



EMOTIONAL PHYSICAL INTELLECTUAL CULTURAL SPIRITUAL



THE INDIAN COMMUNITY SCHOOL (SENIOR) KUWAIT

THE MONTHLY MAGAZINE

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PRAYAN 2016 – A JOURNEY TO EXCELLENCE

The Indian Community School Senior held a special ceremony for the students of class XII before the commencement of the new session. The Chief Guest, Rev. Fr. Lionel Braganza, Principal of Indian English Academy School, Kuwait, blessed the students at the onset and exhorted them to undauntedly accept the challenges of this world. Mr. Vijay Karayil, Honorary Secretary to the Board of Trustees and members of the Parent Advisory council graced the occasion with their benign presence.

Dr. V. Binumon, the Principal of ICSK Senior, welcomed the august gathering and reminded the students to utilise the given opportunity to scale greater heights. The invited dignitaries lit the ceremonial lamp to invoke the blessings of the Almighty along with the departmental heads of various streams. The Chief Guest, Rev. Fr. Lionel Braganza handed over the class logs and the attendance registers to the XII standard class teachers before they resumed their duties. Mr. Vijay Karayil Honorary Secretary to The Board of Trustees gave away the personal log and time table to the subject teachers. The Vice Principal Dr. Sam T. Kuruvilla distributed chocolates to the students, adding sweetness as they embark on this arduous journey of excellence.

The function concluded with the vote of thanks proposed by the coordinator of Prayan - 2016, Mr. D. John, igniting the young minds to fathom the ocean of knowledge boldly; for the journey of a thousand miles begins with a single step.



PRINCIPAL'S MESSAGE



Dear Children,

Month of March is the time of examination and you may be experiencing a different mind set for it. Examinations are always part of life. Let us go to the next academic year by making a difference with better belief and hope. How to make mingle ability with people. All you need to feel at ease talking with anyone is a solid strategy and a little practice. Follow these tips to master your mingle-ability skills.

- 1. Step out of your comfort zone :** Don't allow your fears to inhibit you from interacting with others. An optimistic outlook on life attracts people, so go in with the attitude you're going to have a good time meeting interesting people. To take the pressure off, focus on others and less on yourself. Topics common to everyone like travel and food are ideal conversation starters. Don't underestimate yourself. You have more to contribute than you think. If you never make the effort, you'll cut yourself off from potential opportunities as well as deprive others of your unique gifts.
- 2. Choose quality instead of quantity :** Instead of spending small amounts of time with a lot of people, spend more time with a smaller number of carefully chosen people. You may find it comforting to know that the strength and longevity of your relationships depend more on the quality, and far less upon the quantity, of your connections.
- 3. Mind your body language :** Most of what we say is communicated not in words, but subconsciously in gestures, voice tone, posture and other aspects of how we physically hold ourselves. Stand proper, keep an open stance and look people directly in the eye. These actions go a long way toward creating meaningful connections.
- 4. Practice remembering names :** Whenever you're introduced to someone, say his or her name in conversation. This will show you are paying attention and will make the other person feel important. If you can't remember someone's name, simply say, "It's been one of those days, please tell me your name again." Remembering everyone you meet is impossible, yet when you make a concerted effort to remember two or three names at each event you attend, you'll become better with practice.
- 5. Keep it simple :** When you are interested in others and they will become interested in you. Inquire about what matters most to people, then center your conversations around their priorities. A mutually-beneficial relationship is one based on trust, respect and goodwill. The result is a long-term quality connection in which information and resources are freely exchanged.
- 6. Enjoy yourself :** Nothing is more attractive than sincerity. If you're having a good time, people will pick up on your enthusiasm. Exuding positive vibes is a social and professional magnet but don't fake it. It must come from an authentic attitude. Focus on having fun and presenting your best self.

EDITORS NOTE

The great art of life is sensation, to feel that we exist, even in pain.

THE PAIN OF LIFE

The old Master instructed the unhappy young lady to put a handful of salt in a glass of water and then to drink it. "How does it taste?" the Master asked. "Very bad," said the lady.

The Master then asked the young lady to take another handful of salt and put it in the lake. The two walked in silence to the nearby lake and when the apprentice swirled her handful of salt into the lake, the old man said, "Now drink from the lake."

As the water dripped down the young lady's chin, the Master asked, "How does it taste?" "Good!" remarked the apprentice. "Do you taste the salt?" asked the Master. "No," said the young lady.

The Master said, "The pain of life is pure salt; no more, no less. The amount of pain in life remains the same, exactly the same. But the amount we taste the 'pain' depends on the container we put it into. So when you are in pain, the only thing you can do is to enlarge your sense of things. Stop being a glass. Become a lake.!

You can mail us: epicseditors@gmail.com

Mr. Joseph Francis

Mrs. Tintu Wilson



A Beautiful Story

Came across this beautiful story and wanted to share it with you all. Brilliant insight into the way we live our life..!!!



**Anamika
Anilkumar 12-A**

One day I hopped into a taxi and we took off for the airport. We were driving in the right lane when suddenly a car jumped out of a parking space right in front of us. My taxi driver slammed on his breaks, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly. So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital.!" This is when my taxi driver taught me what I now call "The Law Of The Garbage Truck".

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well and move on. Don't take their garbage and spread it to other people at work, at home, or on the street

The bottom line is that successful people don't let garbage trucks take over their day.

Life's too short to wake up in the morning with regrets, solove the people who treat you right.

Forgive the ones who don't.

Life is 10 percent what you make it and 90 percent how you take it!

