



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

AUGUST 2020



PRINCIPAL'S MESSAGE

Dear Children,
Bonjour!

The summer vacation has come to an end. Though you were at home during this vacation, I am sure you must have enjoyed it in a new way. This pandemic has taught us many positive things in our life. It has taught us to accept problems and create solutions to it. Why waste time in life moaning or whining over a problem? Life is too short to be wasted thus, and you must remain positive. Accept the positivity of life and neglect its negativity. Do not be that lazy person who sits on the sofa moaning about why he is overweight, while others are doing their daily exercise. Do not be that lazy person, who day dreams during study time and moans about why he is not scoring marks, while his friends are studying in an organized manner. We are going to operate the second phase of online classes from 23d August 2020, with the integration of Zoom and ICSK cloud. I assure you that you will be more secure and more comfortable. Start with a positive mind- set, begin with the end in mind. The first terminal examination will be online and it is scheduled to be conducted in September. Evaluation will be done based on assignments, viva voce and online examination. Now get out of your summer vacation slowdown, and come back with more force and focus on your studies. Promise yourself to shine forth in your exams by scoring good marks in all your subjects. Good luck !

In the July edition of EPICS, we had started discussing the topic -How to silence the negative voice in your head. We already discussed the three points-

1. Store the negative criticism in a small box
2. Remind yourself that everyone has his own negative critic in him
3. Anger your negative voice
In this edition we will discuss the remaining four points.
4. Tell your best friend how to solve the problem

A quick and simple way to shatter the bubble of negativity that surrounds you, is to think about what you would advise a good friend, who is going through the same situation as yours. Would you assume that one mistake in the class is a sign that they are for sure going to be dismissed from the class? Probably not. Try to specify as many details as possible about the incident and think about how you would help them solve the problem. This way of thinking will help you gauge the real size of the problem you are facing, and may also help you find the solution that will work best for you.

5. Give your inner voice a name

Negative thoughts are threatening and frightening, but an inner voice with a particularly silly name is something that is hard to treat as more than a nuisance. Dr Brené Brown Ph.D., a research professor at the University of Houston Graduate College of Social Work, calls her inner voice The Gremlin, and points out that the goal is to add a little humour to a situation that is characterized by a lot of unpleasantness. Break the cycle of anxiety and nerves, and treat this voice as what it really is: just a small, annoying voice. Choose a funny and amusing name, and make sure to remind yourself every time it's just a small visit of some annoying and bored creature that has nothing to do with who you are.

6. Imagine the worst

Sometimes it's tempting to imagine how our mishap has grown into total chaos, but often the worst-case scenario is not as terrible as we thought it would be. Instead of dealing with a vague idea of everything that might go wrong in a presentation that you have to make at your job, ask yourself what is the worst thing that can happen. You may be asked a question that you don't know the answer to, which you can check later and answer at another time. Perhaps your PowerPoint won't work as expected, and in this case, you can e-mail it to everyone who attended your class. Do such failures indicate failure on your part? The answer is probably not.

Embarrassment and shame only have an impact if we keep them a secret. So, if I get in the car after a party and thought I said something stupid, I pick up the phone and say, "okay, I'm in a total shame downward spiral -- here's what happened." says Dr. Brown. The moment you share your shame you're cutting it off. "Many times," adds Brown, "these conversations end in laughter."

7. Turn your back on perfectionism

You'll never hear someone accomplished saying they've achieved what they have in life. Thanks to perfectionism, rather it's quite the opposite. Many successful people attribute their success to their mistakes and downfalls and their ability to get back up! The most liberating thing you can do is to realize that the desire to be perfect is your greatest obstacle to true happiness.

So, the next time the negative voice in your head scolds you, saying you'll never be perfect, agree with it. You can even answer it by saying: "I'll never be perfect because I don't want to be." If you keep on answering back, the voice will weaken until you truly believe what you're speaking.

Wishing you all the best for an exciting and successful second term!!!

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ICSK ON FACEBOOK AND YOUTUBE

For enhancing our communication with parents, and for updating campus activities via our social media ie Facebook and YouTube, requesting the support of all stakeholders of ICSK in this regard.

Like & Subscribe ICSK in Face book and Youtube



YouTube

ICSK -The Indian Community School, Kuwait



ICSK -The Indian Community School, Kuwait



EDITORS' NOTE

Dear children,
Welcome back to a new session after a relaxing vacation.

WHAT TASTE DO YOU LEAVE IN OTHERS' MOUTHS?

There was an old man, who was admitted in a hospital. A young man was visiting him every day, and sits with him, for more than one hour. He helps him eat his food, and to take his shower.

Then he takes him walking in the garden of the hospital. After that he brings him back to his room, and helps him to lie down. He goes away after reassuring himself, that the old man is doing well.

One day the nurse entered his room, to give him medicine and inspect his condition, and said to him. "May the Lord be always gracious, to your kind and caring son. Every day he visits you, and shows great care."

The old man looked at her, and closed his eyes and said to her. "I wish it was one of my children. This is an orphan from the neighborhood, where we live. I met him one day crying, after his father died. I comforted him, and bought for him candy. I neither saw him, nor talked to him for a very long time.

When he grew up, and came to discover, where my wife and I were living. He was visiting us every day, to inspect our conditions. When I later fell sick, he took my old wife to his home. He then comes to the hospital, to see me everyday.

One day I asked him: "My son why do you have to deal with us, and care about us?"

He simply smiled and then said:

THE TASTE OF THE CANDY IS STILL IN MY MOUTH .

Send your valuable contributions to
epicseditor@icsk-kw.com



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Sona Sunish

the human computer

Shakuntala Devi



Shakuntala Devi was an Indian writer and mental calculator popularly known as the "Human Computer". Shakuntala Devi was born in Bangalore, Karnataka (4 November 1929 – 21 April 2013). Her father worked as a trapeze artist, lion tamer, tightrope walker, and magician in a circus. He discovered his daughter's ability to memorize numbers while teaching her a card trick when she was about three years old. At the age of six she demonstrated her arithmetic abilities at the University of Mysore. She travelled around the world demonstrating her arithmetic talents.



JOSHUA GEORGE
VENGAL - 7B

In 1988, she travelled to the US to have her abilities studied by Arthur Jensen, a professor of educational psychology at the University of California. Jensen tested her performance at several tasks, including the calculation of large numbers. Examples of the problems presented to Devi included calculating the cube root of 61,629,875 and the seventh root of 170,859,375. Jensen reported that Devi provided the solution to the above mentioned problems (395 and 15, respectively) before Jensen could copy them down in his notebook. Jensen published his findings in the academic journal *Intelligence* in 1990.

On 18 June 1980, she demonstrated the multiplication of two 13-digit numbers, $7,686,369,774,870 \times 2,465,099,745,779$. These numbers were picked at random by the Department of Computing at Imperial College London. She correctly answered 18,947,668,177,995,426,462,773,730 in 28 seconds, which was the time taken by her to speak the answer. This event was recorded in the 1982 Guinness Book of Records. Shakuntala Devi explained many of the methods she used to do mental calculations in her book *Figuring: The Joy of Numbers*. In addition to her work as a mental calculator, Devi was a notable astrologer and an author of several books, including cookbooks and novels.

ICSK ORGANIZES WEBINAR FOR CLASSES 10, 11, 12 TO DISCUSS NEW AGE CAREERS IN COMMERCE IN INDIA AND ABROAD



Commerce is the agency by which the power of choice is obtained. Your thoughts are incredibly powerful. Choose yours wisely. Usually people have a lot of knowledge about the professional scopes in the field of Science, but very little do they know about the professional scopes in the field of Commerce.

So keeping it in mind, ICSK organized an interactive session for the children of classes 10, 11 and 12 of ICSK, on 1st August 2020 through the virtual online platform. The session was organized to discuss about the possibilities and scopes in the field

of Commerce. The Guest speaker for this session was Mr. Benoy Varghese who is a fellow member in Institute of Cost Accounts of India, Director- Academy for Future Professionals [CENTER FOR EXCELLENCE FOR CA, CMA, CS AND ACCA].

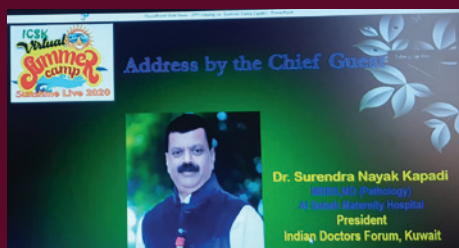
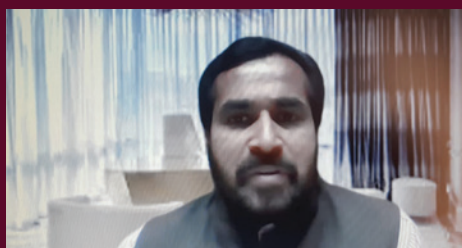
Mr. Benoy Varghese. Mr. Benoy began the session stating that life is a journey. He also shared the quotes of Michael Phelps, "If you want to be the best, you have to do things that other people aren't willing to do." He spoke about the various professions available in the field of Commerce, beginning with CA profession, its starting salary, the courses and eligibility in CA, duration of the course, fees, examination and also the intermediate papers available in CA.

He also shared detailed information about certified courses and professional scopes available in the field of Commerce in India and

Abroad. He shared a lot of informative slides during his presentation related to various other courses like, CMA, CS and ACCA. On behalf of the whole team of ICSK, Dr. V Binumon Principal and Senior Administrator ICSK Senior, presented a digital memento to Mr. Benoy Varghese, the guest speaker as a token of gratitude and appreciation. The parents and children shared their views and opinions with Mr. Benoy during the interactive session.

To know and understand the nature of Indian economy, it is very necessary to have a clear idea about commerce and e-Commerce. A lot of professional choices are available in the field of commerce and industry, and with this interactive session wider choices have been opened for the parents and children and they have become more knowledgeable regarding the decisions they need to make for their higher studies.

ICSK CELEBRATES THE FINAL SHOWDOWN OF THE VIRTUAL SUMMER CAMP - **Sunshine Live 2020**



Summer Camp acquired a new definition after ICSK ventured for the first virtual camp Sunshine Live 2020. A unique and exceptional camp organized online with a difference. Sunshine Live was conducted as two camps each of one month duration with a total of around 400 sessions including Webinars, physical activities, art & craft, music, dance etc. 258 participants were trained by around 70 resource persons from in and outside Kuwait. Keeping the pandemic in perspective, and yet making sure that the participants' virtual safety should be a priority, was a task well handled by all the mentors.

Sunshine Live has given the participants an opportunity to learn new skills & values, showcase their work and at the same time gain new experiences. Everyone involved at Sunshine Live was able to achieve these amazing results through complete support and apropos guidance by the ICSK management, Dr. V. Binumon, Principal,



ICSK Senior and Senior Administrator and Mrs. Sherly Dennis, Principal, ICSK Junior. Dr. Mary Isaac, Vice Principal, ICSK Amman coordinated the various sessions and activities.

Closing ceremony of camp 2 was held on 17th August and the programme was graced by the presence of Dr. Surendra Nayak Kapadi from Al Sabah Maternity Hospital and President of Indian Doctors Forum Kuwait. In his address, Doctor congratulated the



Coordinators and the Mentors of the camp for organizing the camp successfully.

Glimpses of the camp were presented by Sunny Smiles, Dreamers and Dazzlers Categories through videos along with live dance performances. Certificates were distributed to all the participants and mementos were presented to the eminent resource persons. Without doubt, this Summer Camp experience will have a lasting positive impact on the overall development of each participant, giving them the confidence that once they put their minds to it everything is possible.

Jaswant Singh Rawat : The unsung hero



Rifleman Jaswant Singh Rawat (19th August 1941 - 17th November 1962) was an Indian Army soldier serving in the Garhwal Rifles who won the Maha Vir Chakra posthumously as a result of his actions during the battle of Nuranang (Present day Arunachal Pradesh, India) during the Sino- Indian war in 1962.

Rifleman Jaswant Singh Rawat was born at a village Baryun in Pauri Garhwal District of Uttarakhand. RFN Jaswant Singh joined the Indian Army on 19th Aug 1960 at the age of 19 years. He was recruited into 4 Garhwal Rifles of the famed Garhwal Rifles Regiment known for its gallantry and many battle honours in various operations.

