



EMOTIONAL PHYSICAL INTELLECTUAL CULTURAL SPIRITUAL



THE INDIAN COMMUNITY SCHOOL (SENIOR) KUWAIT

THE MONTHLY MAGAZINE

APRIL 2016

PRINCIPAL'S MESSAGE



My Dear Children,

Another beautiful academic year has come, the best academic year 2016-17. Let us start this academic year with a better

positive outlook. Make a special feel in the mind that you are unique and you are the best. Be happy all the time. There is no nourishment like happiness. A cheerful face goes a long way towards making everything better!. The best ornament is humility, the richest wealth is wisdom, the strongest weapon is patience, the best security is faith and the best tonic is laughter. My dear children attaining Success using the tool of visualization.

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that

they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success.

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed. You see yourself already transformed e.g. you say - I am confident enough to study all of my subjects, I will score good marks in the coming examination, all of my subjects

are easy for me. The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best. Be obedient. Obedience takes one towards the right direction. Obedience means understanding everything that comes one's way and allowing it to guide life in the right way - because nothing comes without a reason. An obedient mind is able to see the positive aspect and understand why there is that kind of a situation and humbly allows the situation to do its work. When you are obedient you are able to remain content and positive. You are not disheartened by low situations but understand that every low situation pushes me upward with greater force. So I enjoy being obedient and easy under all circumstances, yet being powerful within. Let us march forward with ICSK to gain success in one more academic year. Best Wishes to all of you.

MENDING LIVES BY LENDING A HELPING HAND



"We make a living by what we get..... but we make a life by what we give". The young philanthropists of the Indian community school Kuwait visited various labour camps in Kuwait. Undoubtedly it was an eye-opener for the teenagers to witness the pathetic situations of poor people who fight against their destiny for the daily survival. The empathetic students delivered at the camp food, clothing, toiletries and other necessary things.

Dr.V Binumon, the Principal of ICSK

Senior, whole heartedly applauded the magnificent effort of students who packed and distributed the food items under the guidance of teachers. It was quite a heart wrenching scene for the students to see many mothers carrying their little ones and stretching their arms to fill the stomach. The students expressed their pleasure in continuing this benevolent act of kindness.

Charity is always another manifestation of love and it benefits the giver more than the receiver.

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EDITORS NOTE

*Logic will take you from a to b,
imagination will take you everywhere.*

The movie, 'Grand Piano,' depicts a world - renowned pianist, known for cracking under stage pressure, sitting down to play a concerto before a packed audience. Then he sees the message scrawled in red on his music sheet: 'Play one wrong note and you die.' He had the option of producing a beautiful piece of music or a cacophony from the piano depending on how he played his choice of the notes.

Life is very much similar to playing the piano. The way you live your life is your choice. Everything you do in life is a matter of choice, and it is not your circumstances or people around you but your choices that determine the quality of your life. Every day you wake up with the power to choose what you are going to do and how you will use your time, energy, talents etc. And the choices you make are what will eventually shape your thoughts, views, experiences and life. The watchword is the 'rightness' or 'wrongness' of your choices.

Just take a look at your own life. Are you now where you wanted to be- or at least on the way to being there? Are you as secure and sound in your career and health as you would like them to be? If not, it is no use blaming anyone for your unexpected experiences and outcomes. You are where you are today because of the choices you have made- choices about what to focus on, choices about where to place your priorities and choices about what to do.

Life generally doesn't give you what you want; rather, it gives you what you choose for yourself. You have the power to choose the type of life you want to live. Everything in your life is the result of a choice you have made. So for an exceptionally beautiful life, make the appropriate choice.

ALWAYS CHOOSE TO LIVE A LIFE THAT MATTERS – TO YOU.

You can mail us: epicseditors@gmail.com

**Mr. Joseph Francis
Mrs. Sicy Abraham**



Facts about Kuwait

1. Kuwait comprises of nine islands which are mainly oil rich deserts. It is officially known as the "State of Kuwait." Kuwait City is the capital of Kuwait that is situated on Kuwait Bay.
2. Kuwait gained independence from Great Britain on June 19, 1961.
3. The official currency used is the Kuwaiti dinar. The name means "Fortress built near water".
4. The national bird of Kuwait is the falcon. It is found everywhere and also seen on the currencies and stamps.
5. Kuwait has the second-most free economy in the Middle East. It is the fourth-richest country in the world in terms of per capita income.



**Meghna Umesh
Deshnur - 12A**



A PREMONITION



Malaika - 10A

DEATH, the inevitable point of life.

I close my eyes, a bright light shines,

And feel the heat of the Hell beneath.

Heaven or Hell it's the fight after life -

Following the light to an unknown destination;

A huge gate before me - of pure perfection.

Desolate of it's guardians , the gate opens smooth.

I take a step ahead, unsure of what I'll face,

Encrusted with gems, a road of gold,

Leading to a castle of silver ace.

Walking and walking a never ending road.

Suddenly I fall, deep into the ground,

A hellish pit with fire scorching all around,

A sudden fear brings me a tear.

Cries of the dead and walls stained red,

Blood...blood was everywhere -

Shadows lurked, then a sudden jerk,

Being dragged into the inferno...I scream !

I feel the pain, yet open my eyes

Then I realize that it was just a Dream.....

INJAZ AT ICSK - CHEQUE FOR REAL RETURNS



INJAZ a non-profit organization with a mission to empower young people to own their economic success conducted a 5-day workshop "Career Success" at ICSK. The workshop was conducted for the students of class 12 from the various streams Science, Commerce and Humanities. The workshop primarily focused on soft skill development such as conflict management, problem

solving, critical thinking and creativity.

The events highlighted were:

PROBLEM SOLVING: Students were given two scenarios and had to make decisions with consequences affecting their business. They had to

Step 1: Identify the problem.

Step 2: Analyze the pros and cons.

Setp 3: Choose the best solution and Act.