GOOD WILL AMBASSADOR



AVINASH KUMAR ANIL KUMAR - 8B

MULTIMEDIA & WEB TECHNOLOGY - INTO THE WORLD OF INTERNET

Dept. of Web Technology



The Indian Community School has introduced vocational subject on **Multimedia and web technology** to enhance the student's knowledge on latest technologies and trends like HTML, DHTML, XML, CSS, JAVA Script, PHP, Photoshop, Flash etc. It not only increases the IT awareness but also gives the job opportunities in this field. This course will definitely help those students who will select Computer stream during their graduation after passing 10+2. Multimedia and web technology can be selected as a main subject during 10+ 2.

What are the Learning Objectives of Multi Media:	Competencies:
<ol style="list-style-type: none"> 1. To get proficient in WEB Development using HTML/ XML 2. To be able to write server & client scripts. 3. To get proficient in Web Management 4. To get proficient in creating a Web Site 5. To design Graphical images using Image-Editing tools 6. To get proficient in audio & video capture. 7. To develop ability to use the Open Source Technology. 8. To develop ability to localize software applications. 	<p>The student will become proficient in the following:</p> <ol style="list-style-type: none"> 1. Managing Self Developed web-site 2. Management of a full-fledged web portal 3. Creation & Editing of graphical images. 4. Capturing, Creating and Editing Audio and Video through external devices. 5. Embedding images & video into a presentation.

For International Women's Day, Air India Operates World's Longest All-Women Flight



From the ground staff overseeing the boarding process, to the four people operating the controls, an Air India Boeing 777-LR that took off from Delhi on March 6 was entirely staffed by women. Seventeen hours later it landed in San Francisco, and - following some well-deserved rest - the same crew will made the return flight on March 8th,

International Women's Day.

The airline has operated 20 all - women crewed flights domestically and internationally to celebrate International Women's Day, but this particular trek is noteworthy for its length: The 14,500 kilometer (9,000-mile) route, led by Captain Kshamta

Bajpayee and Captain Shubhangi Singh, makes it the longest flight ever operated by an entirely female crew. The New Delhi-San Francisco flight - the world's longest non-stop flight operated by women - had women handling all operations from cockpit crew to cabin crew, check-in staff, doctor, customer care staff, entire ground handling staff from operator to technician, engineer and flight dispatcher and trimmer.

As a celebration of International Women's Day, these flights mark important milestones for women in aviation. But, the fact that these occasions still make headlines is also a reminder of how much work there is to do, before there is even a semblance of equal gender representation in the profession.

MEDICINE BABA



them in his one-room apartment

Things have gotten better though, he now no longer works alone, there are volunteers who join him from time to time. As word got out, he's even started receiving medicine donations from other countries. What's next? For now, just making a stronger bank and making a bank of more expensive medicines for the Indian poor.

Meet 78-Year-Old Omkar Nath Sharma. Delhi's 'Medicine Baba' Who's Doing Something The Govt Has Failed At

We live in times where more often than not, our personal interests come even before those of our family, let alone the country the community or the poor. Which is why Omkar Nath Sharma's story is truly truly special.

78-year-old Omkar Nath Sharma is a retired blood bank technician with one simple agenda - going home to home and collecting medicines so he can make a medicine bank for the poor. Something that subsequent governments both in the state and the country have failed miserably at.

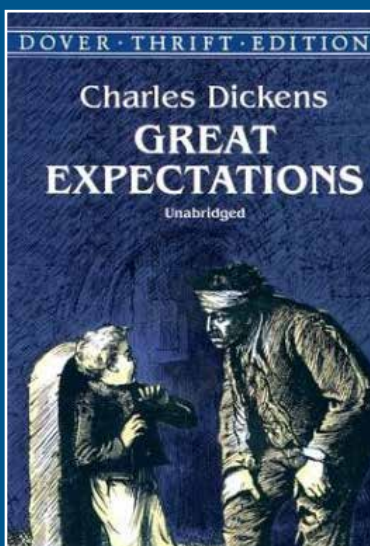
It all started 7-years-ago when an under construction metro pillar collapsed in New Delhi's Lakshmi Nagar area killing several labourers. This was something that really moved Omkar Nath and pushed him to start his drive.



He leaves home every morning at 7.30 am and does the round of houses to collect medicines. He then sifts through the medicines to weed out the expired ones and then categorises and stores



GREAT EXPECTATIONS



Great Expectations is one of Charles Dickens's most famous works. It was published (as a novel in three volumes) in 1861. Pip is a young orphan boy who lives with his elder sister and her husband. He knows that he will be a blacksmith like his brother-in-law when he grows up. But an anonymous benefactor settles a lavish allowance on him. Pip goes to London and starts life in a society that is completely alien to him. His new-found prosperity and his undying love for his childhood friend Estella change him in many ways. He becomes more and more ashamed

of his humble origins. But many disasters and challenges await him. The novel chronicles Pip's experiences from childhood to adulthood. Great Expectations is generally termed a bildungsroman. Bildungsroman is a German word used for novels that portray the psychological development of the central character. But Great Expectations, like most of Charles Dickens's novels, does not conform to any one genre. It is a tale of love and passion; a mystery story with several twists; a narrative that functions as a serious social commentary.

CAPTAINS & VICE CAPTAINS - MARCH 2016

CLASS 12 A



ABISHAI ALAN



EILEEN M. NINAN

CLASS 12 B



ANTHONY YANG



RUKAIYA MUSTANSIR

CLASS 12 C



KHULSUM



DIVYA S. HARI

CLASS 12 D



GEORGE KURIAN



KEVIN SAJJAN

CLASS 12 E



SIMRAN CHABBA



SAIFUDDIN MOTORWALA

CLASS 12 F



ABDULLAH SABBIR



ABDUL AZIZ SALEEM

CLASS 12 G



DHANU ACHU MANU



JENNY SARA

To be accepted ...

