



EPICS



MONTHLY MAGAZINE
**THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT**

E EMOTIONAL **P** PHYSICAL **I** INTELLECTUAL **C** CULTURAL **S** SPIRITUAL

MAY 2017



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the May edition of EPICS. You must have gone through the 7 points which I have written in the April edition. Let us discuss the remaining 6 points now.

1. You can do things quicker than you think. Apply Parkinson's Law

Bear in mind that a task will increase in both time and complexity depending on how much time you set aside for it. For example, if you give yourself one week to come up with a solution, the problem will get more difficult. So rather than giving yourself more time, give yourself an hour (instead of the whole day) or a day (instead of the whole week) to come up with a solution. Doing so will force the mind to focus on what's in front of you.

2. Batch the things you need to get done.

Procrastination and low-level anxiety are the results of boring or routine tasks. However, batching (doing activities one after another) will enable you to do them quickly, as the start-up time between one activity and the next is shorter. When you batch your activities, you become fully engaged in the tasks, and doing so also allows the mind to remain more focused. In case you're wondering what batching looks like, here's an example: clean the study room, write the Math's home work, complete the English assignments, Study for class test etc.

3. Be Proactive not Reactive

If you sit and wait around for someone else to get something done, though it may get done, it will generally take a lot of time before it happens. So, Instead of waiting, be proactive. Be the one to take the first practical action and get the ball rolling. Besides saving you time on waiting, it will also feel more rewarding, making you feel you have power over your life.

4. Learn to see the good in failures and mistakes

While we often think that it is fine to try things and fail until we learn in our younger years, we often tend to hold back as we

get older. It may be due to the fear of failure, or of what others might think. Success in life often comes from not giving up despite mistakes and failures. It comes from being persistent. If we give up immediately after a failure, we might miss out on learning valuable lessons and possibly, more success.

5. Don't beat yourself up.

Perhaps one of the biggest reasons why people give up after just a few mistakes or failures is because they bring themselves down. But this is a rather pointless habit, as it will only cause additional and unnecessary pain.

6. Focus on What you want, not on what you don't want.

Keep your focus steady. Set goals and review them frequently to keep you focused on what's important, moving you closer toward where you want to go. But how can you motivate yourself to stay focused? It may come as a surprise to learn that the inner workings of your body, predominantly the Reticular Activation System (RAS), can help you retain your focus.

The RAS located at the base of the brain acts as a filter against all the 'data' (sounds, tastes, images, etc.) that surrounds us. Seeing as the brain can only process so much information at one go, the RAS will only let things through that it considers to be important. The RAS determines what it considers to be important, by taking into account what you focus on most. If you focus on negative self-talk, such as "I am really bad at this", "I never have enough money", and so on, your RAS will show you things to prove to you that what you're thinking is the truth, even though it's not. You can train your RAS to look for the positives - "I am confident", "I am good with money", and so on. By doing so, your RAS will start to show you things to prove that your new belief is true for you.

Dear Children, try to follow these 13 points to make your life meaningful. Wish you all the best.

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WHAT'S INSIDE

ICSK SENIOR EMERGES NUMERO UNO IN THE TRISHNA 11, INTER-SCHOOL QUIZ COMPETITION



Competition plays an important role in academic achievement because it often spurs students to pursue excellence. ICSK Senior maintained its quest for knowledge when its students secured the first prize in the Inter-School Competition of the 11th edition of TRISHNA, the annual festival of quizzes organized by NITCAA, Kuwait Chapter on 21st April 2017 at Cambridge English School, Mangaf auditorium. The quizzing wizards from Karnataka Quiz Association (KQA), Bangalore, India, Mr. Tejaswi Udapa and Hrishikesh Varma were the Quiz Masters. The competition was held in two sessions stretched over 6 hours and was aptly nicknamed by KQA as the Woodstock of quizzes. The inter-school quiz held in the morning session saw 71 teams from 13 schools fighting it out to establish intellectual supremacy. Master Mohammad Mishal of class 12 A and Master Vivek Prasad of class 12 B, under the guidance of, Mrs. Shyna Ramesh, the team manager, bagged the first prize in the senior category with a lead of 40 points and made their Alma mater proud. The organizers, quiz masters and audience lauded the winning team for their stupendous performance in the Quiztival.

EDITORS' NOTE

"Give Me A Thought"

Teachers believe that education, as a thoughtful process makes mature citizens. Yet, reality sometimes proves differently. Despite formal education, some are direction-less and some act thoughtlessly. Here is a little story to set you in a thought process.

"A man, walks down a bumpy road of a mountainside, with a short wooden stick to assist him from falling, and, with soft grey beard that frantically swayed to the breeze of the mountainside and eyes that shined through his pince nez carefully surveying the downward distance of the mountain road.

He walked with his back bent as if in utter concentration on what lay in the next step ahead. He was deep in thought as if straining to search for what lay for him in eternity. There was a slight disturbance as he strained to raise his neck and find a lad in rags staring right into his face. "Could you help me across the stream?" asked the young one. "Stream! Where?" was the surprised reply.

The grey bearded one noted the silver curves of the gushy stream and trembles at its calls. For once, he felt it's cool as he saw himself float by. Gone were those days. "Sir...!" And the little hand crept into his. The reflex was simple. Both hands held tight at the sight of a tree trunk skilfully balanced across the banks of the stream. It looked like anyone could make it across.

As the old foot stepped up to undertake the crossing, he heard the lad ask, "Sir, give me your thought. Couldn't we just run across??" The stillness in the air seemed like eternity as he turned and realized that his hands held one of those who saw only darkness. Yes, the boy was blind! He was stunned by the fact that despite his thoughts he couldn't realize whom he held."

The goal of education is simple - to lead the blind into enlightenment. Education helps one to acquire knowledge which enable him to shape his thoughts and actions; to gain insight into who he is and what he should make of himself.

Let the failures of the "past 365" be valuable lessons and let every "new 365" bring refreshing xperiences and enlightenment to the blind at heart. Welcome! Welcome to a year of an Enlightening Education of 2017-2018. We at the Epics, provide a platform to culminate your beautiful thoughts into a collective stream to lead us into educational enlightenment. For that serves our motto "From Darkness to Light"

Share your thoughts, articles, paintings, facts, drawings, specialities, with epicseditors@gmail.com

Mrs. Tintu Wilson
Mrs. Susan Rajesh



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World Heritage Day: Heritage Quiz ignites Young Minds



World Heritage Day is observed on 18 April every year to celebrate the diversity of heritage throughout the world. It is a collective effort of the communities in the world to do the needful to hoist awareness about the assortment of cultural legacy and the efforts that are required to protect and conserve ancient monuments and buildings.

