



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.

17th to 23rd October 2022

Events and Happenings

This week was packed with multifaceted activities. Heritage Club members (primary section) organised a Family Tree making activity: Connecting with roots. Students of Std. I to V prepared a family tree going back to three generations of their families. This activity was conducted with the aim to help them remember people who are important to the family. This is especially relevant to those who have not seen or met their grandparents and other extended family members due to various reasons. Learning about their family history can help children develop a better sense of who they are. Students and parents liked and appreciated the activity.

An Inter House English Debate Competition was organised for students of Std IX to XII. Students enthusiastically participated and witnessed the competition. It helped students air their views on a very relevant topic - Does modern social media make people less socially active?

It was interesting to note the viewpoints of both sides as they put forth their views.

An Offline three-day CFD WORKSHOP(2022-23), FDP 20, PGT General, saw lively participation from teachers from NCS, Goa. In the three-day workshop, eminent resource persons from various fields conducted classes. The workshop was highly interactive and informative. Teachers from different NCSs were able to bond and had a very enriching experience.

The science exhibition, Brainsparks was conducted for the Secondary Section. Brainsparks is organised annually by the Science Department with a lot of zeal and enthusiasm where children get a platform to showcase their ideas, and innovations, and in the process, they develop scientific attitudes and aptitude. Science exhibitions at school develop a scientific spirit and curiosity in students which in turn encourages them to think creatively and find solutions to local and global issues. Students enjoy learning through such exhibitions and have a sense of accomplishment. The event was judged by a knowledgeable panel of judges drawn from diverse fields of expertise. The Brainsparks exhibition was repeated for Primary Section students to give them another opportunity for viewing and participating in the event.

On the sports front, Ms. Avni Khyalia and Ms. Yashila Ritika Chelluri brought laurels to the school with their excellent performances in the Badminton Tournaments held by Goa Badminton Association. They ranked in the top position in their respective age categories. Scouts and Guides NCS, Goa unit organised a Trekking /hiking activity to Three Kings Valley, Cansaulim, Goa. 63 students along with the teachers in charge attempted the hike.





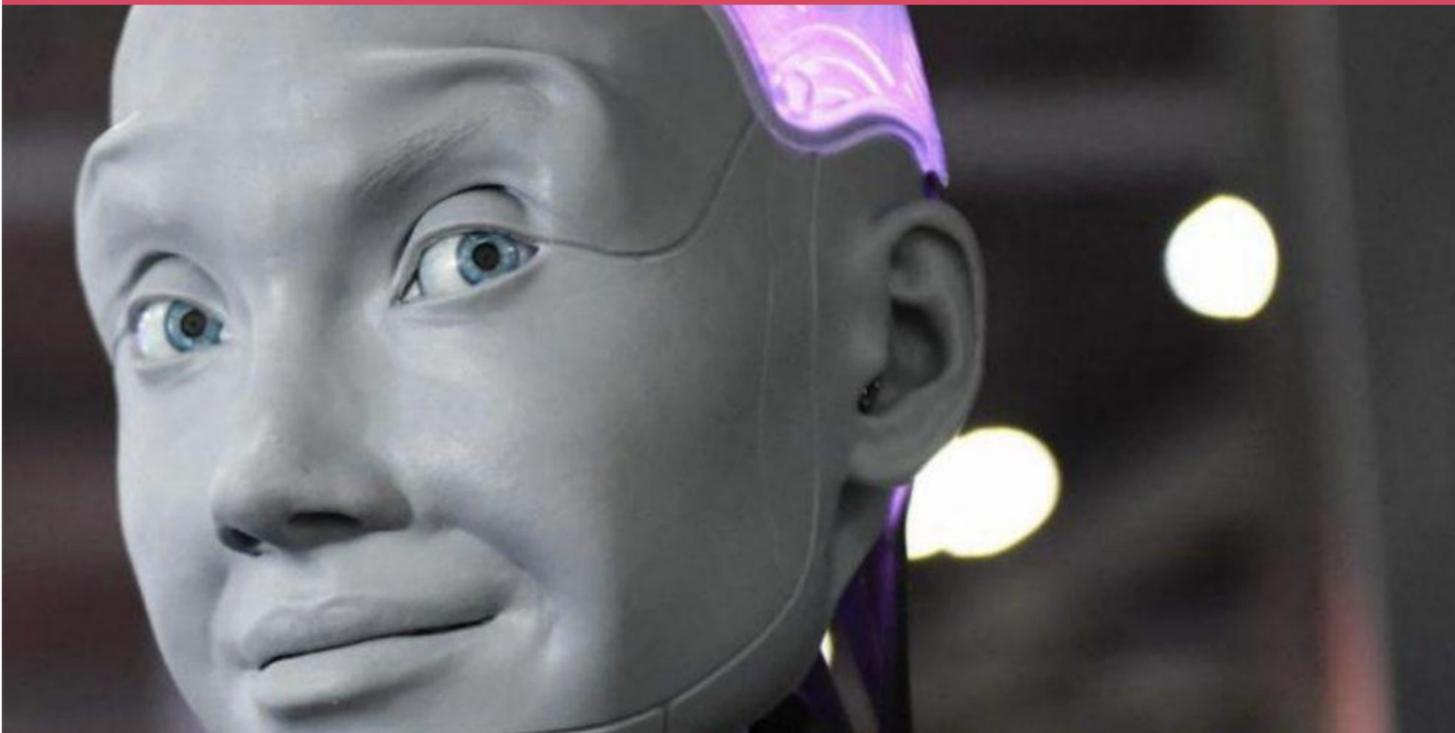
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MEET AMECA – THE WORLD'S MOST EXPRESSIVE ROBOT!