CONFLICT MANAEGMENT : Two students enacted poor conflict management and good conflict management and a parallel study was conducted about the consequences on the business and the employee.

PILLARS OF A HIGH PERFORMANCE TEAM : Groups of 4-5 students were given a project to be completed within a specific time. They had to

- Set a common Goal.
- Assign individual roles and Responsibilities.
- Processes-Decision Making.
- Interpersonal Relationship Skills-Time Management and Communication skills.

PERSONAL BRAND AND CAREER GUIDE:

In these couple of sessions students analyzed their interest, skills and their job outlook. A mock interview with an employee was done their personal brand and demonstrate soft skills. Lastly, they prepared their resume and studied the do and don'ts of writing a resume.

WHEN YOU ...

When you think and act with confidence

Added confidence is created

When you think and act with courage

Greater courage is built up

When you look to the future with hope

The horizon becomes larger and brighter

When you think and act with energy

Additional energy is generated

When you think and act in a healthy manner

Better health is produced

When you think and act with initiative

It makes initiative more habitual

When you think and act with optimism

You become more optimistic

I CAN WIN

Hi friends!!

Success or failure is decided by ones reaction to a given situation. A pleasant disposition can work wonders for you and aid you in your climb to the top, even when you are disheartened.

I would like to suggest certain tips to make your walk to life better. In this article I will present my first tip.

#1. "Realize your purpose and move towards it."

Here's an example that I have read to start off.

Have you ever noticed the ships that are anchored at the ports? The longer they stay there, the safer they are from all dangers like the strong waves, gales and pirates. Do you think this is the purpose of building the ships? Will it

reach its destination if it stays at the port? Absolutely not. The ship is built to face the rough seas, pirates and travel the world. If it stays put, it will never reach its destination.

Our life is similar to this. All have come in this world with a purpose. We learn to swim, only if we get wet. Every blade of grass is created with a purpose. We have to overcome the obstacles and hurdles in the path of success to reach our destination. No one can make a lock without a key. Likewise, there is always a solution to each problem.

So friends, do not hesitate to step into the world. Realize the purpose of your life and move towards to it without any fear. Hope you will look forward towards my next tip.



Neethu Elizabeth Thomas-12B

AN EYE OPENER - BEYOND THE ORDINARY

FIRST DOCTOR OF INDORE, NOW 91, HAS BEEN TREATING PATIENTS FOR FREE SINCE 1948



A gynaecologist who is the first woman to hold an MBBS degree in Indore, Dr Bhakti has been treating her patients for free for the past 68 years.

Meet Dr Bhakti Yadav, this 91-year-old is not only the first woman to hold an MBBS degree in Indore, she has also been treating all her patients for free since 1948!

Every once in a while we stumble upon stories that have such a deep impact on us that it can change our outlook towards life. This is one such story, Dr Bhakti Yadav, now 91 years old, has gone an extra mile to prove the fact that pursuing a career is not just about making a living out of it.

And how!

A gynaecologist who is the first woman to hold an MBBS degree in Indore, Dr Bhakti has been treating her

patients for free for the past 68 years. She has been a mid-wife for thousands of women in Indore and has never expected a penny in return.

But over the years her age has come inbetween her profession, and she does not get as many patients as she used to. Many women from in and around UP and MP throng to seek treatment from her.

She goes out of her way to help her patients get the best treatment and makes sure that they feel loved in the process.

Now, that's what is called being truly selfless! Hats off to you Dr Bhakti Yadav!

Stories like these will keep inspiring people for generations to come.

The Kashmiri Dame

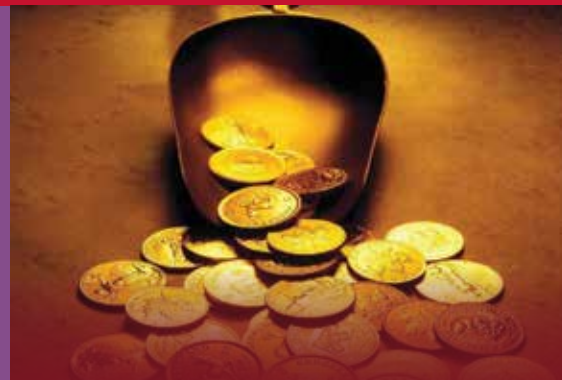


FATEMA TAPIYA
- 11H

Circumstances and difficulties can never overtake a courageous brain. So are the ladies of Kashmir. Their right to education was taken away. But there was nothing to stop them walk ahead. They did so with all their efforts and real potential. Talent is just the great will power which leads you to a place no one else can think of. Also the word talented will be really small for the women of kashmir. Different jobs they perform in a day such as: making handmade shawls which are exported worldwide , they do their business all alone without any men at shikaras (small hand driven boats) by selling daily essentials. They do farming of saffron, almond, walnut , mustard etc.

They do all these activities without any mechanical equipments and get the best results out of it. Kashmir is one of the most important exporter of organic food. You may be surprised to hear that not even a cinema hall is there for entertainment. This is a huge wonder for us isn't it? But yes the kashmiri woman as a beautiful flower blooming with her talents without education and technology to prove the world the power of a peaceful and talented mind.

The minds and brains which can do the best without proper education and equipment's in the era of machines are the real motivator to our generation who will build the nation.



























































The Grammar of Right Living TRUE RICHES:

You are richer today than you were yesterday if you have laughed often, given something, forgiven even more, made a new friend today, or made stepping stones of stumbling – blocks; if you have thought more in terms of "thyself" than of "myself" or if you have succeeded in being cheerful even if you were weary.

You are richer tonight than you were this morning if you have taken time to trace the handiwork of God in the commonplace things of life, or if you have learned to count out things that really do not count, or if you have been a little blinder to the faults of friend or foe.

You are richer if a little child has smiled at you, and a stray dog has licked your hand, or if you have looked for the best in others, and have given others the best in you.

