



# NCS GOA TIMES WEEKLY

School News

Events and Achievements

## WHAT'S BUZZING AT NCS GOA THIS WEEK?



INDIA STEM FOUNDATION  
Celebrating Science & Technology

PRESENTS

STEM WORKS FOR SCHOOLS CONCLAVE 1st

Overcoming Challenges in implementing STEM Education in Schools

Panelist  
6pm to 7:30pm IST  
February 3, 2023

**REGISTER**

Scan to Register

**Ms. Anupama Mehra**  
Principal  
NCS Goa

visit <https://indiastemfoundation.org/stem-works-conclave/>  
shruti@indiastemfoundation.org 9910338529 indiastemfoundation.org



Dear Students and Parents of NCS Goa,

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

30th January to 5th February 2023

Events and Happenings

Three students of class X, Ms Ahana Sangui, Master Krishang Joshi and Ms Svarali Chaudhari secured position in merit list for being among top hundred students in Pune region for Aryabhata Ganit Challenge 2022. To commemorate India's G-20 Presidency for the year 2022-2023, teachers of Social Science department gave a presentation on certain aspects of G-20 summit. This allowed the students to understand its history, structure and objectives; India's role as the President of the Summit; and Logo and major themes of G-20 summit 2023. Students of class VI made a field trip to Zuari vermicomposting unit, Goa. They understood the process of vermicomposting, stepwise, from collection of biodegradable waste to packaging of vermicompost. Students were excited to see the earthworms/redworms that convert the waste into compost. The winners of the inter house folk dance competition were awarded certificates during assembly. Class IV students visited the Bondla Wildlife Sanctuary Zoo for their class picnic. Eco club students distributed 150 handmade newspaper bags to nearby shops and fruit vendors as culmination of the club activity. They also interacted with the shopkeepers and shared their views on plastic hazard.







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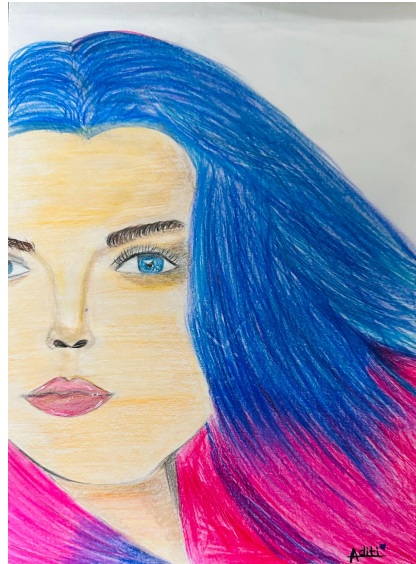
Events and Achievements

## MY EXPRESSIONS FROM STUDENTS OF NCS, GOA

**DEEPIKA YADAV**  
IX C



**ADITI GUPTA**  
IX C



**SHRUTHIKA S NAIR**  
IXC



### HEALTH SUPPLEMENTS: A NEED OR A HOAX?

The market size of the health supplements industry is about USD 381.5 billion and is expected to grow at a rate of 6.3 % from 2022 to 2030. Many companies in India and around the world advertise their supplements as if they are the indispensable elements for good health and they should be a part of your daily diet. But most of these claims are nothing more but blatant lies. Many nutrients which can be found in our daily diet are sold as packaged supplements. Packaged supplements also contain multiple preservatives, stabilizers and artificial sweeteners which are harmful for our body.

The companies making these supplements run fake advertisement campaigns because of which people get motivated to buy these supplements and hence those companies have more and more customers and profits. They don't test their products to the medical guidelines and hence we don't even know that the products are safe to use or not. We as customers should be smart enough and use the available food items more judiciously keeping in view the climatic conditions and seasons. Our ancient Ayurveda texts give us ample information and knowledge to use the commonly available food items to the optimal use to suit our various health needs instead of falling prey to costly and often unhealthy health supplements.

**NITIN PANIGRAHI**  
VIII A

### SHOULD PLASTIC BE BANNED

People are aware of the fact that plastic is harmful to the environment and if we keep increasing the use of plastic it is possible that we are creating a more harmful environment sooner than later.

Plastic in itself is not harmful when used, or recycled and reused, it is rather the littering of plastic on the streets, on land and water bodies, and the single-use plastic bags which are disposed in the same manner and cannot be recycled.

Plastic is a non-biodegradable matter and take ages to get decomposed so it is only natural that when plastic pollution is only increasing then the threat to nature will rise.

Many countries like Italy, China, Bangladesh, and Kenya have banned the use of plastic and are not given to public at any check-out counter. However, there are many countries that have not adopted this, as it is also difficult to find an replacement to the plastic that is easily decomposable and safer for the environment. So, in my opinion plastic can be completely banned. We should avoid the excessive use of plastics and must find ways of recycling and reusing plastic so that the dumping of the plastic does not harm the environment.

**RITISHA YADAV**  
VIII A



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### BEE FACTS



- ❑ Bees consume 35 to 60 kilograms of honey per season.
- ❑ A bee's flight speed is up to 6 to 9 miles carrying a load and 8 miles per hour empty.
- ❑ Each bee sting contains 150 micrograms of venom.
- ❑ Once a honey bee stings someone, it causes the bee to die.
- ❑ A bee's flight range is a 2-mile radius or 8000 acres.
- ❑ The maximum flight range is between 5 to 8 miles.
- ❑ Some bees make from 1 to 29 trips to collect nectar in a day.
- ❑ A bee spends 5 to 150 minutes on each trip when searching for nectar.
- ❑ Each larva (baby bee) is inspected and by about 1300 bees.
- ❑ At some time in her life, a queen is fed every 20 to 30 minutes.