The Indian Community School of Kuwait marked this day in their calendar and the ICSK Quiz Club conducted a Heritage Quiz in the school library. The quiz was organized in two levels – Junior (classes 7, 8 & 9) and Senior (classes 10 & 12). After a written preliminary round, four 2-member teams qualified to take part in the finals from each category. The quiz was conducted in six rounds in wide topics – monuments & structures, culture, literature, history and geography with the theme of World Heritage. The quiz saw the enthusiastic participation of students and was successful to increase awareness about World Heritage.

Darshan Paranthan Dinesh of Class 8 C and Nanda Krishna of Class 8 B were the winners in the Junior Category. Mohammed Mishal of Class 12 A and Vivek Prasad of Class 12 B were the winners in Senior Category.

April 16 : “Easter” is celebrated World wide

It is this time of the year when chocolate eggs and bunnies begin to fill market shelves and many people’s thoughts turn to the religious story of Christ’s death and resurrection.

So why does the date of Easter change every year?

Easter is determined by the lunar calendar, which is based on the phases of the moon. Easter is scheduled to fall on the first Sunday after the first full moon after the Spring Equinox. The Spring, or March, Vernal Equinox is the moment the sun crosses the celestial equator – the imaginary line in the sky above the Earth’s equator – from south to north. So, in Western Christianity, Easter will always fall between March 22 and April 25.

Why do Christians celebrate Easter?

Easter celebrates the resurrection of Jesus after his crucifixion, which is marked on Good Friday. Christians, believe He rose again three days after his death on the cross. These are known by the Church as the Easter Triduum. The Easter season begins on Ash Wednesday - the first day of Lent, which lasts 40 days. It is a time when Christians fast, or give up a particular food or vice. The fasting period is to remember when Jesus went into the wilderness and fasted for 40 days despite being tempted.

The Easter week, also known as The Holy Week, includes Maundy Thursday, which marks the Last Supper Jesus had with his 12 disciples. This includes the washing of the feet. Jesus washed his disciple’s feet to show how he served and how we are to serve others. In the UK, the Queen gives people money instead of washing people’s feet. It’s a tradition that started in medieval times.

Good Friday is what Lent has been building up to - Jesus’ death. ‘Good’ means ‘Holy’. The Friday Jesus died for our sins, the ‘Good Frida’ that saved us from sin.

Traditions for Good Friday:

Spain - People who are sorry for something they’ve done wrong (penitents) will walk through the street wearing long robes and hoods and carrying a big cross.

UK - Churches carry a cross and lead people through their towns near the church before the Good Friday service.

Central America and South America - There is often a procession with statues to the church.

Greece - There’s also a procession but more like a funeral. Some services have tombs put up as a reminder of Jesus’ death.

Easter Sunday

It’s the most important day of the church year for Christians. The Bible says that when the women returned to the tomb they found it open. They were told by an angel to go and tell the disciples ‘He is Risen’ - the ‘He’ being Jesus.

What’s that got to do with chocolate eggs?

Eggs are often associated with Easter because they are a symbol of new life and fertility. Early Christians adopted them as a symbol of New Life, as it helped them remember Jesus’ resurrection. MORE

The Easter bunny and hot cross buns

Thank the Germans for the Easter bunny. Originally an ‘Easter hare’, a buck-toothed bringer of chocolate to the kids that have behaved themselves was first mentioned in German literature in 1682. The tradition stuck, and has led to the Easter bunnies you see on the shelves today as well as the expectation for a delivery of Easter eggs on the day. Hot cross buns are also a traditional snack for this time of year. Eaten on Good Friday, they mark the end of Lent.



What does the month of April stand for?

Though April’s derivation is not certain, a common theory is that the name is rooted in the Latin Aprilis which is derived from the Latin aperire meaning “to open” – perhaps a reference to the opening or blossoming of flowers and trees, a common occurrence throughout the month of April.

How did month of April get its name?

April: Three theories exist regarding the origin of April’s name. Some say April got its name from the Latin word meaning “second” since April was the second month on the ancient calendar. ...

April birthdays signs

The two zodiac signs associated with the month of April are Aries and

Taurus. People born from April 1st to April 19th are members of the Aries sign. The Aries can be identified by their innate determination and passion. For those born from April 20th to April 30th, they are born under the Taurus sign.

Legends born in April

- Sachin Tendulkar. Apr 24. 1973. Mumbai. Cricketer.
- Ajay Devgan. Apr 02. 1969. New Delhi. Actor.
- B. R. Ambedkar. Apr 14. 1891. Mhow. ...
- Vikram. Apr 17. 1966. Chennai. Actor.
- Mukesh Ambani. Apr 19. 1957. Aden. Businessperson.



The secret to a better life



KARTHIKEYAN SURESH - 12 D

A few days ago, I happened to read "The Secret to Teen Power" by Paul Harrington. It is an amazing book containing one of the greatest philosophies in extremely simple terms.

All of us think of how we should and shouldn't be, how things must and mustn't happen, that is, we all have expectations. Many times it's not just ours but others' expectations too that are weighing on us. Naturally, we are responsible to in order to live up to our expectations. Till here, it is common for each one of us. What the secret is lies in how we start implementing it.

The secret in lucid language is 'The Law of Attraction', which says that we attract the things that happen in our life. Another thing we need to understand is that the universe is a wish granting factory. Whatever

we wish for, we will get it. Most of us might think that we have wished for a lot of things but the outcome has been the opposite. The defect doesn't lie in us or the universe, but in the way we wish for things. We mostly wish for things NOT to happen and this is the reason why we end up getting the thing we wished not to happen. This is because the universe searches and grants our wish by taking in only the key words and by excluding words like not, never, don't etc.. This is exactly the same way a search engine like Google works, isn't it? Therefore, we can work out miracles by changing the way we wish for. For example, instead of "I don't want to fail", wish for "I want to pass".

Now we know how to wish, and there is an effective way to use the secret, ASK, BELIEVE and RECEIVE. We must wish for properly, and must not just leave it at that. To make it work, we must believe that the wish will be granted and visualize ourselves receiving it.

This secret is not new, and it's been around for ages. Many great people we know have been able to make their lives better by following the Secret. Alexander Graham Bell, Abraham Lincoln, Walt Disney, Mahatma Gandhi, Oprah Winfrey and many other successful people have used the Secret to its best. So people, please try it out, make things go your way. All the best!!

Unknown Dimensions of Psychology

There is a common in the minds of the people about psychology and psychologists that makes them think of them as mind readers, magicians or tantriks but psychology is much more than that. In the present day world everybody is a psychologist and we are surrounded by psychological influences be it from hanging out in McDonald's to buying a brand new car.