CAPTAINS & VICE CAPTAINS - April 2016

CLASS 12 A		CLASS 12B		CLASS 12C		CLASS 12D		CLASS 12E	
									
KEVIN C. KOSHY	MEGHNA UMESH	MUHAMMED BASIL	BENCY JOSEPH R.	UMAIMA EFTIKHAR	RICHARD JOHN	NOELA LUIS	SONALI SATPAL	NOOH FAISAL	VYNNAN MARIA
CLASS 12F		CLASS 12G		CLASS 12J		CLASS 11 A		CLASS 11B	
									
JEFFIN MANOJ	MELROY SYLVESTER	AYESHA IMRAN	LORINA GIGI	SYED ABDUR RAHMAN	ANJALI SAATHAKUMAR	SARAN PREM	FATEMA ABDUL KHAIR	ZAID ZAFER	HINAL SRIVASTAVA
CLASS 11C		CLASS 11D		CLASS 11E		CLASS 11F		CLASS 11G	
									
AASIF KHAN	TARIQ AHAMED	MARIA NIXON	SAYED ALI RAZA	ZAHABIYA	THANISHA KHATOON	HASAN ALI JABIR	MARIYA SYED	AEISHA ANIS	KHALID ABDUL
CLASS 11H		CLASS 11I		CLASS 11J		CLASS 11K		CLASS 10A	
									
CRYSTAL LEORA	THOMAS MATHAI	ALI ABBAS	ALVINA	AMAN ALI C.	YUSRAAMJAD GHORI	ARJEET SINGH	JERY ROY V.	SIDHRATH SURESH	JUNA MARIYA R.
CLASS 10 B		CLASS 10 C		CLASS 9A		CLASS 9B		CLASS 9C	
									
MOSES REJI CHANDU	AKHIL JOSE	ABEL CHRIS	RACHEL FERNANDES	CHERISH C	AHALYA N	SOPHIA SAJI V	JOEL ANTO	CHRISTINA E.	MURTAZA KHOZEMA
CLASS 8A		CLASS 8B		CLASS 8C					
									
REEBA SUSAN T.	ABHISHEK RAY	KESIYA SARA KOSHY	RUTVIK VENKATA	CHRISTINE SUSAN	KHALDOON M S.				

Anger - control it, before it controls you!



Anger is a negative emotion. It carries the mind away or in other words, the person loses control on behavioural functions during the state of anger. The major source of anger is the frustration of motives. However, anger is not a reflex, rather it is a result of your thinking and hence is controllable by your own thoughts only.

The following are the few key points in anger management:

- Face the problem and make it a priority.
- Focus on your trigger points.
- Use deep breathing to regulate stress.
- Find constructive ways of controlling your anger. Have control on the degree and duration of anger that you choose to express.
- Have a regular sleep schedule to improve your ability to self-regulate.

- Resist having irrational beliefs about people and events.
- Give yourself time to change. It takes time and effort to change a habit.



Neha Suresh Mathu
- 12B

In conclusion, anger is a part of the many emotions common to us, but with the knowledge that it does not benefit us, we must take appropriate measures to reduce or even control it.

TASTE OF INDIA - KNOW MORE ABOUT INDIAN CUISINE



Americans love a loaded Thanksgiving table, Chinese can't do without chopsticks, Britons have formal dining traditions and the rest of the world has its own - different cultures, cuisines and customs. With a rich heritage, the history of Indian cuisine is as old as our civilization. The Indian dining etiquette is built on traditions. And behind almost every tradition are centuries of invasions, conquests, religious beliefs, political changes and social customs.

Eating with Your Hands :

This tradition has its roots in Ayurveda. Eating is supposed to be a sensory experience and eating with your hands evokes emotion and passion. According to Vedic wisdom, the hands are the most precious organs of action. One of the Ayurvedic texts reveals, every finger is an extension of the five elements. Through the thumb comes space, with the forefinger comes air, the middle

finger is fire, the ring finger is water and the little finger represents earth.

Serving Food on Banana Leaves:

An authentic Southern meal is mostly served on a banana leaf. Eating food on a banana leaf is considered healthy. Placing hot food on these leaves emanates several nutrients that enrich your food. Banana leaves contain large amounts of polyphenols. A natural antioxidant found in many plant-based foods. It also adds to the aroma of food and enhances the taste. Traditionally, water is sprinkled on the banana leaves before use as an act of purification.

One Plate for All :

The Bohri Muslim community follows a tradition of eating from one huge platter called thethal. The meal begins by sitting around the platter and passing the salt. After every family member has tasted it, the first course is served. The

entire family eats out of the same platter which should never be left unattended after the meal has been placed.



Alamelu Indira
- 12F

Jol Pan:

A tradition followed across Bengal and Assam, jol pan is a quick snack that is often eaten before breakfast. In some cultures, it is a mix of different varieties of regional rice cooked traditionally and served with curd, jaggery and pitha. In a humid land, your body's ability to fight disease depends on the diet. Thus, curd with its cooling properties acts as a great reliever.

The Great Indian Thalís :

The thali is a wholesome meal which you would find in many regions like Rajasthan, Gujarat or down South, complete with light and lovely curries, local greens, dals, rice and Indian breads. Accompaniments like homemade chutneys, pickles and crisp papadums are a must.

They represent the food pyramid of today with carbohydrates from grains, fibre from fruits and vegetables and nutrients from dairy products like yoghurt. It's a balanced diet where variety is at its best.

India is known for its large assortment of dishes and its liberal use of herbs and spices.



"I made them especially for you," says King. Feel free to examine them, but please be careful. The best of them have teeth." - Stephen

The Bazaar of Bad Dreams

A master storyteller at his best—the O. Henry Prize winner Stephen King delivers a generous collection of stories, several of them brand-new, featuring revelatory autobiographical comments on when, why, and how he came to write (or rewrite) each story.

Since his first collection, *Nightshift*, published thirty-five years ago, Stephen King has dazzled readers with his genius as a writer of short fiction. In this new collection he assembles, for the first time, recent stories that have never been published in a book. He introduces each with a passage about its origins or his motivations for writing it.