**Suryansh Shankar**  
IX B

### Did you like the story Alice in Wonderland? Why? Why not?

'Alice in Wonderland is an imaginary story where a little girl named Alice dreams about a fantasy world. I like the story very much. I, like Alice, would love to see animals talking and showing facial expressions. I like my world filled with pretty flowers and cool fountains.

I would also like to see magical things.

**Aarohan Banerjee**  
IV B

### What do you like about nighttime?

During the night I like the way everything becomes so silent. It looks like the Earth is resting after a busy day and has covered itself with a blanket full of twinkling stars. The moon in the night sky makes me happy. I wonder if there are any aliens on the moon. When I look at the moon and close my eyes I get a peaceful sleep.

**Kiaan Estibiero**  
IV B

### What do you like about nighttime?

Things I like about nighttime:

- Everything is at peace.
- My father comes back from the office.
- I read my favourite storybook.
- Sometimes I see the beautiful constellations of stars and find shapes like 'Libra'.
- My mother cooks dinner.
- I go for a walk.

**Samya Kumari**  
IV B





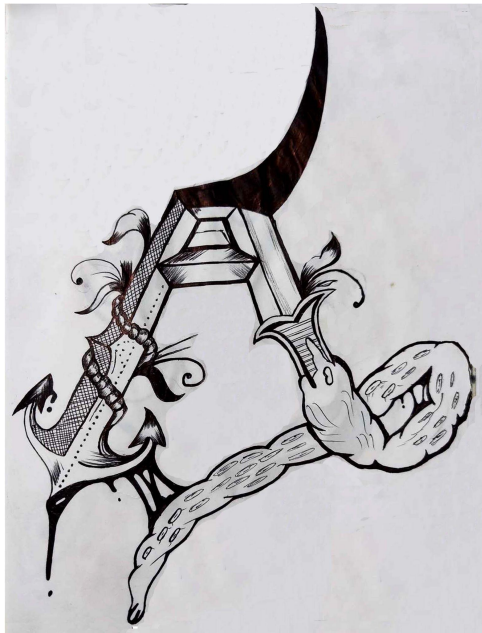
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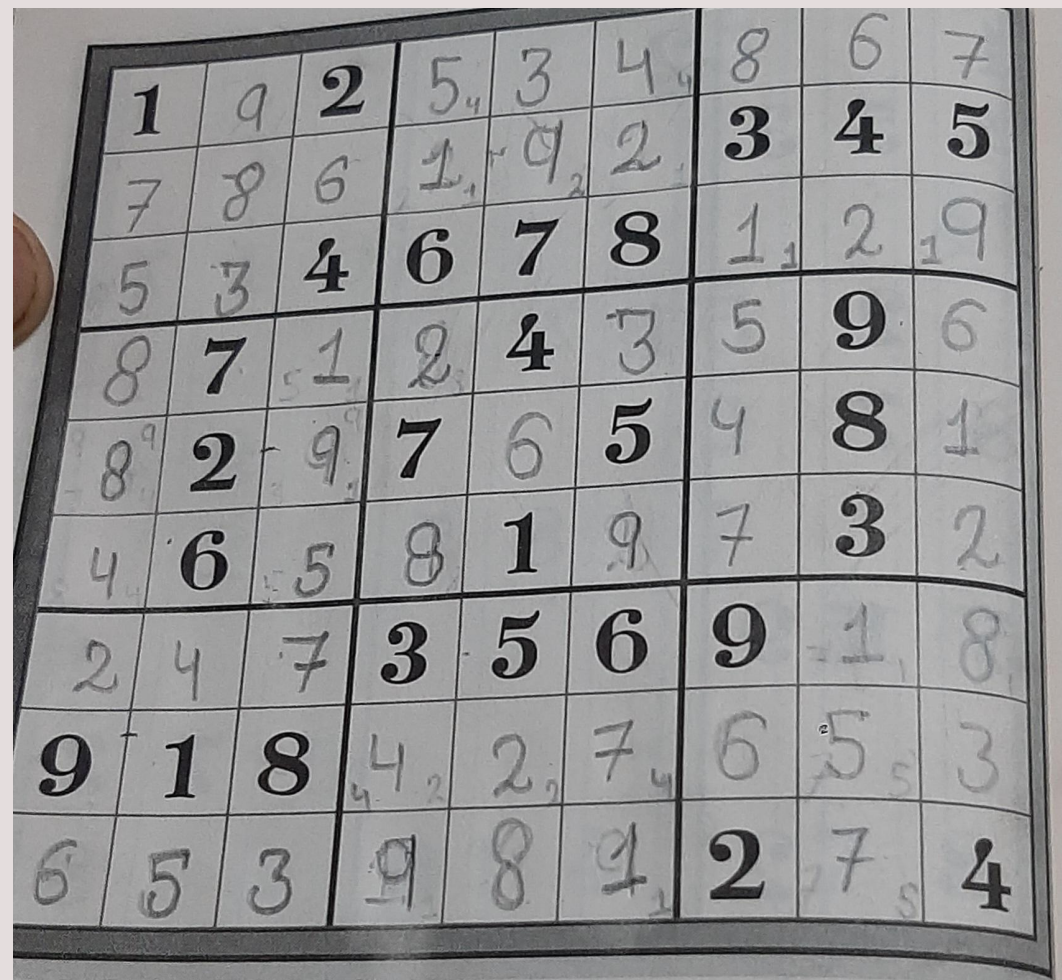
**SOPHIA H.S**  
VIII A



**AYUSH CHAVAN**  
VIII A



**SARA**  
VIII A



**Akshit Munnola**  
V D