Here are some of the psychological influences we face in our day to day life.

Colour Psychology

Most of the brands have researched figure out which color works best to stimulate that particular emotion which can catch their attention.



are some of the examples.

Don't praise children on their work

Studies show that you should not tell a child that he/she is so smart but instead commend their work. According to Carol Dweck and her at Columbia University telling



children they are smart makes them want to maintain the image of appearing smart. She says "we tell them that this is the same of the game : look smart, don't risk making mistakes". A better compliment would be "you must have worked hard for this"



SALAMUDDIN - 12 A

Video Gamers

People who play video games more likely have lucid dreams than non players. They are better able to influence their dreams compare to nondreamers.



Music

We all love listening to music but studies indicates the type of music you listen to affects the way you perceive the world.



Money

While money can buy happiness to an extent, studies show that after Rs. 49 lakhs (Approx) per year, increased income does little to boost happiness usually.

Class Topper of the month April



ABIMATHI ANAND
- 12A



SNEHA SRIVIDHARAN
- 12B



DAANISH BAIG
- 12C



ATHIRA SREELA
REVIPRASAD - 12D



MEREeba ANN
THOMAS - 12E



NITYA KAPOOR
- 12F



ASTREL REBECCA
- 12G



MURIEL FERNANDES
- 12G



DALE MARIA
D'SILVA - 12H



GAYATHRI NAIR
- 12I

EXPANDING THE HORIZONS - ADDITIONAL CLASSES AT ICSK SENIOR



Education, if looked at beyond its conventional boundaries, forms the very essence of all our actions. The aim of our school is to develop globally competent and socially committed individuals and to enable our children achieve full potential in their academic, creative, spiritual, moral development. The Indian Community School, Kuwait since the last three years, is providing quality education with classes in the afternoon session, as a special approach for catering to the diverse student community. This year, the classes 7, 8 & 9 were shifted to the Senior branch from the Amman branch with the aim of providing quality education for the holistic development of the students. Personal attention to every student and remedial coaching for weak students are some of the key features of the afternoon session classes at ICSK Senior. The school plans to have all the co-curricular activities in the afternoon too so as to enhance the overall development of the students. A total of about 100 students are studying in the afternoon session under the guidance of the highly experienced and dedicated faculty. The academic journey began with great hopes and expectations.

As a special approach for catering to the diverse student community, The Indian Community School (Senior) Kuwait, aims at providing quality education for the holistic development of the students. Keeping this in mind, the school has decided to grant a fee concession of 10% to the students of classes 7, 8 & 9 in the afternoon session. The school plans to have all the co-curricular activities in the afternoon too so as to enhance the overall development of the students. We take this opportunity to thank all the parents for their unconditional support in all our activities and look forward to your cooperation at all times.

THE PHILADELPHIA EXPERIMENT

It was the summer of 1943, two years into the United States' involvement in World War II, and a bloody sea battle was raging between American destroyers and the famed U-boat submarines of the Nazis. In the Philadelphia Naval Shipyard, a newly commissioned destroyer called the USS Eldridge was being equipped with several large generators as part of a top-secret mission to win the Battle of the Atlantic once and for all.



ADITHYA NARAYANAN
RAJESH - 12 C

Rumour aboard the ship was that the generators were designed to power a new kind of magnetic field that would make the warship invisible to enemy radar. With the full crew on board, it was time to test the system. In broad daylight, and in plain sight of nearby ships, the switches were thrown on the powerful generators, which hummed into action.

What happened next would baffle scientists and fuel decades of wild speculation. Witnesses describe an eerie green-blue glow surrounding the hull of the ship. Then, instantaneously and inexplicably, the Eldridge disappeared. Not just invisible to radar, but gone - vanished into thin air!

Hours later, there were reports of the Eldridge appearing in the Norfolk Naval Shipyard in Virginia, before reappearing just as suddenly back in Philadelphia. According to classified military reports, members of the Eldridge crew suffered from terrible burns and disorientation. Most shockingly, a few crewmen were found partially embedded in the steel hull of the ship; still alive, but with legs or arms sealed to the deck.

Isn't it shocking??

Well friends, at times reality is shocking than fiction.



USS ELDRIDGE SHIP USED FOR PHILADELPHIA EXPERIMENT.