There are thrilling connections between stories; themes of morality, the afterlife, guilt, what we would do differently if we could see into the future or correct the mistakes of the past. "Afterlife" is about

a man who died of colon cancer and keeps reliving the same life, repeating his mistakes over and over again. Several stories feature characters at the end of life, revisiting their crimes and misdemeanors. Other stories address what happens when someone discovers that he has supernatural powers—the columnist who kills people by writing their obituaries in "Obits;" the old judge in "The Dune" who, as a boy, canoed to a deserted island and saw names written in the sand, the names of people who then died in freak accidents. In "Morality," King looks at how a marriage and two lives fall apart after the wife and husband enter into what seems, at first, a devil's pact they can win.

Magnificent, eerie, utterly compelling, these stories comprise one of King's finest gifts to his constant reader.

UTTARAKHAND



"मादू हमरू, पाणी हमरू, हमरा ही छन यी बौण भी... पितरों न लगाई बौण, हमुनही त बचौण भी।"

Soil ours, water ours, ours are these forests. Our forefathers raised them, it's we who must protect them. ~ Old Chipko Song in Garhwali

Established	: 9 November 2000
Capital	: Dehradun
Districts	: 13
High Court	: Nainital
Legislature	: Unicameral (71 seats)
Parliamentary constituencies	: 3 Rajya Sabha : 5 Lok Sabha
Area	: 53,483 km ²
Population	: 10,116,752 (2011)
Density	: 189/ km ²
Languages spoken	: Hindi, Garhwali, Kumaoni
Official languages	: Hindi



Uttarakhand was formerly known as Uttaranchal, is located in the northern part of India. Many Hindu temples and pilgrimage centres are strewn throughout the state. It is often referred to as the Devbhumi (literally: "Land of the Gods"). Uttarakhand is known for its natural beauty of the Himalayas, the Bhabar and the Terai.

On 9 November 2000, this 27th state of the Republic of India was created from the Himalayan and adjoining northwestern districts of Uttar Pradesh. Since January 1, 2007 the state is known as Uttarakhand.



The historical temples at Jageshwar, preserved by the Archaeological Survey of India

About 83% of the population follow Hinduism. Islam is the largest minority religion in the state, followed by Sikhism, Christianity, Buddhism, and Jainism. Garhwali and Kumaoni along with other hilly dialects and sub-dialects are the main regional languages, whereas Hindi is the most widely spoken language. Uttarakhand is the only state in India with Sanskrit as one of its official languages.

Uttarakhand has a total area of 53,483 km² of which 86% is mountainous and 65% is covered by forest. Most of the northern part of the state is covered by high Himalayan peaks and glaciers. In the first half of the nineteenth century, the expanding development of Indian roads, railways and other physical infrastructure was giving rise to concerns over indiscriminate logging, particularly in the Himalaya. Two of the most important rivers in the region are the Ganga at Gangotri and the Yamuna

at Yamunotri. These two along with Badrinath and Kedarnath form the Chota Char Dham, a holy pilgrimage for the Hindus.

One of the major Hindu pilgrimages, Haridwar Kumbh Mela, takes place in Uttarakhand. Haridwar is one of the four places in India where this mela is organised. Haridwar most recently hosted the Purna Kumbh Mela from Makar Sankranti (14 January 2010) to Vaishakh Purnima Snan (28 April 2010). Hundreds of foreigners joined Indian pilgrims in the festival which is considered the largest religious gathering in the world.



LOST DANCE FORMS OF INDIA

India is a melting pot of innumerable cultures, cuisines and languages. Every nook and corner of the country has a fascinating tale of its history and culture to share. One very interesting aspect of this is the traditional dances of the various states.

Describing a dance form is as beautiful as the dance itself. The elegance with which one moves, the music that accompanies,

the expression that adds life to the dance and the effort that is masked under an ease that had come through many years of dedication; there is even more that adds beauty to this assortment. It is not that simple to define dance. When dance forms like Bharatanatyam, Kathakali, Kathak etc. remain well-known, our country is rich with several other dance forms that remain known only to a handful of people. Here is a brief look at some of

these dances, among the multitude of dance forms that are lesser known yet vie in their elegance and style..

Here's discovering the rare variety in Indian dance that never surfaced to the kind of popularity as other forms. These 'lost dances' of India are a treasure we cannot afford to forgo!



Vaneesa Soares
- 12D

CHAUU



This is tribal martial arts dance which is popular in Orissa, Jharkhand and West Bengal. This regional dance form is performed during spring festival of Chaitra Parva. It is believed that the word "chauu" comes from a Sanskrit word "chaaya" which means shadow. This is a mythological dance form which is inspired from various episodes of Ramayana and Mahabharata. There are three different styles of Chauu which you can differentiate according to the use of the masks. The dance is performed in an open space with performers wearing various colourful costumes according to their roles.

by Srimanta Sankaradeva to convey mythological stories to people in a fun and easy-going manner has come a long way since its inception. The dance is said to have been inspired by the principles of both traditional Indian dance styles as well as folk and tribal traditions of Assam and North-east India. The dance form came into limelight in the year 2000 when it received recognition as one of the eight classical dances of India.

KALBELIA



This intense dance form is enriched by a nomadic tribe of Rajasthan that bears the same name and has been famous as snake charmers over the centuries. Therefore the costume of the dancers is also inspired by the prints of serpents. The dance form is said to be a sense of identity for the tribe, where the females gracefully move their body to match the movement of the snakes to the music played by the males. The 'sapera dancers' or 'snake charm dancers' are also famous for their costume and jewelry apart from the dance moves, which brought them into prominence in the year 2010 by UNESCO's representative record of the Intangible Cultural Heritage of Humanity.