From our youth we are told to fit ourselves into moulds suggested by the society as 'acceptable' for our gender, age etc. But why do we have these? Why are men more accepted for jobs and sports? Why is it seen as shameful for a man to cry? We must realise the more we conform into such ideals, the more we lose our individuality, our uniqueness, the thing that makes us stand out from the rest of the herd. We live in a society that is driven on the basis of label. We are labelled by our age, our clothes, our gender, our skin colour the list is endless. Also when people stray from these set ideals they are shunned by everyone around them, a general example that I can give you is when an individual's personal views do not match up with another and the latter is insulted. Such people have never seized to amuse and irritate me, the way they speak of such an event makes it seem as if the other person's opinion makes no sort of difference in their life. No matter what people around us choose to believe or follow, it doesn't affect our life in the slightest and we must keep

it that way. We can not let our vision be hazed by the likes of others. A quote by Mahatma Gandhi is "I will not let anyone walk through my mind with their dirty feet", we must follow these wise words religiously, we must shape our own destiny, we need to be who and what we want to be, not what our family, friends want or anyone for that matter. Your future lies in your hands, what you do today reflects what happens tomorrow, if you choose to stray away from the beaten path and spend your blood, sweat and tears into creating a life that is custom made for you, there is no greater happiness. I think its best to end with a good quote, so here is one by renowned German philosopher Friedrich Nietzsche "The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself."



Akila
Krishnan-12 B.

The rain

The rain drizzles
And the wind whistles
The rain sounds like
"Sh... sh... sh..."
It's nice to hear to the
Sound of rain
Some times when we are in pain
And the cool breeze
That comes from rain
It makes me happy
And vanishes my pain
How beautiful is the rain
That drops on the land
And the first drops gives
The smell of the mud
Which spreads all
Over the land
Wow... How beautiful
The Rain is.....



Maalavika Menon
- IX- B



- Who is elected as the new President of the Republic of Kosovo?
- Which institute is the largest residential institute for the tribals in the world?
- The World Wildlife Day is observed on which date?
- India's first Human Papillomavirus (HPV) vaccination programme has been launched by which state?
- Martin Crowe, who died recently, was a cricketer from which country?
- Who will be conferred with the 47th Dadasaheb Phalke Award for the year 2015?
- The Setu Bharatam project has been launched for which purpose?
- The world's most expensive train station has been opened in which city?
- Chapchar Kut festival is celebrated in which state?
- Who has been honoured with the Aryabhata Award 2013?

(1). Hashim Thaci, (2). Kalinga Institute of Social Sciences (KISS), (3). March 3, (4). Delhi, (5). New Zealand, (6). Manoj Kumar, (7). To make all national highways free of Railway crossings, (8). New York, (9). Mizoram, (10) Avinash Chander/former DRDO Director General)

DIFFERENT EYE COLOURS AND WHAT THEY SAY ABOUT YOU

They say that the eyes are the windows to a person's soul. Take a look into a person's eyes and you can gaze deep into their feelings emotions and mood. Did you know that your eye color can tell a lot about you and your personality? Take a look –



Neethu Elizabeth Thomas - XIIB

BLACK



One of the most surprising things about the black colored pair of eyes is that true black eyes are very rare. What we see and call as black eyes are in actuality just very dark brown eyes. People with black eyes are said to be very trustworthy and responsible. They are extremely hardworking and practical and will always give their best shot at whatever it is that they are doing.

HAZEL



Hazel is a beautiful mixture of brown and green and this eye color looks breath-taking. They are very spontaneous, fun-loving and always up for an adventure. Going with the flow and adapting easily to any situation is definitely their forte. They are brave and courageous people who encourage diversity and they tend to get bored of monotony very easily.

GREEN



They always have a room of mystery and enigma around them. Intelligent and always curious, green eyed people are always the first to take interest in something new. They have an incredible zeal and zest for life and for living live to the fullest. The only negative factor is that they get jealous very soon.

BROWN



The most common eye color in the world is brown. When we say brown, we talk about light to medium brown and not very dark brown. People with brown eyes are attractive and confident. It is a strong and rich color and it is associated with earth and thus, things like simplicity, creativity and positivism are some things that you can always find in people who have such brown eyes.

GREY



As they say, life is not just black and white but just different shades of grey. Similarly, people with grey eyes and born to be dominant and leaders. Strong in nature, wise and gentle are some of the most important attributes that they possess. One must know that they are very gentle. In fact, people with grey eyes are the least aggressive people of all.

BLUE



Peaceful, smart, kind and full of youth and life, blue eyed people have long-lasting relationships and are very energetic. But the most prominent feature among them is their inherent desire to make other people happy. Blue eyed people will go the extra mile just to make sure that you are happy with utmost kindness and sincerity.

BEST STUDENTS FEBRUARY



MANAAL MOHAMMED-10A



HINAL SRIVASTAVA-10B



RUEBEN VARGHESE JACOB-10C



ASTREL REBECCA -10D



SUMAIYA FATHIMA -9A



CLIFTON GEORGE -9B



SHARON JUDITH LOBO-9C



MOHAMMED OWAIS BUKHAR-8A



MELAN VARGHESE- 8B



CHERISH CHERIAN SUNIL-8C



Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all long.

Life has many ways of testing a person's will, either by having nothing happen at all or by having everything happen all at once.

ODISHA



1803 A.D. and the coastal section of Bengal was converted into Bihar and Odisha. Later Odisha and Bihar were separated in 1936. In 1950 it became a constituent state of India. The name of the state was changed from Orissa to Odisha, and the name of its language from Oria to Odia, in 2011.