One touch of nature makes
the whole world kin.
~William Shakespeare



Birthday Arcade - May



GAYATHRI SURESH
11D - MAY 2



IBRAHIM SAIFUDDIN
11B - MAY 2



TASNIM FAKHRUDDIN
12I - MAY 2



ZENAB
12G - MAY 2



AVINASH KUMAR
10B - MAY 3



RITHIKA SAJEEV
11C - MAY 3



FATEWA HYDER ALI
7E - MAY 3



FEBIN MANU V.
12G - MAY 4



RADHIKA SHARMA
11D - MAY 4



SOPHIA SAJI V.
10B - MAY 4



SUYASH KUMAR
8B - MAY 4



CHUNG FUKH KIM
12J - MAY 6



ZEHRA AMADI G
12I - MAY 6



ANAGHA VIJU S.
7B - MAY 7



CRYSTAL L. D'SOUZA
12G - MAY 7



JENNIFER DELSY
12A - MAY 7



JOSVI CRASTO
10C - MAY 7



MABEL EMILIE V.
7B - MAY 7



RUTH A. MATHEW
11A - MAY 7



ALI ABBAS HAKIM
12G - MAY 8



FATHEL AHMED
12L - MAY 8



MOHAMMED SAAD
8A - MAY 8



SHAIKH AYANAF TAB
10B - MAY 8



SHEHREBANU SALIM V
12I - MAY 8



AARON THOMAS A.
9A - MAY 9



DANAH ABDUL RAHIM
7B - MAY 9



KISHEN GHAGHADA
12G - MAY 9



BATUL ZAINUDDIN
12H - MAY 10



SIDRA H. DALVI
11I - MAY 10



ARWA MOHAMMADI
9C - MAY 11



DITZA ANN SHIBU
7F - MAY 11



ADIDELA ISAAC A.
10A - MAY 12



BENJAMIN THEODORE
8C - MAY 14



FEBIN SHAAN
11I - MAY 14



HUDA
7E - MAY 14



MUSTAFA BADRI
12L - MAY 14



SUAD KHALID MALIK
7E - MAY 14



ASIA HAMZA
10E - MAY 15



ABISHA
12J - MAY 15



FAHAD ISMAIL
10E - MAY 15



HUSSAIN SHAFIQUE
10A - MAY 15



MURTAZA K. F.
10B - MAY 15



SYEDA KULSOOM F.
12G - MAY 15



ABI JOHN THOMAS
12A - MAY 16



FATEMA ABDUL
12A - MAY 16



MOHAMMED KAMBAR
12H - MAY 16



ABHIRAM V. KURUP
12A - MAY 17



MERLIN MARY SAJI
10C - MAY 17



FAKHRUDDIN SHER
12H - MAY 18



JOSHWIN RAJU
12H - MAY 18



KHALID JAVID RAWOOT
9B - MAY 18



LIDA MARYA GEORGE
9B - MAY 18



VAISHNAV ANIL K.
8B - MAY 18



CHARMAINE ARANHA
9A - MAY 19



JOHN HARSHITH
10A - MAY 19



NILAY PRAFUL K.
12C - MAY 19



IMAD T. PARKER
9A - MAY 20



MOHAMMED SHAHID
12D - MAY 20



NITYA KAPOOR
12F - MAY 20



SHAHEENA P.K
12F - MAY 20



FIONA STANLY
7D - MAY 21



MOHAMMED SUHAIB A.
12D - MAY 21



NEVIL JOHN
12G - MAY 21



SARAN PREM
12A - MAY 21



SREE LEKSHMI
8A - MAY 21



AMARDEEP SINGH
7F - MAY 22



ANFAL ASHRAF
9D - MAY 22



CELINE SARA SIBLU
9C - MAY 22



MOYNA P MOHNISH
11A - MAY 22



KEVIN AJI KURIAKOSE
12D - MAY 23



JEWEL SUJO J.
10E - MAY 24



KIRAN JAMES
10C - MAY 24



ZAHRA KARDAME
9C - MAY 24



AISHAH SAMAH
9B - MAY 25



DALE D'SILVA
12H - MAY 25



HARSHANTH RAJA
8B - MAY 25



KHALID SHAFI H.
7B - MAY 25



RUDRA VIPUL PATEL
10B - MAY 25



SREEJA
12B - MAY 25



VYSHNAVI M.
8A - MAY 25



ANUSHKA MISHRA
12B - MAY 26



SAKINA MUSTAFA R
9C - MAY 26



SIMON GLADWIN
7B - MAY 26



SHILPA SHAJI
11C - MAY 26



ASHISH V. ABRAHAM
9A - MAY 27



FATHIMA RIFFATH
9D - MAY 27



DARIOS LAL KISHORE
8A - MAY 27



ABDULLAH A.Q
12D - MAY 28



HANA HAKIM SIYALI
7F - MAY 28



HAMMAD ALI A.
12I - MAY 29



IMAN IBRAHIM
12D - MAY 29



ALEENA REGI
9C - MAY 30



ALLEN MATHEW
9D - MAY 29



AAESHA
10E - MAY 30



ROSHAN K THOMAS
12H - MAY 30



NAKSHATRA R.
8B - MAY 31



NIZZAR NAUSHAD
9A - MAY 31



SALEH BIN SAJEEED
8D - MAY 31



AAESHA
10E - MAY 30



ASIA E HAMZA
10E - MAY 15



FAHAD P.
10E - MAY 15



HANA HAKIM
10E - MAY 28



JEWEL S. JOSEPH
10E - MAY 24



ANN MARIYA SHENNY
11J - MAY 22



REBECCA JANE
11J - MAY 15



SHAEIN SAMUEL
11E - MAY 1



SHERMAN
11F - MAY 4



YUKTA MENON
7C - MAY 4



SRINIVASAN RAMRAJ
12C - MAY 16



VENKATA DHARMITHA
7A - MAY 16



GEORGE NIXON
7A - MAY 20



ANKITA MENON
7A - MAY 22



AMAN SRIVASTAVA
7A - MAY 23



TULIKA UPPAL
7A - MAY 23



RACHEL ANNAMALAI
7C - MAY 25



MILEENA M. VARGHESE
7A - MAY 28



MRS. SHEHNAZ
GUJRAL - 01 MAY



MRS. GEETA KUMARI
03 MAY



MRS. PRIYA ASHOK
KURUP - 03 MAY



MR. SREEKUMAR. S
05 MAY



MRS. JOLLY KUTTY
05 MAY



MRS. SUJATHA P.
10 MAY



MR. A. GEORGE
SWAMY - 11 MAY



MR. ARUN
13 MAY



MRS. AARUSHI
CHOUHARY - 13 MAY



MRS. JAYACILEE ANNE
GERALD - 14 MAY



MRS. NIVA ELNA
VARGHIS - 14 MAY



MRS. MINI SHAJI
JOSEPH - 14 MAY



MR. MADHU
15 MAY



MR. CHERIAN
MATHEW - 15 MAY



MRS. BINU JACOB
18 MAY



MR. PRASSANAN
KUMARAN - 19 MAY



MRS. MARIAM SAM
20 MAY



MRS. RUKSANA
NAHID - 25 MAY



MR. D. JOHN
28 MAY



MRS. SUJATA T.G
28 MAY



MRS. BINDU MADHU
31 MAY

STRESS AMONG STUDENTS



Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. It creates havoc in the life of everyone, who doesn't manage well.

The Root causes of stress are:

- High expectations
- Poor sleeping habits
- Poor eating
- Academic pressure
- Less physical activities

Ways to overcome stress

- Keep your expectations low and remain contented with things we possess.
- Sleep is always the best medicine. Research suggests 8 to 9 hours of sleep is important to kids. Children should avoid late night programs and go to bed early.
- Eating healthy food and lots of fresh fruits can help with reducing stress. We must avoid fast foods and harmful preserved precooked frozen food.
- It might sound simple, but sitting quietly for 10 minutes a day can really help with stress levels. Keep your ambitions, set your small attainable goals, and learn to accept the results as it comes.
- We must avoid video games completely as it is addictive and increases stress tremendously.

- Increase in physical games like Badminton, Cricket or football reduces stress and increases stamina. Yoga and regular workout also gives better result in controlling stress.
- Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, enjoying your favorite melody music while you work could really help in reducing stress levels.
- Laughter is one of the best medicine that help's reduce stress. Laughing out loud with your friends and relatives increases oxygen and blood flow which automatically reduces stress. It also bring harmony and affection among people.

Enjoy a happy life by giving out stress.



THEAJUS PRAKASH
- 7A

CAPTAINS & VICE CAPTAINS - MAY

CLASS 12A



JENNIFER DELSY DIYA M. VARGHESE

CLASS 12B



FAVIN FERNANDES ADON ANTONY K.

