



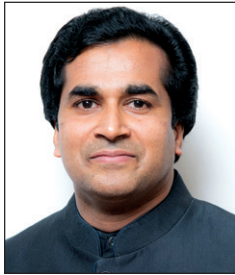
# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

FEBRUARY 2021



## PRINCIPAL'S MESSAGE

Dear Children,

I know that all of you are in the mood of examination and spending more time for your study. At this time you should study with a proper time table, which will reduce your stress and tension. Make a study schedule that fits your way of studying and do not leave anything for the last minute. Always have a positive thought about your examination and believe that this is possible to achieve. Don't forget to celebrate your examination, exam is not the end of life, life is above and beyond exams. In examination, managing time is most important. In this edition we will discuss time management.

Remember the secret lies in how you utilise the time at hand. When we say that we have no time, it simply means that we are unable to manage our time properly. The fact is that if we take care of the minutes, the hours will take care of itself. In life, you can't read everything, you can't do everything; you can't learn everything. Assigning the same priority to each task is to wind up with 40 tasks altogether. That is foolishness. Who wouldn't like to participate in extra-curricular activities without losing focus of curricular tasks? But then there are assignments, homework, self-study - you have to manage all these as well. How? Let's have an understanding of our resource of time.

What is the actual time available to a student in one academic year? Of the 8,760 hours in a year, you will spend roughly 100 hours in the classroom, 60 in taking exams and 30 on co-curricular activities. Knock off roughly 2,555 hours of sleep (seven hours per-day), about 730 hours for food and another 1,095 hours for personal relaxation etc. and you are left with barely 3,360 hours for study and personal development. The challenge always with new plans and renewed motivation is time. Simply put, there's just not enough to go round. Time management, is basically utilising the time at your disposal in the best possible way to strike a harmonious balance between your physical, social, emotional, intellectual and recreational activities.

### Time is precious:

Time is unidirectional. Once lost, it's gone forever. It is therefore essential to value it as a limited and fleeting resource. Wasted time is one thing that can't be recycled.

### Leverage your own time:

Look at how you spend time in a typical day. What can you stop doing, or do less of? If you use your time carefully, you will have more of it for things that make a difference.

### Budget your time:

We need to budget our time judiciously like money. The art lies in laying down priorities for work, fixing minimum and maximum time slots for different activities and managing within the 24-hour day.

### The early bird gets the worm:

An early start saves a lot of time. If possible, begin and complete your assignments and projects well in time to avoid undue tension. Don't wait till the very last moment to get cracking. Make 'Defeat the Deadline' your motto.

### Table your intent:

Start by preparing a timetable. To draw up a schedule that will work for you, factor in your preferred style of study ie your 'prime time' (you will find that you function at your peak at a particular time, this is the best time to handle 'tough' tasks). Similarly, make a note of your average attention span. Only you know which learning method works best for you. Then, match your style with the course requirements.

### Create a learning environment:

The most comfortable environment does not necessarily promote learning. The best environment is one where you feel motivated, alert, and reasonably comfortable to study.

### Eliminate potential time-wasters from your time bank.

Lack of self-discipline, idling, daydreaming, procrastinating (putting off or postponing unpleasant or difficult tasks), browsing the Net, over usage of social media are some of the most notorious time wasters which must be avoided.

So dear children, give more focus on time and try to manage it efficiently and properly. Wish you good luck!

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# EDITORS' NOTE

Greetings from the editorial board,

A certain company had a tradition of holding a party and a lottery every Christmas Eve.

The rules of the lottery draw were as follows: each employee pays ten dollars as a fund. There were three hundred people in the company. In other words, a total of three thousand dollars can be raised. The winner takes all the money home.

On the day of the lottery draw, the office was filled with a lively atmosphere. Everyone wrote their names on the slips of paper and put them in the lottery box.

However, a young man hesitated when he wrote. Because he thought that the company's Cleaning lady's frail and sickly son was going to have an operation soon after the dawn of New Year but she did not have the required money to pay for the operation, which made her quite troubled.