In 1962 Indo-China war, when the troops of Garhwal Rifles were given the command to return back from Battle of Nuranang, a Braveheart from Uttarakhand refused to leave the battle ground. He held the post and gave a tough time to Chinese soldiers with his dare-devilry. It is said that the brave Indian soldier had slain 300 Chinese soldiers with his rifle. But when the Chinese army got the hint that it was not a massive army, but

a lonely soldier who was holding the post, they decided to retaliate with a vengeance. In the battle between the Chinese troops, Jaswant was outnumbered and realizing that his capture was imminent, he shot himself. The Chinese battalion was so furious of this Indian soldier that they chopped his head off and took it with them. Later a ceasefire took place between India and China. The Chinese army was so amazed by his courage that they returned the head of the soldier back to Indian army along with a brass bust in honour of this brave soldier.

The post where Jaswant fought his last battle is now named as Jaswant Garh. Rifleman Jaswant is known as Baba Jaswant Singh Rawat. His personal belongings are still kept safe even today at Jaswant Garh. Five soldiers are specially assigned to take care of Jaswant Singh's room. Though the room is empty, soldiers place the morning bed tea at 4.30 AM, prepare breakfast at 9 am and dinner at 7 pm. According to army sources, it is discovered that bed sheets of his room are found crumpled and his clothes

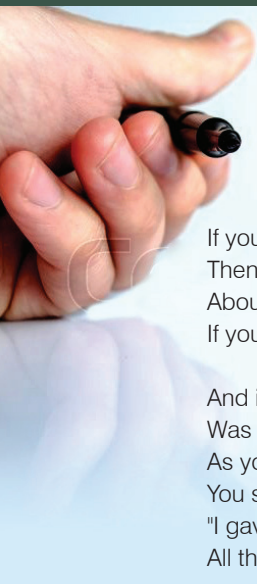
lay scattered in the room. The people of army still believe that Rifleman Jaswant Singh Rawat still guards the post as a spirit and is been guiding Indian soldiers in dreams. He is the only soldier who is promoted to post of Major general after his death. His salary is credited every month and most strange of all, he is even granted official leaves.

To pay tribute to Jaswant Singh's dare-devilry during the war, people have also created a temple in his memory.

The Hindi movie 72 Hours : Martyr who never died, directed by Avinash Dhyani is based on the story of RFN Jaswant Singh Rawat. People cheer up and whistle for cricketers and movie stars but never shed a tear for our forgotten war heroes like Jaswant Singh Rawat. As long as the courageous stories will be told from grandmothers to kids, the Story of Jaswant Singh Rawat shall be told with pride.



GAURAV JOSHI - 111



Your Best

If you always try your best
Then you will never have to wonder
About what you could have done
If you'd summoned all your thunder

And if your best
Was not as good
As you hoped it would be
You still could still say
"I gave today
All that I had in me: ...



MANSHI BHAGAT
- 111

Dr. A P J Abdul Kalam International Foundation Quiz Competition

Master Johann Premjith of Class 9-E, secured 2nd place in the Quiz competition at the National Level, conducted by 'The Dr. A P J Abdul Kalam International Foundation'.

He has also been selected for the 1st National Level Elocution competition.

We wish him the very best for the next levels.



GROWING OUT OF COVID-19, A LIFE MANAGEMENT WEBINAR WITH ICSK



We never know the love of a parent till we become parents ourselves. One must never forget ones' parents and their sacrifices. We must love and respect our parents because God could not be present everywhere, so he created parents.

On account of the National Parents Day, to show love, respect and appreciation to all the parents, the Indian Community School initiated an interactive session with the children and parents of ICSK on Life Management which discussed about how to grow out of Covid-19. The main intention was to spread positivity even during the time of

this global pandemic. The interactive session was organized on 26th July 2020, through the virtual online platform. The keynote speaker for this occasion was Dr. George Karunackal, who is a corporate trainer and a motivational speaker. He is a post graduate in English. He is also a consultant and trainer in HRD, a master practitioner in Neuro Linguistic Programming and Hypnotherapy, a trainer and mentor in Law of Attraction, President in Minds Training Academy, Chief coach of NLP and Director of Career- Heights Institute.

Dr. George Karunackal took over the stage with the discussion. The session was quite an informative and interesting one. He began with the statement, "This too shall come to pass." He spoke about the time that had passed and the time that is yet to come. He very resourcefully explained the true meaning of the word PARENT.

P stands for positivity, A stands for adaptability, R stands for resilience, E stands for emotional intelligence, N stands for networking and T stands for thankfulness. He advised the parents to stay positive and spread positivity among their children. He said that it is equally important to learn the art of adaptability in order to overcome this

crisis situation. One must also have enough resilience power in them. This is a stage wherein man would undergo a lot of emotional turmoil. Therefore it is important to maintain balance in terms of emotional intelligence. One must learn to be emotionally sound and strong. Even though there is no much mobility and socializing taking place, people should learn the art of networking and should stay in touch with each other and stay connected in order to avoid the state of being isolated. Above all, parents must teach their children to be thankful to all those who had been there with them during their testing times.

All these times points were clearly explained the children and their parents through a couple of interesting slides. After the session, there was also an interaction session opened for the parents to share their opinions and queries.

On behalf of Mr. Shaik Abdul Rahiman, honourable Chairman Board of Trustees ICSK and Mr. Ahmed Mohammed honourable Secretary Board of Trustees ICSK, a digital memento was presented to Dr. George Karunackal. "Let parents bequeath to their children not the riches, but the spirit of reverence."

A wonderful session indeed.

How to Create Psychological Distance Between You and Your Past..



Many people have a hard time to let go off the past. They carry it around with them, ruminate about it constantly, and let it have a big impact on how they live their lives in the present moment.

Of course the past will always be something that influences you to some degree. A lot of who you are and what you've learned is the culmination of experiences from your personal history.

However, while the past may influence your future, it doesn't have to dictate it. And it doesn't have to be something that you always bear over your shoulder wherever you go.

Instead, we can create a space between ourselves and the past that allows us to grow in new ways. We can do this by creating a type of psychological distance, which is

the perception of how far away something is from your current reality.



FATHIMA JIHAN
JALEEL - 12B

- View your past from an outside perspective
- Change your environment.
- Seek new experiences and new memories,
- Remind yourself of things that have changed.
- Imagine yourself walking through a mental door.

People sometimes say, "Don't think of how far you have to go, but how far you've already traveled." This is a short and sweet way to create more psychological distance between you and your past. The main idea is to walk through this mental door and towards your future. Often times the best way to go forward is to keep yourself active. It's just like needing to achieve a new goal before you can get over a previous failure. Keep moving!

An incredible & memorable trip to the TROPICAL PARADISE – Maldives



It was in 2016 when my parents decided to take us to Maldives on our summer vacation. We were not much excited as we thought it is just an island and what will we do for around 9 days over there. So after completing our 20 days' vacation in India with my grandparents, we flew to Delhi to start our journey. From Delhi we had a flight to Sri Lanka and then to Male which is the capital city of Maldives. Indeed it was a long and hectic journey but we as a family enjoyed a lot.

While being in the flight from Sri Lanka to Male, we caught a glimpse of some beautiful small islands which got us little excited. As soon as we reached Male, we were taken from the bus to a resort to freshen up which was arranged by our agency. From there where we had to catch our SEA PLANE. To our Resort Atmosphere Kanifushi Maldives. We went to the deck where the seaplanes were parked. This was amazing and made us all the more excited since it was my first time ever to sit on a seaplane. Maximum of 15 people can sit in that plane. I wish I

could let you all visualize how picturesque it was, thousands of coral islands green blue, turquoise, crystal clear water.

It was amazing and our excitement kept soaring high...Finally after a 30 minutes journey on the plane we were about to land in the resort reception area. The landing was yet another amazing experience with water splashing and then the entire welcome team waiting for the guests' arrival. They welcomed us with traditional music and then offered us coconut water. After that we were taken on our buggy to our villa which was so beautiful with open air bathroom, main door opening right in front of the beach. We took a quick tour of the villa and few places around .Small crabs roaming around with their shells, weather changes in minutes from cloudy to sunny to windy, pure white sand, crystal clear water, fresh coconut from trees.

Finally after our tour, we headed to the buffet area where we were supposed to have all our three meals for the rest of our stay with a new

cuisine and live music every day. After having our lunch we went to the pool side which had a bar, movie and dance area as well. People from different countries talking and mingling with each other. We had some fresh fruit juices there and then we were informed about kid's activity area where there are different types of activities specifically designed for kids, yoga trainers, and electronic games, library, something new and exciting daily.



MOHAMMED ZEE-SHAN - 7C

This was the most exciting part of our entire trip. We used to rush to the kids area daily in the morning, even when our parents were still asleep, it was quite close to our villa and we were provided with the bicycles to move around. A lot of other exciting daily activities were organized for the entire family like banana boat ride, sea diving, excursion to a local island, sunset fishing, evening fish feeding and lots and lots more.

Nine days passed so quickly but a night earlier, the resort did some special arrangements to make us feel more happy by treating us with a special dinner and decorating our rooms as a gesture of saying thank you for the stay.

With a heavy heart we bid farewell, hoping to come back again someday. We collected a lot of souvenirs from Male airport and then headed back to our home in Kuwait.

HARD FACTS OF LIFE

40 Years ago



- 40 years ago, children were gentle with their parents. Today parents have to be gentle with their children
- 40 years ago, children respected their

parents. Now parents have to respect their children.

- 40 years ago, we got to know all the neighbors. Now we are strangers to our neighbors.
- 40 years ago, people had to eat a lot because they needed the energy to work hard. Now we are afraid to eat fatty foods for fear of the cholesterol.
- 40 years ago, villagers were flocking to the city to find jobs. Now the town people are fleeing from the stress to find peace.

- 40 years ago, everyone wanted to be fat to look happy ... Nowadays everyone diets to look healthy.
- 40 years ago, rich people pretended to be poor. Now the poor are pretending to be rich.
- 40 years ago, only one person worked to support the whole family. Now all have to work to support one child.
- 40 years ago, people loved to study and read books ... now people love to update Facebook and read their whatsapp messages.

Unprecedented Times Require Unprecedented Measures



“The world is at war against an unknown enemy”, a passerby remarks. “The enemy is as invincible as it is invisible while the current disastrous period does not seem to end any time in the near future”, says another critical observer. Many around the world are glaring at their lives with eyes of confusion combined with necessity, frantically searching for a small glimmer of hope. Some say that it is time when humanity will crash to a staggering stop. However, we can agree upon one shear fact – the whole world is advancing into the unknown, sailing into uncharted waters, all at a tremendous pace. These unprecedented times have posed an enormous test or perhaps a deadly threat to the once unquestionable existence of Man.

Throughout the course of history, unforeseen calamities have ravaged mankind, sometimes signaling the end of entire civilizations. One can but cast a glance on the platforms of media and see the terrible exploits of the novel virus. Governments around the world have understood that simple debating will not work out at the present situation. Instead swift, practical, medically approved measures must be enforced. For once, world peace and economy of nations became secondary and human survival became foremost. Different countries have taken a vast number of steps such as imposing a tentative period

of national lockdown which in many places were only temporary. Some imposed a partial curfew all around and a complete curfew in the most severe occasions. Even though our medical and scientific communities and their knowledgeable think-tanks have a vast arsenal of information, when it comes to the pandemic, everyone is left disillusioned, wondering what to do.

Overwhelming levels of mental stress, abnormal insurgences in the stress hormones of the body such as adrenaline and epinephrine, aggressive psychological disturbances such as anxiety, fear, depression have added too much of society’s grievances. Additionally, many have been rendered jobless, the worst-hit being the daily-wage workers and manual labor, resulting in loss of income, thereby depriving them of the basic amenities of life. The shutdown of corporate companies and other businesses have led to a downfall in commerce, trade, as well as the movement and transfer of much needed capital. This has greatly contributed to the recession of the economy of many countries resulting in the financial slump of the global economy. Parents sit at home worried for income, food shelter and other basic needs while older children have started the new trend of virtual education. In recent years, we have all heard, learnt, and perhaps most of us have

had the thrilling experience of e-banking, e-commerce, and other business activities having the letter ‘e’, as prefix.



ALLEN JACOB
ALEX - 11

Governments all around the globe are now having to cater to an astounding number of people for their healthcare and medical assistance along with which they also have to provide funds to the public and other business investors to keep the recession-stained wheels of the economy chugging. For many skeptical critics, it all seems to be a wild goose chase. But for others, it is clear that it is the only chase until another doorway of salvation opens. All that can be done for greater good are being suggested, discussed, worked out and also being implemented. For now, all we can do is to cordially and strictly adhere to the various measures adopted by the government, which may even be constricting the rules to a greater extent or relaxing the unexpected regulations.