CLASS 12C



AIBIN THOMAS ASHLY MARIAM

CLASS 12D



ASHLY SHIBU MARIYA SYED

CLASS 12E



MOHAMED NIHAL MEREeba A. THOMAS

CLASS 12F



AKHIL FIROZ STEVE DAY PHILIP

CLASS 12G



RUKKAIYA ASGAR ROCHELLE ELIANA

CLASS 12H



TAHA ABDULAZIZ AISHA IMTIYAZ

CLASS 12I



RUQHAIYA ZAINAB KHOZEMA

CLASS 12J



ABISHA CHUNG FUKH

CLASS 12K



AYUSH KUMAR T. JANNADHUL RIFANA

CLASS 12L



BARNETT TITUS MELITA STEPHANIE

CLASS 11A



RITHIKA RAGHUPATHY MOSES REJI CHANDHY

CLASS 11B



YASH DHANANJAY TANRA THANKAM

CLASS 11C



SARA TURKEY LEANDER GEORGE

CLASS 11D



SIVIN SOJI NAFISA RASHIDA

CLASS 11E



JAYAKRISHNA MARIYA A.S.

CLASS 11F



SAMIRA RIZVI MOHAMMAD HESHAM

CLASS 11G



ALI KURESH NOOREEN

CLASS 11H



JULIE ANNA GERALD MURTUZA

CLASS 11I



FATEMA IZHAR DWIJ

CLASS 11J



JOE MAMMEN JOHN PALESHA

CLASS 10A



JOEL ANTO SAKINA KOUSAR S.

CLASS 10B



SOPHIA SAJI V. AVINASH KUMAR A.

CLASS 10C



AHALKLYA NARAYANAN DARREN SIJI SEBASTIAN

CLASS 10E



MUBARAK JEWEL SUJO JOSEPH

CLASS 10F



PRESTON SHANNON MASOOMA TAHZEEH

CLASS 9A



SRILAKSHMI A. ALEFIYA ABBAS G.

CLASS 9B



YUSRA ASAD KHAN MATHEW DILEEP K.

CLASS 9C



RON SHAJU UPPADA ABHISHEK

CLASS 9D



SHAIKHA ABDULK. ALDRIEN VOENN P.

CLASS 8A



SANJANA KIRAN ROHIT RAM

CLASS 8B



MUSKAN NISAR JOVEN C. JOSE

CLASS 8C



ASHVALA ANUJ FUAD FARHAN M.

CLASS 8D



AHMED FARZEEN M. RIA JOSE

CLASS 7A



THEJUS PRAKASH

CLASS 7B



AERYN MARY ANIL

CLASS 7C



MARYAM

CLASS 7D



ABHISHEK



JUSTIN DSOUZA



DEVI AJAYA KUMAR



ADIL P. ASIF



SAAYA SUNIL

CLASS 7E



HYFA SAKEENA SYED



KEVIN BAJJU KOSHY

CLASS 7F



ABUZAR AJAZ



DITZA ANN SHIBU

CLASS 6A



KHADIJA KHALID



MUAZ JAFAR

ORIENTATION FOR CLASS XI - USHERING IN A NEW DAWN



The academic year 2017-2018 at The Indian Community School (Senior) Kuwait, is being laced with newer avenues to explore and abundant goals to achieve. In its quest to provide quality education to its students the school organized an Orientation Programme for the newly admitted students of class XI on 22 April 2017, prior to the formal initiation of the new scholastic session. The programme was conducted in two separate sessions to incorporate all 300 students along with their parents.

The session commenced with the school prayer invoking the divine blessings followed by a poignant rendering of the welcome song by the school choir, Swaranjali. The congregation was ardently welcomed by Dr.Sam.T. Kuruvilla, the Vice Principal of ICSK (Senior). Mrs.Niva Elna, supervisor-Senior Secondary in her introductory address exhorted the students to utilize the opportunities and apprised them of the various co- curricular activities specially designed for the holistic development of the children. The class teachers and joint class teachers introduced themselves to bridge the ridges between the teacher and the taught. The Principal, Dr. V. Binumon in his interactive session, spurred the students on with words of inspiration tinged with advice on mind management and decision making. He pointed out to the students that in order to be successful, they need to be focused with a controlled mind, humble and empowered, to reach their goal. The students were encouraged to prepare and follow a proper



methodology for achieving the academic goal. The students were briefed on the course details along with sixth subject option provided by the school. He also acquainted them with the academic calendar of the school and the promotion policy as per the CBSE by-law.

The Orientation Programme sent out a clear message to the students that it is imperative for them to work diligently and come up to the expected levels of competence with the support, guidance and encouragement of the dedicated faculty. It also enlightened them on time management, regularity to school, importance of planning, self-confidence and ill effects of procrastination. Students were educated on the resources provided during this session that would support students in their academic vision and help them to make healthy social choices. The session outlined a framework for success that could be attained by setting standards and working hard to reach them.

The first and second sessions culminated with a Blessing ceremony followed by the vote of thanks by Mr. Abdul Rasheed, the programme convenor and Mr.Sunish Mathew, faculty from English department respectively. In fact, the students along with their parents dispersed with a greater optimism and extended their gratitude to Dr.V.Binumon for the inspiring and informative session. The session not just motivated the children but also gave them pointers to life and thoughts to ponder over.

EPICTIONARY

1. Acclimate – (verb) get used to a certain environment
When you acclimate yourself to a situation, you become used to it.
2. Jingoist – (noun) an extreme bellicose nationalist
And, hell, I'm no jingoist, but surely, we can do better in this country than importing our drugs from Mexico, right?
3. Lampon- (noun) a composition that imitates or misrepresents a style
Granted, all are outrageously exaggerated, but a discerning eye can detect the truth that lurks behind any satire, parody, or lampoon.
4. Ken – (noun) range of what one can know or understand
Ah, but the Eyes Divine look long and see far; things beyond the human ken are all revealed.

The Foundation Lay Strong

Lightning every cave, forever dark,
The lamp of knowledge just needed a spark.
With glory and pride,
Always by our side.
Standing high for 58 years,
As its birthday nears.

With glittering eyes I look at you,
At every student coming new.
All these years, I've learnt a lot,
Always giving it my best shot.

A temple of knowledge since long,
Where we stand as pillars strong.
All thanks to the founders,
Who help us create wonders.

Wishing our school a
HAPPY FOUNDATION DAY!!