So, even though he knew that the chance of winning was slim, the man wrote the name of the Cleaner lady on the note.

The tense moment came. The boss doubled in the lottery box, and finally drew out a note. The man also kept praying in his heart: hoping against hope that the Cleaning lady may win the prize... Then the boss carefully announced the winner's name.....a miracle happened!

The winner turned out to be the Cleaning lady. Cheers broke out in the office, and the Cleaning lady hurriedly rushed to the stage to accept the award. She almost burst into tears and said, "I am so fortunate and blessed ! With this money, my son now has hope!"

While thinking about this "Christmas miracle", the man paced to the lottery box. He took out a piece of paper and opened it casually. The name on it was also the name of the Cleaning lady! The man was very surprised. He took out several pieces of paper one after another. Although the handwriting on them was different, the names were all the same, all of them were the names of the Cleaning lady. The man's eyes were filled with tears and he clearly understood that there was a Christmas miracle in the world, but the miracle will not fall from the sky, the people were required to create it by themselves!

After reading this story you have two choices:

- 1) You can spread the positive message, and make the world love more.
- 2) You can also ignore it fully as if you never saw it.

However, your little sharing action may illuminate the destiny of countless unfortunate people. You become transformed when you are willing to learn to be compassionate to others.

**Send your valuable contributions to [epicseditor@icsk-kw.com](mailto:epicseditor@icsk-kw.com)**



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Sona Sunish



## PONGAL "The Harvest Festival"

Pongal is celebrated in Tamil Nadu which is located in the southern part of India. It is not a Celebration of a single day and is celebrated in a time span of four days. For the Hindu community, Pongal has been considered as one of the most important festivals of the year. Its significance lies in the fact that, it is celebrated to say thanks to God and the creator of the nature for the flourishing season of harvest. The name pongal has been derived from the Tamil word "to boil". It is held in the Thai month, which falls from January to February. During the season various cereals, rice, sugar-cane, turmeric and many other cooking essentials of Tamil Nadu are harvested. In Tamil calendar, middle of the month of January is considered to be an important time of year. This quintessential festival of Tamil Nadu is celebrated typically on 14th or 15th of January. This is the festival of offering gratification to God, for providing the mankind with seasonal cycle, which helps in harvesting of grains properly. Tamilians believe that on this day by saying 'Thai pirandhaal vazhi pirakkum' all the problems of the family will be vanished. Traditionally this month is also considered as the month when most weddings take place.



KARTHIK  
RAMATHAN - 7A

Day 1: People celebrate the first day of Pongal as Bhogi festival to show gratitude to Lord Indra who is considered to be the ruler of the sky and clouds is responsible for showering us with rain. Lord Indra who is honored for bringing on the earth prosperity and plenty by abundantly providing this season of harvest. Another part of the celebration of this day is throwing out of the old useless articles of household in fire of cow-dung and wood. The bonfire is a means of burning the waste obtained through the agriculture and also to keep people warm in the last days of the winter.

Day 2: on this day the ceremonial worship or puja is performed around the households. In the courtyard of the house rice is cooked with milk and jaggery which is considered as pious way of offering respect to the God sun.

Day 3: This day is called as Mattu Pongal and is celebrated as a day for thanking cows. Cattles are worshipped by tying around their neck colorful beads, sheaves of corns, garland of flowers and tinkling bells. People feed them with Pongal and take them to village center.

Day 4: This last and the fourth day of the celebration of this harvest season, is called as Kanna Pongal or Kanau. Women on this day wash off a turmeric leaf and place it on the ground. Then the leftover of the pongal, rice, betel leaves, turmeric leaves, and two pieces of sugar cane are placed on the leaf. Women perform Arati for their brothers with limestone, turmeric oil and rice.



