

DIGITAL MAGAZINE-2020

LFHS - MUNNAR



SUCCESSFUL MAN

Man needs life
Life needs hard work
Hard work needs ambition
Ambition needs discipline
Discipline needs self -control
Self – control needs self -respect
Self respect needs honesty
Honesty needs great attempt
Great attempt needs enthusiasm
Enthusiasm needs achievement
Achievement needs self confidence
Self confidence is the secret of success



A SMILE

A smile costs nothing,
But it gives much.
It enriches those who receive
Without making poorer those who gave it.
It takes a moment,
But the memory of it lasts forever.
A smile creates happiness in the
home,
Fosters good will in the
business, Brings rest to the weary,
Cheer to the discouraged,
sunshine to the sad,
And nature's best antidote for
trouble.
Yet it cannot be brought begged, borrowed or stolen,
For it is something, that is of no value to anyone.
Until it is given away.
Some people are too tired to give a smile



DON'T USE PLASTIC
REUSE
REDUCE
RECYCLE



READER'S DAY

ജൂൺ 19
വായനാദിനം
വായിച്ചുവളരുക



TRY TRY TRY
Try and try, don't let
Your hopes dry
Proceed and proceed
Until you succeed
Win and win until your
Victory makes a history!!



IF I CAN STOP ONE HEART FROM BREAKING

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life that's aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.



Beauty of nature

*“The falling of snow flakes coming down
Making a blanket of white on the ground
Autumn with red and gold-leaves,
Falling to the ground, in a cool breeze.
The rising of the sun of crimson,
A buzzing of the bees,
As they go on their mission.
A cool-breeze blowing in the trees.”*

*“The beautiful-flowers of red, yellow and blue.
The sparkling of grass, with morning dew*



The sea is beautiful, with blue-sky above.

The flying of sea-gulls and of doves.

The birds singing up in the trees,

As a gentle-wind blows the green-leaves.

*Beautiful-butterflies going their way.
The beauty of nature, really make my day.”*

ON KILLING A TREE

It takes much time to kill a tree,
Not a simple jab of the knife
Will do it. It has grown
Slowly consuming the earth,
Rising out of it, feeding
Upon its crust, absorbing
Years of sunlight, air, water
And out of its hide
Sprouting leaves.

So hack and chop
But this alone wont do it.
Not so much pain will do it.
The bleeding bark will heal
And from close to the ground
Will rise curled green twigs,
Miniature boughs
Which if unchecked will expand again
To former size.

No,
The root is to be pulled out
Out of the anchoring earth;
It is to be roped, tied,
And pulled out – snapped out
Or pulled out entirely,
Out from the earth-cave.



THE PLOUGH MAN

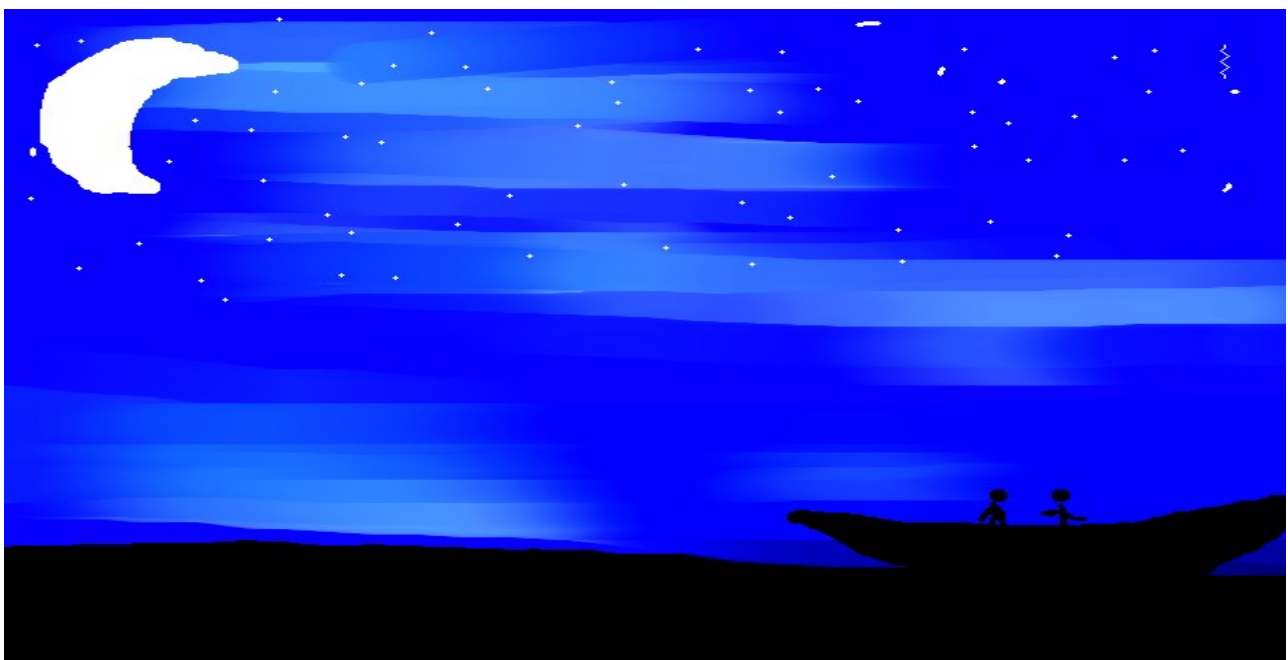
There are the Hands whose sturdy labour brings.
The peasant food, the golden pomp of kings;
This is the page whose letter shall be seen,
Changed by the sun to words of living green;

This is the scholar whose immortal pen
spells the first lesson hunger taught to men
These are the lines that heaven commanded Toil
shows on his deed the charter of the soil.



Abdulkalam's important thoughts

- * If you have to be great the nation have to become great we have to think big.
- *I take rest after your victory become if you second. more tips are doing to say that your victory was just like.
- *Sometimes, it's better to think a class and enjoy with friends because never make me launch bad marks memories do.
- *Remember that people will always question the good things they hear about you, and believe the bad ones without a second thought.
- *When writing the story of your life, don't let anyone else hold the poem.



Global warming

Global warming is caused by the accumulation of green house gases-co₂ , and methane in the atmosphere, result in the change of earth's over all surface temperature. India,a low latitude country, would face much of the misery due to climatic changes. rainfall pattern is expected to undergo a major change in areas like Kerala, Mp and North East .