MUSKAN SETHI
12 E

BEST STUDENTS - APRIL



RANJANA
RAJENDRAN - 12A



NAGA SREEJA
KURRA - 12B



NILAY PRAFUL
KUMAR - 12C



ASHLY SHIBU
- 12D



LIJAMOL VARGHESE
- 12E



M.D. AMODI HASEENA
- 12F



ZAHBIYA JOOZER
- 12G



BANGI MOHAMMED
- 12H



FRANCESCA ANNE V.
- 12I



AISHA MOHAMMED
- 12J



AMAR SUNIL PRABHU
- 12K



S. ABDUL HAMID -12L



JOHN HARSHITH K
- 10A



AADITYA KRISHNA
- 10B



MANPREET SINGH
- 10C



BATUL
- 10E



LUBNA
- 10F



MUSKAN SINGH
THAPA - 9A



SAURAV G KANOJIA
- 9B



NOEL JAISON
- 9C



SUVARNA SURESH
- 9D



SHRUTI BHAGAT
- 8A



VAISHNAV ANIL
KUMAR - 8B



KRISHNA
PRIYANANDAN - 8C



VEDANT MAYUR
KUMAR - 8D



ADITHYA RAMESH
- 7A



JEFFRIN
- 7B



VIGNESH
- 7C



ELISHA ANN
- 7D



EVELYN CISAL J
- 7E



HANA HAKIM S
- 7F

LIFE IN ICSK SENIOR

Five days a week, six hours a day we come to our second home a place to learn and play. With new notebooks and highlighters waiting to be used in our new textbooks, with new teachers who spread the light of knowledge amongst us, and friends who make every day a new adventure. School is the only place which makes us cry on the first day with the sadness of leaving home And on the last day when we cry, for we leave our home again... our beloved school.

In the meanwhile, keep your head high but not higher than learning. Enjoy the smell of new books and the feeling of excitement when we learn something new and create fond memories here, where we truly belong...ICSK Senior.



NITYA KAPOOR
- 12 F

Srinivasa Ramanujan, the man with the Math Acumen



Srinivasa Iyengar Ramanujan born on 22 December 1887 was an Indian mathematician and autodidact who lived during the British Raj. Though he had almost no formal training in pure mathematics, he made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions. Ramanujan initially developed his own mathematical research in isolation; it was quickly recognized by Indian mathematicians.

When his skills became, obvious and known to the wider mathematical community, centred in Europe at the time, he began a partnership with the English mathematician G. H. Hardy. The Cambridge professor realized that Srinivasa Ramanujan had produced new theorems in addition to rediscovering previously known ones.

During his short life, Ramanujan independently compiled nearly 3,900 results (mostly identities and equations). Nearly all his claims have now been proven correct. His original and highly unconventional results, such as the Ramanujan prime and the Ramanujan theta function, have inspired a vast amount of further research.

The Ramanujan Journal, a peer-reviewed scientific journal, was established to publish work in all areas of mathematics influenced by Ramanujan.

Deeply religious, Ramanujan credited his substantial mathematical capacities to divinity: "An equation for me has no meaning," he once said, "unless it expresses a thought of God."

THIRUVANANTHAPURAM



An observatory was established in 1837 with the Oriental Research Institute & Manuscripts Library and the University College established in 1873. Several colleges were established by Moolam Thirunal (1885–1924). Sree Moolam Assembly, established in 1904, was the first democratically elected legislative council in any Indian state.

A large fort contains several palaces and a temple, Padmanabhaswamy Temple, dedicated to the Hindu god Vishnu is a popular pilgrimage centre. The famous beaches of Kovalam and Varkala, the backwaters of Poovar and Anchuthengu and the tracts of Ponmudi (Western Ghats) and the Agasthyamala attract tourists from around the world.

Hindus constitute 68.5% of the population, while Christians and Muslims form about 16.7% and 13.7% respectively. The major languages spoken are Malayalam and English. In Palayam, in the centre of city, a mosque, a temple and a church next to each other as neighbours, are symbol of communal harmony of Keralites.

Places to Visit :

Agasthyakoodam : Noted for being the second highest peak in Kerala, it lies at a height of 1,890 metres above the sea level. The mountain range is famous for its wildlife and rare medicinal herbs.



Padmanabhaswamy Temple : Devoted to Lord Vishnu, the architecture of this temple reflects the Dravidian and Kerala styles of architecture. The temple makes a good choice for art lovers and also carves a niche for its stone carvings and mural paintings.

Kuthiramalika (Puthenmalika) Palace Museum :

This palace museum is noted for its Travancore architectural style. Besides, the exquisite wood carvings, priceless collections of the regal family and paintings deserve a mention as well.



Padmanabhapuram Palace : Located at Thuckalai; 64 kms away from Thiruvanthapuram, this is a noted wooden palace that allures innumerable tourists every year. The exquisite floral carvings, glossy granite floor and extraordinary murals add beauty to the palace.



Ponmudi : An idyllic hill station with winding pathways and cool, green, wooded environs, Ponmudi is located 915 metres above the sea level. Along with a variety of beautiful mountain flowers, exotic butterflies, small rivulets, springs and the deer park nearby, this hill station also has excellent trekking trails.



Formerly known as Trivandrum, as the British called it, Thiruvananthapuram is the capital of state of Kerala. It is located on the west coast of India in the deep south of mainland. Mahatma Gandhi referred to it as the "Evergreen city of India".

From ancient times Thiruvananthapuram was a trading post for spices, sandalwood and ivory. The city was ruled by the Ays and was captured by the rulers of Venad in the 10th century. In 1729, Marthanda Varma founded the kingdom of Thiruvithamkoor (Travancore) and made Thiruvananthapuram the capital in 1745. It joined Indian Union in 1949.

Thiruvananthapuram's industries include mineral processing, sugar milling, textiles, and handicrafts. Rice and coconut cultivation and coastal fishing are important economic activities. Thiruvananthapuram is a major IT hub with Technopark and Technocity. It is an important rail and road terminus and has an airport and a harbour. With an array of premier institutions it is an academic and research hub. Vikram Sarabhai Space Centre, Liquid Propulsion Systems Centre, Rajiv Gandhi Centre for Biotechnology, Central Tuber Crops Research Institute, Indian Institute of Science Education and Research, National Institute For Interdisciplinary Science and Technology, Centre for Development Studies, Kerala Technical University, Indian Institute of Space Science and Technology, Regional Cancer Centre, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Tropical Botanic Garden and Research Institute, and the National Centre for Earth Science Studies are located in Thiruvananthapuram.

CHARITY FUND

BALANCE SHEET FOR THE MONTH OF APRIL 2017

INCOME (MARCH)	KD
Balance c/f from March	4202.480
Contribution from students (April)	384.040
Contribution from Staff (April)	13.000
Contribution by Parent (April)	100.000
Balance in hand	4699.520

NEWLY ELECTED OFFICE BEARERS FOR CHARITY PROGRAMME

"We make a living by what we get...but we make a life by what we give."

