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8 Pages

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Save Soil Marathon at Manipal International School

MIS is managed by Manipal Academy of Health and Education (a registered non-profit organisation) and owned by 'Manipal Group'. Being the pioneers in imparting world-class education for over the last 115 years and rated as the No.1 in providing Quality Education. MIS organised a marathon on November 27, 2022, with both adults and children participating actively. At the conclusion of the event, winners received trophies, and as a token of appreciation, all participants received certificates. Save Soil is a global movement started by Indian spiritual leader Sadhguru to address land degradation and advocate for healthy soil.



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 "ಬೈನಿ ಸ್ಟಾರ್ಸ್ ನುಡಿ ಸಿರಿ"
 ದಿನಾಂಕ: 30.11.2022 ಸಮಯ: 6:00 PM - 08:00 PM
ಮುಖ್ಯ ಅತಿಥಿಗಳು
 ಶ್ರೀಯುಕ್ತ. ಎಂ ಕೃಷ್ಣಪ್ಪ ರವರು
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5. Acts as a natural sleeping aid
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Navy Day Celebration



NAVY DAY

Navy Day in India is celebrated on 4 December every year to recognize the achievements and role of the Indian Navy to the country 4th December was chosen Navy day as on that day in 1971, during Operation Trident, the Indian Navy sank four Pakistani vessels including PNS Khaibar, killing hundreds of Pakistani Navy personnel. On this day, those killed in the Indo-Pakistan War of 1971 are also remembered

Background

The Indian Navy is the naval branch of the Indian Armed Forces and is led by the President of India as Commander-in-Chief. The Indian Navy has an important role in securing the marine borders of the country as well as enhancing the international relations of India through seaport visits, joint exercises, humanitarian calamity relief and so on. The modern Indian Navy is undergoing a speedy renovation in order to improve its position in the Indian Ocean region.

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BBMP - Citizens Grievances Redressal Cell, Bommanahalli ward -175 - Chaithra.S	9480688175

Karnataka Rajyotsava Celebration At BS International School



67TH Kannada Rajyotsava 2022-23 was celebrated by BS international school Electronic city , the programme named "BRAINY STARS NUDI SIRI" on 30th November 2022

in the school campus. Guests hoisted the vibrant state flag in yellow and red, Speeches on the importance of kannada and a variety of Kannada

cultural events were presented by the students. Both children and parents participated with full enthusiasm . To make the event more

successful, the school organised a 50 metres "FLAGATHON" from Wipro gate Electronic city to BS International school on 29th November 2022.

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Managing Premenstrual Sundrome (PMS)

Key Points

PMS is the name given to the physical and emotional symptoms affecting your daily life in the 2 weeks before you have your periods and these symptoms usually get better once your periods starts. you should record your symptoms in a diary over two menstrual cycles in a row to help your doctor to make a diagnosis. There are wide range of options to help manage your symptoms and allow you to get on with daily life and whatever option you choose, continue to keep a symptoms diary for atleast 2-3 months as this helps to see whether a particular treatment is working.

What is PMS?

Nearly all women have some premenstrual symptoms before the periods. PMS is name given to physical and emotional symptoms affecting your daily life in the 2 weeks before you have your periods and usually get better when periods starts.

Each woman's symptoms are different, but most common include mood swings, feeling depressed, irritable or bad tempered, feeling upset, anxious or emotional, tiredness or having trouble sleeping, headache, change in appetite or cravings, feeling clumsy, fluid retention and feeling bloated, changes to skin or hair, sore or tender breasts. .

Symptoms can vary month to month, but tend to form a pattern over time. Between 2-4 in 100 women gets PMS sever enough to prevent them from getting on with their daily activates.

What causes PMS?

The exact cause of PMS is not known. it could be linked to the changes in the level of your hormones during your menstrual cycle. and body chemicals and neurotransmitters such serotonin and gaama -aminobutyric acid.

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Solution of Puzzle # 5

6 CONFORM TO FASHION

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

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- VOGUE

WORD SEARCH-5 HOUSEHOLD CHORES

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

Winners of Puzzle #5

Krishna
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New LED Street Lights Brightens Begur Lake Road



The civic organisation of the city has started to replace the current streetlights with "smart intelligent lights" to reduce energy consumption. The new streetlights will be LED lights, replacing the existing sodium vapour lamps. Update from BBMP officials, this will be implemented in another two months in all the eight BBMP zones in the city.