Himalayan glaciers are melting. This could prove catastrophic for those living downstream in the plains.

Due to global warming heat is trapped in the atmosphere causing the ice to melt. rising sea level would inundate many of the coastal cities. extreme weather conditions such as heavy rainfall are expected to happen resulting in loss of life and property.



NEWTON'S LAW

*I was inattentive in science class one day
When the teacher at random looked my way
I didn't look up, I wouldn't dare
There's no escaping that intense glare*

*Asked me to explain to the class
Newton's Law of Gravity and mass
My mind was a blank, heartbeats louder
For an answer I started to flounder.*

*I stood before the class trembling with fear
"Gravity", I said... and then oh dear
I fell off the stage on to the floor
How the class with laughter did roar.*



SCRATCH

The screenshot displays the Scratch programming environment. The stage features a birthday scene with a princess, a boy, a birthday cake, a gift, and a party hat, surrounded by colorful balloons. The script editor on the right contains the following code blocks:

- move 10 steps
- turn 15 degrees
- turn 15 degrees
- point in direction 90
- point towards mouse-pointer
- go to x: -65 y: -49
- go to mouse-pointer
- glide 1 secs to x: -65 y: -49
- change x by 10
- set x to 0
- change y by 10
- set y to 0
- if on edge, bounce

The Sprites panel at the bottom shows the following assets:

- Stage: 2 backdrops
- New backdrop: Gift
- Sprites: Princess, Cake, Trampol..., Devin, Hat Party2

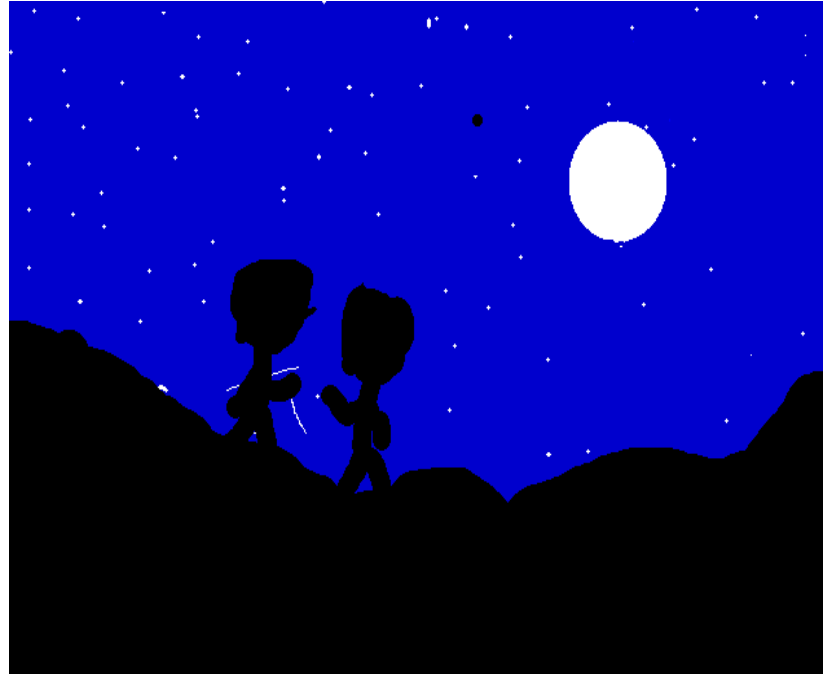
The top left corner of the window shows the project name "Rooba abi" and version "v456.0.4". The top right corner shows the "Scripts", "Costumes", and "Sounds" tabs. The right side of the interface shows a category menu with "Motion" selected, and other categories like "Looks", "Sound", "Pen", "Data", "Events", "Control", "Sensing", "Operators", and "More Blocks".

FRIENDSHIP

*Friendship means
understanding
not agreement it means
forgiveness
not forgetting it means
the memory
even we die.

*A friend is like a rainbow
he brightens your life
when you have been through a
storm.

*Friendship is a style of
talking
is what friends need friends
are eagerly want to talk with you
again this is a friendship.

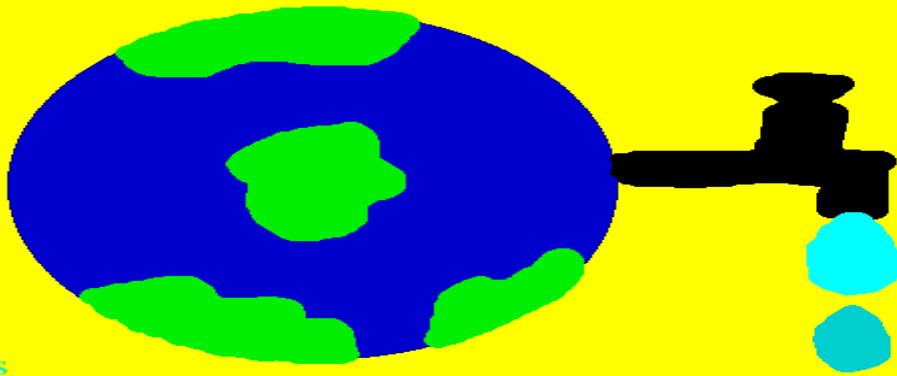


SAVE WATER



Water is the precious gift for the life. No water no future.
So stop pollution . Think about our future .
Save it for Tomorrow.

SAVE WATER.....