Odisha is blessed with around 500 km long coastline and has some of the most beautiful beaches in the world. Chilika, Asia's largest brackish water lake, not only provides a haven for millions of birds, but is also one of the few places in India where one can view dolphins. The lush green forest cover of Odisha plays host to a wide variety of flora and fauna, including the famed Royal Bengal Tiger. Odisha is filled with beautiful beaches, fascinating waterfalls, and lovely lakes and even has hot water springs that are reputed for their healing abilities. At the same time, Odisha is well known for its rich history and its famed arts and culture.

Odisha lies on the beautiful seashore of the Bay of Bengal. The state has major rivers like Mahanadi, Brahmani and Bansadhara.

Three fourths of the entire state comprises hills and mountains of the Eastern Ghats. One of the major attractions here is the natural habitat of the wildlife. There are many wildlife sanctuaries in Odisha. Chilka is the famous back water lake that has been recognised as the haven for millions of species of birds. Dolphins are also seen here. Some of the major beaches here are Gopalpur, Chandipur, Puri and Chandrabhaga. The lush greenery plays host to a number of flora and fauna and has given rise to the famous Royal



The earliest inhabitants were the tribes of the hills known as the Sabar and the Saora from the Mahabharata times. It was ruled by Ashoka the Mauryan emperor, Gupta dynasty, Bhauma-Kara dynasty and later the Soma dynasty. The modern history comprises the British East India Company which entered the state in



Established	: 1 April 1936 as Orissa Province
Capital	: Bhubaneswar
Legislature	: Unicameral (147 seats)
Parliamentary constituencies	: 21 Lok Sabha and 10 Rajya Sabha
High Court	: Odisha High Court, Cuttack
Area	: 155,707 sq.km.
Population (2011)	: 41,947,358
Density	: 270/km ²
Official language	: Odia, English

Bengal Tiger.

The Sun Temple of Konark in Bhubaneswar and Puri have been awarded a World Heritage Site.

Odisha is the bastion of rich culture and tradition and is evident due to the historical monuments, sculpture, artists, dance and music.

The classical dance form Odissi originated here.

Odisha has major of its population engaged in agriculture. The state also has a mineral production like coal, limestone, bauxite, iron ore and various other minerals. It has a third position of bauxite reserves in the country. Rourkela steel plant was the first ever integrated steel plant in India. Fishery has also emerged as one of the major economic activity due to the vast coastline, brackish water and marine fisheries.



बlessing Ceremony 2016 - The Blessing Ceremony of CLASS XII



they could improve their potential and productivity by persistent hard work for 15 hours per day. He exhorted students to dream big, providing an impetus to excel in every phase of life.

The school was honoured to have the presence of The Chief Guest, His Excellency Mr. Sunil Jain, the Ambassador of India to Kuwait. The Ambassador in his address, remembered his student days with nostalgia. He recalled his ambition and the hard work he put in to achieve his aspiration. He advised the students to work tirelessly to achieve their goals.

The Indian Community School - Senior, conducted the Blessing Ceremony for the outgoing batch of class XII on 17th February, 2016, at the auditorium. The children were blessed by the invited dignitaries and the ICSK fraternity. The chief guest of the occasion was His Excellency Mr. Sunil Jain, the Ambassador of India to Kuwait. Mr. Ahmed Fawzi Musaad Al Saleh, Trustee, Al Bayan Bilingual School and Fawzia Sultan International School, was the special guest for the function. Members of the Board of Trustees, PAC members, Principals and Vice Principals of all the other branches of ICSK; teachers, parents and special invitees were present on the occasion.



Dr.V.Binumon, Principal of ICSK Senior, welcomed the guests on the occasion. He exhorted the students to scale the heights of success through persistence and hard work. He reminded the students that blessings were integral in order to achieve success in life and to enjoy the fruits of hard work. Invoking the blessings of the Almighty, the invited dignitaries lit the ceremonial lamp. A melodious inspirational tune was rendered by the members of the school choir, Swaranjali.



Mr. S.K. Wadhawan, Honorary Chairman to the ICSK Board, addressed the gathering. While wishing the students success for the upcoming examination, he reminded them to be the torch bearers of their alma mater in the years to come. Mr. Bobby Mathew, Honorary Vice Chairman in his address persuaded the students to think beyond their grades. He assured the students that





Mr. Ahmed Fawzi Musaad Al Saleh, Trustee, Al Bayan Bilingual School and Fawzia Sultan International School, the special guest for the occasion appreciated and admired the Indian community for their tradition and cultural values. He also acknowledged the work done by the school in enlightening the expatriate Indian society.

students who gained 100% attendance were acknowledged with certificates for their performance. The programme was telecasted live through the web for the members who could not attend the function.

The reminiscences shared by the student representative of different streams, Ms. Fatema Ali Asger, Ms. Ashly Reji, Ms. Hebha Mariam, Master Bilal Mohammed Aslam and Master Syed Mohammed Baqir, brought back the images of bygone years into the minds of all the distinguished members. Mementos that represent the blessings and good wishes of the teaching fraternity, were presented to the students by the dignitaries. 340 mementos were given away to the students of standard XII. The subject toppers of each stream were honoured with mementos and the

Mr. Vinod Lakshmanan, Chief Coordinator for Aashirvaad - 2016 rendered the vote of thanks to all the invitees and the ICSK fraternity. In the exhortation ceremony that followed, Dr. Sam.T.Kuruville, the Vice-Principal of Senior Branch, read out the promises to be kept by the newly graduated students. As the students took the oath, they received lit candles which signified the expulsion of ignorance. It was also symbolic of the ICSK motto 'From Darkness to Light'. The ceremony concluded as the students were blessed by teachers as they walked through the 'corridor of blessings', ready to step out of school and face the outside world.