# 60<sup>th</sup> National and Liberation Day of Kuwait



Enjoy the peace your valour won. Let independence be our boast, ever mindful what it cost; Ever grateful for the prize, Let its altar reach the skies! – Joseph Hopkinson  
The history behind the National and Liberation day

Kuwait was first established as a small fishing village during the seventeenth century. In 1899 Kuwait became a British Protectorate. In 19th June 1961, Kuwait became independent with the end of the British protectorate and Sheikh Abdullah Al-Salim Al-Sabah becoming the Emir. Two years later, to avoid the extreme June heat, the government moved National Day to February 25th. Also established in 1961 was

the country's modern flag with its pan-Arab colours of red, black, green, and white, as depicted in the Doodle artwork.

On August 2nd 1990, following a dispute over revenue from an oil field, Iraqi troops invaded Kuwait and Iraq started bombing Kuwait City. By August 8th 1990, the Kuwaiti government had been replaced by an Iraqi governor. International outrage at the invasion was widespread. Making no progress by diplomatic means, the UN Security Council gave Iraq a deadline of January 15th 1991 to withdraw from Kuwait. The deadline passed and the U.S. led coalition forces began their assault on the Iraqi forces on January 17th 1991, known as Operation Desert Storm. The Iraqi forces proved unable to resist the coalition forces, the ground war only lasted four days and the Iraqi tanks left Kuwait on February 26th 1991. From then 26th February was celebrated as the liberation day of Kuwait. Liberation Day always falls on the day after National Day forming a two day holiday in Kuwait.

## Celebrations

In recognition of Sheikh Al-Sabah's diplomatic accomplishment, Kuwait celebrates its

national day each year on this day. A day off from work and school, many celebrate by gathering with their family for outdoor celebrations while the red, white, black, and green flag flies everywhere. Both days are a time of togetherness as it brings families together to reflect on the past, reminisces their loss and to proclaim victory. It's a time of celebration for everyone. The preparations for the annual celebrations begin at the latter end of January where you can see the hoisting of decorations reminiscent of flowers in bloom and an array of colourful lights depicted in red, white and green reminding us of the solidarity of Kuwait. Both National and Liberation Day make February the busiest month of the year as the day's celebrations engulf the whole of Kuwait. During the seventies period, celebrations were held in the heart of Kuwait City, especially in the square of science, which was attended by popular music bands and military bands, as well as foreign exhibition groups, and there were many events.

Let freedom reign. The sun never set on so glorious a human achievement. – Nelson Mandela.

Epics wishes a prosperous 60th National and Liberation day!!

## Dr. Swati Mohan, India's proud Star in NASA Perseverance mission.



Dr. Swati Mohan is an Indian-American aerospace engineer and was the Guidance and Controls Operations Lead on the NASA Mars 2020 mission. Swati Mohan was born in Bengaluru, Karnataka, India and emigrated to the United States when she was one year old. She became interested in space upon seeing Star Trek at age 9. She had originally planned to be a pediatrician but at the age of 16 took a physics class and decided to study engineering as a way to pursue a career in space exploration. She studied