little
KITEs

NEELAKURINJI

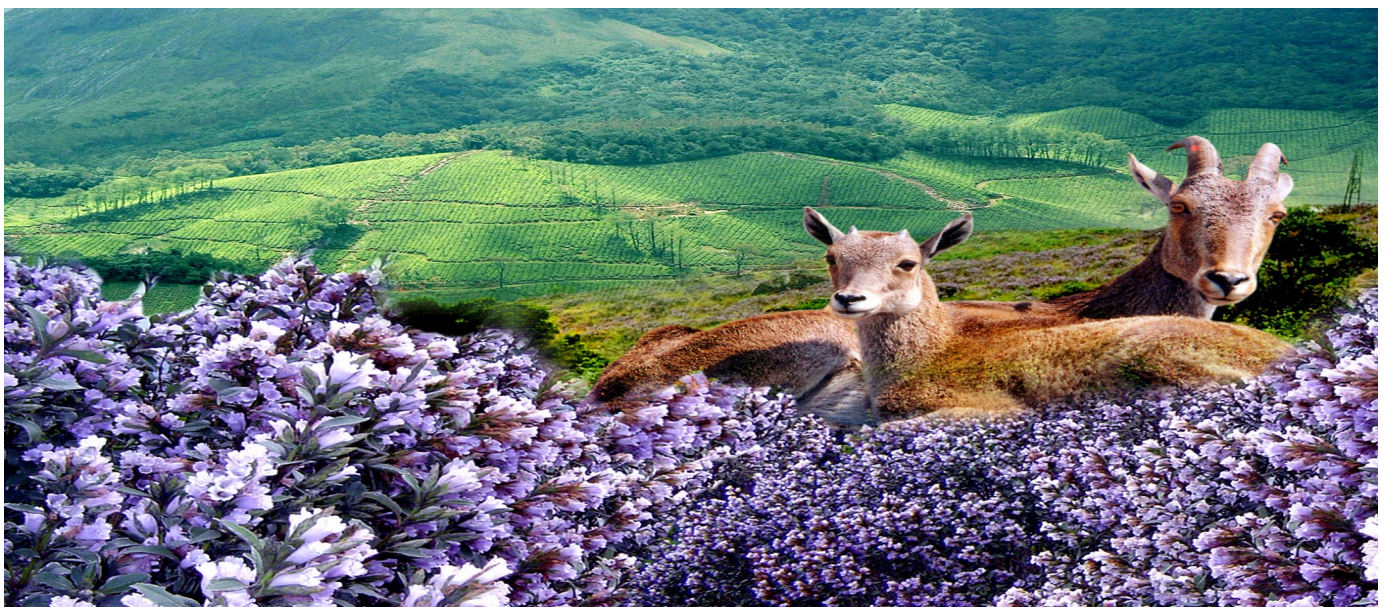
KURINJI or NEELAKURINJI is a shrub that is found in the Shola forest of the western ghats in south India. Nilagiri hills, Rajamalai, which literally means the blue mountains, got their name from purplish blue flowers of neelakurinji that blossom only once in 12 years of all long interval bloomers STROBILANTHER KUNTHIANCES is the most rigorously demonstrated, with documented Bloomings 1838, 1850, 1868, 1874, 1886, 1898, 1910, 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018 .

Some Kurinji flowers bloom once every seven years, and then die. Their seeds subsequently sprout and continue the cycle of life and death.

The paliyan tribal people living in Tamil Nadu used it as a reference to calculate their age.

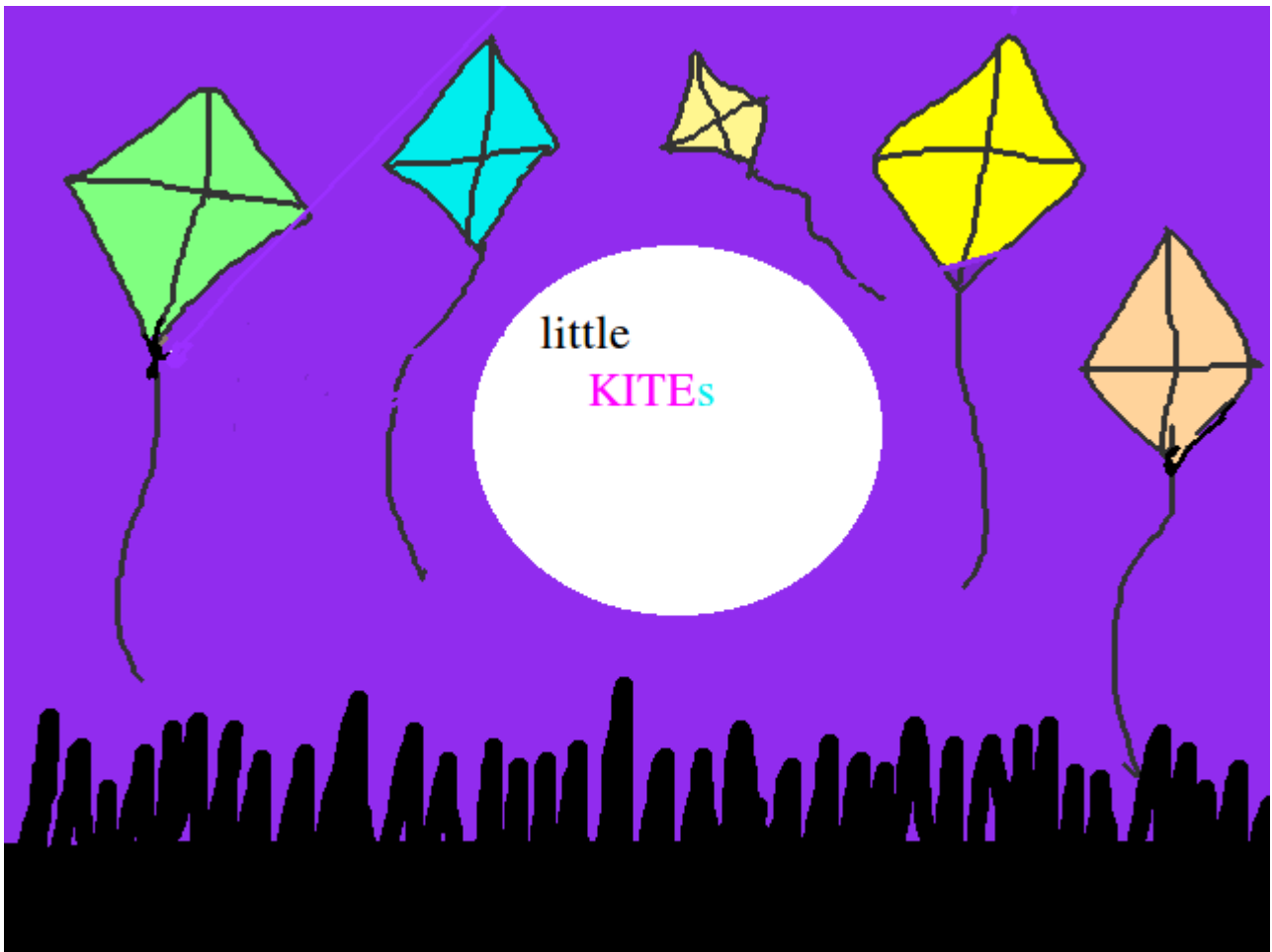
Kurinji flower is used to describe the associated Mountainous landscape where it blooms in classical Tamil literature.

