



**LITTLE FLOWER HIGH SCHOOL, ABIDS, HYD.
PRESENTS
NEWS BUZZ - { CLASS - VI A }**

1



INTERNATIONAL DAY

International Women's Day is a global holiday celebrated annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women.

SCHOOL EVENT'S



~ REV. BRO SHAJAN ANTONY RECEIVING 5 STAR RATING FOR LITTLE FLOWER HIGH SCHOOL, IN CATEGORY OF EXCELLENCE IN TECHNOLOGY INTEGRATION IN EDUCATION..

~ FELICITATION OF SILVER JUBILARIANS



~ BEGINNING OF REVISION TEST FOR SA - II

ARTISTIC SQUARE



NEWS CORNER

WORLD NEWS

~ RUSSIA ATTACKS UKRAINE .
MANY INDIAN STUDENTS
TRAPPED IN UKRAINE



CRUDE OIL 'WTI' INCREASED BY
2% to 105.04\$



NATIONAL NEWS

PM MODI INAUGURATES PUNE METRO RAIL PROJECT .

ELECTIONS HELD IN 5 STATES, BJP GETS 4 OF THEM.

YOGI ADITHYANATH SETS RECORD OF BECOMING THE CM OF UTTAR PRADESH FOR THE SECOND TIME

~ AAM AADMI PARTY MAKES BHAGWANT MANN THE CM OF PUNJAB .

Harry Potter

Harry Potter was a series of books authored by one of the most eminent writers of our generation, J.K. Rowling. These books showcase the wizarding world and its workings. J.K. Rowling has been so successful at weaving a picture of this world, that it feels real. Although the series contains seven books, I have a particular favourite. My favourite book from the series is The Goblet of fire. When I started reading the book, it caught my attention instantly. Even though I had read all the previous parts, none of the books caught my attention as this one did. It gave a larger perspective into the wizarding world. The concept of the Tri-wizard tournament is one of the most brilliant pieces I have come across in the Harry Potter series. In addition, this book also contains some of my favourite characters. The moment I read about Victor Krum's entry, I was star struck. The aura and personality of that character described by Rowling are simply brilliant. Further, it made me become a greater fan of the series.

By, Shaik Eshan

Quiz Time

- Q1:How many hearts does an octopus have?
Ans:3
- Q2:What is "cynophobia"?
Ans:Fear of dogs
- Q3:The Unicorn is the national animal of which country?
Ans:Scotland
- By Abhiroop Shankar

GK CORNER

EXAM TIPS

1. Pick a place and time
Everyone has their own idea about the best place and time to study. Find a study space and a regular study time that works for you and stick with it.
 2. Study every day
If you study a little bit every day you'll be continually reviewing things in your mind.
 3. Plan your time
It helps you to have a proper time table. So you can make the most of your study time.
 4. Discover your learning style.
Most of us have a preferred way of learning. Get to know the learning style that you are most comfortable.
 5. Review and revise
At least once a week you should go back over the things you've studied in class.
- By Tithi Darak

GREEN FUTURE-BRIGHT FUTURE!

Being environmentally conscious is not always about plastic bags ; it's about making the right choices. Nowadays, our planet is changing, and not in a good way. High temperature and heavy precipitation events are increasing, glaciers and snow cover are shrinking, and sea ice is retreating. Seas are warming, and becoming more acidic. But there are many steps we can take to change this. Some of them are:-

- Recycling
- Buy only what you will use
- Avoid disposable products
- Shut of lights
- Conserving water
- Promoting afforestation etc...

We can't reverse what we have done, but we can try to make it better. If we follow these simple steps we can hope for a clean and green future.

By Pranavi Niharika



Space News

War impact to the space station :

THE CLOSE COLLABORATION IN SPACE BETWEEN RUSSIA AND THE WESTERN WORLD SEEMS TO BE AN END WITH INCREASING TENSION OVER RUSSIA AND UKRAINE . RUSSIA HAS REFUSED TO LAUNCH SATELLITES FOR WESTERN COUNTRIES .

Facts about space!!

- 1.THE SPACE IS COMPLETELY SILENT.
- 2.ONE MILLION EARTHS CAN FIT INSIDE THE SUN.
- 3.HALLEYS COMET WONT ORBIT PAST EARTH AGAIN UNTIL 2061.

Why is moon visible to us in the day time too?

NIGHT IS TRADITIONALLY THE MOON'S TIME TO SHINE, AFTER THE SUN HAS SET. BUT THE MOON CAN SOMETIMES BE VISIBLE DURING THE DAY, EVEN WHEN THE SUN IS UP –BECAUSE SOMETIMES THE SUN IS SO BRIGHT AND ITS LIGHT CAN OVERPOWER THE LIGHT FROM THE MOON AND THE STARS. AT CERTAIN TIMES OF THE DAY , WE CAN SEE THE MOON DURING DAYLIGHT HOURS TOO.

A.Disha VI-C

LITTLE FLOWER HIGH SCHOOL - ABIDS

NEWS BUZZ – (Class – VI D & E)

SPORTS NEWS



1. Ishan Kishan became the second-most expensive Indian player acquired in IPL auction history after Mumbai Indians re-signed the 23-year-old with a winning bid of INR 15.25 crore on the opening day of the IPL 2022 mega auction.