This is one of the most ancient dance forms from the villages of Tamil Nadu. It was invented when there were no musical instruments. The dance is performed by women and they move according to the sound of their claps. The women stand in a circle and dance while clapping their hands rhythmically to lifting songs. This dance is usually performed during temple festivals. Women of various age groups come together, form a circle and dance to the tune of Kummi songs (mostly, the women in the group sing them aloud). Some times even the men perform together with the women. Since ancient times it's been performed to mark the arrival of the harvest season. Hence it is mostly performed during Pongal i.e. the harvest festival of Tamil Nadu, and also during marriages and other regular festivities.

CHARKULA



With a belief that Lord Krishna's wife Radha was born on the third day after Holi, the inhabitants of Braj region of Uttar Pradesh religiously perform this dance every year. The women drape themselves in colorful outfits and move rhythmically to the tunes of Lord Krishna's songs or 'rasiyas'. The movements are extremely graceful in spite of the charkulas (a large multi-tiered wooden pyramid) balancing over their head. The charkulas are said to be lighted by 108 oil wicks. The dance form is enthused by many legendary stories related to Radha and Krishna.

SATTRIYA



KUMMI



The dance which was initially introduced

Teenager's Guide to Depression

Tips and Tools for Helping Yourself or a Friend



It has been said that depression affects up to 40% of people at some stage in their lives, and has been found to be more common in women than in men. Depression can seriously affect a person's daily life.

The teenage years can be tough, and it's perfectly normal to feel sad or irritable every now and then. But if these feelings don't go away or become so intense that you can't handle them, you

may be suffering from depression. The good news is that you don't have to feel this way. Help is available and you have more power than you think. There are many things you can do to help yourself or a friend start feeling better.

What depression feels like?

When you're depressed, it can feel like no one understands. But depression is far more common in teens than you may think. You are not alone and your depression is not a hopeless case. Even though it can feel like depression will never lift, it eventually will—and with proper treatment and healthy choices, that day can come even sooner.

What can you do to feel better.. (10 simple tips.)

1. Try not to isolate yourself.
2. Keep your body healthy.

3. Ask for help if you're stressed.
4. Stick with your friend through the hard times.
5. Accept and share your feelings.
6. Participate in sports, job, school activities or hobbies.-Staying busy can help you focus on positive activities rather than negative feelings or behaviors.
7. Think positive thoughts, free your heart from hatred and free your mind with worries.
8. Set achievable goals.
9. Live simply, productively and try to progress.
10. Embrace change and stay happy.



Kulsum Fathima
- 12C

A TIME TO TRIUMPH - BOSS WITH GLOSS



The much awaited Annual Science Gala for the academic year 2015-'16 organized by Science International Forum (SIF), Kuwait was conducted on 31st March, 2016, at American International School, Hawally. The ceremony was inaugurated by Indian Ambassador to Kuwait, H.E. Sri. Sunil Jain. Renowned cardiac surgeon and scientist, Padma Vibhushan Dr. M. S. Valliathan, graced the function as chief guest for the evening. Dr. Sachin Mandgavne, Researcher and Associate Professor at National Institute of Technology, gave the presentation on Science in Daily Life which reflected the unnoticed science in our day to day life.

The winners and outstanding performers of Sastra Prathibha Contest 2015-16, Young Scientist's program 2015-16 (KCSC), Inspire Teachers Excellence

Award 2015, the project guides for the selected teams at KCSC and the declared team with best stall at KCSC were honored with trophies and certificate jointly by the distinguished guests of the evening. The students and teachers of Fahaheel Al Wataniya Indian Public School (DPS) received the prestigious 'Acharya J. C. Bose Sastra Puraskar' for the best performing school.

National award winning film in the educational category, 'Quantum Indians' was screened at the venue which highlighted the contributions made to science by three renowned Indian scientists, Dr. Satyendra Nath Bose, Sir

C. V. Raman and Dr. Meghnad Saha.

Opportunity was given to the selected people from the audience, for asking questions to Dr. Valiyathan. The grand evening was studded with the presence of other eminent academic and scientific personalities from India and Kuwait along with the SIF coordinators from other Middle East countries. Sri. Prasanth Nair (President, SIF Kuwait) extended a warm welcome to the gathering. Science Gala proved to be a memorable opportunity for students, parents and teachers in Kuwait to listen to the top academic and scientific brains of India.



CHARITY FUND

FOR THE MONTH OF MARCH 2016

INCOME (FEBRUARY)		KD	BIRTHDAY AND CHARITY FUND FOR MARCH : 2016		
Balance c/f from February		2,416.225			
Contribution from students of Class XII (March)		81.480	CLASS / SEC	Birthday Fund	Charity Fund
Contribution by Staff (March)		43.000	XII A		4.905
Contribution by Well Wisher		1200.000	XII B		13.440
Balance in hand		3740.705	XII C	5.000	4.325
			XII D	5.000	13.525
			XII E		7.725
			XII F	3.500	6.580
			XII G	5.000	12.480
			Total	18.500	62.980
					81.480

CHARITY CONVENORS - APRIL 2016



HARITHA
- 12A



AYSHA MUBEENA
- 12B



VANEESA EMILLA S
- 12C



ADNAN PARTAPURWALA
- 12D



MANJOT SINGH
- 12E



HUSAIN TAHER
- 12F



FATIMA BI
- 12G



DAN SAMUEL T.
- 12J



ABHIRAM V. KURUP
- 11A



BENNY MATHEW
- 11B



ANSON PEREIRA
- 11C



FAUD ABU RAHIMAN
- 11D



HANAN HASHIM
- 11E



ASHLY SHIBU
- 11F



NITYA KAPOOR
- 11G



ENRICA DSOUZA
- 11H



MARIYAM
- 11I



FRANCESA ANNA K.
- 11J



MOHAMMED
- 11K



IMAD FAISAL
- 10A



ALITA ANNET M.
- 10B



PARINAZ SHARUK
- 10C



AISWARYA. S
- 9A



ANGELINE SARA
- 9B



BASSAM
- 9C



SNEHA SUSAIN A
- 8A



GAUTAM KRISHNA
- 8B



SAURAV G.
- 8C

My Scribblings My Broken Thoughts.....