Meet Ameca, a robot at the Museum of the Future in Dubai that looks and acts very much like a person. Ameca can say, "My name is Ameca," and then go on to spell out "her" name. The robot is built with a variety of facial expressions. It does things like wink and scratches its nose.

Ameca is run by a technology called Artificial Intelligence. Also, there is a person who controls her speech and facial movements from a distance. The people who made Ameca thought that robots would not be in our homes for at least twenty years. The world's most emotive robot smiles and greets humans.

Ameca is one of the most lifelike robots and interacts smoothly with visitors. The hyper-realistic robot says, "My name is Ameca." She is also capable of moving her shoulders and smiling. Furthermore, she has a sense of humour and jokes "Have I won the spelling bee?" Another person asks her if she likes being at the Museum. "I'm unhappy," she replies. "I have no sensations, yet I can appear satisfied." As per the makers,

Ameca is the ideal humanoid robot platform for human-robot interaction. This is because it is built as a platform for advancement into future robotics technologies. Humanity's connection with technology seems to have grown more evolved.

The creators of Ameca predict that it would be at least 20 years before robots would be commonplace in people's homes. However, they do not rule out the possibility that people may soon be able to find android assistants working in public places such as airports and hotels.

WHAT'S INSIDE?

Indian origin Rishi Sunak to lead the United Kingdom as PM!



Who is India's most generous person?



The 'Pillars of Creation' as Seen Through James Webb!



A Neanderthal family's DNA dates back 50,000 years!



Bali, Indonesia – International Travel Diaries!



& much more..

DO NOT MISS THE AMAZING STORIES, VIDEOS AND ART FROM BUDDING WRITERS, SCIENTISTS AND ARTISTS ON MY EXPRESSIONS, SUDOKU, WORD SEARCH, JOKESPOKE, WORD OF THE DAY, TONGUE TWISTER, QUOTES AND FUN FACTS. CHECK OUT OUR EVENTS

NEWSPAPER DESIGN: ZAINAB

HAPPY HALLOWEEN



PARTICIPATE HERE!



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AROUND THE WORLD

Indian origin Rishi Sunak to lead the United Kingdom as PM!



Image Credit : Rishi Sunak

On October 28, Rishi Sunak will take the oath of office as Prime Minister of the UK. Sunak is the youngest person who has ever run the United Kingdom as Prime Minister. Rishi will be the first prime minister of British Asian heritage. He is also the youngest person to hold the job in more than 200 years.

Rishi Sunak has called for national unity in response to an "economic crisis". Mr Sunak said that getting his party and the UK to work together will be his "most important goal." Sunak thanked outgoing Prime Minister Liz Truss for leading the country through "exceptionally hard times".

As Chancellor, Mr Sunak was in charge of making sure that the economy of the United Kingdom didn't get too bad during the Covid-19 pandemic. But in July, when the government was facing a lot of scandals, he quit as chancellor.

This gave fuel to a rebellion in the cabinet, which led Mr Johnson to step down as prime minister.

Xi Jinping will serve a third term as president of China!



Image Credit : Wikimedia Commons

Chinese Communist Party election reelected Xi Jinping as general secretary for five years. This allowed Xi Jinping to become China's first three-term president. The move returns the Asian superpower to a single ruler after decades of power-sharing. Xi was also reappointed chairman of China's Central Military Commission.

Since 2013, Xi has amassed more power than any other Chinese leader except Mao Zedong, the founder of modern China. Xi's centralization of the Communist Party has increased governmental control over society and the economy.

In addition to this, he was responsible for China's ascent to the position of the world's second-largest economy, a major increase in military spending, and a more assertive stance towards the rest of the world.

Over the next five years, Xi will face huge challenges despite his near-absolute power. These include managing the debt-ridden economy and competing with the US.

The first Asian-American on U.S. currency is actress Anna May Wong!

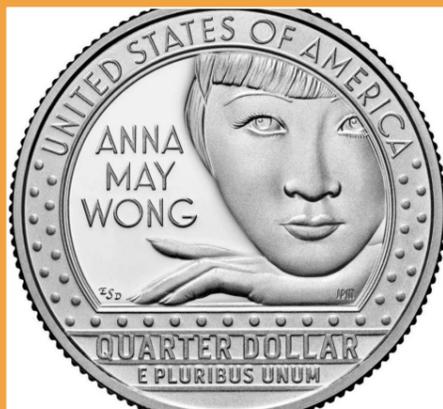


Image Credit : United States Mint

Anna May Wong is going to be the first Asian-American person to be featured on currency in the United States. Anna May Wong is part of an initiative to highlight prominent American women on coins of the United States.

Wong is regarded as the first Chinese American film star in Hollywood. She will be the fifth and last woman to be individually honoured on the coin this year. On one side, it will include President George Washington, and on the other side, Wong will be shown. Wong is described as "a fearless advocate" by the United States Mint.

Wong championed increased representation and more multi-dimensional parts for Asian American actors. This quarter is designed to highlight the range and depth of successes by Anna May Wong.

Wong was able to triumph over the difficulties and setbacks that she encountered during her life.

Saudi envisions becoming a manufacturing powerhouse!