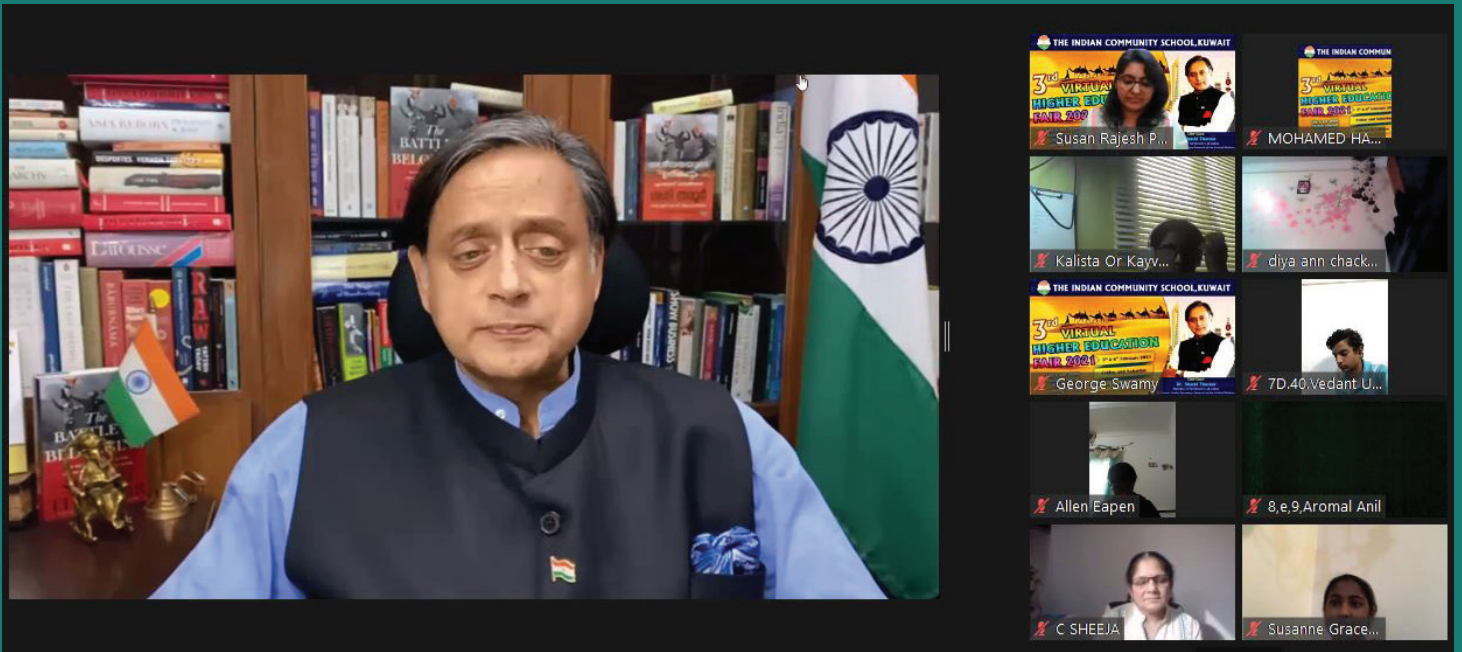
Mechanical and Aerospace Engineering at Cornell University, before completing her master's degree and Ph.D. in Aeronautics and Astronautics at Massachusetts Institute of Technology.

She researched on-orbit operations in the Space Systems Laboratory (MIT) with Professor Dave Miller. She worked with the Synchronized Position Hold Engage and Reorient Experimental Satellite (SPHERES), SWARM, and ALMOST testbeds. With

SPHERES, she had multiple tests performed on the International Space Station (ISS), including some by fellow MIT alumni astronauts

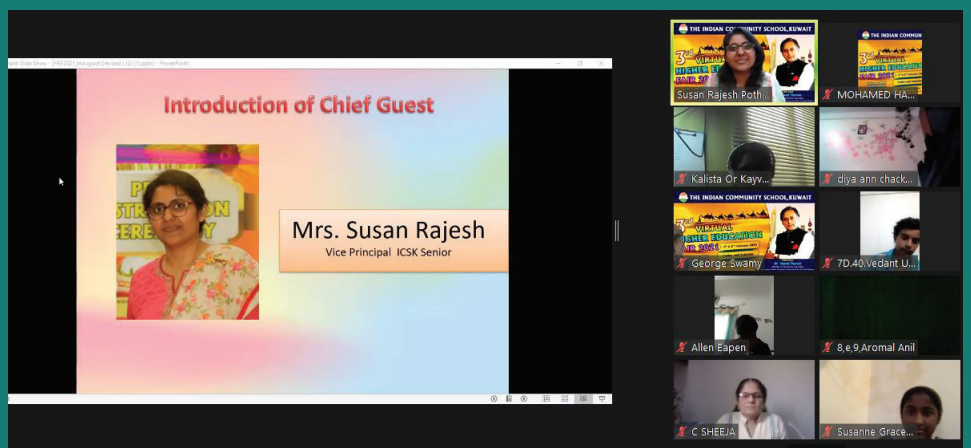
Mohan works at NASA's Jet Propulsion Laboratory in Pasadena, California, and is the Guidance & Controls Operations Lead for the Mars 2020 mission. Mohan joined the Mars 2020 team in 2013, shortly after the team was assembled. In her role, she was responsible for ensuring the spacecraft that carries the rover was properly oriented during its travel to Mars and when landing on the planet's surface. She narrated the landing events from inside mission control as the Perseverance rover landed on Mars on 18 February 2021. She announced "Touchdown is confirmed," after which the JPL Mission Control Center erupted in celebration, clapping and fist bumping. She made each Indian proud and inspires many space aspirants