Humanity, with their most developed minds, is known to have faced other global crisis over which we have triumphed. Let no one forget the historical epidemics, the two dreaded world wars, the period of Cold war where the use of unconventional weapons capable of mass devastation became much anticipated and the global economic breakdowns such as The Great Depression of early twentieth century and The Recession of early twenty-first century, all examples of desperate times calling for desperate measures. As we head out of such unprecedented times of a global scale, we must keep in mind the valuable lessons that has been taught to us by the pandemic. A world where there is complete tolerance and acceptance of each other, irrespective of class, race, gender, religion or financial status that one has been entitled to. Let us all take heart and encourage one and other for nothing is permanent; this too shall pass.

Stop being afraid of what can go wrong and start being positive about what can go right

Birthday Arcade - August



ALEENA RACHEL
8B - AUG 1



BATTALA SANDEEP
8E - AUG 1



TASNEEM ADNAN
9D - AUG 1



ARVIN SHAJI
9C - AUG 1



JOHN PREETAM K.
9D - AUG 1



SHAHID AHAMED
10A - AUG 1



EVELYN CISAL
10B - AUG 1



ANSHAJ SHARMA
12AB - AUG 1



EMILY ANN RENJIT
12B - AUG 1



DELWYN PIUS
12F - AUG 1



VINCENT SHERWIN
12H - AUG 1



SOORYA SUNILKUMAR
9A - AUG 2



KAVERI AMIT NATH
9B - AUG 2



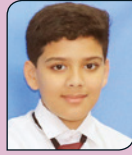
AMAN ABDUL S.
12G - AUG 2



ANSAM ABOOBACKER
12J - AUG 2



CHRISTEENA JOHNSON
7E - AUG 3



ARON RAJESH
9A - AUG 3



ALIAS SAJU
10F - AUG 3



ISHRAT FATEMA
12D - AUG 3



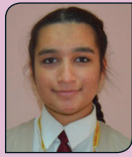
MATHEW PARAPPATTU
7D - AUG 4



LYSANDRA ALEX
7F - AUG 4



SWEATHA RAGHURAMAN
10B - AUG 4



AREEJ FATIMA
11F - AUG 4



SHAHZAD MUHAMMED
11K - AUG 4



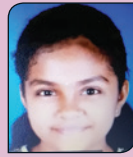
AARON CHACKO
7C - AUG 5



SHIFAA SARFRAZ
12D - AUG 5



HUSSAIN BURHANI
9D - AUG 6



SRJANA NALLAPARAJU
8C - AUG 6



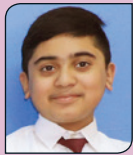
AVALON NORONHA
11G - AUG 6



LIVA MARIA SUNIL
8B - AUG 7



MIFA SHIRIN
8C - AUG 7



JOHANN PREMJIITH
9E - AUG 7



TEPHIN DANIEL
9E - AUG 7



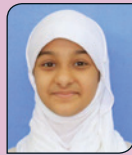
NEIL EDWARD
11G - AUG 7



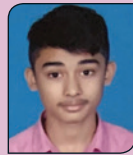
ATHARV GOEL
12D - AUG 7



MUHAMMAD SHABAB
9C - AUG 8



RASHA PONDALURU
9E - AUG 8



ABDUL AZIZ
10F - AUG 8



GRACE ANIL
11B - AUG 8



SHOHAIB NASIR
12E - AUG 8



ABDULLAKHAN PATHAN
8E - AUG 9



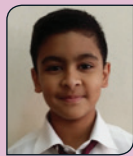
MUHEMMAD SWALIH
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CLARIN MENEZES
12B - AUG 9



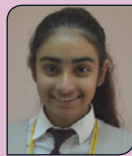
ROSHAN REJI
12J - AUG 9



SHABBIR KHUMANPUR
7E - AUG 10



SHUGANDHIGA BALAGA
10A - AUG 10



SANIA KAUR CHADHA
11A - AUG 10



IMAN FAWAZ MOOSA
11F - AUG 10



CONROY JOSEPH
12F - AUG 10



GAYNELLE EVANA
12F - AUG 10



JOSH THOMAS
12F - AUG 10



MURTAZA MERJI
12F - AUG 10



JOSHUA GEORGE
7B - AUG 11



ARSHA ANIL
7F - AUG 11



MAHEK MOHAMMAD
8A - AUG 11



JASPREET KAUR
8B - AUG 11



ZAINAB SYED SUHEL
11A - AUG 11



JOEN JAMES JOHN
11K - AUG 11



JOHAN JAMES JOHN
11K - AUG 11



HUZEFA AYUB
12J - AUG 11



WENDEL JOSHUA
9A - AUG 12



RINKLE KALPESH
10A - AUG 12



JERIN ANIL K.
12G - AUG 12



ASHIK SUNISH
8A - AUG 13



SYEDA AMEERAH
8D - AUG 13



TAHA FAKHRUDDIN
9D - AUG 13



SHIFA SHAH
9E - AUG 13



NITHYA PRASHAANTHI
10A - AUG 13



KARUNA ALICE REJU
11F - AUG 13



ADITYA PRASHANTH
8B - AUG 14



RIYON SAM D'SOUZA
9E - AUG 14



ARHAAN AQTHAR
10C - AUG 14



JOHAN COLACO
10D - AUG 14



ANNIE D SOUZA
10G - AUG 14



VIDHI GURUDAS
11E - AUG 14



SRAVAN REDDY
7D - AUG 15



NUHA ZAYNAB
10C - AUG 15



DANIELLE HANNAH
12F - AUG 15



GEETA SAISREE
7A - AUG 16



ASMA AASHIF
7D - AUG 16



SAIMA MAGESHVARAN
11D - AUG 16



RACHEAL PINHO
11E - AUG 16



NAYANA SURESH
7A - AUG 17



BRYAN AJITH
9B - AUG 17



AARON JACOB
11E - AUG 17



KHADIJA SALIM
11G - AUG 17



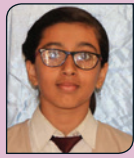
LIYAN GIGI MATHEW
12A - AUG 17



ISLETA SYLVIA
12J - AUG 17



VIRAJ BATHINA
9B - AUG 18



VRITTI JASMIN PATEL
9D - AUG 18



HANNAH SHABI
6A - AUG 19



SWANTHANA ABRAHAM
8C - AUG 19



SARAH DORA
10G - AUG 19



VALLEN JOEL
10G - AUG 19



JOYAL V. JOSEPH
11I - AUG 19



AKHIL RAJEEV JOHN
12B - AUG 19



LOVELY VEERWANI
12H - AUG 19



DAWOOD BASHIR
12J - AUG 19



FAWAAZ AHMAD
8E - AUG 20



DARSHAN
12J - AUG 20



JANIS JESTINE
9A - AUG 21



SYED ATIF ASHRAF
11A - AUG 21



IBRAHIM KHOZEMA
11I - AUG 21



DIYA GHOSH
12J - AUG 21



ALLAN VINCE
6A - AUG 22



NIKHIL BEHJU BALAN
7B - AUG 22



MOHAMMED ABDUL
12E - AUG 22



AKSHAT KOTHARI
8E - AUG 23



JOSEPH MORAIS
10B - AUG 23



AMIN AZHAR HASWARE
10C - AUG 23



JAPNEET KAUR SAHNI
11G - AUG 23



JANET JOHNSON
12D - AUG 23



ARWA MOHAMMED
7C - AUG 24



KSENIA MONTEIRO
7C - AUG 24



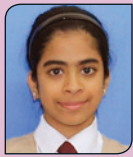
SAFAA SAJID SURTI
8D - AUG 24



SOUMILI AMIT NANDI
9E - AUG 24



TASNEEM AHMED ALI
10E - AUG 24



NEHA ANN MANOJ
9A - AUG 25



STEFI MARIA SUNIL
10A - AUG 25



KUNJ DEVANGBHA
7B - AUG 26



HUZAIFA ZOHAR EGEY
7F - AUG 26



NAMITHA NAIR
7F - AUG 26



AMRUTA
8C - AUG 26



NEO NOBY
7A - AUG 27



ISHAQ SHEIKH
7F - AUG 27



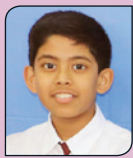
ABEERAH SHEHZAD
8A - AUG 27



BILAL MOHAMMAD
10G - AUG 27



ROHAN DAS GUPTA
12G - AUG 27



DAN JIMMY KURIAN
9B - AUG 28



JUSTIN DE SOUZA
10A - AUG 28



MOHAMMED MUSTAFA
12C - AUG 28



MARVIN MARSHALL
12F - AUG 28



SHAHZANA FATIMUDDIN
6A - AUG 29



BURHANUDDIN
9F - AUG 29



ATHUL VARGHESE
11C - AUG 29



PERPLINE SHRINE
11I - AUG 29



SANCIA D'SOUZA
8B - AUG 30



TANUSH MANOJA
9F - AUG 30



PRANAV AJAY
10D - AUG 30



MOHAMMED ABDUL
10E - AUG 30



ABDUL RAHMAN
10G - AUG 30



ARYAN MENON
9C - AUG 31



AYAN ISMAIL NAGINA
11G - AUG 31



CEBIN BIJU
12G - AUG 31



HIBA ABDUL GHANI
12K - AUG 31



MRS. INDIRA RADHA
KRISHNAN - AUG 2



MRS. DEVI
RAMESH - AUG 10



MRS. SUREKHA
SHETTY - AUG 14



MR. MURALI
AUG 19



MR. DEEPAK KUMAR
SETH - AUG 23



MRS. MAIMUNA JAVED
SAYED - AUG 26



MR. HAKIMUDDIN
GHEEWALA - AUG 26



MRS. SUREKHA
VENKAT - AUG 29



MRS. JEAN MARY
AUG 30

AESTHETICS OF INDIAN CLASSICAL DANCE



India has a very rich culture of dance, music, folk, classical and traditional etc. These incredible traditional dance forms of India are originated during the ancient times and considered, THE MOTHER ART OF CLASSICAL DANCES. Some of the classical-dance forms (Kathakali, Kuchipudi) enact well-known stories derived from Hindu mythology. Contemporary Indian directors and writers are re-examining traditional dance forms and are using these in their current works for greater psychological appeal and deeper artistic impact. In spite of the popularity of straight prose plays in the cities, the appeal of dance-drama is unquestionably deeper and more satisfying to the rural India, whose aesthetics are still rooted in tradition.

The chief source of Bharata Muni's NATYA SHASTRA ,a comprehensive treatise on the origin and function of Natya (dramatic art that is also dance),on types of plays, gestures, language, acting, production, costumes, makeup and various "Bhavas"(emotions) and "Rasas"(sentiments). No other book of

ancient times contains such an exhaustive study of dramaturgy.

According to Natya Shastra, the dancer-actor communicates the meaning of a play through four kinds of ABHINAYA: Angika- transmitting emotions through the stylized movements of the parts of the body. Vachika-speech, song, pitch of vowels and intonation. Aharya-costumes and make up. Sattvika-the entire psychological resources of the dancer-actor. There are 13 movements of the head, seven of the eyebrows, six for the nose, six for the cheek, seven for the chin, nine for the neck, five for the breasts and 36 for the eyes.

One such dance form which has attained world recognition as one of the most exquisite forms of classical dance is BHARATHANATYAM. This dance form has survived to the present through the devadasis, temple dancing girls who devoted their lives to their Gods through this medium. The performance of Bharathanatyam lasts for about two hours and consists of six parts, beginning with alarippu, a devotional

prologue that shows off the elegance and the grace of the dancer. The second part is jatisvaram, a brilliant blaze of jatis with swaras. This is followed by shabdham, the singing words that prepare the dancer to interpret through the abhinaya. The fourth part is varnam, a combination of expressive and pure dance. Then the performance ends with a tillana, a pure dance accompanied by meaningless musical syllables chanted to punctuate the rhythm. Bharathanatyam is evenly divided between three elements:-Nritta, Natya and Nritya.



ANJANA REVIPRASAD
- 11D

Nritta- Nritta is the pure technical dance that is based on music alone and does not hold any meaning. Nritta is meant to add beauty and elegance to Bharathanatyam. Nritta is the beginning of training in Bharathanatyam, which consists of a certain sequence of systematized steps that are called adavus.

Natya-Natya can be described as an explanatory dance that expresses emotions. The lyrics of the song are conveyed through hashta mudras (hand gestures) and primarily abhinaya (facial expressions). The main goal of natya is to impersonate the character that the dancer is depicting for that dance item.

Nritya- Nritya is the combination of Natya and Nritta. It is an interpretive dance that involves emotions, expressions, and description. It has the additional aspect of dance that combines gestures and poses using hands and fingers and the body itself with facial expressions.