Image Credit : Canva

Saudi crown prince has announced the new industrial policy for the country. By the year 2035, there are expected to be almost 36,000 manufacturing facilities. The Kingdom has come up with a plan for how to expand the industrial sector. This plan includes putting together the Supreme Committee for Industry.

The crown prince will be in charge of the committee. He will also be in charge of making sure that the industrial sector grows. The country has also set up an Industrial Council with the help of the private sector. This is to make sure that industrial investors are involved in making decisions and coming up with policies.

The industrial strategy focuses on 12 sub-sectors to help diversify the industrial economy of the Kingdom. At the same time, it finds more than 800 investment opportunities that will help the sector start a new chapter of steady growth. Saudi Arabia wants to increase exports of high-tech goods by about six times and make tens of thousands of high-quality jobs. These are the goals Saudi Arabia wants to reach by 2030.



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INDIA news

Who is India's most generous person?



Image Credit : Canva

Shiv Nadar has won the title of "India's Most Generous" for the second time. The founder of HCL Technologies donates an average of more than one thousand one hundred crore rupees in 2022.

Wipro's Azim Premji has dropped to second place, even though he gives more than 400 crores every year. Mukesh Ambani is in third place with a donation of nearly one thousand crores.

In 2022, the ten most generous Indian donors gave a total of more than 3,000 crores. The study of conducted yearly by the organisation "EdelGive Hurun India Philanthropy". According to the EdelGive Hurun report, the amount of money given to charitable organisations has gone down in FY22.

There were six different women who were able to get on the list. Rohini Nilekani of Rohini Nilekani Philanthropies is the most generous woman in India. She has given away a total of Rs 120 crore. Leena Gandhi Tewari, who works for a pharmaceutical company, gave a total of Rs 21 crore and came in second place.

Mallikarjun Kharge is the Indian National Congress president!



Image Credit : Indian National Congress

Congress party has chosen a president who is not from the Gandhi family. By almost 7,000 votes, Mallikarjun Kharge, who is 80, beats Shashi Tharoor. Political experts think that this could be the start of something new.

Experts say that Kharge needs to intellectually take on the BJP and get party members and voters excited. In addition to coming up with an idea that can help them win. So far, there have been many different reactions to Kharge's election.

People who wanted a young, charismatic leader don't seem to be happy with Kharge's choice. Before the election, not many Indians knew his name or could tell you what he looked like.

Rahul Gandhi is in charge of a protest march that will go through cities and small towns all over India over the next five months. Kharge also has to find a way to bring together a party that seems divided.

India fines Google for unfair business practices!



Image Credit : Canva

Concerns are raised by the Competition Commission of India (CCI) about how Google does business in India. The organisation states Google is "manipulating" how its Android platform is licenced. The claim is made as CCI received a complaint from a customer. However, Google is yet to respond about the fine or the accusations.

CCI requests Google not to force device makers to put its apps on devices before they are sold. Also, Google is facing a number of antitrust cases in India.

CCI says that Google has made "one-sided agreements" with smartphone makers to make sure that its apps will continue to be the most popular. Thus, it requests Google to stop indulging in such business practices.

CCI's statement also states that Google is making other businesses sign contracts to make sure that its suite of apps is used. In addition, it gives Google constant access to information about customers as well as lucrative advertising opportunities.

Get to know some of India's most courageous ice climbers!



Image Credit : Canva

Ice climbing includes climbing frozen mountain waterfalls. Ice axes and crampons help climbers cut through ice and ascend. India's inaugural ice climbing festival filmed its first frozen waterfall climb. India now has ice climbing events and courses. Ice climbing could expand India's sports and tourism and boost local economies.

Mr Bhushan Kowshik, from Spiti Valley in northern India, co-founded the Piti-Dharr International Ice Climbing Festival. Professionals teach ice climbing basics over the seven-day festival.

During the seven-day festival, specialists teach climbing basics. They receive safety-tested climbing routes and equipment. Mr Bhushan feels the pastime is getting more popular, especially among non-climbers, due to its "Instagram-ish nature."

The sport requires practice, ability, and expensive equipment. Mr Kowshik claims that India's mountains have a wide range of water textures and intricacies.



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SPACE & TECHNOLOGY

Why is an asteroid near Earth spinning faster each year?



Image Credit : Canva

Astronomers have found out that an asteroid is very close to Earth, and this could be scary. The name of the asteroid is 3200 Phaethon. It spins faster and faster. But it has a strange spin that is getting faster, which could change its path through the solar system in the long run.

It takes about 3.6 hours for the space rock to complete one full spin. It is about 5.4 kilometres across. In its path around the sun, Phaethon comes closer to the sun than any other known asteroid. At its closest, it is about 20,9 million kilometres from the sun. About 524 days are needed for Phaethon to make one trip around the sun.

Phaethon has other oddities. First, it has a comet-like tail made of rocks from its surface. Phaethon is one of two meteor showers created by asteroids, not comets. Second, Phaethon reflects bluish light. Asteroids rarely have this, but comets do. According to researchers, these observations would assist them to choose which regions of the asteroid to research.

The 'Pillars of Creation' as Seen Through James Webb!



Image Credit : James Webb

The James Webb Space Telescope has begun to study the Pillars of Creation. It is one of the most well-known structures in the universe. The Pillars of Creation are part of a huge area where stars are being made called the "Eagle Nebula." About 6,500 light-years away from Earth are the Eagle Nebula.

