excellent choice for your health. The preparation of spinach is quite simple, and it may either be eaten fresh or cooked.

Spinach is a common ingredient in the cuisine of many different civilizations, particularly those located in the Mediterranean region, the Middle East, and South East Asia. Spinach possesses a high level of nutrients and is very good for you.

It contains mostly water and important nutrients like iron, calcium, vitamin K, and more. Spinach is good for diabetes management, preventing heart diseases, asthma and cancer, maintaining bone health, etc.

Eating a lot of spinach also helps in maintaining healthy skin and hair. You can use spinach in all kinds of dishes, both vegetarian and non-vegetarian. A very popular Indian dish is *palak paneer* (cottage cheese with spinach).

Tea taster – Passion Profession!



Image Credit : Canva

Tea, being so popular across the world, has many interesting jobs associated with it. Being a tea taster is one such job. A tea taster is a person who tastes different teas and identifies the difference in taste and quality. They also give expert advice on how to brew tea to achieve a particular taste.

Tea tasting is an art which involves hours of sipping, grading and blending various flavours. Since India is one of the largest producers and dealers of tea globally, there are a lot of career opportunities across India related to tea. In India, certificate courses on Tea Tasting and Management are available at tea institutes.

The Indian Institute of Plantation Management, Dipras Institute of Professional Studies and Birla Institute of Futuristic Studies are some of the tea institutes in India. The Tea Board of India also recruits candidates for posts such as tea taster, researcher, plantation manager, tea broker and consultant. It is described as "the best job in the country, but one that few know exists"



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MY EXPRESSIONS FROM STUDENTS OF NCS, GOA

Utkarsh
V C



Suhani Gupta
XI D



Velusha Rodrigues
XI D



Simrita Saini
III B



MATHS

Ziyan Charania
XI C

Maths, Maths, Maths!

Down with old Pythagoras

And down with rotten maths.

Down with Archimedes,

And drown him at the baths.

If anyone had to do it

I'd make sure it was me

First I'd wholly immerse him,

Then kick him up a tree.

When he had been disposed of,

I'd turn on old Pythag I'd drag him through
a holly bush,

And he'd come out like a rag.

Now my pipe dream's over,

And I've nothing more to say

Except that Maths still lives on

To be taught another day.

FAMILY

Chiara Teles
II B

Some families are big,

Some families are small.

But having a loving family is the greatest gift
of all.

God bless and protect my family.

Keep us under your loving care,

This to you is my prayer

LAST BREATH

Meherika Upadhyay
XI C

One morning, I experienced a deep pain in my chest along with considerable restlessness and discomfort. Believing it to be a heart attack, I thought that this was the last moment of my life. My thoughts wandered, I wished to call my daughter and husband to bid final adieu to them but the pain incapacitated me and I could not move.

I was worried what would happen to them if I passed away. I didn't want to die and I didn't want to leave my family. I wanted to cling tightly to this world. Suddenly, there was this blinding flash in front of me and a man stepped out of the light. He was tall and lean, with pale skin, messy, long, black hair that reached his eyes which were darker than a new moon night. He had an intimidating aura, especially because of his black clothes and his scythe which reflected my terrified face.

The man slowly reached out to me and lent his hand. He gave me a small smile that made me calm, but for only a second. I knew why he was here. He had come to take me. I tried to tell him that I didn't want to leave; that I was still too young to die, that I wanted to stay with my family, but no words came out of my mouth. I could do nothing but silently weep. The man frowned. "Look at me." He said, and I couldn't help but looked into his kind onyx eyes; and then I saw everything.

I saw my life; all the happy and sad moments, moments triggered by anger or fear, my parents, friends and my family. I relived all my memories, good and bad, and I hadn't felt this alive for years. I saw my daughter, who was with her friends, with a huge smile of pure innocent joy on her face; and my husband, receiving his well-earned Employee of the Year award with the most blissful and satisfied smile. I realized what I had to do.

Sure, it would affect my family and their lives deeply, but such is life. Everyone has to go someday and today is my day to leave. I should embrace it gracefully rather than weep about something that is inevitable. I was truly happy that I got to see their smiling faces one last time. I only wished that I could tell them how much I loved them.

The man, as if reading my thoughts, said "You don't have to worry about it. I will make sure that they know this for the rest of their lives. You lived a good life. Now you can finally be at peace. I promise." I looked at him with gratitude and held his surprisingly warm hand in my sweaty one while trembling with anticipation and anxiety as to what was going to be in store for me. He gave me a reassuring smile and helped me up on my feet.

I breathed in my last breath, before following the man into the bright golden light.



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MY EXPRESSIONS

Surpnakha

KUHU Kacher
3, La Martiniere Girls' College, Lucknow, Uttar Pradesh



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Video - Easy tree drawing



MISS PRASHIKHA
1, Delhi Public School Jankipuram Lucknow, Lucknow, Uttar Pradesh

Amazing Art Work – Level 40 T-Rex

AGASTYA SAMTANI
2, Jasudben ML School and Bloomingdales Pre-Primary, Mumbai, Maharashtra

My Lovely Shoes

AHAMTEERTWAA Maity
4, Techno India Group Public School Garia, KOLKATA, WEST BENGAL



Little Girl

Rashi Basetia
10, DLDVA Model School, Shalimar Bagh, Delhi, New Delhi



Happy Diwali

MARYAM SHAHID
Nursery, Mahadevi Birla World Academy, Kolkata, West Benga





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MY EXPRESSIONS

What has happened to our home

ANDREA JOSEPH PAUL
 9, Gems millenium

A paradise filled with everything one could desire
 The place where we are born, grow and then retire
 A place so beautiful, so peaceful, so serene
 has now become an unrecognizable scene
 What has happened to our home?