The famous poetic Fragment "Red earth and pouring rain" from Tamil literary piece Kurunthokai makes an indirect reference to the flower



WE ARE THE WORLD

We are the people
We are the ones
To make a brighter come time
When we heed a certain call
When the world comes together
As one
There are people dying
Oh, and it's time
To lend a hand to life
The greatest gift of all
We can't go on



Pretending day by day

That someone, somewhere
Will soon make a change
We are all a part of
God's great big family
And the truth you know
Love is all we need.

We are the world
We are t
So let's start giving

BELIEVE IT OR NOT

- 1.THE LION HAS THE SMALLEST HEART OF ALL BEAST
- 2.A SNAIL IS AN ANIMAL THAT IS FOUND IN WATER AND ON LAND. IT CAN SLEEP FOR 3 YEARS.
- 3.FLIES AND BUTTERFLIES TASTE THE FOOD WITH THEIR FEET.
- 4.THE SENTENCE" THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG" USES EVERY LETTER IN THE ENGLISH LANGUAGE.
- 5."I AM" IS THE SHORTEST COMPLETE SENTENCES IN ENGLISH...

DADDY FELL IN TO THE POND

Everyone grumbled. The sky was grey.
We had nothing to do and nothing to say.
We were nearing the end of a dismal day.
And there seemed to be nothing beyond,

THEN

Daddy fell in to the pond!
And everyone's face grew merry and bright,
And Timothy dance for sheer delight.
“give me a camera,quick,oh quick!
He's crawling out of the duckweed.”

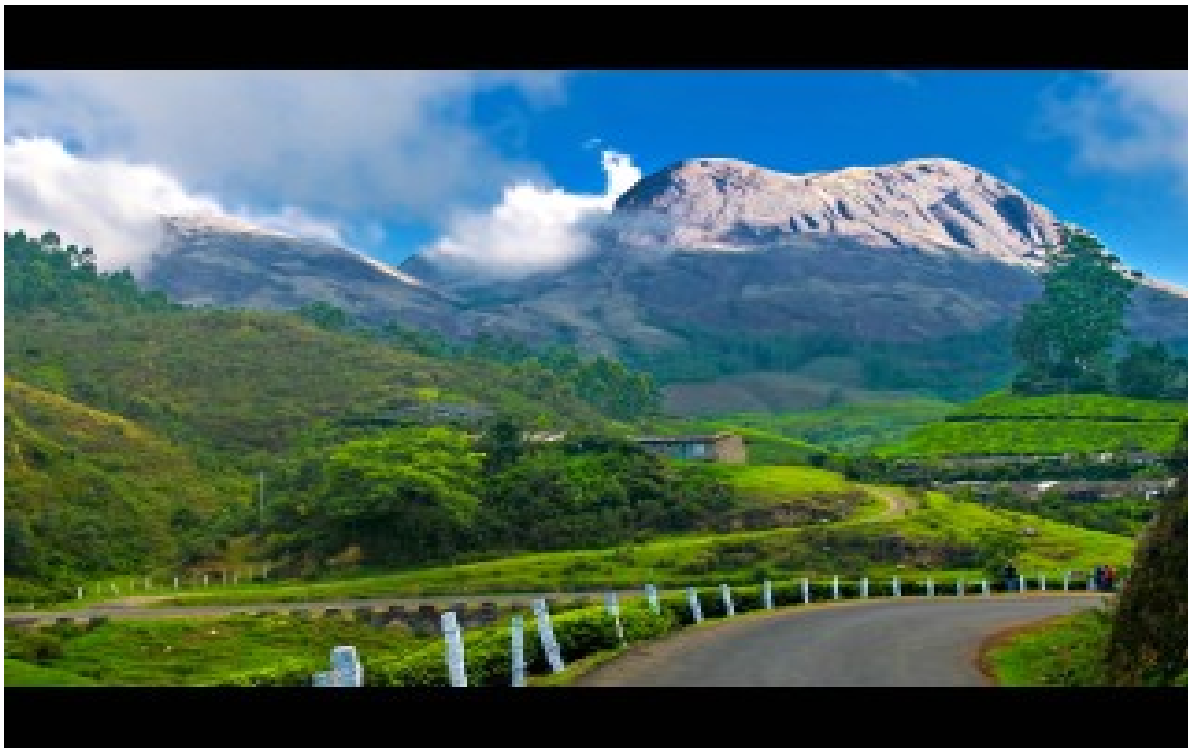
Click!

Then the gardener suddenly slapped his knee,
And doubled up, shaking silently,
and the ducks all quacked as if they were daft
and it sounded as if the old drake laughed.
O,there wasn't a thing that didn't respond

WHEN

Daddy fell in to the pond!

NATURE



**Nature is the life of our.
All in our world.
Nature is the mother.
Nature is the teacher learn for her.
No nature no future.
Love nature, save nature,
protect nature for next generation.**

DANCE

Dance is a performing art. It is describe in many ways. It is when people move to a musical rhythm. They may be alone,or in a group. The Dance may be informal play,a part of ritual,or a part of professional performance. There are many kind of Dancers,and every human society has its own Dancers



Dancing is not a sport,though it does have some athletic aspects . Dance is an art some people dance to express their feelings and emotions other people dance to feel better. Dance can be used to tell a story in some society,dance goes with song as well as music. People who want to dance schools it may take years of practice to become an experienced and flexible dancers .



To plane a dance is called a Choreography, done by a Choreographer. Often this goes with music, and fits into a certain styles. Dancers may be planed in detail,or they may be what ever dancers fell like doing .

THE JUNGLE AIR CRASH

I and my mother were flying from Lima to Pucallpa. 30 minutes after take-off, rain and lightning grew turbulent. The plane crashed. I was thrown out of the plane. My mother was died. I was fell in to a jungle there were many wounds on my body. I know that the snakes and the insects were more dangerous than wild animals. Maggots were hatching in my wounds. With luck I survived all dangerous.

I followed the course of brook. Lack of food and '45' degrees of heat make me very weak. On the tenth day three half-Indian hunters find me. They extracted the worms from my wounds. I looked a living night mare. Eleven days after crash I boarded a plane and reached the U.S Mission base near Pucallpa. My father join with me. The terrible ordeal was over.