CHARITY FUND

BALANCE SHEET FOR THE MONTH OF FEBRUARY 2016

INCOME (JANUARY)	KD	EXPENDITURE (FEBRUARY)	KD
Balance c/f from January	2483.390	Mr.Basheer Ahmed Mohd	150.000
		Mr.Chennarayudu Sugith	150.000
			300.000
Balance from January	2183.390		
Contribution from students (February)	177.550		
Contribution from Staff (February)	35.000		
Contribution from a Student of Class XII C	20.285		
Balance in hand	2416.225		

CHARITY CONVENORS - MARCH 2016



FATHIMA RAMEESHA
- 12A



ZAINAB SOLANKI
- 12B



ASHIFA SAYED - 12C



BRIAN - 12D



NADA HAFIZ - 12E



HANAN MUSTAQ
ALI - 12F



FEBA ABRAHAM
- 12G



BIRTHDAY AND CHARITY FUND FOR FEBRUARY : 2016

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
XII A	-	60.000	60.000
XII J	-	15.300	15.300
X A	20.000	5.950	25.950
X B		1.040	1.040
X C	-	5.330	5.330
X D	-	0.090	0.090
X F	-	8.680	8.680
X G	-	3.625	3.625
IX A	2.000	2.220	4.220
IX B	-	9.800	9.800
IX C	3.000	2.150	5.150
VIII A	1.000	14.540	15.540
VIII B	6.000	9.515	15.515
VIII C	-	7.310	7.310
Total	32.000	145.550	
SUB TOTAL			177.550

HOW TO BE HAPPY?



Rayyan
Abubucker - 12B



Each and every human is in pursuit of happiness, whether it is a child, or an adult, and this is a fact. In order to achieve this true happiness, one must comprehend what this emotion really is. Happiness can be defined as 'feeling, causing, or giving pleasure' and it is being 'satisfied' according to the Oxford dictionary. It is essential to understand the psychology of happiness so that we know how to control it.

James Montier published his research into 'The Psychology of Happiness' and learned that happiness was composed of three elements:

1. About 50% of individual happiness comes from a genetic set point. That is, we're each predisposed to a certain level of happiness. Some of us are just naturally more inclined to be cheery than others.
2. About 10% of our happiness is due to our circumstances. Our age, race, gender, personal history, and, wealth, only make up about one-tenth of our happiness.
3. The remaining 40% of an individual's happiness seems to be derived from intentional activity, from "discrete actions or practices that people choose to do".

As humans we have no control over our

genetic set-point, and hardly have any control over our circumstances.

Thereafter, the main conclusion to be drawn from Montier's research is that we can only work on the last 40% to make ourselves happier. It must be noted that this 40% cannot be achieved in pursuit of money, fame or anything materialistic. These are all transitory, and anything transitory will never result in true happiness. True happiness is contentment, and this is only attained through activities which are not fleeting. So here are 10 steps to make our lives happier:

1. **Seek the pleasure of GOD** - nothing can make us happier than seeking the pleasure of GOD. Whether we are at university, home or on a holiday never forget to seek the countenance of GOD.
2. **Be grateful** - The more grateful we are to have the things we have, the more GOD will shower upon you with His bounties. Appreciation of what GOD has blessed you with is vital.
3. **Satisfy your soul and not your physical body** - Work on activities that result in eternal happiness that bring a smile to the heart and not merely a smile to the face. Do meaningful work; strive to partake in feeding the homeless at hospices, assisting the distressed and helping others over and avoid excessive shopping, excessive eating out, and time spent unnecessarily.
4. **Avoid comparisons** - Do not look towards celebrities, rich or affluent people above; the lives of such individuals are not 'ideal', instead look towards the lives of the happier and simple people. Look at those below you

(less fortunate than you), and don't look at those above you.

5. Have no expectations in anyone else other than GOD - Place all reliance and expectations in GOD alone, any favour that we do, and good character that we display without expecting anything in return.

6. Serve others and cultivate good relations - We should have an altruistic nature always, be ready to share our warmth and support to others. "God gives us people to love and things to use, not things to love and people to use." - Max Lucado.

7. Be in routine - If we are in routine we will get adequate sleep and that solves half the problem! A person with a sleep deficit is often grumpy, tired and unproductive - all of this counteracts the characteristics apart of the 10 steps to happiness. A person who plans their day is much more productive than a person who doesn't.

8. Promote brotherhood/sisterhood - Being a part of a larger group gives us a sense of security and a safety net to support in occasions of happiness and hardships.

9. Eat good food. Eating well maintains our physical well-being, this too keeps us happy.

10. Keep Fit - Scientists claim the best benefit of exercise is that it makes us feel happy. Exercise is described by many doctors as an anti-depressant.

BE HAPPY ALWAYS!!

“Quotable Quotes”

To the man who only has a hammer, everything he encounters begins to look like a nail. - *Abraham Maslow*

The person who reads too much and uses his brain too little will fall into lazy habits of thinking. - *Albert Einstein*

It is the mark of an educated mind to be able to entertain a thought without accepting it. - *Aristotle*

Never be afraid to laugh at yourself, after all, you could be missing out on the joke of the century. - *Dame Edna Everage*

We learn something every day, and lots of times it's that what we learned the day before was wrong. - *Bill Vaughan*

BOOST YOUR VOCABULARY

- Knotty : complex; difficult to solve
- Plagiarism : taking credit for someone else's writing or ideas
- Harangue : noisy, attacking speech
- Obdurate : stubborn
- Abstemious : self denying; refraining from indulging
- Plumage : feathers of a bird
- Curtail : cut short