Tranquil forest and jungles full of trees bountiful and huge
 A place where various creatures find sustenance and seek
 refuge
 Is now being destroyed as factories and buildings multiply and
 expand
 We humans plagued by avarice have cruelly exploited this land
 What has happened to our home?

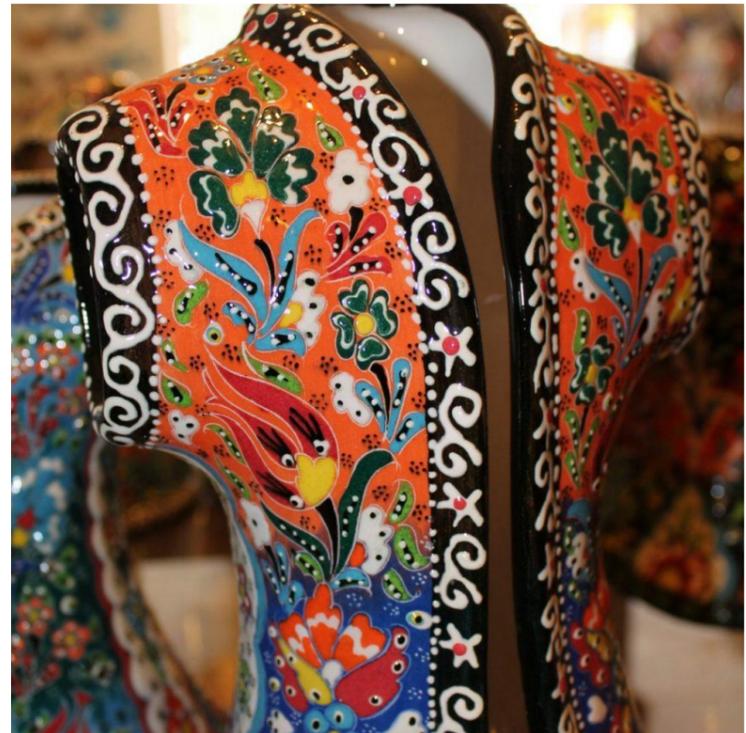
Crystal clear oceans and seas where rippling waters flow
 A place where countless plant and animal life continues to grow
 This beautiful gift , we humans polluted and contaminated
 Without water all life on earth will eventually be eliminated
 What has happened to our home?

What has happened to our home?
 Think about it, take a moment and pause
 We are the very reason, we are the cause
 It is now time for us to repent and feel the guilt
 We must perisist until our paradise is rebuilt
 We must work together to restore the earth
 After all we only have one earth, one home



Kaftan – A short story

Nitya Baldava
 6, The Future Kids School , Hyderabad, Telangana



If there was a word to describe how Nora felt, it was awestruck, or perhaps speechless. A brand new kaftan lay in the town's dump yards, where Nora's father worked. A wave of shock had taken over the little girl's mind. Here lay a brand new gown, abandoned, and she was free to take it. She reached forward to grab it, but an invisible barrier of hesitance froze her in place. She looked down at her own clothes, a faded frock held together with odd pieces of thread and cloth.

She stared at the Kaftan, it glowed against the dull browns and greys of the place. Her family would never be able to afford something like this. Her parents worked several odd jobs for the tiniest amounts of money. They barely scraped enough money together for her school fees. School. Nora imagined the look of awe and envy on her classmates' faces. The school she went could barely afford a used white board, let alone a never-used-before silk gown. "No", Nora thought, "This kaftan isn't rightfully mine, I am not in a position to own it". She walked away without looking back, feeling not a fraction of regret...



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FUNTASTIC

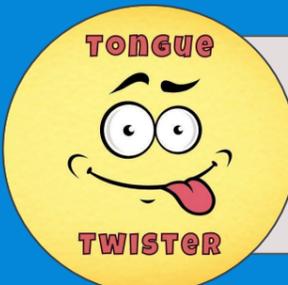
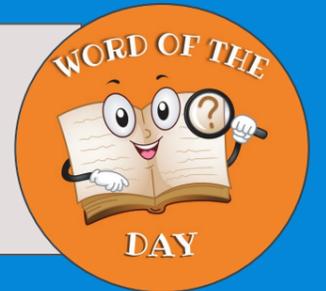


Q: What's a librarian's favourite type of bait when fishing?

A: Bookworms

Bittersweet

Adjective | bit-er-sweet
tinged with a feeling of sadness



Brisk brave brigadiers brandished broad bright blades, blunderbusses, and bludgeons balancing them badly

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'." – Mary Anne Radmacher



STUDENTS PARTICIPATE NOW!



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