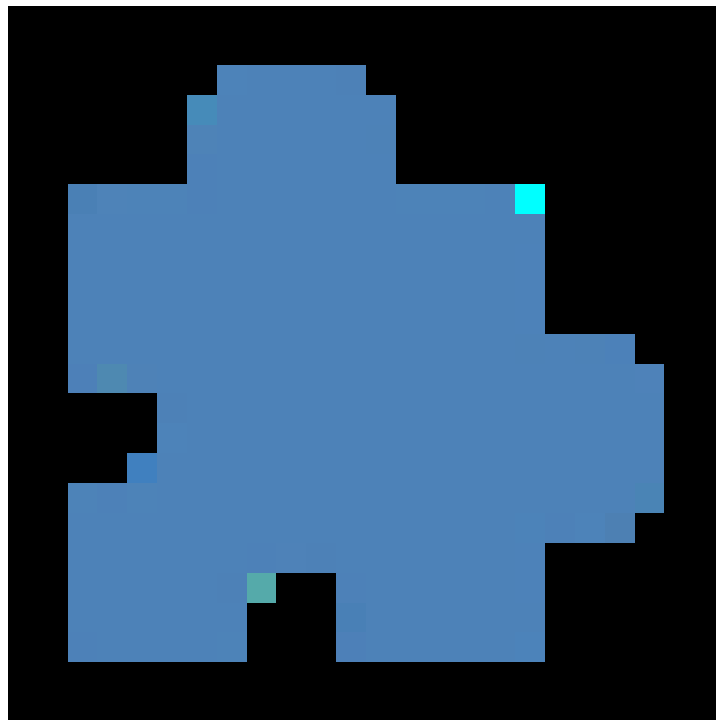


LITTLE FLOWER HIGH SCHOOL MUNNAR



These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food [addiction](#) in some people ([15Trusted Source](#)).

They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and [refined grains](#). Thus, they provide mostly empty calories.



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4. Don't fear coffee

Coffee is [very healthy](#).

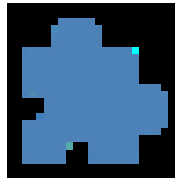
It's high in antioxidants, and studies have linked coffee intake to [longevity](#) and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses ([16Trusted Source](#), [17Trusted Source](#), [18Trusted Source](#), [19](#), [20](#), [21Trusted Source](#)).

5. Eat fatty fish

Fish is a great source of high-quality protein and healthy fat.

This is particularly true of fatty fish, such as [salmon](#), which is loaded with omega-3 fatty acids and various other nutrients ([22Trusted Source](#)).

Studies show that people who eat the most [fish](#) have a lower risk of several conditions, including heart disease, dementia, and depression ([23Trusted Source](#), [24Trusted Source](#), [25](#)).



6. Get enough sleep

The importance of getting enough [quality sleep](#) cannot be overstated.

Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance ([26Trusted Source](#), [27Trusted Source](#), [28Trusted Source](#), [29Trusted Source](#)).

What's more, poor sleep is one of the strongest individual risk factors for [weight gain](#) and obesity. One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults, respectively ([30Trusted Source](#)).

7. Take care of your gut health with probiotics and fiber

The bacteria in your gut, collectively called the [gut microbiota](#), are incredibly important for overall health.

A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity ([31](#), [32Trusted Source](#)).

Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking [probiotic supplements](#), and eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria ([33Trusted Source](#), [34Trusted Source](#)).

8. Drink some water, especially before meals

Drinking enough water can have [numerous benefits](#).

Surprisingly, it can boost the number of calories you burn.

Two studies note that it can increase metabolism by 24–30% over 1–1.5 hours. This can amount to 96 additional calories burned if you drink 8.4 cups (2 liters) of [water per day](#) ([35Trusted Source](#), [36Trusted Source](#)).

The optimal time to drink it is before meals. One study showed that downing 2.1 cups (500 ml) of water 30 minutes before each meal increased weight loss by 44% ([37Trusted Source](#)).

9. Don't overcook or burn your meat

Meat can be a nutritious and healthy part of your diet. It's very [high in protein](#) and contains various important nutrients.

However, problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer ([38Trusted Source](#)).

When you [cook meat](#), make sure not to overcook or burn it.

10. Avoid bright lights before sleep

When you're exposed to bright lights in the evening, it may disrupt your production of the sleep hormone melatonin ([39Trusted Source](#), [40Trusted Source](#)).

One strategy is to use a pair of amber-tinted glasses that [block blue light](#) from entering your eyes in the evening.

This allows [melatonin](#) to be produced as if it were completely dark, helping you sleep better ([41Trusted Source](#)).

11. Take vitamin D3 if you don't get much sun exposure

Sunlight is a great source of vitamin D.

Yet, most people don't get enough [sun exposure](#).

In fact, about 41.6% of the U.S. population is deficient in this critical vitamin ([42Trusted Source](#)).

If you're unable to get adequate sun exposure, vitamin D supplements are a good alternative.

Their benefits include improved bone health, increased strength, reduced symptoms of depression, and a lower risk of cancer. [Vitamin D](#) may also help you live longer ([43Trusted Source](#), [44Trusted Source](#), [45Trusted Source](#), [46Trusted Source](#), [47Trusted Source](#), [48Trusted Source](#), [49Trusted Source](#)).

12. Eat vegetables and fruits

Vegetables and [fruits](#) are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects.

Studies show that people who eat the most [vegetables](#) and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses ([50](#), [51](#)).

13. Make sure to eat enough protein

Eating [enough protein](#) is vital for optimal health.

What's more, this nutrient is particularly important for weight loss ([52Trusted Source](#)).

High protein intake can boost metabolism significantly while making you feel full enough to automatically eat fewer calories. It can also reduce [cravings](#) and your desire to snack late at night ([53Trusted Source](#), [54Trusted Source](#), [55Trusted Source](#), [56Trusted Source](#)).

Sufficient protein intake has also been shown to lower blood sugar and blood pressure levels ([57Trusted Source](#), [58Trusted Source](#)).

14. Do some cardio

Doing aerobic exercise, also called [cardio](#), is one of the best things you can do for your mental and physical health.

It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. [Reduced belly fat](#) should lead to major improvements in metabolic health ([59Trusted Source](#), [60Trusted Source](#), [61Trusted Source](#)).

15. Don't smoke or do drugs, and only drink in moderation

If you smoke or abuse drugs, tackle those problems first. Diet and [exercise](#) can wait.

If you drink [alcohol](#), do so in moderation and consider avoiding it completely if you tend to drink too much.

16. Use extra virgin olive oil

[Extra virgin olive oil](#) is one of the healthiest vegetable oils.