Birthday Gallery FEBRUARY



MOSES REJI CHANDY
9B - FEB 1



ALFIYA RAMAKDAWALA
11F - FEB 2



FIRDAUS SALIM P.
10D - FEB 2



PRATHIK THOMAS
10C - FEB 3



PAROMITA DAS
12G - FEB 4



IOANA CHRISTINA
12D - FEB 5



SHYNO ABRAHAM
12D - FEB 5



JOSLIN FERNANDES
12A - FEB 6



LIGY ANTONY
11A - FEB 7



MERIN ANNS M.
10B - FEB 8



SHOAN THOMAS
8B - FEB 8



CAROL D'SOUZA
11H - FEB 9



GAVIN GEORGE
12B - FEB 9



HAFZA SAIFULLAH K.
11B - FEB 9



AARON JOSEPH REJI
12C - FEB 10



BARJEES ABDUL B.
12F - FEB 10



FAZILAH MOHAMMED H.
11G - FEB 10



TAHA AGENCY
12F - FEB 10



NAFISA BEGUM
9C - FEB 11



RACHEL FERNANDES
9A - FEB 11



ANUPAMA DILIP
10B - FEB 12



MANISH ABRAHAM
10G - FEB 12



RAKSHITA AMARNAT
12C - FEB 12



SIDHARTH V. SIJU
8A - FEB 13



AFIFA
12G - FEB 14



ANGELA ANN ALEX
10A - FEB 14



ARJUN RAJASEKHARAN
10A - FEB 14



MELAN VARGHESE
8B - FEB 14



SHIMI SUNDER
12D - FEB 14



UMAIMA EFTIKHAR B.
11D - FEB 14



RICKY ESTIBEIRO
11I - FEB 15



SHARON JUDITH LOBO
9C - FEB 16



ABBAS TAIYEB ALI
10DC - FEB 17



AIBIN T. MATHEW
10D - FEB 17



FIRAS JAVID
10A - FEB 17



MANAAL MOH'D KHALIL
10A - FEB 17



PRESTON SHANNON
8C - FEB 17



SUDINDEY DEVARAJAN
12C - FEB 17



BENNY MATHEW
10D - FEB 18



CHRISTA FILO VINCENT
11E - FEB 18



JIYA MATHEW
8C - FEB 18



RUSHALI MAHESH
12A - FEB 18



JOHN MARSHALL
10F - FEB 19



LEON J. GOAMES
11A - FEB 19



SYED ALI RAZA
11C - FEB 19



DEVANSH MODI
12C - FEB 20



MUSTAFA MAJID
12F - FEB 20



RISHI J. CHERIAN
11A - FEB 20



NINA TONY
12E - FEB 21



AHALYA NARAYANKUTTY
8B - FEB 22



ASHIL SAM
12A - FEB 22



RAYNOL MENEZES
10C - FEB 22



BASMA BARAKAT
10D - FEB 23



JOSHUA SHAJU
12D - FEB 23



ROHAN FERNANDES
12J - FEB 23



VITHAL VARGHESE
10B - FEB 23



AYISHA NADIR
11B - FEB 24



REVEL CHERIAN
10B - FEB 24



SANDRA S. MATHEW
12F - FEB 26



SAKINA MOIZ
12F - FEB 27



SIMRAN HAREH K.
10F - FEB 27



MR. ABHILASH
3RD FEB



MR. JOEL J
4TH FEB



MRS. SICY ABRAHAM
5TH FEB



MRS. SUSAN RAJESH
7TH FEB



MRS. TINTU WILSON
10TH FEB.



MRS. SEEMA J.
20TH FEB



MRS. MANJU
MITHRA - 20TH FEB



MRS. SANCHITA
21ST FEB

Your Destiny is Shaped by Your Confidence

How many times have you heard people say that to succeed in life you need to have confidence in your own ability? Nothing in life is difficult if you know how to believe in yourself in any situation.

Everything is controlled and perceived by the mind and if you can train your mind to feel confident, it will always remain like that. The most important thing that defines confidence in an individual is his/her self-image.

Self-esteem plays a crucial role in determining the attitude of an individual towards a situation. It is generally observed that people, who consistently underestimate themselves, tend to suffer from lack of confidence. They are always pessimistic in their view point and are defensive in their approach. That is why it is said that people suffering from lack of confidence must take the necessary steps to build up their self-esteem.

This is what high self-esteem can bring you:

- You feel confident about yourself and are willing to try new things.
- Confidence means high courage, which will make you never back away from situations that are testing or tough.
- You will become more aware about your personality and perceptions and will always be able to make better decisions both personally and professionally.
- You are always in control of your life; your decisions are not influenced by any external factors or influences.



Vineetha Rebecca Jacob - XII-D.

Self-esteem and confidence are virtues that can be enhanced in individuals at any age. The most easiest and effective way to build confidence and self-esteem is self-love. No matter what your current circumstance is, you need to love yourself for who you are. If you have a good image of yourself in your own eyes, you will always be in control of your actions.

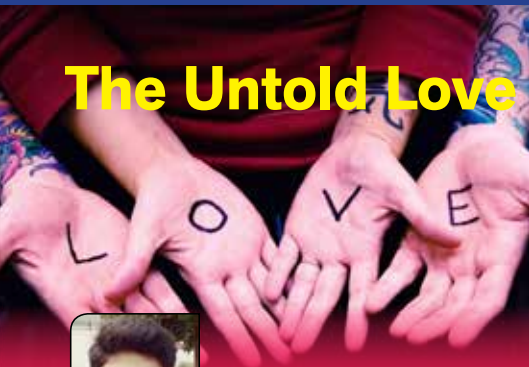
Inter-Branch Chess Tournament 2016

Inter-Branch Chess Tournament 2016 was organised by the Indian Community School Kuwait on 30th January 2016 for the chess enthusiasts of the school. The competitions were held in the U-12 and U-14 categories for boys and girls. ICSK Senior Branch won the tournament in U-14 boys category and bagged the Runners Up Trophy in the U-14 girls' category. Congratulation to all the winners!