The Eagle Nebula is one of the places in the Milky Way galaxy that makes stars the most. At near-infrared wavelengths, its pillars look like they are made of gas and dust. Stars shine brightly against the deep blackish-blue background of space. Near the edges of the pillars, you can see red shapes that look like lava that are lit up by hydrogen molecules.

NASA said that the dust-filled plumes looked like "arches and spires rising out of a desert landscape." The new picture will help scientists get a better idea of how many new stars are out there. NASA says that the region is "practically overflowing with stars."

Researchers will be able to get a more accurate count of the new stars with the help of the new picture Webb took.

India's most powerful rocket places 36 satellites into orbit!



Image Credit : OneWeb

The Indian Space Research Organization (ISRO) has sent 36 OneWeb broadband satellites into space. This is the first time that a commercial rocket from India has sent out more than one satellite. ISRO used a rocket known as a GSV MkIII.

The launch took place from Satish Dhawan Space Centre in Sriharikota. The mission was the first for OneWeb since Russia's invasion of Ukraine. OneWeb is in the process of assembling a constellation that will consist of 648 broadband satellites. All 36 OneWeb satellites were successfully deployed in the orbits over an hour and a half after the launch.

The GSV MkIII is capable of delivering 8,000 kilograms of payload to low Earth orbit. In addition to nearly 4,000 kg to distant geostationary transfer orbit, according to ISRO officials. OneWeb serves customers who live above 50 degrees north latitude, which is the northernmost part of Earth. When all 648 satellites are in place, which OneWeb plans to do next year, this service will be available all over the world.

Now hide your likes and views on Instagram!



Image Credit : Canva

After a post has been posted on Instagram, users now have the option to conceal the amount of likes and views it has received in the comments section of the post. It's a breeze and done in a flash.

Instagram, a widely used mobile messaging application, is owned by the business known as Meta. Users of Instagram can interact with one another through sharing images, videos, and slideshows, as well as following pages that are interesting to them. Instagram has introduced a new tool that gives users the ability to conceal the number of views and likes that their posts have received.

Users of Instagram also have the option to decide whether or not others can see the amount of likes and views that have been accrued by the photographs that they have posted on the platform.

Instagram gives its users the option to hide the amount of likes and views a post has received after it has already been distributed on the platform. This function is available to Instagram users only.



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SCIENCE & DISCOVERIES

A Neanderthal family's DNA dates back 50,000 years!

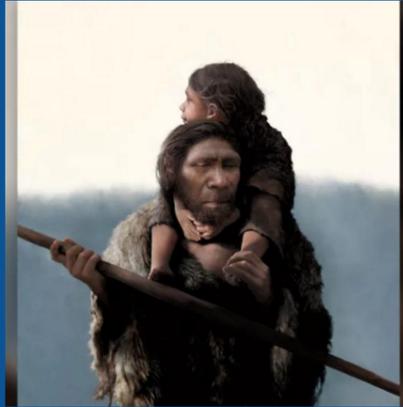


Image Credit : Tom Bjorklund

The bones of a Neanderthal family were found in a cave in the Altai Mountains of Siberia. The discovery dates back more than 50,000 years to when a group of adults and children perished while taking shelter at their hunting camp.

The family bones contain the remains of the teeth and bones. Archaeologists now have the most complete Neanderthal DNA. Over 50,000 years ago, a group of adults and children died while taking shelter at their hunting camp.

Pollen and animal remnants show that Neanderthals lived in a cave during a cold period. The current analysis verifies that Neanderthals lived in related groups of no more than 20 individuals.

According to researchers, 11 Neanderthals found in a cave gave the first undisputed proof of Neanderthal familial ties. The DNA of an adult guy and an adolescent female suggested a "first-degree relationship."

Could lightning spark leaves with electricity?



Image Credit : Canva

During storms, the leaves of trees and other plants send out electric currents. These releases can have a big effect on the air quality in the area.

According to new research, these sparks that come from plants may be changing the quality of the air. Researchers have shown that static electricity can be made in the air by thunderstorms.

In a follow-up study, it was found that metal objects like telephone poles and transmission towers make slightly more of these static electricity charges than lightning.

At any given time, there are 1,800 thunderstorms going on around the world. Scientists have observed that lightning strikes are common in places with a lot of trees.

Experts want to learn more so they can fully understand how lightning and thunderstorms affect the quality of the air.

Archaeologists discover the vastest star map in an ancient manuscript!

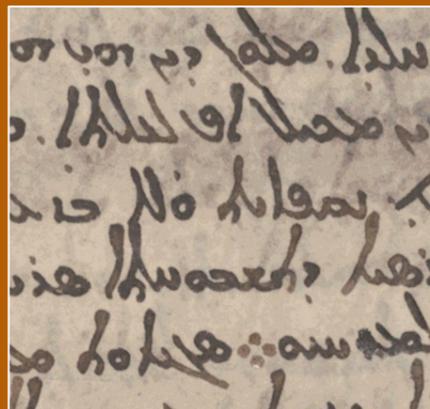


Image Credit : Museum of the Bible

Archaeologists may have just found a piece of the world's ancient complete map of the stars. The ancient clay tablet was found in Egypt. It was hidden under nine leaves, which are also called folios. Researchers took pictures of all nine pages using a wide range of wavelengths.