It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that can fight inflammation ([62Trusted Source](#), [63Trusted Source](#), [64Trusted Source](#)).

Extra virgin olive oil benefits [heart health](#), as people who consume it have a much lower risk of dying from heart attacks and strokes ([65Trusted Source](#), [66](#)).

17. Minimize your sugar intake

[Added sugar](#) is one of the worst ingredients in the modern diet, as large amounts can harm your metabolic health ([67Trusted Source](#)).

High sugar intake is linked to numerous ailments, including obesity, type 2 diabetes, heart disease, and many forms of [cancer](#) ([68Trusted Source](#), [69Trusted Source](#), [70Trusted Source](#), [71Trusted Source](#), [72Trusted Source](#)).

18. Don't eat a lot of refined carbs

Not all [carbs](#) are created equal.

Refined carbs have been highly processed to remove their [fiber](#). They're relatively low in nutrients and can harm your health when eaten in excess.

Studies show that refined carbs are linked to overeating and numerous metabolic diseases ([73Trusted Source](#), [74](#), [75Trusted Source](#), [76Trusted Source](#), [77](#)).

19. Don't fear saturated fat

[Saturated fat](#) has been controversial.

While it's true that saturated fat [raises cholesterol levels](#), it also raises HDL (good) cholesterol and shrinks your LDL (bad) particles, which is linked to a lower risk of heart disease ([78Trusted Source](#), [79Trusted Source](#), [80Trusted Source](#), [81Trusted Source](#)).

New studies in hundreds of thousands of people have questioned the association between saturated fat intake and heart disease ([82Trusted Source](#), [83Trusted Source](#)).

20. Lift heavy things

Lifting weights is one of the best things you can do to strengthen your muscles and improve your [body composition](#).

It also leads to massive improvements in metabolic health, including improved [insulin sensitivity](#) ([84](#), [85](#)).

The best approach is to lift weights, but doing bodyweight exercises can be just as effective.

21. Avoid artificial trans fats

Artificial [trans fats](#) are harmful, man-made fats that are strongly linked to inflammation and heart disease ([86Trusted Source](#), [87Trusted Source](#), [88Trusted Source](#), [89](#)).

While trans fats have been largely banned in the United States and elsewhere, the U.S. ban hasn't gone fully into effect — and [some foods](#) still contain them.

22. Use plenty of herbs and spices

Many incredibly healthy [herbs and spices](#) exist.

For example, [ginger](#) and turmeric both have potent anti-inflammatory and antioxidant effects, leading to various health benefits ([90Trusted Source](#), [91Trusted Source](#), [92Trusted Source](#), [93Trusted Source](#)).

Due to their powerful benefits, you should try to include as many herbs and spices as possible in your diet.

23. Take care of your relationships

Social relationships are incredibly important not only for your mental well-being but also your physical health.

Studies show that people who have close friends and family are healthier and [live much longer](#) than those who do not ([94](#), [95](#), [96](#)).

24. Track your food intake every now and then

The only way to know exactly how many calories you eat is to weigh your food and use a [nutrition tracker](#).

It's also essential to make sure that you're getting enough protein, fiber, and [micronutrients](#).

Studies reveal that people who track their food intake tend to be more successful at losing weight and sticking to a healthy diet ([97Trusted Source](#)).

25. If you have excess belly fat, get rid of it

Belly fat is particularly harmful.

It accumulates around your organs and is strongly linked to metabolic disease ([98Trusted Source](#), [99](#)).

For this reason, your [waist size](#) may be a much stronger marker of your health than your weight.

[Cutting carbs](#) and eating more protein and fiber are all excellent ways to get rid of belly fat ([100](#), [101Trusted Source](#), [102](#), [103Trusted Source](#)).

26. Don't go on a diet

Diets are [notoriously ineffective](#) and rarely work well in the long term.

In fact, dieting is one of the strongest predictors for future weight gain ([104Trusted Source](#)).

Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it.

[Weight loss](#) should follow as you transition to whole, nutritious foods.

27. Eat eggs, yolk and all

Whole eggs are so nutritious that they're often termed "nature's multivitamin."

It's [a myth](#) that eggs are bad for you because of their cholesterol content. Studies show that they have no effect on blood cholesterol in the majority of people ([105Trusted Source](#)).

Additionally, a massive review in 263,938 people found that egg intake had no association with heart disease risk ([106Trusted Source](#)).

Instead, [eggs](#) are one of the planet's most nutritious foods. Notably, the yolk contains almost all of the healthy compounds.

The bottom line

A few simple steps can go a long way toward improving your [diet](#) and wellness.

Still, if you're trying to live a healthier life, don't just focus on the foods you eat. Exercise, sleep, and social relationships are also important.

With the tips above, it's easy to get your body feeling great every day.

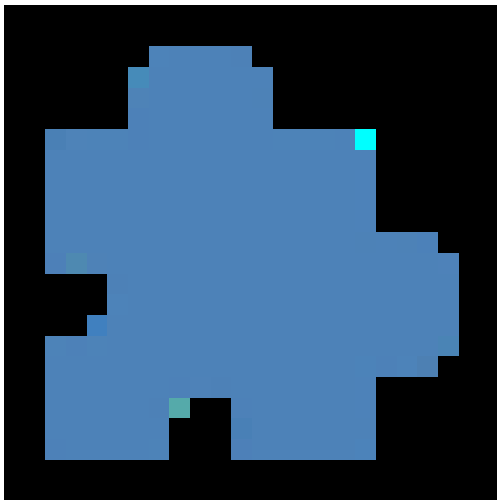
Healthline Challenges

Curious about mindful eating? Take our free 21 day challenge

Are you ready to give mindful eating a shot? Our nutrition newsletter can help you try it. Take the Mindful Eating Challenge and learn how to create lasting, healthy habits around food.