1. William Shakespeare invented more than 1,700 words including moonbeam, laughable, eyeball, champion, bedroom, excitement, etc.
2. Antarctica is covered in a sheet of ice that is 7,000 ft thick.
3. TAUMATAWHAKATANGIHANGAKOAUAUOTAMATEATURIPUKAKAPIKIMAUNGAHORONUK UPOKA IWHENUAKITANATAHU is the longest name of a place in the World; it is 85 letters long and located in New Zealand.
4. There are almost 8 million possible 7 digit phone numbers per area code.
5. Three US Presidents – Barak Obama, Bill Clinton and Jimmy Carter have won Grammy awards.
6. The 3 most common languages in the world are Mandarin Chinese, Spanish and English.
7. The smallest bones in the human body are found in your ear.
8. Goldfish can see both infra red and ultra violet light.
9. M&M's chocolates stand for the initials for its inventors - Mars and Murrie.
10. The only continent with no active volcanoes is Australia.
11. The average human brain contains around 78% water.
12. Apples are more effective at waking you up in the morning than coffee.

DID YOU KNOW?



DEON D'SOUZA
- 11 H

ICSK CONDUCTS WEBINAR ON EFFECTIVE USE OF ONLINE LIBRARY SYSTEM

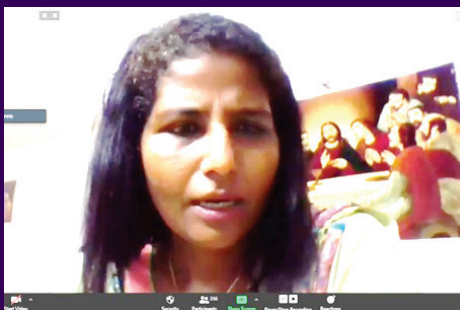
A school is an institution for educating children.

The Indian Community School Kuwait takes pride in not only educating the children but also keeping the parents' progress in mind during the current situation.

After various Webinars conducted for Parents and Teachers to help adjust, cope and excel in this new phase of education, ICSK has yet another feather on its cap by introducing the First Online Library System available to all students.

The webinar for "Effective use of ICSK Online Library" was conducted on 18th July, 2020. All parents as well as students were encouraged to attend the webinar and the response was marvelous.

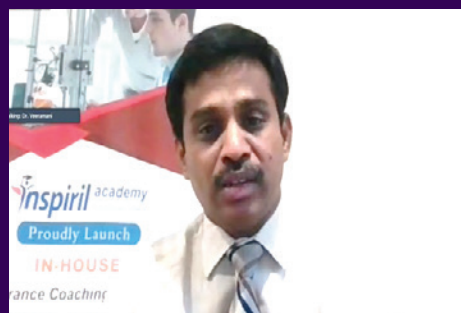
Mrs. Sherly Dennis, Principal of ICSK, Junior Branch welcomed the guest speaker and presenter Dr. Veeramani Marimuthu. She aptly said, even at the age of 1 year, only when we sit with our kids and read to them and give them that attention from the beginning they will cultivate the habit of reading with curiosity.



Dr. Veeramani Marimuthu kept the session very interesting and lively. He showed step by step procedure to be followed to search



the books that the students need. He further guided students on how they can avail the online facility by downloading books in the required format.

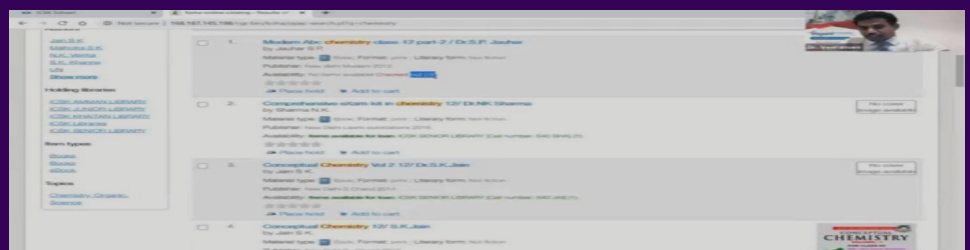


After completing his step by step presentation, he was very patient in answering the queries

of parents as well as students. At each step, Dr. Veeramani stressed on how important it is to guide our kids in the right path to cultivate their habit of reading.

The session was very well organized by Mr. Sunish Theethunni, Librarian at ICSK, Senior Branch, keeping in mind the need of the hour.

A special appreciation to all the Librarians working at ICSK branches to make this possible through constant hard work and dedication towards making reading more than a hobby for today's generation.



Quote Garden

- "The future belongs to those who believe in the beauty of their dreams."
- "The two most powerful warriors are patience and time."
- "Life isn't a matter of milestones but of moments."
- "It takes nothing to join the crowd. It takes everything to stand alone."
- "Success comes to those who become success conscious. Failure comes to those who indifferently allow themselves to become failure conscious."
- "Be selective in your battles, sometimes peace is better than being right."



TANISHA SIMON
- 10B

EPITOME OF SUCCESS ABRAHAM LINCOLN



Abraham Lincoln, the 16th President of the United States, encountered numerous obstacles on his way to his eventual presidency. His childhood wasn't exactly a happy one and his education was less than what was expected of an American president, yet his days as the President remain as historic and significant as his life.

Abraham Lincoln was born in 1809 in a small log cabin in Kentucky. At the time of his birth, Abraham's father owned extensive farmland and Abraham was able to attend basic education courses. The prevalence of the milk sickness in the area, however, was the beginning of Lincoln's difficult life. He had attended only a year's worth of lessons and his yearning to learn was fresh and alive. He was basically self-taught for the rest of his life. He opted to leave his family and travel to New Salem, Illinois. New Salem played a part in the development of his skills in speaking and persuasion.

Abraham Lincoln's path to the Presidency was tedious. He served as a captain of a troop of the Illinois Militia during the Black Hawk War. Soon after this, he started to venture into public office. Although his first try as a candidate for the Illinois Legislature failed, he was re-elected thereafter and served four full terms in office. His popularity grew as he openly expressed his disagreement with the acquisition and trading of slaves in the country. The birth of the Republican Party further strengthened Lincoln's chances of making it to the Senate.

As Lincoln assumed his duties as the 16th President of the United States, many opposed his liberal idea of abolishing slavery. His term was defined by the advent of the Civil

War. At the peak of the war, a total of seven states united against his leadership and its ideals. The circumstances in Abraham Lincoln's life led to great leadership during the Civil War.

With his skill in military operations and his knowledge in political manipulation, the United States won over the Confederate States. His successfully bringing an end to the Civil War earned Abraham Lincoln a second term as President. He addressed his fellow Americans and said that it was time to build up the nation, as one of freedom. He, however, did not live to see the day. Shortly after the end of the war, Lincoln was assassinated while watching a stage play with his wife.

Despite the premature end of the political leader's life, the results of his battles are evidently well-lived today. America is now the land of the free where gender and race are no longer measures of social status. Most importantly, and as Abraham Lincoln wished, the United States built a government of the people, by the people, and for the people.

"Always bear in mind that your own resolution to success is more important than any other thing."

- Abraham Lincoln



AARON SHALU
- 11F

FL STUDIO



FL Studio is a digital audio workstation developed by the Belgian company Image-Line.

The program is available in four different editions for Microsoft Windows and macOS. FL Studio comes in several editions with different levels of functionality.

- Trial version**
- Fruity edition**
- Producer edition**
- Signature bundle**

Each come comes with different sounds, VSTs and whole lot of other features.

The first version of FL studio previously known as fruity loops was developed by Didier Dambrin and was released in early 1998.

Notable users of FL studio are Avicii, Alan walker and T – mass.

FL Studio 20 works on Windows 8/10 (32-bit or 64-bit versions) or on macOS 10.13. FL Studio requires a 2 GHz AMD or Intel Pentium 3 CPU with full SSE1 support. It requires 2 GB of free disk space and 4 GB of RAM is recommended. The website states that the more powerful your CPU, the more instruments and FX you can run.



JITESH SESHAN
- 12E



THE INDIAN COMMUNITY SCHOOL ARRANGES WEBINAR ON E-LEARNING AND EYE CARE

The eye is the lamp of the body. So if your eyes are healthy your whole body would be full of light. As we know that its imagination that gives us the picture, but it's the vision that gives us the impulse to make the picture on our own. We must all take care of our eyes particularly during this time of crisis as this current situation forces our children to take online classes. ICSK is very proactive and considerate about this fact. For this reason, ICSK had organized a webinar on 7th August 2020 on E-learning and eye care through the digital platform.

The guest speaker was Dr. Sujatha A, MBBS, MD [Ophthalmology], who is an ophthalmologist at Jaber Al Ahmed Armed Forces Hospital. Dr. Sujatha took over the stage for the awareness talk on E-learning and eye care. She not only spoke about tips to reduce eye strain for children but also for



teachers. Considering the entire situation and status of online classes in the country, we can say that there are many pros and cons of online learning. Eye strain is one of

the disadvantages of online classes and it is not possible to avoid it completely.

Dr. Sujatha shared some very useful tips to reduce eye strain in which some are, the use of laptops, computers or tablets for larger screens to reduce the strain on eyes. We must also adjust screen brightness, turn down the brightness and turn up the contrast of the screen for better viewing. It is also suggested not to look at the screen continuously. One must also take proper rest and not waste time playing video games when free.

Other than these tips, one should try to sit in a proper ergonomic position that reduces eye strain. The wonderful talk was much useful and informative for all those who work and learn online. "Your eyes show off the strength of your soul."

Laziness is the Enemy of Success



"Laziness leads many people astray"- Barque.

Laziness is described as a person's reluctance to perform a chore or an exercise despite having the ability to actually do it. Such hesitancy can be traced from a person's lack of motivation to utilize one's energy for the task.

What is laziness

The quality of being unwilling to work or use energy. One interesting truth is that nobody wants to be lazy. The main reason of laziness is lack of interest. We don't feel lazy when we do things in which we are interested, excited, or motivated. Kids love to watch movies but they hate to sit with their textbooks.

Some causes of laziness

Procrastination – it means post ponding something. Laziness generally occurs

from post ponding something that needs to be done now. If we post pond things it will make things worse and much harder.

Exhaustion – we feel lazy when we are exhausted. So plan your work. Lazy people exhaust

themselves by doing non-important work like partying, playing games etc.

Lack of motivation – If we love our job then we will be motivated to get things done. We will be excited when we are motivated. Lack of motivation leads to laziness.

Distraction – we get distracted by social media doing unrelated task and playing games. To avoid laziness we need to do something new. Something in which we have interest and not boring.

How to overcome laziness

Start with just a small step forward – The hardest thing is often to simply get started, so make that as easy as you can to reduce the inner resistance and to actually take action.

Cycle fully focused work with small break

of rest. To lighten up your daily work inject small breaks doing short but focussed burst of work.

Shut down the escape routes temporarily – ask

yourself : where do I usually escape to, instead of doing my work. For majority, it is smart phone .So keep your phone in silent mode and keep it far from your work space. That will improve your work quality.

Cleanliness – A clean and peaceful environment motivate us to work more.

Set a goal – we often set goals and try to achieve them too much or too fast. And soon we get tired and bored. Finally we fail to achieve them. So we can follow a famous technique called Kaizen or one minute principle. It is originated in japan. It means you shouldn't change your life spontaneously but slowly and wisely. Practise doing something every day at the same time. Just for a minute. Soon you will start increasing the time from 1 minute to 5 minutes or even 30 minutes. So all you have to do is understand what it is you want to achieve. And start doing it for just a minute every single day.

Laziness is not a disease, It is a habit. And always remember that lazy people carry a mountain.



AFRAH
-7C

How to improve Our Self-Control



Self-control is the ability to regulate and alter your responses in order to avoid undesirable behaviours, increase desirable ones, and achieve long-term goals. Research has shown that possessing self-control can be important for health and well-being.

What Is Self-Control?

People use a variety of terms for self-control, including discipline, determination, grit, willpower, and fortitude. Psychologists typically define self-control as:

- The ability to control behaviours in order to avoid temptations and to achieve goals
- The ability to delay gratification and resist unwanted behaviours or urges
- A limited resource that can be depleted

Self-control has three main parts:-

Monitoring:- it involves keeping track of your thoughts, feelings and actions

Standards :- They are guidelines that steer us toward desirable responses. Our standards originate from society and culture.

Strength:- it refers to the energy we need to control our impulses. Numerous factors affect our self-control strength, such as mental exhaustion and stress



While research suggests self-control has its limitations, psychologists have also found that it can be strengthened with certain strategies:-

Avoid Temptation :- This is an effective way of making the most of your available self-control. Avoiding temptation ensures that you do not "use up" your available self-control before it is really needed.