Budding flowers never ask the sun;
how much should they bloom.
They open up and express as much as;
but to un bloom under the same sun.
The feminine in you calls for unlimited expressions...
but to get disheartened by small small scratches.

Life is a blank thesaurus.
How much ever you try to fill it with meanings; you fail.....
But those failures find new and novel meanings.
They color up and open up new oasis.
Such a happening platform is life.

Newness is freshness; let it not be smeared by the old.
Because oldness takes away all the brightness.

It holds the placard of routines and timetables.
Wipes off all the colours of freshness;
erases its' novelty and makes one bore
Let everything be always in the aura of newness.

The king of darkness rules the day.
His exuberance and liveliness adores us.
We homeless ignorant of his hidden brutalities
yearn to become his prince and get strangled in the
brightness.

The whole world is on fire;
in between we are burning in our own flames.
Pope found at least one percent happiness
but we are denied even that.

Birthday Gallery **MARCH**



AAYUSHI BHATT
11H - MAR 1



FAISAL FAREED
12 - MAR 1



HAWRA HAKIMUDDIN
9B - MAR 1



HOOR BANU
12G - MAR 1.



KEVIN VARGHESE
12 - MAR 1



MITRA M. MATHEW
12 - MAR 1



RANJANA RAJENDRAN
11A - MAR 1



REBECCA RACHEL
10B - MAR 1



SAMANTHA SUNIL CRASTO
12D - MAR 1



ZEENATHUL HASNA
11J - MAR 1



ALVINA THANKAM
11 - MAR 2



AMENA JOHAR ALI
12E - MAR 2



ANN JOSEPH
12 - MAR 2



ELMA JOHN
12D - MAR 2



KULSUM FATIMA
12C - MAR 2



MARIA NIXON
11D - MAR 2



MEHEDI IMRAN
10F - MAR 2



NAJMUDDIN MUSTAFA
12 - MAR 2



SWETHA SUNDAR
12D - MAR 2



UMMESALMA GARHIWALA
12 - MAR 2



ASHIK ABOOBACKER
12 - MAR 3



BISMY M KUNJUMON
12C - MAR 3



MANUEL ANDRADE C
12 - MAR 3



ISHDEEP SINGH SAHNI
12 - MAR 4



MURTAJA MOHAMMED
12 - MAR 5



MELISSA PEARL FONSECA
12 - MAR 6



SAIF MOHAMMED
10 G - MAR 6



ANKITA ANN BINU
12 - MAR 7



AARON ROY
12A - MAR 8



ALBAN ANTONY
11H - MAR 8



SAKINA YUSEFI K
9B - MAR 8



ABISHEK VENKATESH
9A - MAR 9



JAMILA ABDUL JABBAR
12A - MAR 9



JITHESH KUMAR GOPI
9A - MAR 9



DERRICK AJAY
12 - MAR 10



MARWAH MAHMOOD
11C - MAR 10



DEVANG DINESH
10C - MAR 12



ASISH DAN PHILIP
12C - MAR 13



ASMA A. SIDDIQUI
10C - MAR 13



CHER D'SILVA
12G - MAR 13



GEORGE SAJI V.
12 - MAR 13



JOSEPH BEN JACOB
12 - MAR 13



LUJAIN FIROS
12 - MAR 13



LARSEN GOMES
10C - MAR 14



GAYATHRI NAIR
10D - MAR 15



INTISAAB ABIDI
12D - MAR 15



NOYAL S. SAJU
8C - MAR 15



ATEKA RAJ
10A - MAR 16



ALVINA C.D'SOUZA
11J - MAR 18



JUSTIN K. LEWIS
12 - MAR 18



KEVIN C KOSHY
12A - MAR 18



FATHIMATUL RISHADA
12E - MAR 19



SILLA SWADIB PATRO
12A - MAR 19



ADEEP SINGH CHADHA
12 - MAR 20



KHULOOD SYED AKRAM
12C - MAR 20



MOHAMMED A. ADNAN
9A - MAR 20



RITAJ FAROOQ
10B - MAR 20



ROOSFIDA
12J - MAR 20



SAKEENA KAUSAR
9C - MAR 20



KOTAM AYESHA
10G - MAR 22



VALUSHA ANTAO
10C - MAR 22



EDMON PEREIRA
10C - MAR 23



HUSSAIN MUSTANSER
12 - MAR 23



LEKSHMI PRASAD
12F - MAR 23



SANIA ZAKIR
12 - MAR 24



SIMRAN CHABBA
12E - MAR 24



ALI ASGAR BAWAJI
12F - MAR 25



HUMERA TABASSUM
12 - MAR 25



RAHEEL ABDUL M
12 - MAR 25



NADIYA BEGUM
12 - MAR 28



SHAWN VINCENT P.
12 - MAR 28



TEENA GEORGE
12 - MAR 28



HOZEFA K
12F - MAR 29



JOE JOHN
12 - MAR 29



SANDRA ANN THOMAS
12D - MAR 29



ANOOKSHA V. RATHOD
12 - MAR 30



SADIA MOHD. SUFIAN
10C - MAR 30



SANDRA SHAJAN
9C - MAR 30



AADIYA KRISHNA
9C - MAR 31



APOORV GOEL
12 - MAR 31



MOHAMMED
11K - MAR 31



MR. JUSTIN
- MAR 2



MRS. MANU ANN
VARGHESE - MAR 2



MR. JOSEPH FRAN-
CIS - MAR 4



MR. M.U. MATHEW
- MAR 7



MR. VINOD LAKSH-
MAN - MAR 10



MRS. VANDANA
- MAR 11



MRS. CHANDRIKA RAVI
KUMAR - MAR 13



MRS. RACHEL
SHERJY SYRIAC -
MAR 14



MRS. AASIA BAIG
- MAR 19



MRS. JISHA T C
- MAR 19



MR. JACOB
GEORGE - MAR 21



MRS. NIRMALA
RAJAN - MAR 27



DR. S. EZHILVISHI-
AN - MAR 28

Sparsh, Instilling the Essence of Benevolence



Values are guiding principles or standards of behavior that determine one's priorities. One's values emerge from their background, experiences and sense-of-self. The Indian Community School, Kuwait, through SPARSH, aims at providing this experience to students in this postmodern technologically advanced world. SPARSH – a value based video competition envisaged and pioneered by Dr. V. Binumon, the Principal, Indian Community School, Kuwait, was successfully presented on the 15th of March, 2016, amidst much enthusiasm and goodwill. Students' interest in this project arose from a personal impulse to involve with society at a level that is accessible in terms of opportunity and resources. Subsequently, all videos reflect the effort and deep involvement of students in their respective activity.