# Dr. Shashi Tharoor Inaugurates ICSK's Virtual Higher Education Fair 2021



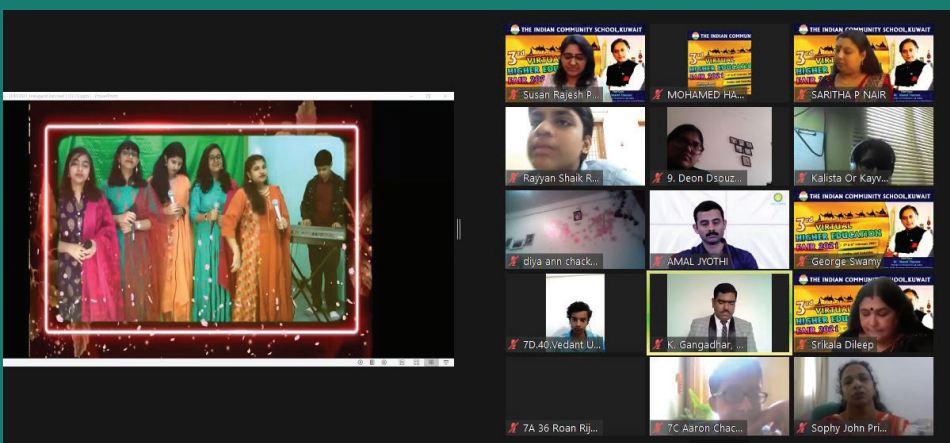
The 3rd Virtual Higher Education Fair by the Indian Community School, Kuwait was inaugurated by Dr. Shashi Tharoor, Member of Parliament-Lok Sabha, Former Under-Secretary General of the United Nations, Indian politician, Writer and Former International Diplomat on Friday, 5th February 2021 at 1.30 p.m.

Dr. Shashi Tharoor in his inaugural address applauded the initiatives taken by ICSK in helping students studying in various schools across Kuwait, the Middle East, India and around the world, enrich their information on the numerous courses, eligibilities and facilities offered by Universities and Colleges globally. He further affirmed that this Higher Education Fair would help them, select a good college or university where they



could recognize, develop and sharpen their academic and professional skills. The function was also graced by the presence of Guest of Honour and Career Guide Dr. T. P. Sethu Madhavan (Consultant to World Bank

& Member of AEC Commission Switzerland). He too highly praised the commendable efforts put in by ICSK in helping the students secure a bright future by choosing the right career path. The students and parents will get the opportunity to interact with him in this exclusive programme.