Plan Ahead :- Consider possible situations that might break your resolve. If you are faced with temptation, what actions will you take to avoid giving in? Research has found

that planning ahead can improve willpower even in situations where people have experienced the effects of ego depletion.



HIBA AHMAD - 7F

Practice Using Self-Control:- While your control might become depleted in the short-term, regularly engaging in behaviors that require you to exert self-control will improve your willpower over time. Think of self-control as a muscle. While hard work may exhaust the muscle in the short-term, the muscle will grow stronger over time as you continue to work it.

Meditate :- Meditation is a great way to strengthen your self-control muscle. If you're new to meditation, mindfulness meditation is a great place to start learning how to be more self-aware so you can better resist temptations.

Remind Yourself of the Consequences:- Just like self-control can help you achieve your goals and improve your physical and mental health, a lack of self-control can have adverse effects to your self-esteem, education, career, relationships, and overall health and well-being. Reminding yourself of these consequences can help you stay motivated and practice self-control.

Vancho Custard Pudding



Ingredients:

- Marie biscuit – 100 gm (coarsely powdered)
- Butter – 50 gm (melted)
- Milk – 1 litre. (divide it into two)
- Custard powder – 4 tablespoons
- Cocoa powder – 2 tablespoons
- Chocolate cake slices
- Sugar according to taste

Procedure:-

Base layer

- Powder the marie biscuits coarsely.

- Melt the butter and then add the coarsely powdered biscuits and mix well.
- Put this mixture as the base layer of the pudding cups, press slightly and keep it in the fridge to cool.

First layer

- Mix 2 tablespoons of custard powder with little milk.
- Bring to boil 500 ml milk and add sugar according to taste.
- Then add the custard powder mix to it and stir well till it thickens.
- Now pour the custard on top of the biscuit layer and set aside to cool.

Second layer

- Keep the chocolate cake slices on top of the custard layer.
- Fill the empty sides with biscuit powder / crumble chocolate cake

Third layer

- Mix 2 tablespoons of custard powder and 2 tablespoons of cocoa powder with little warm milk.
- Bring to boil the other 500 ml milk and add sugar according to taste.
- Then add the cocoa and custard powder mix to it and stir well till it thickens.
- Now pour the chocolate custard on top of the cake layer and set aside to cool.
- Keep it in the fridge for half an hour.
- Garnish it with biscuit powder or whipping cream and serve.

slices and fill the empty sides of the second layer.

- Keep it in the fridge to cool.



ALBIN VARGHESE
GEORGE - 10F

THE IMPORTANCE OF CIVIC SENSE



“Ask not what your country can do for you; ask what you can do for your country.”
- John F. Kennedy

Civic sense is not only to clean up the road, street and public places. In other words it reflects the personality and show case the responsibility of any person to the society. Somehow we don't care too much about civic sense. Unfortunately we often forget to teach our children the importance of civic sense.

Civic sensibility is important :

To Understand the Government regulations and structure:-In the student phase, the students learn different subjects like English, History, Economics as a part of their curriculum. Not only this, they get various general knowledge updates on politicians, leaders, cricketers, celebrities. They also get

the knowledge related to the government regulations prevailing in the society like the tax rates, subsidies, reforms, etc. In this way, their civic knowledge gets polished.

Civic know-how helps the students in becoming responsible citizens:- The students tend to become as a responsible citizen of the country . The students will get to know about the importance of voluntary services to the nation when they will perform the welfare services for the people. In widespread school organizations, the voluntary services are performed by the students who want to contribute their share for the wellness of the people of the country.

Character building:-Whatever the student learns, shapes his behavior, outlook and finally the personality of the student. Other people will judge him on the way he speaks, he treats others or the way he handles the situation. All these things decide the character of the student. Civic Awareness is important for good personality transformation of a student.

The essence for value formation:- Value formation means knowing the difference between what is right and what is wrong. The civic knowledge helps a lot to inhibit the

good values in students.

Digital Civics :- Digital civics means following the civic behavior or civic engagement in the digital realm. This term has been introduced when the people faced digital services hazards online. As the technology has been advanced, the students need to learn the concept of maintaining the digital civics which means up keeping the digital security for the users.

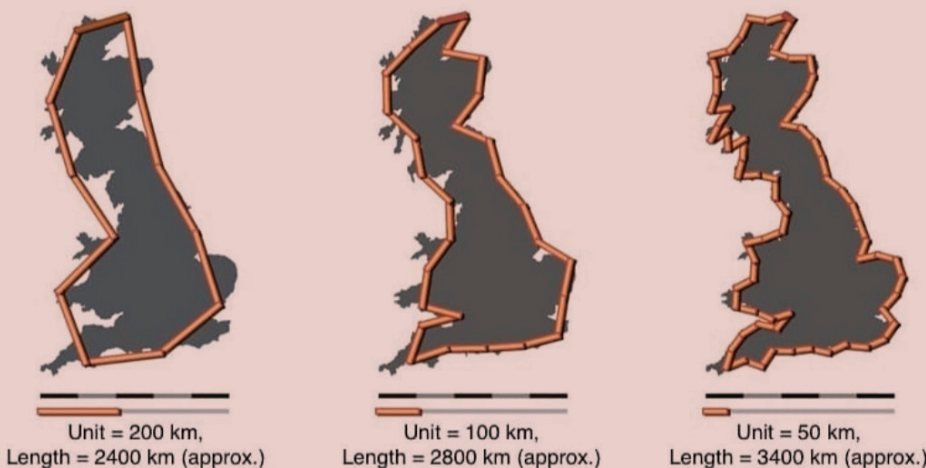


KARTIK KALABABU
- 7F

How we can mould a civic society?

1. All responsibilities and tasks should not be left to the government.
2. Citizens need to perform their due role in every walk of life.
3. We have to change our mentality that we have the right to throw garbage and spit anywhere and the government's duty is to clean it.
4. Educate children from the school level itself the importance of civic sense, in such a way that we will not only be making them a better human being but also help to build up a civilized society.

The Coastline Paradox



How long is the coastline of India? The World Factbook says 7,516 km, The World Research Institute says 17,181 km, and MPEDA says 8,129 km. You may notice that these numbers are all different, which you might find bizarre as they're all measuring the same thing. So, what's going on?

Take a look at India's coastline. Every time you see a straight line, zoom in and you'll find that that straight line is actually full of curves and bends; every time you look more closely, it never ends up becoming straight. This is where the issue lies. Let's say you take a 10 km scale and measured India's coastline.

Your answer would not take into account any curves and bends inside that 10 km straight line. So, you decide to take a scale of 1 km. What about the curves less than 1 km? Suppose you take the smallest possible measurement scale and tried to measure India's coast. You'd be surprised to find that the answer approaches infinity!



JONATHAN NAJARE
- 12 A

This is The Coastline Paradox, first discovered by Lewis Fry Richardson back in 1951 when trying to explain why Portugal and Spain had come up with totally different answers to their mutual border lengths.

So every number you see online is basically a guess or an estimation. What is the real answer to “How long is India's coastline?” We will never know.

EPHILATELY

Jyotirao (Jyotiba) Govindrao Phule



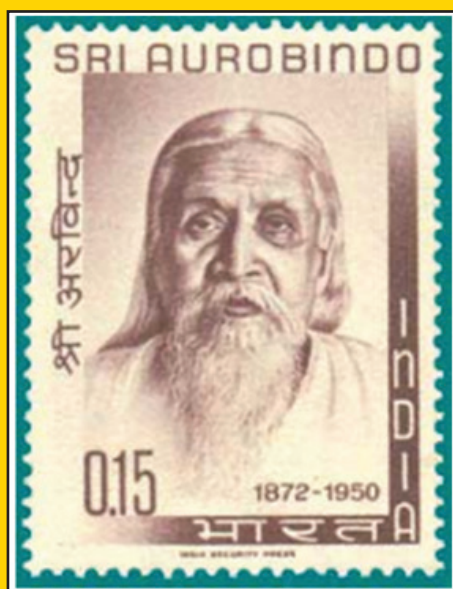
Jyotirao (Jyotiba) Govindrao Phule (11 April 1827 – 28 November 1890) was an Indian social activist, thinker, anti-caste social reformer and writer from Maharashtra. His work extended to many fields, including eradication of untouchability and the caste system, and women's emancipation. He is mostly known for his efforts in educating women and lower caste people. He and his wife, Savitribai Phule, were pioneers of women education in India. Phule was born in a family that belonged to the Mali caste, traditionally occupied as gardeners, vegetable vendors, and florists. At a young age of 21, he realized that lower castes and women were at a disadvantage in Indian society, and also that education of these sections was vital to their emancipation. To this end, Phule first taught reading and writing to his wife, and then the couple started the first self-run school for girls in Pune. He championed widow remarriage and started a home for pregnant widows to give birth in a safe and secure place. On 24 September 1873, Phule formed the Satyashodhak Samaj to focus on rights of depressed groups such as women, Shudras, and Dalits. Through the Samaj, he opposed idolatry and the caste system. He also campaigned for the spread of rational thinking. He established it with the ideals of human well-being, happiness, unity, equality, and simple religious principles and rituals. He inspired Dr. B. R. Ambedkar, the first minister of law of India and the architect of the Indian Constitution, who acknowledged Phule as one of his three gurus.

Sir Jagadish Chandra Bose



Sir Jagadish Chandra Bose (30 November 1858 – 23 November 1937), was a biologist, physicist, botanist and an early writer of Bengali science fiction. He pioneered the investigation of radio and microwave optics, made significant contributions to plant science and laid the foundation of experimental science in the Indian subcontinent. Bose is considered the father of Bengali science fiction, and also invented the Crescograph, a device for measuring the growth of plants. He is also credited with discovering millimeter length electromagnetic waves and being a pioneer in the field of biophysics. Many of his instruments are still on display at his house (now a museum), and still remain in a usable condition. They include various antennas, polarisers and waveguides, which remain in use in their modern forms today.

Sri Aurobindo

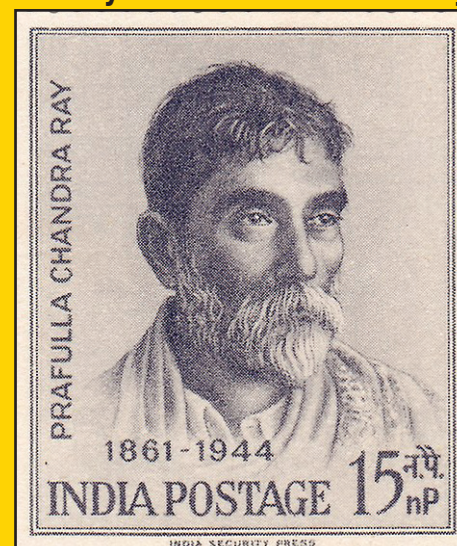


Sri Aurobindo (5 August 1872 – 5 December 1950) was an Indian philosopher, yogi, guru, poet, and nationalist. He joined the Indian movement for independence from British rule, was one of its influential leaders and then later became a spiritual reformer, introducing his visions on human progress and spiritual evolution. At Pondicherry, Sri Aurobindo developed a spiritual practice he called Integral Yoga. The central theme of his vision was the evolution of human life into a divine life. He believed in a spiritual realization that not only liberated but transformed human nature, enabling a divine life on earth. In 1926, with the help of his spiritual collaborator, Mirra Alfassa (referred to as "The Mother" or "Annai"), he founded the Sri Aurobindo Ashram. The ashram grew out of a small community of disciples who had gathered around Sri Aurobindo after he retired from politics and settled in Pondicherry. Today, Ashramites live and work in more than 400 buildings spread throughout Pondicherry.



SIVANESAN SRINI-
VASAN 9 E

Acharya Prafulla Chandra Ray



Acharya Prafulla Chandra Ray (2 August 1861 – 16 June 1944) was a Bengali chemist, historian, industrialist and philanthropist. He established the first modern Indian research school in chemistry and is regarded as the father of chemical science in India. He was the founder of Bengal Chemicals & Pharmaceuticals, India's first pharmaceutical company. He is the author of 'A History of Hindu Chemistry from the Earliest Times to the Middle of Sixteenth Century'. Around 1895, Ray started his work in the field of discovering nitrite chemistry which turned out to be extremely effective. He contributed articles in Bengali to many monthly magazines, particularly on scientific topics. He published the first volume of his autobiography 'Life and Experience of a Bengali Chemist', in 1932, and dedicated it to the youth of India. He had also received many honorary doctorates and academic fellowships during his lifetime.