U-14 Boys Category:	U-14 Girls category
Ebin Shibu-8A	Sophia Saji-8A
Shoan Thomas-8B	Rupali Jain-8A
Jehan Sharukh -8A	Jessica Annamalai-8A
Anuranjith Udayan-8B	Dinah Stephen-8B
Benson Daniel-8A	Arlene Pereira-8B

The Untold Love



**Muhammed Basil Habeeb
XII-B**

When the coffin party rushed ,
Inside home as his throat gushed ,
He stared at his son - Dead ,
Regretting his love , Unsaid .

His son marched
For our lands , he marched
For our families , he marched
For our freedoms , he marched .

He marched
For honor sake
For duty sake
For glory sake , He marched

When his son gained the brass ,

When his son saved the mass ,
His heart would fill with pride
Brushing away the tears
He could not say it with words
And now he stare at his son - Dead ,
Regretting his love , Unsaid .

He loved him the most,
And he was all that was best in him
And he now regret it the most
And that he never told him

Now his son's come home
And he stood with eyes downcast
His hands stroking the coffin
Saying I love you, at last

WORLD



FEBRUARY 2016

in a Nutshell



Four cities launch bid for 2024 Olympic Games: Four major cities - Paris, Rome, Los Angeles and Budapest - have launched their bid to host the 2024 Olympic Games, the International Olympic Committee (IOC) confirmed. The vote for the host city will take place on September 13, 2017 in Peru's capital, Lima, Xinhua news agency reported.



IITs to hold entrance exam abroad for foreign students: In a bid to attract more international talent, the prestigious IITs for the first time are planning to hold their entrance tests in Singapore, UAE, Ethiopia and SAARC nations next year to select foreign students for undergraduate and postgraduate courses. "The entrance tests to the IITs abroad have been held till now only to admit Indian nationals. This is for the first time that it has been planned to admit foreign students through tests held abroad.



Global teacher prize: Indian among contenders: An Indian teacher who runs a not-for-profit school in Mumbai for girls from the city's red light areas was named in the top 10 shortlist for a global prize for teachers. Robin Chaurasiya, founder of Kranti, will compete with teachers from the U.K., U.S., Nairobi, Palestine, Japan, Finland, Australia and Pakistan to win the \$1 million Global Teacher Prize 2016.



CBSE asks schools to urge students to download PM's mobile app: The Central Board of Secondary Education (CBSE) has asked schools to encourage students, teachers and parents and teachers to download the 'Narendra Modi mobile app' so that they can share their experiences with the Prime Minister.



WHO issues \$56 million plan to combat Zika virus: The World Health Organization (WHO) said that \$56 million were needed to combat the Zika virus until June, including for the fast-tracking of vaccines, diagnostics and research studies into how it spreads. The funds, including \$25 million for the WHO and its regional office, would also be used to control the mosquito-borne virus that has spread to 39 countries, including 34 in the Americas.



Red Cross hails Indian housing programme in Sri Lanka: The owner-driven model, adopted in a housing programme funded by the Indian government in Sri Lanka, can serve as a "source of inspiration," and as a case study of "good practices," Elhadj As Sy, Secretary General and CEO of the International Federation of Red Cross and Red Crescent Societies, said.



Tendulkar's autobiography enters Limca Book of Records: Sachin Tendulkar continues to make records with his autobiography 'Playing It My Way' entering the Limca Book of Records for being the best-selling adult hardback across both fiction and non-fiction categories. The book, published by Hachette India, was released on November 6, 2014 and has broken all records for an adult hardback across both fiction and non-fiction categories.



India's first nuclear submarine INS Arihant ready for operations, passes deep sea tests: India's first nuclear armed submarine is now ready for full fledged operations, having passed several deep sea diving drills as well as weapons launch tests over the past five months and a formal induction into the naval fleet is only a political call away.



Harper Lee passes away: Harper Lee, who wrote one of America's most beloved literary classics, "To Kill a Mockingbird," and surprised readers with a second book about racial injustice in the U.S. South after living a largely reclusive life for decades, died at the age of 89.



ICC Women rankings: India jumps two places to fifth. Riding on their 3-0 clean sweep against Sri Lanka, Indian women's team has jumped two places from seventh to the fifth spot in the latest International Cricket Council (ICC) Women's Championship standings. The significance of the ICC Women's Championship lies in the fact that it is a qualifying tournament for the World Cup to be held in July 2017.



Indian-origin student honoured in US for his charity work: A 13-year-old Indian-origin boy has been honoured in the US for his efforts to improve access to education for underprivileged students in America and around the world through his charity organisation. Ishaan Patel, son of immigrants from India, who attends Kingswood - Oxford School in West Hartford created his charity to improve access to education for underserved children around the world.



Centre to introduce universal ID for persons with disabilities: The Centre has decided to come out with a universal ID for persons with disability, which will be valid throughout the country, a move that will allow the differently-abled to easily avail the benefits of various schemes and reservation. Union Minister of State for Social Justice and Empowerment Krishan Pal Gurjar said that the government is drawing up a new Act, which will include another 12 types of physical disabilities.