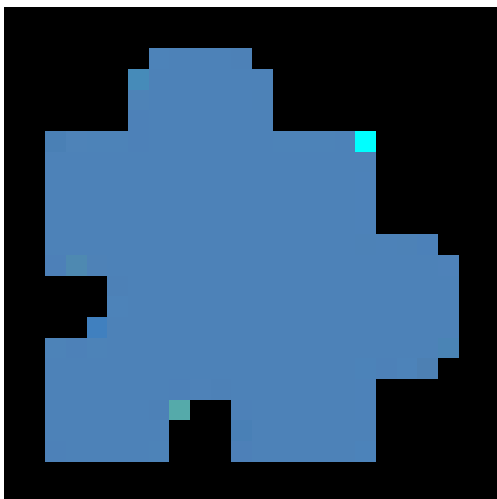
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Written by [Kris Gunnars, BSc](#) on June 7, 2019

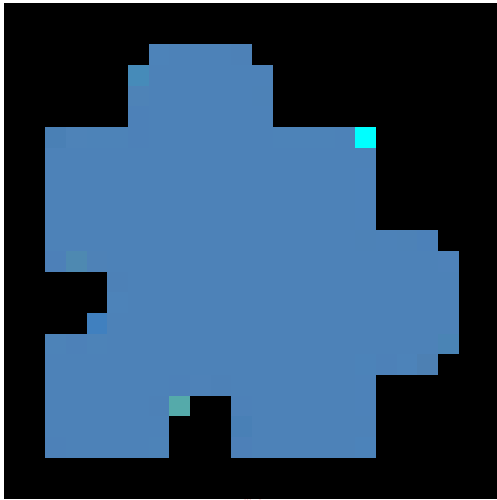


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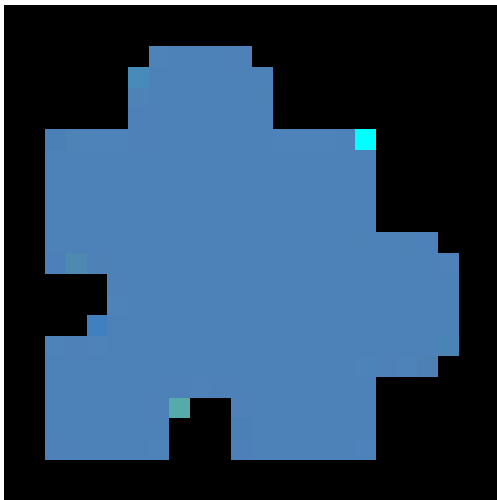
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- Mental Health Basics: Types of Mental Illness, Diagnosis, Treatment, and More
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- 25 Simple Tips to Make Your Diet Healthier
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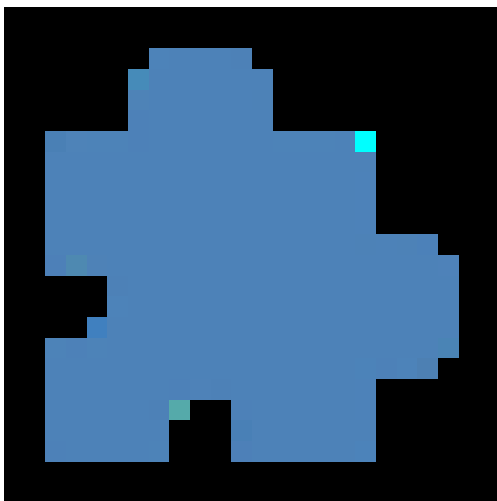
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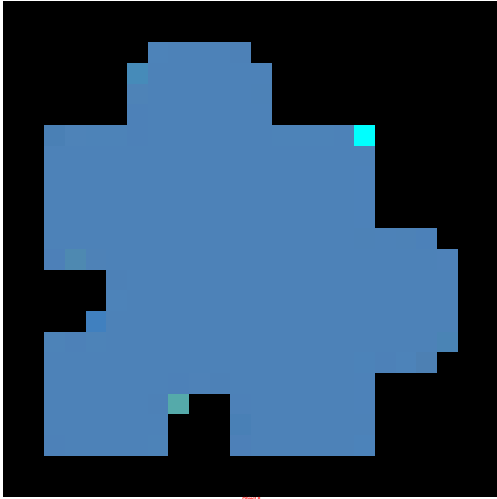
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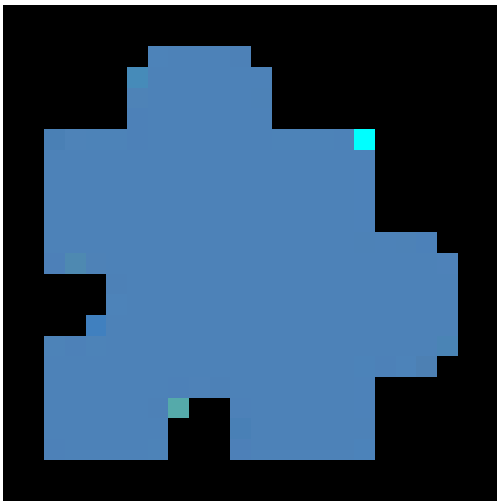
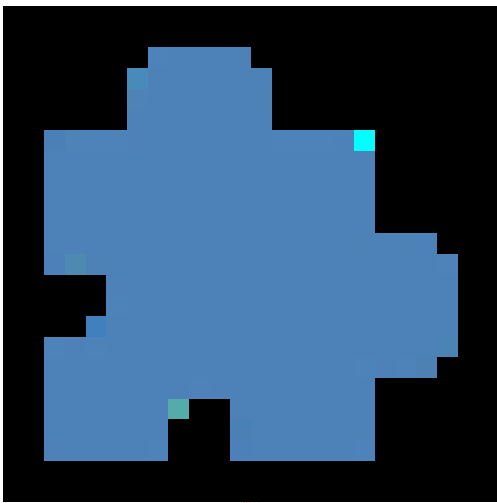
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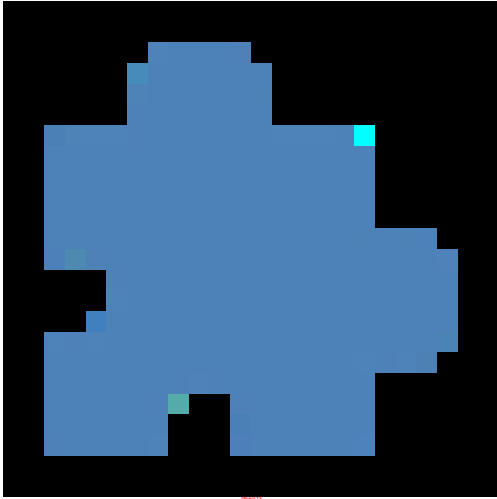
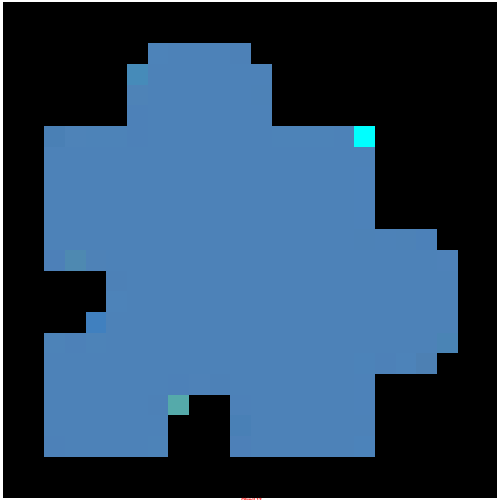
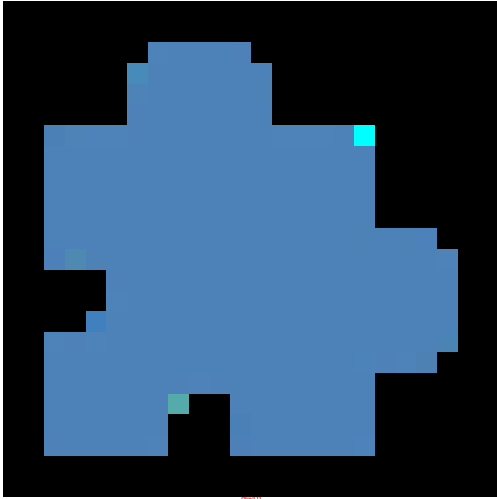