Then, they used computer algorithms to scan the pictures, which revealed the text that was hidden underneath. After reading the coordinates from the chart pieces, researchers used the idea of the Earth's planetary precession, which came from the chart, to figure out where it was. After figuring out that the first record of the stars was made in 129 B.C., researchers had to figure out when the writing was finished.

The experts dated the nine folios to between the 5th and 6th centuries A.D. by using palaeography. This meant that the nine folios were copies of Hipparchus' catalogue that were still being used more than 700 years later. Researchers plan to work on improving their imaging methods so that the study can go on.

An energy jet's velocity defies the laws of physics!

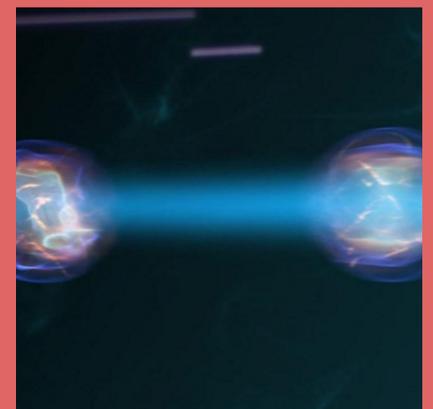


Image Credit : Canva

An energy jet goes seven times faster than light and breaks the laws of physics. Astronomers think this is an optical illusion. Two stars moving faster than the speed of light collide. Thereby creating a jet of particles, the cosmic illusion is known as superluminal motion.

Neutron stars are the collapsed cores of stars that are very dense and pack the mass of a sun into a ball about the size of a city.

Astronomers have found a huge energy burst coming from space. The speed of the energy is seven times faster than that of light. This is, of course, an optical illusion that shows superluminal motion, a rare and fascinating phenomenon.

This happens when particles move very close to the speed of light. A study says that scientists saw a jet of energy shoot out from where two stars collided at an amazing 99.97% of the speed of light.

This is about the same as 1 billion kilometres per hour.



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SPORTS & ENTERTAINMENT

Team India whips Pakistan in T20 World Cup 2022!



Image Credit : Team India

Team India hammers Pakistan in Dubai's Twenty20 World Cup match. Pakistan post a score of 159 for eight after being put in to bat. However, Virat Kohli's unbeaten 82 off 53 balls leads India to a four-wicket victory.

After getting off to a shaky start, Pakistan is able to post a respectable score of 159 for eight. However, India is successful in their chase till the very last ball. Virat Kohli's magnificent unbeaten 82 runs off 53 balls led India to a four-wicket victory. In the beginning, India reaches a low point of 31/4 in their innings. But Virat and Hardik pull the team out of their slump with a 113-run partnership for the fourth wicket.

After being put into bat, Pakistan suffers the loss of their first two wickets with just 15 runs on the board in the fourth over. Thereafter Iftikhar Ahmed's unbeaten 51 off 34 balls and Shan Masood's unbeaten 52 off 42 balls help them recover. Team India, captained by Rohit Sharma, prevails in a nail-biter of a match against Pakistan.

Anti-cheating exam hats to enforce disciplinary behaviour!



Image Credit : Mary Joy Mandane-Ortiz

Social media is full of pictures of students in the Philippines wearing "anti-cheating caps" on their heads. When pupils wear hats, they can't see what other people are writing on their papers. Many people made hats out of things like cardboard, egg cartons, and other boxes that could be reused.

On social media, pictures of college students in the Philippines taking tests while wearing "anti-cheating caps" have recently gone viral. This has sparked a good deal of amusement among online users.

The professor behind the brilliant idea had been looking for a "fun way" to make sure that her lectures were treated with "integrity and honesty." Within a few days, the professor's Facebook posts of students posing with their complicated sculptures caught the eye of the media and got thousands of likes.

They are also said to have gotten schools and organisations in other parts of the country to help their own students make anti-cheating headgear.

Meet 10-year-old Dexter Warren, UTV World Champion!



Image Credit : Facebook

The UTV 2022 World Championship was won by Dexter Warren. He is an Australian boy who is 10 years old. Dexter is the first young Australian driver to ever win the championship. When he was only five years old, Dexter started racing go-karts. After hearing that his son was "very good," his father looked into racing.

Utility task vehicle (UTV) is a type of off-road vehicle that lets people sit side by side and is usually driven with a steering wheel and pedals. Dexter described the experience of being a world champion as priceless.

He began racing in 2019 and has already won a number of titles and big races. When he was three years old, he began learning how to drive a go-kart.

Dexter competed in as many races as he could and found that the more he raced, the better he grew. Dexter and his family are currently residing in Phoenix, Arizona. However, they will be moving back to South Australia in the month of November.

Iranian woman challenges the hijab rule!



Image Credit : Elnaz Rekabi

Elnaz Rekabi, 33, is greeted at the Tehran airport by thousands of fans. She is an Iranian sport climber. She participated without a headscarf (hijab) at a competition in South Korea. Her fans called her a "heroine". Iranian women must wear a headscarf over their hair and loose clothes on their arms and legs. When officially representing Iran in events outside of Iran, female athletes must also follow the rules.

Ms Rekabi was competing at the Asian Sport Climbing Championships. She hid her hair with a black hoodie and a baseball cap. Videos on social media show that as she landed, hundreds of fans outside the terminal cheered and chanted, "Elnaz is a hero."

There was a meeting between the International Olympic Committee (IOC) and the International Federation of Sports Confederations (IFSC). It was made clear that Ms Rekabi will not face any consequences and will continue to train and compete.