Music - a form of Art



Music is like a dream. One that I cannot hear.
- Ludwig van Beethoven

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything. - Plato

Music is a form of art; an expression of emotions through harmonic frequencies. Most music includes people singing with their voices or playing musical instruments, such as the piano, guitar, drums or violin. The word music comes from the Greek word (mousike), we Muses". The Fete de la Musique', also known as World Music Day, is a music festival taking place on June 21. World Music Day is a day on which the world celebrates the magical gift of music.

Its purpose is to promote music in two ways:
- Amateur and professional musicians are encouraged to perform in the streets. On Music Day the citizens of a city or country are allowed and urged to play music outside in their neighborhoods or in public spaces and parks. Free concerts are also organized, where musicians play for fun and not for payment. World Music Day is celebrated in Argentina, Australia, Britain, Luxemburg, Germany, Switzerland, and Costa Rica, China, India, Lebanon and several other countries.

There are different types of music genres where we can connect our mind and our feelings. Music can help to reach the darkest corner in our hearts, can touch it and even

make it brighter. Music is a universal language which is also the most learned language. There are different types of music genres where we can connect our mind and our feelings. Music can help to reach the darkest corner in our hearts, can touch it and even make it brighter. It can control our feelings from inside. Music can help to reach the deepest spots in our minds, for example, our memories, emotions. In addition, music can change our thoughts about the world.



JOSHUA ALVIN
- 8C

Music helps define the fabric of our emotional selves. Playing music puts your energy and focus on positive activity, which can help alleviate stress. Those reduced stress levels can help get your blood pressure and heart rate down to a healthy level. Fine Hearing – Learning music refines your hearing skills by training you to isolate sounds as they occur. Studies show that listening to music can benefit overall well-being, help regulate emotions, and create happiness and relaxation in everyday life.

Finally, art of playing music is a talent, a free gift from God. Let us make use of our God-given abilities to reach those who don't know Him and give Him the credit for our talents. And when we steward our talents to honor Him and to bless others, we're doing just that.

Gender Equality



The world has developed in various ways on the issue of gender bias, but in many parts of the world this issue still continues to be an obstacle for women to achieve a bright future. Child marriage, gender-based violence, as well as barriers to participation in education and employment are the major

problems faced by women. Achieving gender equality globally is crucial to meeting development goals.

Education for women is the most important factor that can prevent gender discrimination to an extent. Early marriages and forced

marriage only make a miserable life for the female child. Their families expose them to physical and mental abuse, early pregnancy, and ill treatment from the society or family. All children must have a future in which they see happiness and not violence.



MAY SMITH JAMES
- 11G

Can we solve this issue of gender discrimination? Yes, we can; by educating the parents and children that women and men must be treated equally, and that their children are their blessing. Sharing of household chores, watching out to prevent domestic violence, scolding racial attitudes, and supporting mothers are things that must also be taught to the society. Your sisters and daughters are precious, don't stop them from having a good future.

VOLCANIC LIGHTNING



That's right, volcanoes can produce lightning.

It is pretty hard to study, but researchers have a few ideas about what causes it. One of the most common is that during an eruption, ash picks up so much friction that the build-up of static electricity causes lightning.

Volcanic lightning has very little to do with tectonic activity, and everything to do with everyday physics. Volcanic lightning is not formed deep in the Earth. It only forms in a volcanic plume, the cylinder-shaped column of volcanic ash emitted by some erupting volcanoes. Volcanoes that lack a thick volcanic plume usually lack volcanic lightning. Volcanoes in Hawaii, for instance, are more likely to eject fluid lava fountains than thick plumes of ash. These volcanoes



rarely have volcanic lightning.

The tiny particles that make up a volcanic plume are tightly compressed beneath a volcano. The airy atmosphere aboveground, however, is much less dense. This change in density contributes to volcanic lightning.

As densely packed particles are violently ejected in a volcanic plume, they rub against each other. This interaction is called friction. Through friction, ash particles gain and lose

electrons - they become electrically charged. As charged particles ascend the less-dense volcanic plume, the plume experiences charge separation. Positively charged particles become increasingly separated from negatively charged particles.



VAISHNAVI RATHOD
- 12 A

When the charge separation becomes too great for air to resist the flow of electricity, lightning tears through the volcanic plume to connect the positively and negatively charged particles.

Everyday Lightning

You do not need an actual volcano to get an idea of how volcanic lightning works. Friction creates charged particles when you rub a balloon across your hair or your socked feet across a carpet. You are covering the balloon or yourself with negative particles. This imbalance of electrons is called static electricity. Eventually, you encounter something - another person or a metal doorknob, for instance - that is not electrically charged. The static "shock" you receive is the lightning-fast discharge of electrons.



The Triumph is in the Try



"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all - in which case, you fail by default." J. K. Rowling

Every fantasy carries with it the threat of adversity. And sometimes even tragedy. You'll never get to great if you're afraid of

every risk. Not possible. Everyone, no matter their background, skill set, or life story will fail spectacularly at least once in their life. Most people fear this and because of that never choose to unwrap what's already there inside of them. The fears you don't face will keep coming for you unless you decide to face them. So go to what makes you uncomfortable for there your next-level lies. Choose to forge your success in the pursuit of your fears.

Failure builds resilience. Rather than letting difficulties, traumas, or failure overcome them and drain their resolve, resilient people find a way to change course, emotionally heal and keep moving towards their goals. Stop fearing failure and start loving success. Then guess what happens? Each time you

fail you'll get right back up and keep moving forward but this time you'll be stronger, wiser and more driven. Besides if you've never failed in the past you'd never have the wisdom of your present. What you choose to become in the process is more important than the outcome. Ignore the naysayers, trust yourself, trust the process, stay focused and keep moving forward. BUT DON'T EVER GIVE UP. Giving up is nothing more than committing abortion to the life you wanted to have. The life you could have had. Failure gives every individual two choices: the choice to evolve or the choice to quit. Choose wisely and always keep in mind that failure is not the opposite of success, it is a part of it.



RON SHAJU - 12E



+TOMORROW X +TOGETHER



TOMORROW X TOGETHER (TXT)

Tomorrow X Together (READ AS: Tomorrow by Together), commonly known as TXT, is a five-member South Korean boy band formed by Big Hit Entertainment. Tomorrow X Together is a bright and youthful boy band aiming to become the next global breakthrough artist. The band is composed of five members: SOOBIN, YEONJUN, BEOMGYU, TAEHYUN and HUENINGKAI, where each member is different from one another, shining in their own way to create synergy. TXT was officially revealed on January 10, 2019. TXT is the first boy band to debut under Big Hit Entertainment in six years after BTS. They debuted on March 4, 2019 with their First Mini Album "THE DREAM CHAPTER: STAR". The album debuted and peaked at number one on the Gaon Album Chart and Billboard World Albums Chart and entered the US Billboard 200 at number 140, becoming the highest-charting debut album by any male K-pop group. The album's lead single "Crown" debuted atop the World Digital Songs with TXT topping the Billboard Emerging Artists Chart, making them the fastest K-Pop group to appear in World Digital Songs and the second fastest K-Pop group to appear in the Billboard Emerging Artist. The group's commercial reception earned them several new artist of the year awards including Rookie of the Year at the 34th Golden Disc Awards and the 2019 Melon Music Awards, New Artist of the Year-Album at the 9th Gaon Chart Music Awards and Best New Male Artist at the 2019 Mnet Asian Music Awards.



TXT is an acronym standing for "Tomorrow X Together". According to their website (ibighit.com/txt), the meaning behind "Tomorrow by Together" is five individuals who "Come Together Under One Dream In Hopes Of Building A Better Tomorrow". In the history of the TEEN VOGUE magazine, the five-member group is the first Korean group to ever appear on the cover.

On April 25, 2019 the K-Pop band Tomorrow X Together announced that their fandom name would be called "YOUNG ONE". They explained that the reason they have chosen "Young One" is because of how they were nothing (ZERO) at the beginning but because of their fans, they became ONE. In addition to that, the number 'Zero' is pronounced as 'Young' in Korean and thus, 'Young One' sounds similar to the term 'Forever' in Korean, expressing TXT's hopes of keeping their fans beside them forever.

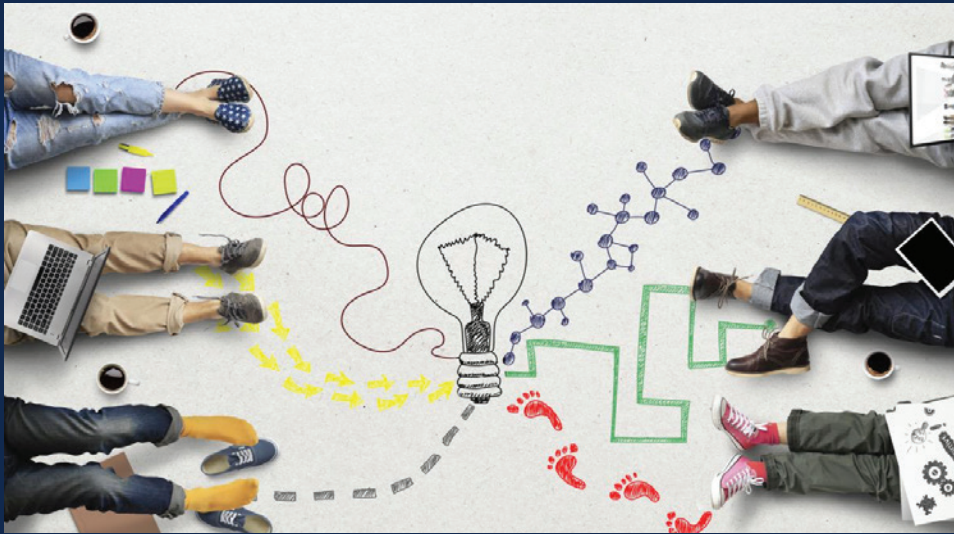
However, since the name was similar to another fandom, Big Hit Entertainment decided to change it. On August 22, 2019 Big Hit Entertainment confirmed that the official fandom name is "MOA" standing for "Moments Of Alwaysness", which refers to each and every moment shared by TXT and their fans together, always and forever. The word 'Moa' can also mean 'Gather' in Korean. In a Twitter post made on TXT's official account they say: "Tomorrow X Together and fans Moa (gather) together each fragment of each other's dreams to complete our own, one dream".

So come on, join MOA and support TXT (Tomorrow X Together) on their beautiful & inspiring journey!



AYUSHI AISHWARYA
9C

Innovative Solutions for Making Education Accessible for All



By “Education is the passport of the future, for tomorrow belongs to those who prepare for it today,” said Malcolm X. Caught in the gripping midst of a global crisis that has exposed vulnerabilities in our social systems, there is perhaps no better time to pay attention to educational infrastructure, which is one of the most important building blocks of a healthy, functioning society. Over a billion students worldwide - more than sixty percent of the student population - have had their learning affected or disrupted by COVID-19, forced to stay home as governments temporarily closed down educational institutes.

Several of these institutes have managed to tide over unprecedented times by introducing remote learning, but this immediately raises the question: what about those without access to the digital world? As some students continue their studies relatively uninterrupted, those who belong to weaker, underprivileged sections of society, fall behind, exacerbating the learning gap.

What does it mean to be accessible? Accessibility refers to the ease of obtaining or using resources. But this does not account for the harsh reality of countless people with disabilities or in dire financial straits. Even pre-COVID-19, could a wheelchair user attend a school with no ramps and obtain education, or a person with blindness use textbooks that are not available in Braille? How could a child living in poverty obtain an education when he or she is burdened with the pressing task of simple survival? Things become incomprehensibly worse when one faces both the issues of poverty and disability. In fact, people in poverty are

more likely to become disabled, and people who are disabled are more likely to become poor. More recently, the cases of students being forced to move back from university accommodations to their rural homes without an internet connection, thus falling behind on their studies compared to their more privileged peers, only highlights the class divide that makes education a monopoly of the privileged.

Take the example of solar-powered schools in Ethiopia, made by renovating a shipping container. Accommodating up to twenty-four students, they are fitted with solar panels to power electronic equipment. In Senegal, the aptly named “Cinébus” travels to villages to screen interesting and relatable short films to children and adults alike, using cinema to educate and create awareness on human rights, basic health and hygiene, and overall development. The Lab-On-A-Bike initiative in India involves a bike with boxes of lab equipment driven to schools without such resources, helping students learn hands-on.

For students with disabilities in classrooms, inviting student volunteers to transcribe recorded lectures or educational videos, or record themselves reading aloud from textbooks, encourages compassion and

inclusivity. Aiming to build a curriculum that adapts to different learning styles and genuinely listening to the problems faced by students with specialized needs is vital for an inclusive education.