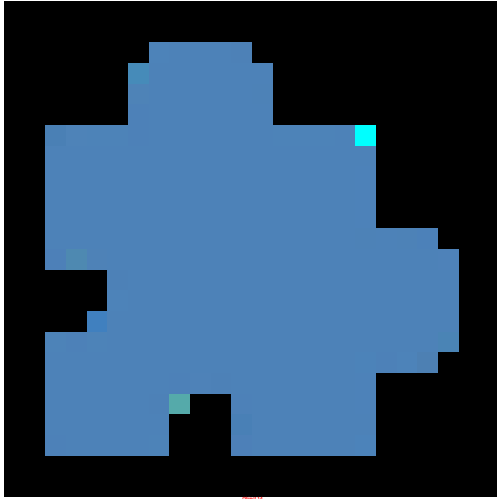
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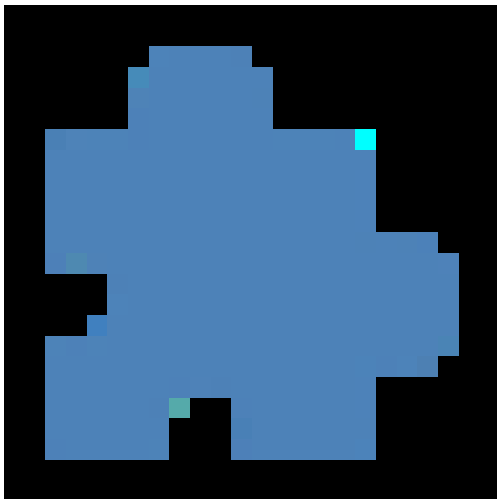
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[5 Simple Rules for Amazing Health](#)

- Written by Kris Gunnars, BSc

[Gaining optimal health is not supposed to be complicated. Follow these 5 simple rules if you want to be healthy, lose weight and feel awesome every...](#)

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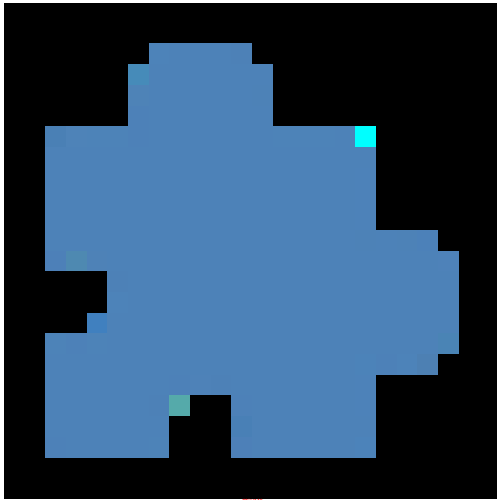
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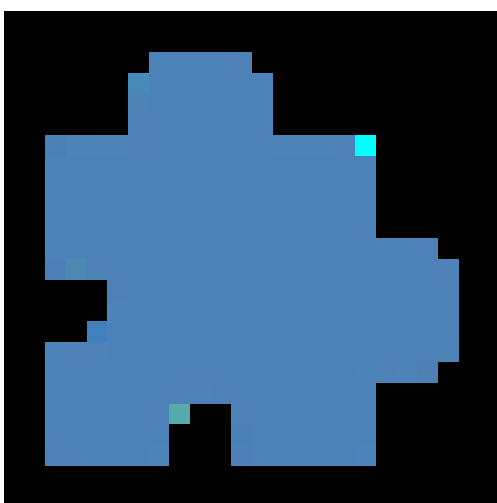
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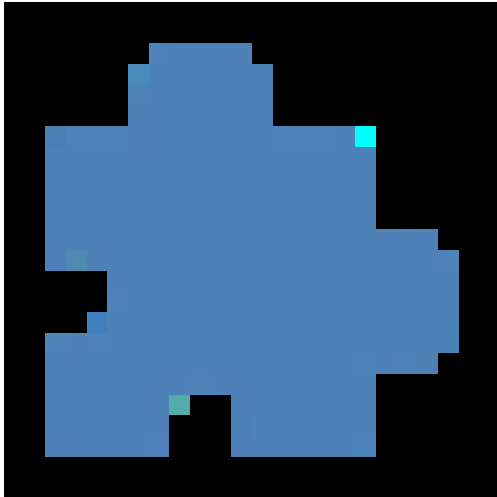
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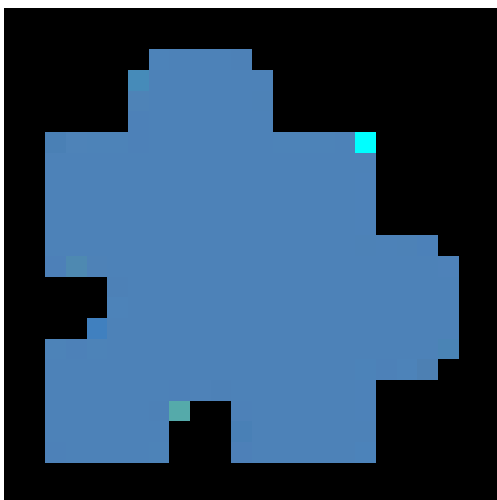
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