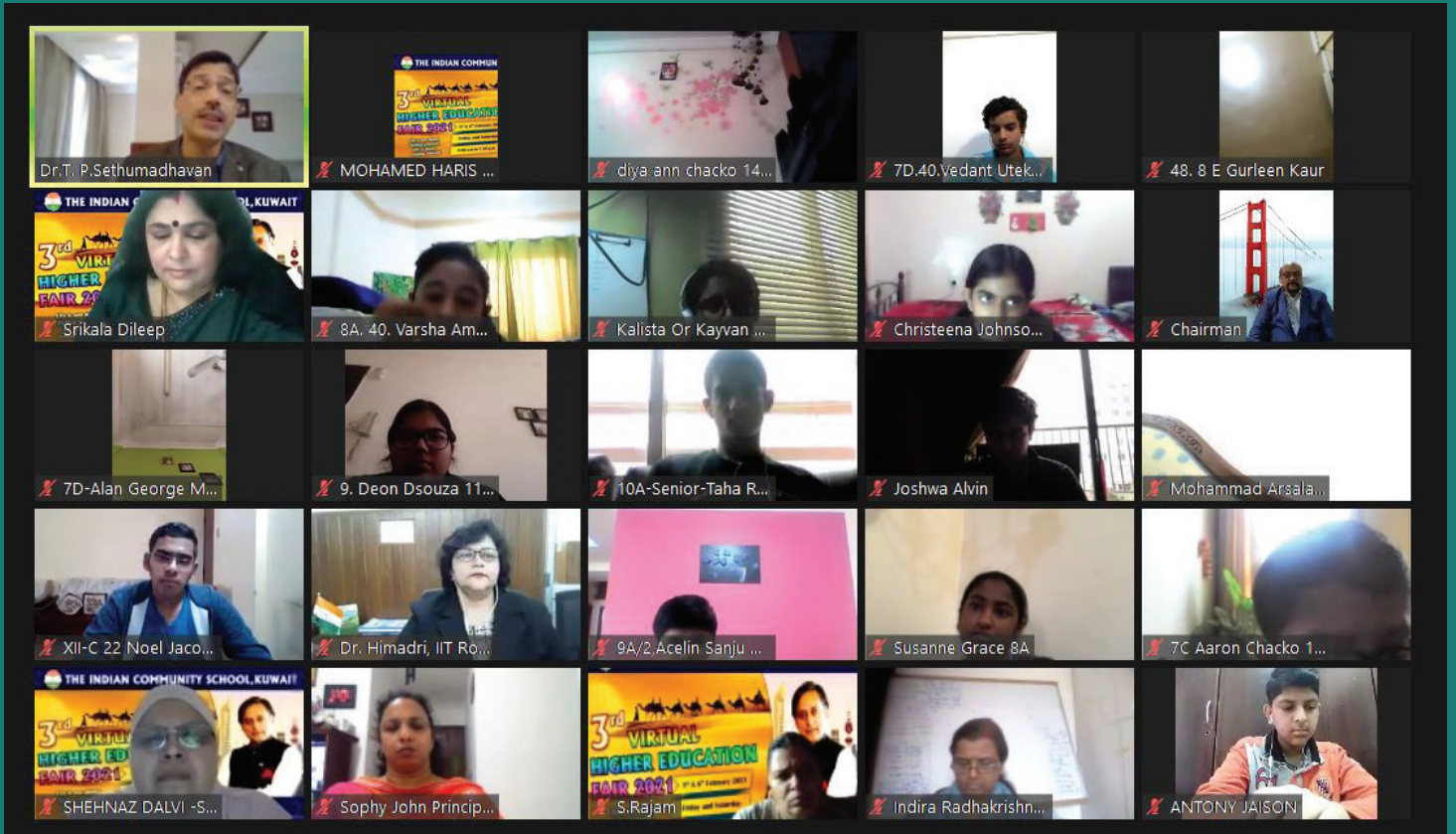
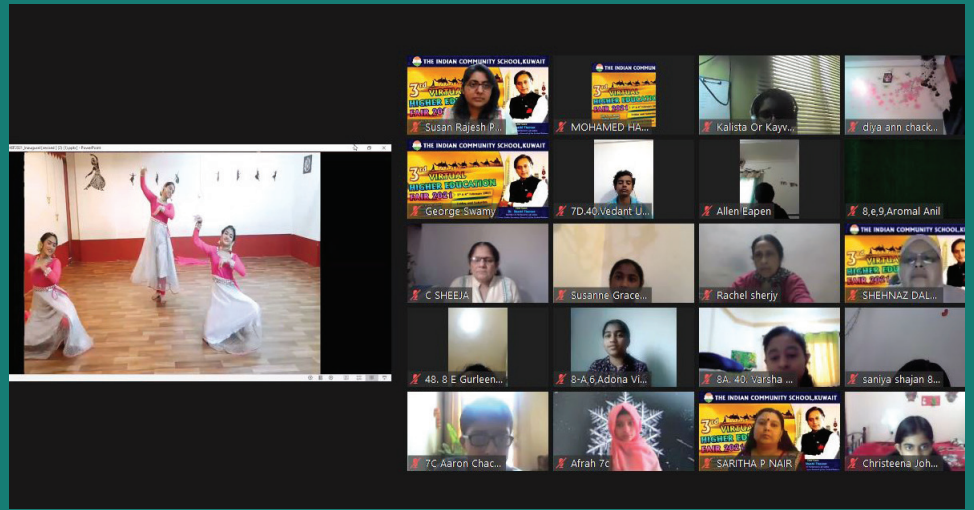
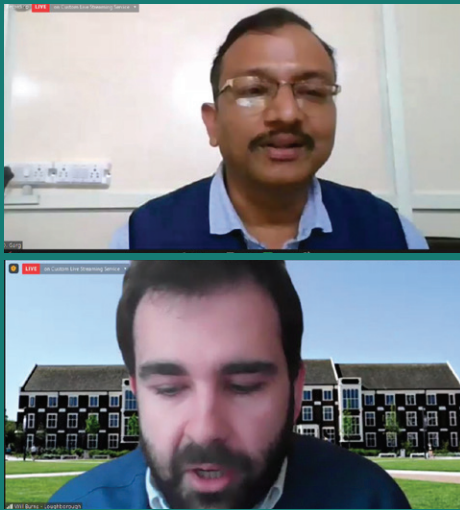
Eminent dignitaries in the field of education Prof. R. D. Garg, IIT Roorkee and Mr. William Burns from Loughborough University offered felicitations and seconded Dr. Shashi Tharoor's opinion that students need an informative platform in order to be enriched with information about the right career, courses, universities and colleges and congratulated the efforts taken by the Management of ICSK in fulfilling this.