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DON'T MISS THESE

Diwali becomes a public holiday in the US!



Image Credit : Canva

Starting with the upcoming new school year, Diwali will be a holiday in New York City public schools, thanks to Jenifer Rajkumar. The people in charge of schools in New York hope that students of other backgrounds than South Asians will start to learn about it.

Jenifer Rajkumar is a member of the state legislature. She was born and raised in Queens, New York. She is an Indian American. Jenifer thinks that "Hindu, Sikh, Jain, and Buddhist students and communities should have been celebrating each other's holidays."

The state wants to send a clear message to the millions of people who recognise this time as a time to celebrate. Jenifer was the first person to try to get a law passed that would recognise the holiday.

Jenifer says she hopes that by making room for the holiday, students of other backgrounds besides South Asians will start to learn about it. "When we celebrate Diwali, we'll tell kids to find out what it's all about," she said.

Uttarakhand now has over a hundred snow leopards!



Image Credit : Canva

There are now more than 100 snow leopards living in the wild in Uttarakhand. The number of snow leopards in Uttarakhand has reached a new high of 121, according to the most recent census. The snow leopard is also called the ghost of the mountains.

Snow leopards can be found in a total of 12 countries across the globe. These include India, Nepal, Bhutan, China, Mongolia, Russia, Pakistan and a few others. In the state, a total of 86 snow leopards were counted during the most recent census of their kind, which took place six years ago.

The Forest Department and the Wildlife Institute of India worked together on the census. The results seem promising. There are only 12 places in the world where the snow leopard lives, and India is one of them.

The Forest Minister of Uttarakhand expressed his happiness over the results of the census. He said that the conservation of wildlife in the state is headed in the right direction & it will boost wildlife tourism.

Physical activity and reduced screen time make children happy and wise!



Image Credit : Canva

A recent study found that 24-month-olds who spend less than an hour and a half on screens have a better executive function. Additionally, they exercise as well. The capacities to recall, plan, pay attention, switch between tasks, and govern their own thoughts and behaviours are known as executive functions. The American Academy of Pediatrics advised the toddler programme.

The study investigated whether toddlers' executive functions differed significantly. According to researchers, your ability to take actions that help you reach your goals depends on your executive function. It includes things like the ability to control your thoughts, feelings, and actions by stopping them.

In addition to your working memory, which lets you keep information in your head long enough to finish a task, you have long-term memory. Last but not least, cognitive flexibility is how well you can switch your attention between tasks or demands that are competing with each other.

Scientists figure out how to cure baldness!



Image Credit : Canva

Japanese scientists figured out what makes hair grow. The research could lead to new ways to treat conditions like male pattern baldness that cause hair to fall out. Japanese scientists who study hair growth have grown hair follicles in a lab.

Their research on making hair follicles in a lab dish could help treat diseases that cause hair loss. On Petri dishes, researchers made skin organoids. This method led to the cultivation of hair follicles.

Scientists say that organoids could help them figure out how to make hair follicles in the lab. Their experiments in a lab dish help them learn more about how the hair follicle grows. It could help find ways to treat diseases that cause hair loss.

When the experiment resulted in making hair strands, the experiment was treated as almost always successful. The scientists hope that this model could help them learn more about how hairs are made. In addition to testing drugs to change hair colour and grow hair, and fix hair growth.



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FEATURE CONTENT

Bali, Indonesia – International Travel Diaries!



Image Credit : Canva

Do you enjoy going on safari and relaxing on beautiful beaches? What about some adrenaline-pumping water sports? All of these things are doable in the Indonesian island of Bali.

This area is located in one of Indonesia's provinces or states. It is made up of a number of smaller islands in addition to the main island of Bali. One of the 17000 islands that make up the Indonesian archipelago, it can be found here. Its capital is Denpasar.

The locals are trilingual, speaking both Balinese and Indonesian among themselves. Bali has a tropical climate. This indicates that temperatures remain relatively stable during the course of the year. On the other hand, monsoons can be expected from October through March.

Therefore, the months of March through September are perfect for a trip to the island. In addition to this, the island is an ideal location for a wide variety of water sports. However, before attempting any of them, make sure to pay attention to the trainers and the instructions.

Walnuts – Healthify!



Image Credit : Canva

Walnuts that have been toasted always bring a joyful crunch to snack time. What, you don't think so? The edible kernels of the walnut tree are known as walnuts. The species *Juglans* is responsible for producing walnuts (family).

They first appeared in the regions surrounding the Mediterranean and central Asia. They have been consumed by humans for untold thousands of years as a regular part of their diet. Walnuts have a higher concentration of antioxidants and a higher omega-3 fat content than other nuts.

Eating walnuts may help protect against cancer and heart disease, according to research, and may also benefit brain function. Raw walnuts can also be enjoyed after being toasted.

It is also utilised in the preparation of sweets, pastries, cakes, salads, and pasta because to the delectable flavour and crisp texture that it possesses.

Arancini – Eat Street!



Image Credit : Canva

Arancini is a popular Italian street food item, which is a delicious, crispy, deep-fried ball of rice. The name, Arancini means "little orange", as a cooked Arancini looks very much similar to an orange.

Arancini has been a part of traditional Southern Italian cuisine for several centuries. It is believed to have originated in the Italian city of Sicily during the 10th century. In this dish, rice balls are stuffed with various items, coated with bread crumbs and then deep-fried. The stuffings vary from region to region.