CLARIN MENEZES
12 B

In our hyper-connected world, bringing the internet to rural areas could enable drastic change. The incredible amount of educational content online has greatly benefited students that lack resources or struggle to understand material. Internet access over optic fibers can be infeasible in rural areas for the most part because of high installation costs. Thus, Alphabet Inc. have come up with Project Loon which uses solar-powered high-flying balloons and special-ground antennas to provide connectivity to remote users who would otherwise not be able to connect to internet service providers using conventional methods. These balloons could even replace cell towers that get damaged by wind and rain.

Education may be expensive, but ignorance is even more so. UN Secretary-General António Guterres has rightly referred to the current global emergency as a “wake up call”, urging governments to “build back better” and develop resilient and inclusive societies. The current state of affairs has demonstrated the need to have a functional plan for contingencies. This is the perfect opportunity for humanity to prove to itself that we can bounce back and be better than before.

We thrive when others do too. Yes, inclusivity is not always easy, but it can and must be ensured. To paraphrase US President John F. Kennedy’s words in a different context, we choose to do things not because they are easy, but because they are hard, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.



DEVELOPING MENTAL TOUGHNESS



Winston Churchill once proclaimed, "Success is not final, failure is not fatal: It is the courage to continue that counts."

Mental toughness is a term used in psychology to refer to the resilience and strength that people possess to soldier through struggles and succeed. It is this mental toughness that gives some of the world's athletic superstars the ability to push past exhaustion, opposition, and injury to score and to win. It is the same quality that gives even weekend warriors the strength to finish that last mile and power through that final set of reps.

Components of Mental Toughness:-

- **Challenge:** Viewing challenges as opportunities rather than obstacles
- **Control:** Believing that you are in control of your life and destiny
- **Commitment:** Having the ability to stick to tasks and see them through to

completion

- **Confidence:** Possessing strong self-belief in your ability to succeed

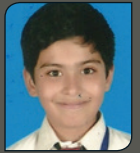
How to develop Mental Toughness:-

Don't Let Setbacks Get You Down: Mentally tough athletes tend to rebound from setbacks with a renewed sense of determination. You can employ this in your own life as well. Rather than becoming discouraged, focus on building the resolve to push through the challenge and achieve your goals.

Be Self-Directed:- Mentally tough people don't let life happen to them—they create the life they want. By setting goals and then taking the initiative to follow through on pursuing these goals, mentally tough people are able to get the things that they want out of life.

Believe in Your Ability to Achieve Your Goals:- Mentally tough people don't just

think they might be able to succeed, they know they can. While much of the research on mental toughness relates directly to the world of athletics and sport, you can apply some of these same principles to other areas of your life.



MOHAMMED NOMAAN
- 7C

Maintain Focus in the Face of Distractions:-

Elite performers are able to stay focused on their goals, even when life throws disruptions their way. You aren't always going to have the perfect setting and support for pursuing your goals. Other things are going to compete for your attentions.

Habits of people with mental toughness:-

Mentally strong people take responsibility:- The mentally strong take ownership for their behaviors and choices. They don't waste energy blaming other people for their problems or stressing about circumstances in their lives they cannot change. Instead of being a victim, they choose to take responsibility. That means looking at a situation honestly and asking what they can do to make it better.

Mentally strong people compete with themselves:-

When you compete against others, you compare yourself based on their metrics and values. So even if you win, you win based on what matters to them, not to you. Instead, define your values and beliefs. Compete to become the best version of yourself, to achieve goals based on those values. Then you become stronger mentally and win based on your recipe for success, not anyone else's.

THE POWER OF FRIENDSHIP



Friendship plays a key role to emotional growth and mental health. It boosts your happiness. Talking to a friend lowers blood pressure and reduces the risk of depression. Hugging, listening, sharing, connecting and celebrating life with friends decreases stress. That's what friends are for: they help you live longer.

Why we need best friends,

because they laugh at the same stupid things we do. Because they give us honest advice. Because they will be there for us, even if they're thousands of miles away. Because they celebrate with us when we're at our best, but still love us at our worst.



EPITravel LUXEMBOURG

Luxembourg, a country which is a perfect mixture of the modern city and the ancient castles. One of the smallest and richest countries in the world. A place filled with beauty. Let us get to know this country a bit more.

HISTORY:

The country became a grand duchy in 1815 and an independent state under the Netherlands. It lost more than half of its territory to Belgium in 1839, but gained a larger measure of autonomy. Full independence was attained in 1867.

CAPITAL:

Luxembourg (Luxembourgish: Lëtzebuerg, French: Luxembourg, German: Luxemburg), also known as Luxembourg City, is the capital city of the Grand Duchy of Luxembourg and the country's most populous commune.

YEAR-ROUND WEATHER:

Luxembourg is part of the West European Continental climatic region, and enjoys a temperate climate without extremes. Winters are mild, summers fairly cool, and rainfall is high.

CURRENCY:

The currency used in Luxembourg is Euro.

BEST TIME TO VISIT:

You can visit Luxembourg at any time, but the availability of services in some regions varies with the seasons. May, June and September are usually very pleasant months, as the weather is often at its most benign during late spring and late summer.

TOURIST ATTRACTIONS:

- Echternach,
- Vianden Castle
- Diekirch
- Château de Beaufort
- Luxembourg City
- Moselle Valley
- Mullerthal
- Ardennes
- Clervaux Castle – Luxembourg
- Larochette
- Bourglinster
- Terres Rouges
- Rumelange
- Hollenfel.



CUISINE:

Luxembourg has many delicacies. In addition to French pâtisseries, cake and fruit pies, local pastries include the Bretzel, a Lent speciality; Quetschelued, a Zwetschghe tart; verwurelt Gedanken or Verwurelter, small sugar-coated doughnut;

and Äppelklatzen, apples en croûte.[2] Luxembourg's cheese speciality is Kachkéis or Cancoillotte, a soft cheese spread.[3]



RICHELLE MERLIN
VINOD - 9B

Fish from the local rivers such as trout, pike, and crayfish are the basis for dishes such as F'rell am Rèisleck (trout in Riesling sauce), Hiecht mat Kraiderzooss (pike in green sauce) and Kriibsen (crayfish), usually prepared in a Riesling sauce. Another favourite is Fritür or Friture de la Moselle,



small fried fish from the River Moselle,

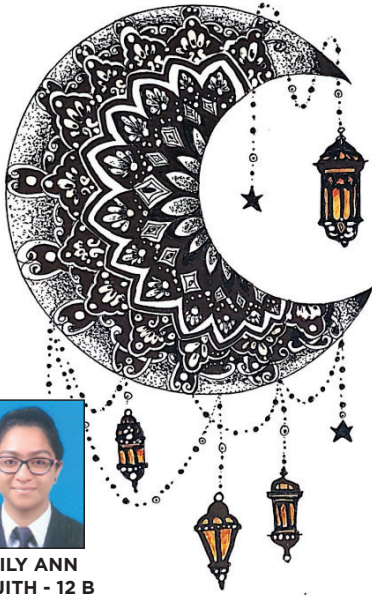
INTERESTING FACTS

- Luxembourg is the second richest country in the world
- It has the highest minimum wage in the European Union
- It is the only Grand Duchy in the world
- Just under half of the permanent residents in Luxembourg are foreign
- Luxembourgers are typically tri-lingual
- Luxembourgers have one of the highest turnouts to vote in Europe
- There are 130 castles in Luxembourg

LOCATION:

Luxembourg shares international borders with Belgium to the west and north, Germany to the east, and France to the south.

Art Gallery - Senior Secondary



EMILY ANN
RENJITH - 12 B



FAIZA
FAROOQ - 11H



VAISHNAV
RAJEEV - 11E

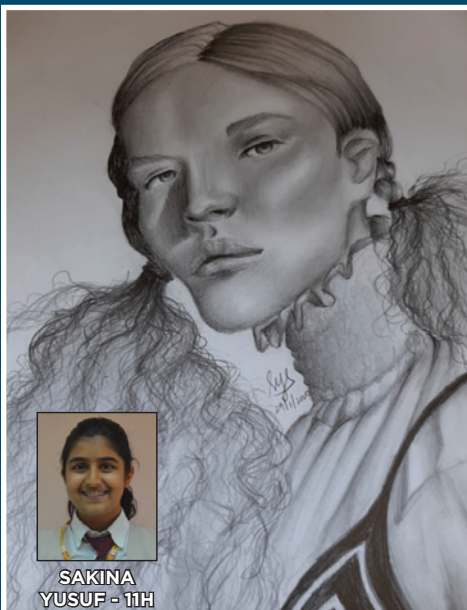
Vaishnav R.



FATHIMA
ZUBAIR - 12I



MASRURAH
SHAIKH - 11E



SAKINA
YUSUF - 11H



FATHIMA
IRFAN - 12E

DISCOVER india ASSAM

“Every man can transform the world from one of monotony and drabness to one of excitement and adventure by enjoying Mother Nature’s beauty” – Irving Wallace. Assam is land of beauty and entertainment which offers a transformation from common life stress and tensions into revealing excitement and adventures with a touch of Indian Nature. Assam literally means ‘a peerless land’. It is a region where nature herself has painted the vibrant landscape, hillocks, woods, brooks and streams, flora and fauna and above all the affectionate people. Even though Assam is well-known as a paradise for adventures, there are some undiscovered places still waiting to make a mark in the tourism circuit. These features helps us to discover India’s beauty and hidden wonders.

Last month we had seen few sites of Assamese beauty, this month let’s venture into few more destinations that showcases its culture and allure.

Padam Pukhuri Lake:- it is a scenic lake with an island in it which is located in Tizpur. Padum Pukhuri literally means the lotus lake, as “padum” in Assamese means a “lotus” and “Pukhuri” means “lake”. The Padum Pukhuri is a common attraction for children. The island is developed into a beautiful park with a musical fountain. One of the attractions of the park is the toy train. The water sports available here include rowing and paddling. An iron bridge connects the park to the main land. It’s very natural, calm ,peace, relaxing and great place to spend time with families and friends.

Umananda Island (Peacock Island):-



Umananda Island is the smallest inhabited river islet in the middle of river Brahmaputra, flowing through the city of Guwahati in Assam, a state in northeast India. A British officer named the island as Peacock Island for its structure, which he thought resembled the splayed feathers of a peacock. It is



visited mostly for its Shiva temple, the Umananda Temple, and is also home to a large population of golden langurs, an endangered species of primate. Umananda Island is in fact the smallest inhabited river island in the world but it has still managed to remain hidden from the maddening crowd as very less tourists know about this Assamese Peacock Island.

Thuruk:- Thuruk village is one of the few places in Assam to witness snowfall in winter. Thuruk is a trekker’s paradise. It is widely considered to be the ‘coldest’ place in Assam. Thuruk is renowned for the abrupt dips in temperature owing to its elevation and topography of the surrounding hills. One can experience frosts here during the coldest months of the year and owing to its remote location, is ideal for trekking and camping activities. This quaint village, not too far from Haflong, is very well known for the hospitality of its villagers.



Sivasagar:- It is a district of Assam which is a mixture of Historical monuments, migrant birds and a great touch of nature. It is well known for its Ahom palaces and monuments. People come here for the lovely architecture, design and the great upkeep. Some of the palaces include Talatal Ghar, Gargaon Palaces, Rang Ghar which is a Colosseum of the East, it is one of the oldest surviving amphitheatres in Asia. It’s a paradise of migratory and resident birds, over 165 species of birds have been identified and recorded here. Among these is a high concentration of geese and other migratory birds. A walk through Sivasagar is more than

enough to prove the heritage and beauty of Assam.



JOVEN JOSE
- 11A

Bogamati:- Newly discovered Bogamati is a picturesque spot perfect for picnics that lies at the mouth of river ‘Barnadi’ on the foothills on Indo-Bhutan border, Assam. The unexplored, panoramic view of the mountains creates a serene getaway for its visitors. Bogamati refers to a white river in Assamese and derives its name from the vast deposits of white sand and stone in the banks of the river.

Guwahati Planetarium:- it is one of its kind centre of astronomical education and research in Assam and the entire North-Eastern region of India. The Guwahati Planetarium is unrivalled in Assam and rest of northeast India with its distinctive dome and sloping walls that sets it apart in the skyline of the area. It is the only Planetarium in North-East India and truly refreshes the mind of everyone.