The elite gathering was bid a hearty welcome by the Principal of ICSK Khaitan, Mr. Gangadhar Shirsath and Mrs. Susan Rajesh, Vice Principal –ICSK Senior and Mrs. Saritha. P. Nair, Academic Supervisor, Secondary-ICSK Senior, introduced the distinguished guests. Mr. Sheikh Abdul Rahman, the Hon. Chairman of ICSK Board of Trustees honoured the guests with digital tokens of appreciation. Mrs. Sherly Dennis, Principal of ICSK Junior rendered the vote of thanks. The function was attended by a galaxy of luminaries including the Members of Board of Trustees of ICSK, the Principals of all Indian Schools in Kuwait, Vice Principals, students and parents who witnessed an array of programs which included the felicitation of the participating Universities and Colleges.

This exclusive programme which is organized virtually adhering to Covid protocol is enriched by the presence of more than 47 universities and colleges from different parts of the world. ICSK's Higher Education Fair gives opportunity to not only around 20,000 students across Kuwait but also to the students around the globe, interested in knowing about the various courses offered by the renowned participating universities and

colleges. Organized for two days-5th & 6th February 2021, the mega event is attracting visitors in large numbers. Even during the testing times of this global pandemic ICSK, under the able leadership of Dr. V. Binumon, Senior Administrator and Principal assisted by a most efficient team is successful in organizing its Virtual Higher Education Fair 2021 on a grand scale this year too.



# 20 FEBRUARY WORLD DAY OF SOCIAL JUSTICE



To promote equal rights and opportunities among people within a country and between nations, 20 February is observed annually as the World Day of Social Justice. The United Nations General Assembly had approved the day on 26 November, 2007 and every year since 2009 social justice day is observed to raise awareness about social injustices throughout the world. This day is aimed at encouraging people to look at how social justice affects eradication of poverty, enhances employment and bring forth communal integration.