The common fillings include meat sauce with peas, sliced meat, cheeses (like provolone, mozzarella or pecorino), eggplant and tomatoes.

The traditional arancini comes in two main variants. The first is perfectly round in shape and filled with a ragu sauce of meat, mozzarella and peas. The second one has a longer, pear-like shape and is filled with mozzarella and prosciutto and grated cheese.

Bangkok's full name has 168 letters



Image Credit : Canva

Bangkok's full name has 168 letters. The city of Bangkok is the capital of Thailand. It is known for its street food and is very popular with tourists.

When King Rama I of Thailand created the country's new capital in 1782, he wisely chose an easily defensible site. This place was called "Bang Makok" or Bangkok for short. The name translates as "place of olive plums". It has 168 letters. This is officially the longest place name in the world. It is written in the Thai script as 132 letters + 7 spaces.

In English, it means: "Great City of Angels, City of Immortals, the Magnificent Jeweled City of the God Indra, Seat of the King of Ayutthaya, City of Gleaming Temples, City of the King's Most Excellent Palace and Dominions, Home of Vishnu and All the Gods". Today, the city is officially known in Thai by a shortened form, Krung Thep Maha Nakhon. Locals also call it Krung Thep. Bangkok is the city's official English name.



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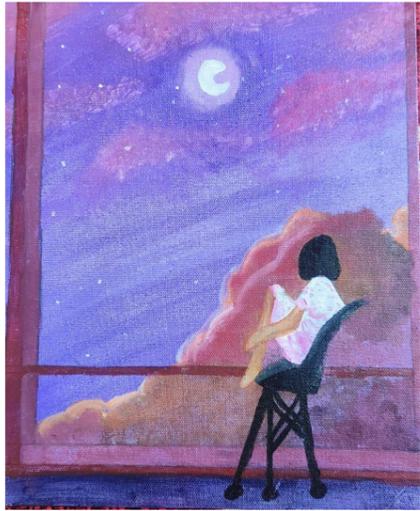
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MY EXPRESSIONS FROM STUDENTS OF NCS, GOA

Anshika Yadav
VIII B



Prateek
VIII B



Simone
VIII B



Shounak Raina
VIII B



RAIN

Simone Kamurlekar
VIII B

When I looked out today
And saw that the sky was grey

I thought about the days,
I missed feeling like this

A familiar fragrance fills the air,
A dry stretch lays broken

The green gets brighter and warms the eyes
And a renewed feeling takes over

The sun arises after a heavy downpour,
Beautiful than ever before

So I sit near my window,
A silent spectator,
I know it's sunny now,
But I'm certain it'll rain later

AFTER YOU LEFT

Shalom Gomes
XI D

When I want to think of something
But I don't think I can
I close my eyes and think about
What you'd do instead

When I think I can do it
But then it turns to reality
I wonder what you'd do
If you were me

When I think about the future
I don't want to go there
I think about the days
When we were young instead

THE RAINBOW TREE

Vaanisha Mahato
II D

Once there was a tree that had RAINBOW coloured leaves.
It was so beautiful that children from far away came to see it.
The tree felt very happy when children came to visit it and played around it.



Once it started raining so heavily, the children could not come out of their houses for many days. And so were very sad as they could not see their favourite tree. The tree was also very sad as no one came to play around him. One day he asked the Wind God, "what's the matter? Why aren't the children coming to play here?" The Wind God replied, "The children cannot come out due to the rains and are very sad."

The tree wanted to make the children happy so he gave away his leaves to the Wind God and asked him to spread them high across the sky, so that the children can see the leaves even from their windows and be happy. Since then, Wind has been spreading the leaves and happiness across the sky as a RAINBOW during rains, whenever the children cannot come out due to rain.

WHAT THEN, AFTER BLOOD?

Eanna
XI D

I try not to think of life, left;
What has yet to seep from my heart,
Bleak and nigh of all the blood bereft,
For this bleeding, I shall not thwart

In sacrifice, in granted theft;
In believing mine was thine
From the start,
My heart must stay where it has lived last,
And slowly wither in
Your past.