Garampani Wild Life Sanctuary:- It is located in Karbi Anglong district, Assam, India. It is one of the oldest sanctuaries containing hot water spring and waterfalls and surrounded by Nambor Sanctuary having 51 rare species of orchid. Apart from the hot springs, there are several waterfalls found in the sanctuary. The Garampani Wildlife Sanctuary provides habitat to a wide variety of wild animals & birds. The climate of this sanctuary is moist tropical. The vegetation of the sanctuary is tropical semi-evergreen.

The Deopahar:- it is also called as The Hill of the God”. The Archaeological Site is situated in Numaligarh, Golaghat district, Assam, India. It is a protected archaeological park and has a site-museum under the Directorate of Archaeology. On top of the hillock, there is an ancient stone temple whose construction is either incomplete or was damaged during the Assam earthquake of 1897. The overall creative style and design of the building blocks strongly reflects influences of the later Gupta era.

“There is no better designer than nature”. Assam’s beauty proves this quote of Alexander McQueen.



POWER OF POSITIVITY

In a faraway land, the custom was that anyone could become the King but only for a year. At the end of his reign, the King will be banished to a forest filled with ferocious animals situated down the big river. Many Kings had come and gone. This year a very young lad wanted to be the King. Though hesitant in the beginning, the people eventually agreed to make him the King as that was the custom of the land. The young lad became the King and he ruled wisely.

A year had passed and the day to banish the young King finally came. The King enjoyed

his last feast with his citizens. He laughed and danced as if that day he had become the King. The people were perplexed by his behavior. They thought, "He will most probably be eaten by the ferocious animals or he will die from hunger? Yet how can he be happy like this?" Yet they dared not speak.

After the feast, the King climbed into his grand boat and waved goodbye to his citizens. As the boat started its journey to the forest the King seemed even more excited. The boatman was so surprised that he could no longer keep quiet and he asked the King,

"How can you be so happy when you know that today is probably your last day alive?" The King laughed. The boatman was confused.



SANJIT VELU
- 7F

The King began to explain, "When I became the King, the very next day I sent brave warriors and mighty elephants to slay the beasts and clear the forest. Later, I sent farmers to cultivate the land. Then, I sent builders to build a beautiful city. And today, a grand celebration has been arranged for my arrival. I am loved by all there and no one will banish me now. I will be the King for many years to come." The boatman admired the King with new found respect.

Moral of the story: One of the greatest qualities a leader should have is a powerful positive perspective – the ability to see the good in any circumstance.

THE PREVALENT COVID-19 HAVE MADE ME A CHANGED HUMAN BEING



"We are very small, but we are profoundly capable of very big things."- Stephen Hawking

COVID-19, is the biggest global event and challenge of our lifetime. Today the entire world is battling with the Coronavirus, which has affected millions of people and have claimed many lives, crippling economy and leaving the entire human race gripping in terror and agony. This unprecedented global emergency due to COVID-19 pandemic has jolted our lives into jitter. Every one being told to self isolate means a return en masse (altogether) to home as the epicenter of life and experiences. Adoption and exploration of digitals are getting accelerated and we see a reduction of the obstacle to going virtual. People are working from homes, there are less humans milling about the street and there is less noise and commotion, at the hope of "FLATTEN THE CURVE". Our mobility has been severely restricted and the lockdown has also affected our experiences

of time. We automatically tend to be cautious of everything. The most used terms are "DON'T DO" and "DID YOU". The front line workers like the police force, the health workers, putting forth their relentless efforts to keep the society safe. Masks and gloves are sold in large numbers. Panicking scenes at every supermarket to collect provisions and mounting the supplies on the kitchen shelves have become common

Working from home has reduced the traffic congestion and has improved the air quality and has also increased the family time. We can now witness a beautiful and sustaining quality of nature and outdoors. We are enjoying a clean environment, breathing clean air, the skies are crystal blue, the rivers and canals are clean, the birds chirping, the flowers are blooming, no traffic, no noise pollution with horns blaring and people shouting. People who have more variety in their daily routine have reported feeling happier.

Now I'm a changed person and I realize the value of every single breath and the fragility of life. I rejoice every small aspect that life bestows me with, whether it's a hug, a smile or a family member that we lost in touch when we were running the fast growing world of education and entertainment. We were so busy chasing the future, that we had forgotten how to leave and enjoy the present and also forgot to count our blessings. This lockdown

has helped me appreciate my parents who worked tirelessly to serve my unending needs. I have learnt to feel positive. My appreciation for others is deepening and the understanding that we should stay together and work together has become exponential. Its the time I realized that how little we need to go on reasonably and comfortably with our daily lives and have decided to make conscious effort to live in times where we need to both preserve and conserve. This is the time to transform and be curious about new ideas and the implement them. These scary months have given many lessons about life and to an extent, how to handle it with a positive mind. I have learnt that life is not just studying, being with friends and games but it is also about caring, sharing and standing with each other during this prevalent phase.



JOHANN PREMJITH
- 9E

Let us pay tribute to all those who lost their lives due to this virus and be responsible creations to this mother Earth making it a better place to live in and be creative innovative, positive and learn as much to endure this situation of pandemic positively. The hardest challenge of COVID-19 crisis has taught me never to run away from challenges which life throws upon us.

I wish everyone the light of hope, calm and tranquility.

WORLD in a Nutshell

JULY 2020



U.K. to issue coin to honour Gandhiji:

Britain is set to become the first country outside India to mint coins with Mahatma Gandhi's image. The denomination bearing Gandhi's image was not revealed but the culture secretary when a Gandhi statue was installed in London in 2015, told an annual awards event that as Master of the Royal Mint, he has called for plans to issue the coins to be advanced.



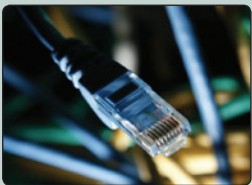
PM Modi launches ₹1-lakh crore Agriculture Infrastructure Fund:

Prime Minister Narendra Modi formally launched the recently-announced ₹1 lakh crore Agriculture Infrastructure Fund by handing over ₹1,000 crore to 2,200 farmer societies through a remotely organised function, which was attended by farmers from all over the country.



Defence Ministry bans 101 import items in push for Atmanirbhar Bharat:

In a big push to Atmanirbhar Bharat initiative, the Ministry of Defence has decided to impose a ban on 101 import items to boost indigenisation of defence production. Artillery guns, light combat helicopter, assault rifles, corvettes, radars, wheeled Armoured Fighting Vehicles (AFVs), transport aircraft, and other high technology weapons are among the 101 defence items that will not be imported from now on. All these will now be indigenously manufactured.



PM Modi inaugurates first ever optical fibre cable project for Andaman and Nicobar Islands:

Prime Minister Narendra Modi on Monday inaugurated a ₹1,224-crore optic fibre-based telecom connectivity initiative between Chennai and Andaman & Nicobar Islands, to facilitate ease of living for locals and boost tourism. Based on the undersea optic fibre cable link, Airtel became the first telco to launch its 4G services on the islands. "It will facilitate ease of living. Tourists may stay longer in Andaman, and it will provide more job opportunities locally," Modi said.



Justice NV Ramana presides over Delhi Legal Services Authority's first Online Lok Adalat:

The first-ever online Lok Adalat in the National Capital was organised by legal services authorities amid the pandemic. Speaking on the occasion,

Supreme Court judge, Justice N.V. Ramana, the Executive Chairman of the National Legal Services Authority (NALSA), said the 'e-Lok Adalat', jointly organised with the Delhi State Legal Services Authority (DSLISA), was a step towards meeting new challenges thrown at justice delivery system by COVID-19. Madhya Pradesh, Chattisgarh and Karnataka have successfully held e-Lok Adalats.



India to participate in Kavkaz 2020 exercise in Russia:

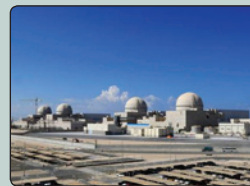
India will take part in the multilateral military "Russian Kavkaz 2020" strategic command-post exercise to be held in Astrakhan, Russia. The Indian contingent includes 150 Army personnel and a smaller number of personnel from the Navy and Air Force.



Serum Institute to produce up to 100 million Covid-19 vaccine doses priced at Rs 225:

Serum Institute of India (SII) on Friday said it has entered into a new partnership with international vaccine alliance Gavi and Bill & Melinda Gates

Foundation to accelerate manufacturing and delivery of up to 100 million doses of Covid-19 vaccines for India as well as other low and middle-income countries (LMICs). The company has set an affordable ceiling price of \$3 (around Rs 225) per dose.



UAE announces launch of Barakah, Arab world's first nuclear plant:

The United Arab Emirates (UAE) said on Saturday it had successfully opened a nuclear power plant, becoming the first Arab country to produce nuclear energy.

The \$22.4 billion (€19 billion) Barakah plant on the Gulf coast west of Abu Dhabi is being developed by a consortium led by the Korea Electric Power Corporation.



The 'eSanjeevani' digital platform of the Union government has provided two lakh tele-consultations,

the health ministry said. In a short span of time since November 2019, tele-consultation by 'eSanjeevani' has been implemented by 23

states (which covers 75 per cent of the population) and other states are in the process of rolling it out. The eSanjeevani platform has enabled two types of telemedicine services -- doctor-to-doctor (eSanjeevani) and patient-to-doctor (eSanjeevani OPD) tele-consultations.



India contributes over \$15 mn to India-U.N. Development Partnership Fund:

India has contributed \$15.46 million to the India-UN Development Partnership Fund, underscoring the country's commitment to supporting developing nations in their

developmental priorities across all the Sustainable Development Goals.

Art Gallery - Secondary



ANANYA
XAVIER - 7B



REVA
KANTARIA - 8E



AARON
VARGHESE - 8C



ATIFA
SHABBIR - 7B



SHAHZANA F.
KASIMI - 6



SURYA
PRAKASH - 9D



MOHAMMED
FAWAZ - 7B

EPictionary

A tribute to Sushant Singh Rajput



Let me tell you a story,
A story unheard for years,
But people are eager now,
To hear it with their own ears.

A boy in a village,
Like anyone else,
Frolicking in his childhood,
Free of worldly ills.

He then was an all rounder,
A nerd, a space freak,
An avid reader, a sporty guy,
And everything else one could seek.

He was a big dreamer,
Dreaming of stars, adventures,
He had incredible ones,
And one was a Bollywood venture!

Being a 7th ranker,
And leaving engineering 6 months prior,
Would baffle anybody,
And set their mind on fire.

And so he progressed to be,
A TV star, at first,
He was thinking of his movie career next,
Little did he know that next meant worst.

He debuted into Bollywood,
A place for monarchs,
Where star kids progressed,
And where futures of outsiders were dark.

He got a film or two,

He was happy and bought soon,
A villa, a car,
And even a plot on the moon!

Some looked up to him,
Some looked down on him,
They had envy on their eyes,
And ice in their hearts.

They started ignoring him,
Forcing others to boycott,
He was cheated, declined,
Ousted, replaced and what not.

He wasn't awarded even once,
Same could be said for other outsiders,
The dynasties of bollywood stars,
Were praised along side insiders.

The silent refusals of the overlords,
Stabbed his emotions painfully,
And finally,
He hanged himself secretly.

He once said, "I would rather die with
extraordinary failure,
Than with mediocre success."
The same came to light,
To those who grieved in excess.

But they were left,
Frustrated and broken to shreds,
He was immortalized,
In millions of hearts.



GOKUL SREENIVASAN
- 10 B

1. **Alacrity** – brisk and cheerful readiness

Used in a sentence: The boys began to clean their rooms with remarkable alacrity.

2. **Askance** – with an attitude of suspicion or disapproval

Used in a sentence: The audience looked askance at the comedian's crude comment.

3. **Assiduously** – with great care and perseverance

Used in a sentence: The virus has been assiduously studied by scientists and health professionals.

4. **Caprice** – A sudden unaccountable change of mood or behaviour

Used in a sentence: The teacher was now accustomed to the child's caprice.

5. **Evince** – to indicate a quality or feeling

Used in a sentence: The farmers' wives are strong and evince domestic virtue.

6. **Immutable** – that cannot be changed

Used in a sentence: The manager was immutable in his decision to close the project.

7. **Lambaste** – attack verbally

Used in a sentence: The impatient shopper continued to lambaste the sales clerk to work quickly.

8. **Propitiate** – to gain the favour or goodwill of someone

Used in a sentence: The people use those herbs in rituals to propitiate their gods.

9. **Satiate** – satisfy fully

Used in a sentence: A trip to the museum will satiate the children's thirst for knowledge.

10. **Tractable** – easily controlled or guided

Used in a sentence: The first tractable roads in this area were built by the British.



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