BEST CLASSES FEBRUARY 2016

Secondary



1st - VIII A



2nd - VIII B



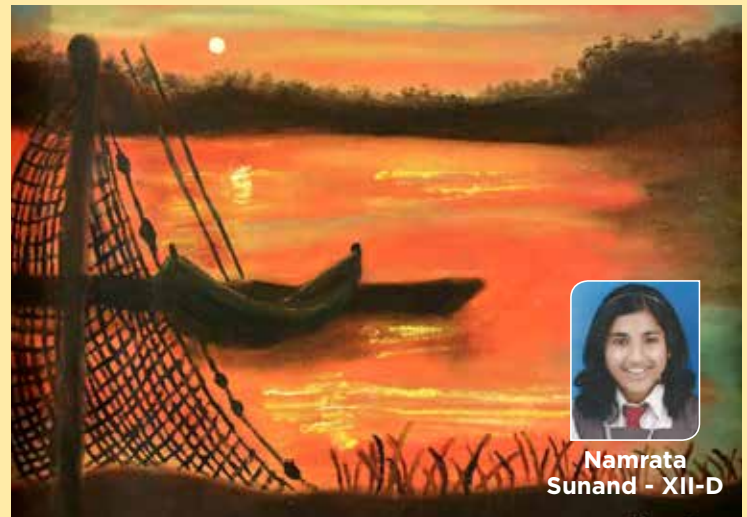
3rd - IX B



INDIVIDUALITY:

Once a student asked his teacher, "How does one get two bitter enemies to work together on something?"

Teacher answered, "Take a lesson from the cooking pot. Its thin bottom keeps two enemies, fire and water, from ever being reconciled to one another; it does so by not concerning itself with the contradictory qualities of the two opponents. It lets the water be water, and lets the fire keep on burning."



Namrata
Sunand - XII-D

Student Name:

Class : Section: Roll No.:

Serial No.



ACKNOWLEDGEMENT

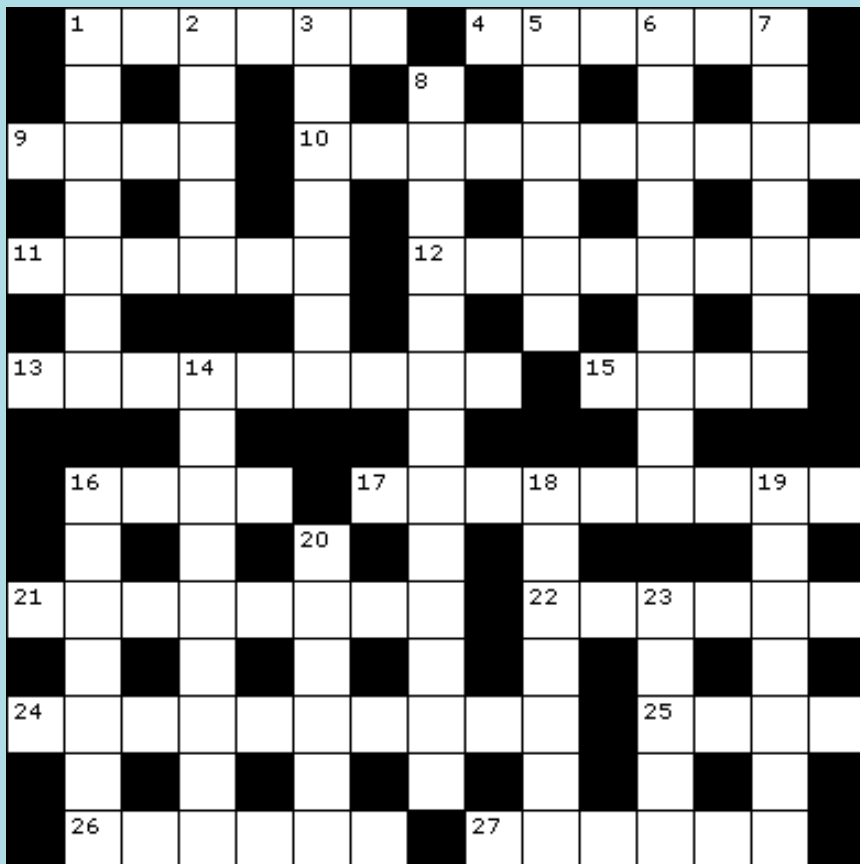
I, the parent of studying in class section
hereby, acknowledge the receipt of the March, 2016 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

Crossword Puzzle

This is a special crossword where all the clues contain ANAGRAMS of the answers! An anagram is created by rearranging the letters of a word to form another word.



- | Across | Down |
|---------------|-----------------|
| 1 Actors | 1 Oceanic |
| 4 Biased | 2 Grips |
| 9 Arcs | 3 Caution |
| 10 Laceration | 5 Bantam |
| 11 Ailing | 6 Depositor |
| 12 Rapparee | 7 Rascals |
| 13 Mischance | 8 Cephalometric |
| 15 Nets | 14 Pathogens |
| 16 Cusp | 16 Echidna |
| 17 Relatives | 18 Impress |
| 21 Marocain | 19 Paroled |
| 22 Remote | 20 Coiled |
| 24 Excitation | 23 Bleat |
| 25 Bard | |
| 26 Hissed | |
| 27 Dances | |



Forthcoming Events



- Gyanotsav.
- New academic year commences on April 3rd for classes VIII, IX & X
- New academic year commences on April 10th for classes XI.
- Orientation programme for parents of class XI students on 9th April.
- Board exam for NIOS.

POETICAL GRAMMAR:

Every name is called a NOUN

As field and fountain, street and town.

In place of noun the PRONOUN stands

As he and she can clap their hands.

The ADJECTIVE describes a thing,

As magic wand and bridal ring

The VERB means action, something done-

To read, to write, to jump, to run.

How things are done, the ADVERBS tell,

As quickly, slowly, badly, well.

The PREPOSITION shows relation,

As in the street, or at the station.

CONJUNCTIONS join, in many ways,
Sentences, words, or phrase and phrase.

The INTERJECTION cries out, 'HARK!

I need an exclamation mark! '

Through poetry, we learn how each

Of these makes up THE PARTS OF SPEECH.



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KUWAIT**

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