Three months of summer vacation were utilized to complete this project. In the process of incorporating moral values, they were given ample prospect to develop skills such as confidence, interactive abilities, teamwork and coordination.

The competition commenced with a stirring address delivered by the Principal to the students and teachers gathered. The videos were assessed by judges who had experience in the

field and were sensitive to the cause of humanitarianism. The judges were Mrs. Ayesha Fhamy, Mrs. Usha S., and Mrs. Srikala, who interacted with the participants to understand the project, its relevance, the effort put into it and the glowing outcome.

The names of the Winners who presented the projects are given below:

S. No.	Winner's of the SPARSH
Senior Secondary Level	
1	Krishnendu Suresh – XII C
2	Raheel Mukadam – XII B
3	Pranav Jogiani – XII B
4	Asma Patan – XII F
5	Sree R Menon, Khushboo, Humera Tabassum – XII H
Secondary Level	
1	Sonal Ghosh and Group – VIII A
2	Hussain Fakhruddin Sultan – X F

BEST STUDENT MARCH 2016



VRITIKA VIJAYLAL
- 12A



ANAMIKA ANIL K.
- 12B



VANESSA EMILLA S.
- 12C



GEORGE KURIEN
- 12D



MUFFADAL KUTBUIDDIN
- 12E



ALAMELU INDIRA
- 12F



FEBA ABRAHAM
- 12G

WORLD MARCH 2016

in a Nutshell



An App that seeks to promote women's safety: Just click a button and your family will know where you are. In case of an accident, you can connect to 108. The police control room will be alerted in case you are in trouble. These are some of the features of an application developed by Sandeep Charles, a resident of Korattur, for promoting women's safety.



NASA finds giant 'bite mark' on Pluto's surface: Scientists at the NASA's New Horizons mission have discovered what looks like a giant "bite mark" on Pluto's surface. Researchers suggest it may have been caused by a process known as sublimation - the transition of a substance from a solid to a gas.



Pakistan rules out change in nuke policy: Secretary of State John Kerry asked Pakistan to review its policy of increasing its nuclear weapons stockpile - which currently is among the fastest growing in the world - Sartaj Aziz, foreign affairs advisor to the Prime Minister, conceded that the nuclear issue was one of the areas of differences between the U.S. and Pakistan.



Pope to visit Pakistan: Pope Francis is set to visit Pakistan this year on his first-ever trip to the Islamic nation, officials said.



Air pollution hits 180 Chinese cities ahead of parliament meet: Air pollution has hit 180 of 338 Chinese cities with 42 of them, including Beijing and Tianjin, categorised as "heavily polluted," the Ministry of Environmental Protection (MEP) announced.



Nancy Reagan, former US first lady, dies at 94: Nancy Reagan, the former actress who was fiercely protective of husband Ronald Reagan through a Hollywood career, eight years in the White House, an assassination attempt and her husband's Alzheimer's disease, died on 6th March at age 94.



Najib Razak hopeful to find MH370 wreckage as kins seek closure on second anniversary: Malaysian Prime Minister Najib Razak on March 8th said he is hopeful that the wreckage of missing flight MH370 will be found as the grieving families of the 239 people on board hoped for some kind of closure on the second anniversary of the world's biggest aviation mystery.



Buckingham Palace dismisses report that Queen Elizabeth backs EU exit: Buckingham Palace dismissed as "spurious" a newspaper report that Queen Elizabeth backs a British exit from the European Union, saying the monarch remains politically neutral.



Iceberg that sank Titanic was 1,00,000 years old, says study: The giant iceberg responsible for sinking the Titanic on its maiden voyage may have originated in southwest Greenland in snow that fell about 1,00,000 years ago, scientists say.



Japan marks 5th anniversary of tsunami: Japanese gathered in Tokyo and along the country's ravaged northeast coast to observe a moment of silence at 2-46 p.m. on Friday March 11th, exactly five years after a magnitude—9.0 earthquake struck offshore, triggering a devastating tsunami that killed more than 18,000 people and sent reactors at the Fukushima nuclear plant into meltdown.



3D printing could help fix damaged cartilage in knees: By 3D bio-printing an ink containing human cells, researchers have now found a way to produce cartilage tissue damaged by injuries or age. The new process, could one day lead to precisely printed implants to heal damaged noses, ears and knees.



Ex-Intel CEO Andy Grove dies: Grove, was instrumental in building Intel into the world's largest chip company during his 37-year career there.



Japan to lend Rs.14,000 crore for Indian projects: The Government of Japan has committed a loan of Rs.14,251 crore for various projects across India, including Jharkhand, Odisha, Madhya Pradesh and the North East.



Amazon starts work on biggest campus outside U.S. in Hyderabad: E-commerce giant Amazon has begun work on its biggest campus outside the US in Gachibowli, Hyderabad and said that India continues to be one of the highest priority markets as it looks to invest with a long-term focus.