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MY EXPRESSIONS

Recycle old CD for Diwali light

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



Flowers

Biniza Wadia
4, Cygnus World School, Vadodara, Gujarat



Happy Eco friendly Diwali

SANAYA KHATRI
3, Delhi Public School, Sonapat, Sonapat , Haryana

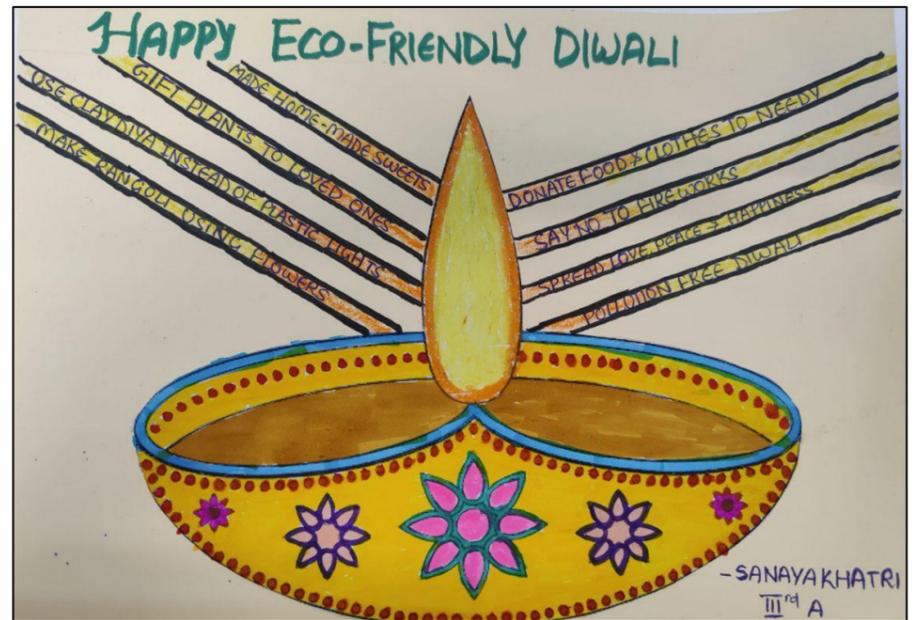
Rangoli

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



Smoke Free Diwali

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



DIY Diwali Lantern

SAMRIDHA BISWAS
5, TECHNO INDIA GROUP PUBLIC SCHOOL
GARIA, KOLKATA





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MY EXPRESSIONS

Lantern

Chinmayee Siva Venkatesh
Kindergarten, Army Pre-primary School, Wellington, Ooty, Coimbatore,



Happy Diwali

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



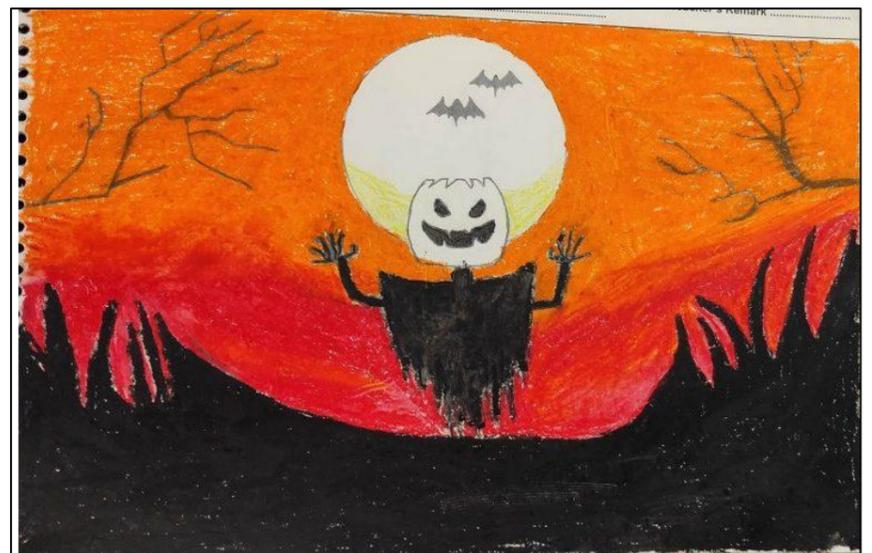
Halloween party

ANVIKA SHEARI
2, OLIVEMOUNT GLOBAL SCHOOL, Hyderabad



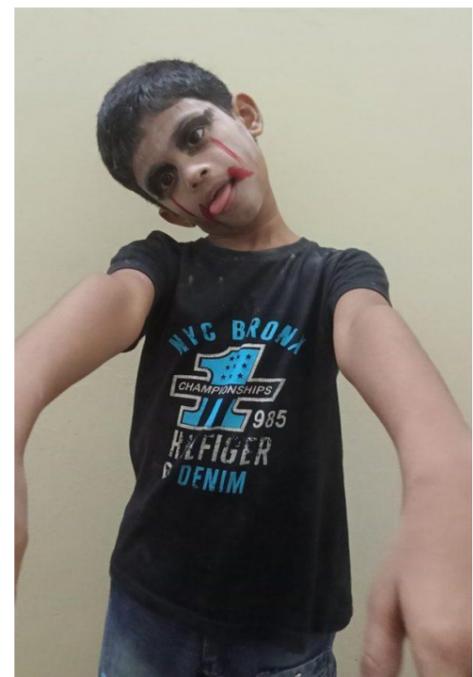
Happy Halloween 🎃

Tavish Khaneja
8, Delhi Public School, Sonapat, Delhi,



Halloween Post

NEELAKANDAN. P. RAM
3, The Choice School, Thiruvalla, Pathanamthitta,





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FUNTASTIC

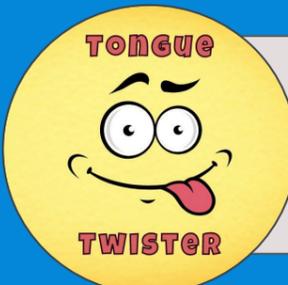
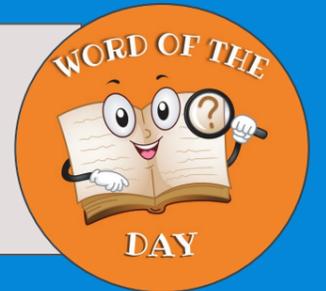


Q: Where do kids in New York City learn multiplication?

A: In Times Square.

Diminish

Verb | dih-min-ish
to become smaller in scope or degree



A sailor went to sea To see, what he could see.
And all he could see Was sea, sea, sea.

The whole secret of a successful life is to find out what is one's destiny to do, and then do it. – Henry Ford



31st Oct

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