2. India wins the under -19 world cup for 5th time making history



3. Novak Djokovic holds on to the world number one spot ahead of Daniil Medvedev and Alexander Zverev in the latest ATP rankings released on Monday



4. Harmanpreet Singh scores four goals in India's 10-2 demolition of South Africa

Sai Kshitij 6 D

KASHMIR : CATCH A GLIMPSE



I went to Kashmir with my family in the month of May. It was the heaven on earth. The snow fall and the uniquely detailed architecture of the boat house on Dal Lake. I got up early to play in the snow, made snow man, took videos and photos. In Jammu it was extremely difficult to climb the mountains, inspite of wearing gum boots. From the resort we could see the beauty of God's creation, the snow capped green and white mountains, the river running by the terrace farming filled me with a sense of awe. The ride on the ropeway, the special rejuvenating drink and the delicious food was awesome. A memory to behold.

Vishwak 6 E

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

JAVED ALI
MUKESH
USHA AUTHUP
KISHORE
PANKAJ
SONU
ASHA BHOSLE
GEETA
MANNA DEY
DUA

K. Grace
Ankitha 6 D

ARCHERY
BASKET
BOWLING
DANCE
FOOTBALL
GOLF
KARATE
RUGBY
SKATE
SKI
SNOWBOARD
SOCCER
SWIM
TENNIS
VOLLEY
WINDSURF

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



TRISHA NEELU

MYSTERIOUS WORD:



Avyukt 6 D

MY FAVOURITE SINGER MOHAMMAD RAFI



There are many singers. My favorite is Mohammed Rafi. Mohammed Rafi was an Indian playback singer and musician. He is considered one of the greatest and most influential singers of the Indian Subcontinent. He recorded songs for over a thousand Hindi films and in many Indian languages as well as some foreign languages, though primarily in Urdu and Punjabi, over which he had a strong command. He recorded as many as 7,000 songs throughout his career. He received six Filmfare Awards and one National Film Award. In 1967, he was honored with the Padma Shri award by the Government of India. In 2001, Rafi was honored with the "Best Singer of the Millennium" title by Hero Honda and Stardust Magazine. In 2013, Rafi was voted for the Greatest Voice in Hindi Cinema in the CNN-IBN's poll. He made many patriotic songs. Mohammed Rafi died on 31 July 1980, following a massive heart attack, aged 55.

YOGA

Vidisha Yadav 6D

"Yoga is not a religion. It is a science, science of well being, science of mindfulness, science of integrating body, mind, soul"
Yoga is an ancient form of spiritual exercise that is performed to better our bodies and minds.
It is a form of exercise that originated in ancient India. Many people have practiced it for thousands of years. The set of yoga consists of many poses known as Asanas that have different physical benefits. It is said that if a person practices yoga, he or she will come healthier. Therefore, many countries have adopted yoga as a form of exercise.
In India, Yoga has been adopted as a way of life rather than a form of exercise. People practice yoga for spiritual, health, and meditative benefits. A combination of different postures or Asanas forms the essence of yoga. There are many schools in traditional yoga.
Seven chakras are spread out the four pathways of attaining moksha by practicing yoga from the worldly pleasure. These are - Raja yoga, Karma yoga, Jnana yoga and Bhakti yoga.



Karma yoga, or the yoga of selfless action tells that through the correct actions, the 'fruitful' ego can turn into the 'fruitless' ego.
Bhakti yoga is the process of inner purification. Love is the vital element for all human beings. It teaches. Love is pure and cosmic, but ego pollutes it and gives out negative elements like lust, greed, jealousy and anger.
Raja yoga seeks to attain the divine by lighting the flame of knowledge of the self within. Most seekers do not have the patience and perseverance to follow this path for the sacrifice that it calls for.
Jnana yoga is the path of knowledge. Weeding out the darkness of ignorance through the light of knowledge, it brings the 'I' and 'Igt' alive by burning all the impurities of the mind.
Yoga is incredibly beneficial to our overall well being.
Yoga helps you in all around fitness yoga is one of the best solutions
- It helps for inner space.
- It improves immunity.
- It gives you better flexibility and posture.
- It improves relationships.

The purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of human life. Convert life into yoga so that you may ensure success in all the fields of life. By regular practice, by using presence of mind, skill and wisdom, you may become yogins and enjoy happiness and peace, what ever be the circumstance and conditions in which you are placed.

Eat Healthy Be Wealthy

A good health is the best wealth

Health-related Components of Fitness:

- 1. Cardiovascular Endurance
- 2. Muscular Endurance
- 3. Strength
- 4. Flexibility
- 5. Body Composition

Wellness-related Fitness Components:

- 1. Power
- 2. Speed
- 3. Agility
- 4. Coordination
- 5. Balance
- 6. Reaction Time

Health

Take Balanced Diet, More Exercise, Control & Maintain, Exercise & Balance Diet to Remain Healthy & Avoid Your Health.

High Calorie Diet vs Low Calorie Diet

High Calorie Diet vs Low Calorie Diet

Calorie Expenditure Chart

Sadhana Ladda 6D