The Charity Society at the Indian Community School Kuwait ventured into a novel chapter of the new academic year, when the office bearers for the Charity Society were elected on 26th Wednesday April 2017. From its inception in 2014, this noble venture has been profusely successful in the form of liberal contributions from the entire fraternity of the school involving students, parents and staff members. The students and staff of ICSK Senior make this generous contribution from the "Birthday Charity Fund" that enabled needy cancer patients to seek treatment in the country. The Charity Society comprises of student conveners, parents and staff members. Their appointment, for the new session was held during the school assembly and represented a purely democratic approach, when Mrs. Ayesha Fhamy, the representative for the past three years enterprisingly conducted the election by lot, in the presence of Principal Dr. V. Binumon, Vice Principal Dr. Sam T. Kuruvilla, staff and students.

The newly elected staff members are Mr. George Swamy, Mr. Sunish Mathew, Mrs. Sujatha T.G., Mrs. Rachel Shergy, Mrs. Manu Ann Verghese and Mrs. Annief. Mast. Nevil John, Miss Ashly Shibu, Mast Varun Anil Kumar, Mast. Murtuza Behrinwala, Sagama Musa and Arwa Aziz were the student representatives. The assembly also witnessed the election of the parents of Mast. Shabbir Mohd, Miss Harnam Singh, Miss Athira, Mast. Aaditya Kumar, Mast. Safwan saud and Mast Yash Thakkar.

The outgoing members leave behind a great legacy which needs to be followed by the new members. Dr. V. Binumon, Principal ICSK (Senior) appreciated the students and staff for their past efforts in collecting birth day and charity fund on a monthly basis and encouraged them to continue the endeavors for the new session.



BIRTHDAY AND CHARITY FUND FOR APRIL 2017

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
VII A	0.000	9.245	9.245
VII B	0.000	6.345	6.345
VII C	0.000	6.355	6.355
VII D	3.000	13.110	16.110
VII E	0.000	12.590	12.590
VIII A	0.000	16.055	16.055
VIII B	3.000	14.100	17.100
VIII C	0.000	6.240	6.240
IX A	2.000	16.735	18.735
IX B	2.000	5.030	7.030
IX C	1.000	4.890	5.890
X A	0.000	24.045	24.045
X B	0.500	5.105	5.605
X C	17.000	4.480	21.480
XII A	10.000	54.285	64.285
XII B	0.000	13.050	13.050
XII C	0.000	3.775	3.775
XII D	0.000	32.495	32.495
XII E	10.500	10.120	20.620
XII F	11.000	8.485	19.485
XII G	2.000	9.855	11.855
XII H	0.000	13.220	13.220
XII I	0.000	5.120	5.120
VII F	0.000	8.150	8.150
VIII D	0.000	8.260	8.260
IX D	0.000	10.900	10.900
GRAND TOTAL	62.000	322.040	384.040

GOODWILL
AMBASSADORS



SNEHA SRIDHARAN - 12B
(SENIOR SEC.)



VAISHNAV ANIL KUMAR-8B
(SEC.)

CHARITY CONVENORS



ANISH KUVELKAR
- 12A



ANKITA BIJU
MENON - 12B



HASEEB
ABDULLAH - 12C



FIZZA RAZA
- 12D



MARK JEROME
NAMROY - 12E



SAIFUDDIN Z.
OBRIWALA - 12F



NIHA ANN SAM
- 12G



RENITA SEQUIRA
- 12H



HAMMAD ALI
- 12I



KHADIJA NISAR
- 12J



SOJIN C SAJJU
- 12K



JOHN MARSHAL
- 12L



JOSHUA ANNA MALAI
- 11A



SIDHARTH SURESH
- 11B



AHMED ABDUL
JABBER - 11C



MOHAN DODEJA
- 11D



EMON KAZI ABU
TAUB - 11E



YUSRA NASSER
- 11F



RUKAYYA MUSTAN-
SEER - 11G



JYANTIKA KAUR
- 11H



VIDHI SHETTY
- 11I



AFRAH M.F. KHAN
- 11J



CHERISH CHERIAN
SUNIL - 10A



NAMEER IBRAHIM
BHALDER - 10B



ANGELINE SARA
SANTHOSH - 10C



SHELDON
ALDRIGE - 10E



HASSAN NAWAZ
- 10F



DHRUV RAMESH
SHETTY - 9A



ATHARV GOEL
- 9B



SAKINA
FAKHRUDDIN - 9C



LIONEL PINTO - 9D



HANNA SAALIM
SALAHUDDIN - 8A



NISHINTH
VENKATESH - 8B



ERICA GRETTEL
- 8C



KARUNA ALICE
REJU - 8D



AMAN SRIVASTAVA
- 7A



MAHIKA - 7B



ANOOJ JACOB
CHERIAN - 7C



MAHIMA THANKAM
JOHN - 7D



HUDA FATHIMA
- 7E



BADER BASIM
- 7F



SAHIK ABUBACKER
- 6A

BEST CLASSES

(AFTERNOON BATCH) APRIL



FIRST - 12J (SEN. SEC.)



FIRST - 7F (SEC.)



SECOND - 8D (SEC.)



THIRD - 9D (SEC.)

THE NEW BEGINNINGS



DIVYA UMESH
DESHNUR - 10B

How often we wish for another chance
to have a fresh beginning

A chance to blot out our mistakes
and change failure into winning.

It does not take a new year
to make a brand new start.

It only takes a deep desire
to try with all your heart.

To live a little better
and to always be forgiving

To add a little sunshine
To the world which we are living.

so, never give up in despair
For there's always a tomorrow

And a chance to start anew.

WORLD in a Nutshell

April 2017



Veteran actor K. Viswanath wins Dadasaheb Phalke award for 2016: Renowned filmmaker and actor Kasinadhuni Viswanath, best known for his award-winning movies in Telugu, Tamil and Hindi, has won the Dadasaheb Phalke award for the year 2016 for his outstanding contribution to the film industry.



Bob Dylan accepts 2016 Nobel prize: After months of uncertainty and controversy, Bob Dylan finally accepted the 2016 Nobel Prize for Literature at a jovial, champagne-laced ceremony, the Swedish Academy announced.



Govt. will help reduce pendency: Prime Minister Narendra Modi assured Chief Justice of India J.S. Khehar that the government would make its share of "contribution" to help fulfil his "resolve" to reduce the burden on the judiciary and deal with the high number of pending cases.



NASA observatory discovers mysterious cosmic explosion: A mysterious flash of X-rays has been discovered by NASA's Chandra Observatory in the deepest X-ray image ever obtained. This source likely comes from some sort of destructive event. The X-ray source, located in a region of the sky known as the Chandra Deep Field-South (CDF-S), has remarkable properties, NASA said.