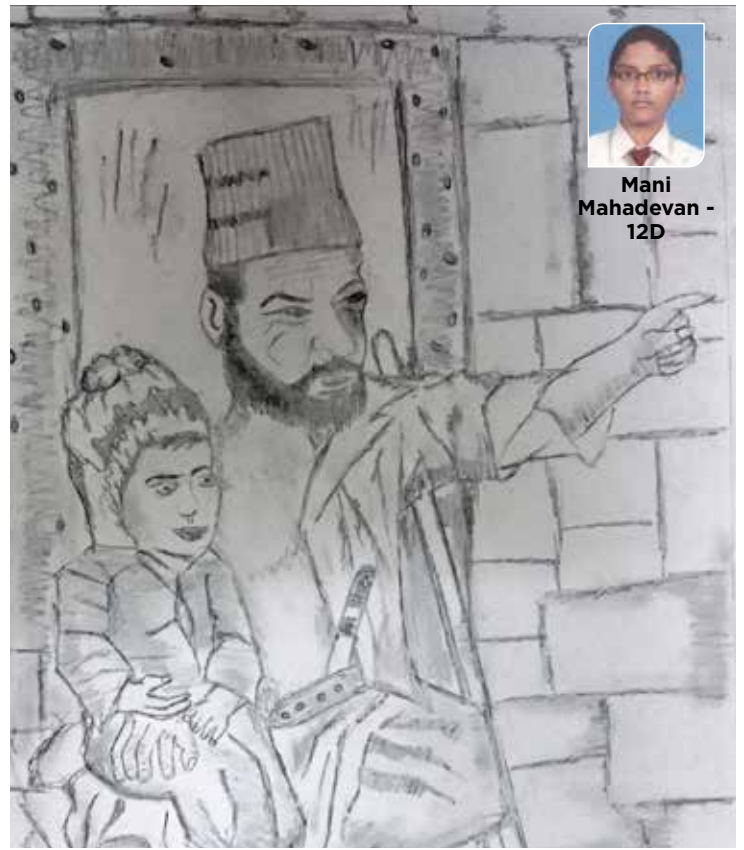
Vaccine soon to combat multiple H1N1 strains: In a major advance towards a universal flu jab which would protect people against all strains of the virus, researchers have developed a new vaccine that protects against multiple strains of both seasonal and pandemic H1N1 influenza in mouse models.



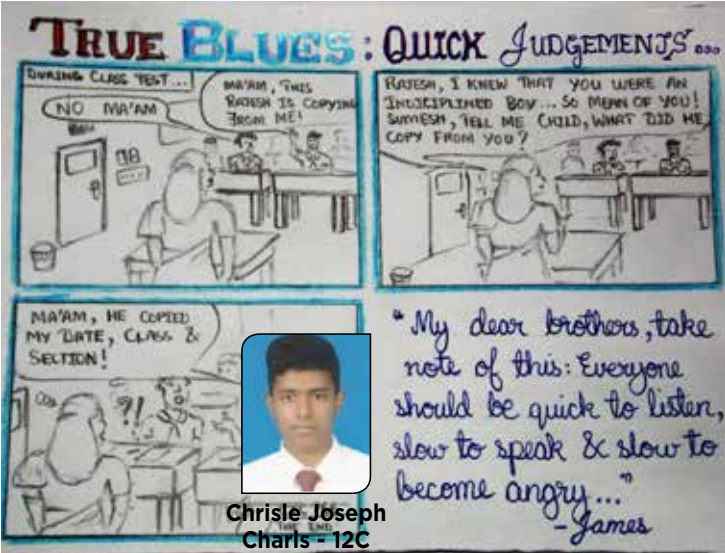
IBM to Purchase Cyber-Security Firm Resilient Systems: IBM Security plans to acquire private cyber-security firm Resilient Systems, the computing giant said, as part of a move to expand its role in the incident response market.



Maalavika Menon-10C



Mani Mahadevan - 12D



Chrisle Joseph Charls - 12C



Malaika - 10A



Kabila Gnanasegar - 10C

Student Name:

Class : Section: Roll No.:

Serial No.



ACKNOWLEDGEMENT

I, the parent of studying in class section

hereby, acknowledge the receipt of the April, 2016 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

SUDOKU

	1		6				9	
	8			3				2
5		7						4
1	2						7	
			1				5	
9					8			
		2			3	4		1
6	5	1						7
							6	

6	9	5	1	2	7	8	4	3
2	7	4	6	8	3	1	5	9
1	8	7	9	5	2	6	3	4
9	7	1	8	2	4	5	3	6
8	5	2	3	6	1	9	7	4
4	2	6	9	5	7	8	2	1
7	4	8	2	1	6	3	9	5
2	1	9	5	4	3	6	8	7
5	6	3	7	8	9	4	1	2

HOW TO PLAY

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row column and mini grid contains one of each

number. The solution is given below and upside down.

IT MATTERS IN LIFE

1. Always have a determination of a mirror which never loses its ability to reflect in spite of it being broken into pieces.
2. There is always a hope and an end. It depends on us how we deal with them; we can look at it as a hopeless end.
3. Sometimes you have to shut up, swallow your pride and accept that you are wrong. It is not giving up. It is called growing up.



**THE INDIAN
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KUWAIT**

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Forthcoming Events



- NIOS Board examination for classes X and XII
- Gyanotsav (edufare with 22 departments)
- CBSE evidence of Assessment Analysis (Regional Centre)
- PAC election
- Open Day for Secondary and Senior Secondary
- Orientation for Class VIII students and parents.

Orientation for Class XII Students



The Indian Community School, Senior conducted an orientation class for the students of class XII before the formal commencement of their new academic session. The students were welcomed by the Vice Principal Dr. Sam T. Kuruvilla. The session began with the introduction of the class teachers and the subject teachers to bridge the ridges between the teacher and the taught. The Principal Dr. V. Binumon in his interactive session, exhorted the students to surge forth with enthusiasm into the horizon of opportunities. The students were instructed on effective time management for improving their productivity. The Principal advised them to cultivate the habit of self study and to imbibe good qualities in order to bring out their brilliance. He encouraged them to dream big and to harness the possibilities of life with a positive attitude.