Begur lake road with 700m stretch is replaced with the smart lights.

- By Electronic City Times

Manipal School Award



Manipal International School, Bangalore is honoured to receive the 'School Award' under the category 'Joyful Pedagogy and Experiential Learning' by MEGA- Manipal Educational Global Alliance in a grand ceremony on Saturday, November 19, 2022. Kudos to all the stakeholders!

BS International Coin Expo



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Know Your Leader



Description: Name : Laksmi Bai
 Real Name: Manikarnika
 D.O.B : Nov 19,1828
 Place of birth : Varanasi
 Father: Moropant tambe
 Mother: Bhagirathi Sapre
 Siblings : None
 Husband: Maharaja Gangadhar Rao Newalkar
 Child : Damodar Rao
 Adopted Child : Anand Rao
 Interesting facts:
 Manikarnika trained in horse riding ,gun shooting ,self defence ,archery. She is known for her fearlessness and determination. She was part of the Indian Battalion in Gwalior that took place in 1858.

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World Soil Day - 5th December



Soil nutrient loss is a major soil degradation process threatening nutrition and is recognized as being among the most important problems at a global level for food security and sustainability all around the globe. World Soil Day 2022 (#WorldSoilDay) and its campaign "Soils: Where food begins" aims to raise awareness of the importance of maintaining healthy ecosystems and human well-being by addressing the growing challenges in soil management, increasing soil awareness and encouraging societies to improve soil health.

Taking action at home is a great way to learn more about how soils work, and protecting your own patch is a great first step towards making a difference on a much bigger scale.

1. Grow Your Own

Growing different vegetables and plants in your garden will help recycle nutrients back into the soil, with the added benefit of reconnecting you with where food comes from.

2. Compost

Organic matter is the parts of soil that originate from plants or animals. It's an essential ingredient in healthy soils, helping it hold onto nutrients and water. In agro ecological ways of farming, like organic, farmers use around 65% more manure and compost! As a result, soil organic matter is higher on organic farms.

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• NAGESWARA Rao Park Opp., 1280 Sqft, 3BHK, 1Fl – 45K, 2nd Fl – 38K, Ind house, CCP, Resident / Commercial, East Facing. Ph: 7358578840

• UPSTAIRS of independent house for rent in Royapettah High Road, 850 Sq feet, near old Ajantha Hotel, Contact: 9444167383.

• Mandaveli, Norton road, near St.Johns School, 2BHK, 1st floor, 750 Sq ft, for veg only, Rent 22,000. brokers excuse. Contact: 9739903473, 9444482696

• MANDAVELI, R.K.Mutt Road near bus terminus, ground floor, 850 square feet, for veg only, Rent 25000. Brokers excuse. Contact 9444482696, 9739903473

• R.A. PURAM Srinivasa Avenue Road, 800 sqft, 2 BHK apart, 3rd floor, no lift, 2-wheeler park, Modular kitchen, Family / Bachelors, Rent Rs.21000. Ph: 9840299423

• MANDAVELI 3BHK, Independent house, 2000sqft, 1st floor, CCP, nearby schools. Veg only. Rent 35000. Contact: 9841034952, 044-24939094.

• ABIRAMPURAM 1000 sq ft, 2 bedroom, 2 bathroom, 1 floor, lift, 25000, 3BHK, 1flr, 1600sqft, 45000. Ct: 9003186674, 7200352080

• 2 BHK Apartment in Appu St, Mylapore. Vegetarians

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- ALWARPET 1350sf, 3BHK flat, woodwork, covered car park, 1st floor, no lift, 38K. For veg. Ct : 9840588336

- ABHIRAMPURAM Three Bedroom Flat, Rs 40000. Electronic city, Two Bedroom Flat, Rs.18000. Bachelors - Rs. 7000. Commercial. Rs. 40000. House Lease 8 lakhs. Sriram Nagar CCP Rs. 4000. Ct: 8 2 4 8 7 3 0 6 4 3 , 8778123038

- FOR rent available for bachelors in Judge Jambulingam Street, outhouse - a single room with attached toilet and a small pantry. For details Contact: 8838522091

- 10/A Raja Street, Mandaveli, 2BHK, verandah, attached toilet, 2nd floor, no lift. Ct: 9791145900

- 3 BHK Apartment, 1300 sq.ft., 24 hrs water, ground floor, fully furnished, inverter attached bedroom

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