AICTE all set to release model exam format: The All-India Council for Technical Education (AICTE) has set the ball rolling for the provision of a model examination format to technical education institutions to test the students' understanding of concepts and skills, as part of a slew of reforms finalised recently by the technical education regulator.



IITs to increase seats to accommodate girl students: The Indian Institutes of Technology (IITs) will add more seats to be filled by girl students for four years starting 2018 to increase the representation of women in the prestigious institutions. Four per cent seats will be added each year for the next four years in order to bring the representation of women in the IITs from the present eight per cent to 20 per cent.



Modi honours descendants of Odisha's Paika rebellion martyrs: Prime Minister Narendra Modi met the descendants of historical Paika rebellion martyrs, who undertook an armed rebellion against the British rulers in Odisha in 1817. He felicitated the families of freedom fighters at Raj Bhawan in presence of Governor S.C. Jamir. He said Odisha secured the top position for its immense contribution for freedom movement.



No more red beacons for dignitaries, including PM: Prime Minister Narendra Modi has decided to shake up India's privileged VIP culture, most notably symbolised by flashing red beacon lights on top of vehicles, by scrapping a rule that allowed the Central and State governments to nominate dignitaries who could use such lights. Effective May 1, only emergency services vehicles such as ambulances, fire engine trucks, and police vehicles will be allowed to use blue lights. Red lights will not be permitted on any vehicle. Private vehicles will not be allowed to use either red or blue lights.



The riveting stories of this year's six Goldman prize winners : The Goldman Environmental Prize, the annual honour to environmental activists for exemplary work at the grassroots level, has been awarded to six people, including Prafulla Samantara of India. While five activists were awarded for successfully blocking projects that could potentially harm the eco-system, one person was awarded for his fight for environmental clean-up. Founded in 1989 by Richard and Rhoda Goldman, the award, presented to one person from each liveable continent, is announced on Earth Day.



Hindi may become must till Class X in CBSE schools: Students of schools affiliated to the Central Board of Secondary Education (CBSE) and Kendriya Vidyalayas (KVs) may have to compulsorily study Hindi till Class X with recommendations of a parliamentary panel in this regard getting the President's nod.



Australia abolishes 457 visa programme used largely by Indians: Australia abolished a visa programme used by over 95,000 temporary foreign workers, majority of them Indians, to tackle the growing unemployment in the country. The programme will be replaced by another visa programme, with new restrictions. The programme, known as 457 visa, allows business to employ foreign workers for a period up to four years in skilled jobs where there is a shortage of Australian workers.



Nepal braces for 'traffic jam' at Mount Everest: Nepalese officials are bracing for a "traffic jam" at Mount Everest this season due to a surge in the number of climbers eyeing to conquer the world's tallest peak. This time, there would be around 400 climbers, who will embark on the journey to scale the 8,848 metre-high Mount Everest from mid-May, according to the Department of Tourism.



Air India proposes to impose fine of Rs. 5 to 15 lakh on unruly passengers: Air India plans to impose fines of up to ₹15 lakh on unruly passengers for causing flight delays. Under the proposal, the national carrier will impose a financial cost of ₹5 lakh on unruly passengers causing a delay of up to one hour, ₹10 lakh for a delay between one and two hours and ₹15 lakh for delay beyond two hours.

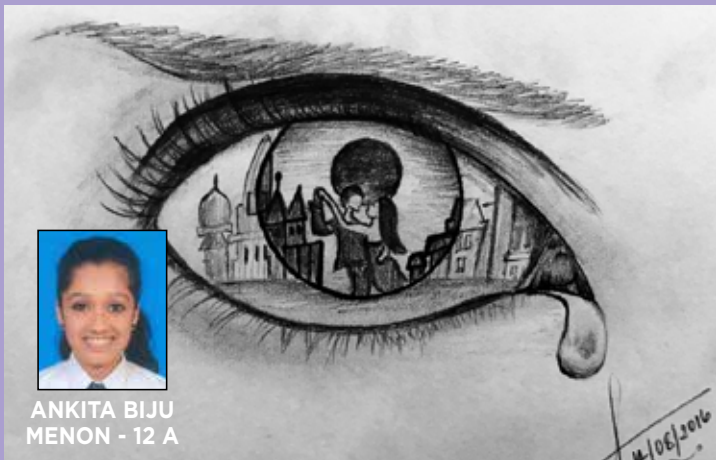
art gallery



SAAYA SUNIL
- 7 D



SHABANA
ANWAR - 12 E



ANKITA BIJU
MENON - 12 A



MAALAVIKA
MENON - 11I



MARK MEMORY
- 12E



KHADIJA K B -
8 B

Student Name:

Class : Section: Roll No.:

Serial No.



ACKNOWLEDGEMENT

I, the parent of studying in class section hereby, acknowledge the receipt of the May, 2017 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

ICSK Aces her Game at the 19th CBSE Kuwait Cluster Swimming Tournament



The 19th CBSE Kuwait Cluster Tournament was organised this year under the auspices of the Indian English School. The swimming champs of ICSK have claimed five gold titles, 2 silver and 4 bronze titles at the event held at the Adaliya Club, Kuwait. The title holders have carved a niche for themselves in the tournament and in select areas of swimming like the butterfly stroke, breaststroke, backstroke, freestyle and medley.

Miss. Disha Shetty of class 7C was the individual champion in the U-14 category with first position in 200 metre free style, second position in 100m freestyle and 200m medley and the third position in 100-m backstroke. Miss Mahillyan Mohan of class 9 C secured the second positions in 200-m medley and 100-m butterfly stroke and the third position in the 100-m breaststroke in the U-19 category. In the same category, Mast. Arjeet Singh of class 12 G claimed the gold medal in the 100-m butterfly stroke while Mast. Anson Pereira of class 12 B, has claimed the bronze medals in 50-m and 100-m backstroke respectively.

The single-minded students had pushed their limits with excessive self-practice sessions and have proved their prowess with the other competent swimming teams of CBSE schools in the region of Kuwait. They face the challenging task of participating in the CBSE National Swimming Competition to be held later in the year. They are clearly resolute in their will to bring more accolades in the arena of swimming.

BEST CLASSES APRIL

Senior Secondary



FIRST - 12E

Secondary



FIRST - 10C



SECOND - 12A



SECOND - 10A



THIRD - 12G



THIRD - 9A



Forthcoming Events

- Gyanotsav 2017"
- Monthly Tests
- Senate Investiture
- First Mid Term Examination



**THE INDIAN
COMMUNITY SCHOOL
KUWAIT**

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