Across India, too various organisations observe this global day. On this day many schools, colleges and universities do special activities and organise events around a theme related to poverty, social and economic exclusion or unemployment.

So that the students may know that it is necessary to uphold the principles of social justice

### How did this day come about?

The World Summit for Social Development was held in Copenhagen, Denmark in 1995 which resulted in the Copenhagen Declaration and Programme of Action. The Summit was the largest gathering ever of world leaders at that time. More than 100 political leaders in this summit pledged to fight poverty, promote full employment and to provide safe and stable societies. They also agreed on the need to put people in the centre of development plans.

Ten years later, the UN's member states reviewed the Copenhagen Declaration and Programme of Action when they gathered at

a session of the Commission for Social Development in New York in February, 2005. Social advancement was one of the key commitments made by all the members there. Subsequently, the UN General Assembly later proclaimed 20 February as World Day of Social Justice in 2007. It invited member states to devote the day to promoting national activities in accordance with the objectives and goals of the World Summit for Social Development and the 24th session of the General Assembly.

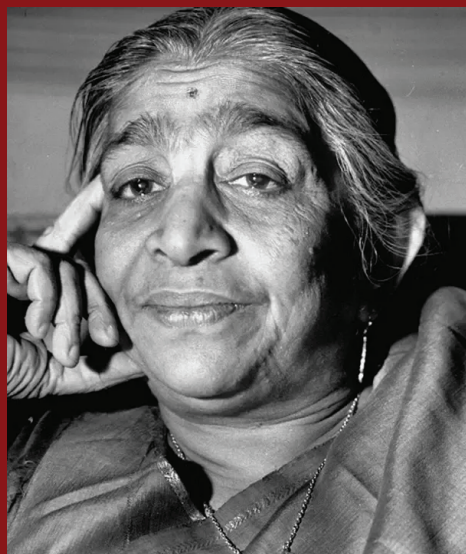


AARON SHALU  
JOHN - 11F

The UN also stated that creation of employment, better quality of work and access to jobs for the bottom 40 percent of a populace has the "potential to increase incomes and contribute to more cohesive and equitable societies". This, in effect, helps to prevent violent conflicts as well as address post-conflict challenges.

The global body also maintains that observance of a social justice day should support efforts of the international community in poverty eradication, promotion of full employment and decent work, gender equity and access to social well-being and justice for all.

## The Nightingale of India



Sarojini Naidu, famously known as 'Nightingale of India', was a well-known poet and a prominent freedom fighter of India. Sarojini Naidu was born on 13 February 1879, in a family where her father administered the Hyderabad college and her mother was a Bengali poet. She studied at King's College, London and Girton College, Cambridge. She began writing at the age of

12. Her first collection of poems, 'The Golden Threshold', was published in 1905. Her poem 'The Gift of India' is also noteworthy for its patriotism and the actual environment of the 1915 India. She was nicknamed by Mahatma Gandhi as the 'Nightingale of India', or 'Bharat Kokila' because of colour, imagery and lyrical quality of her poetry.

In 1905, when Bengal was partitioned in name of administrative convenience, she joined the Independence movement. She met leaders like Rabindranath Tagore, Gopal Krishna Gokhale and Mahatma Gandhi which inspired her to join the freedom struggle. She travelled to different parts of India and gave speeches on Women's right, nationalism and social welfare. She helped to establish the Women's Indian Association (WIA) in 1917.

She was awarded Kaisar-e-Hind medal by the British government for her work during the plague, which she later returned in protest over the Jallianwala Bagh massacre. Sarojini Naidu became the second woman president of Indian National Congress party.

Her dedication towards her country and countrymen inspired many Indians especially women. She is an important leader of the movements like Civil Disobedience Movement and Quit India Movement and also got arrested many times. Following India's independence from the British rule in 1947, Sarojini Naidu was appointed as the governor of the United Provinces (present-day Uttar Pradesh), making her India's first woman governor. She remained in office until her death in March 1949 (Aged 70).

Today people remember her more as a poet. Her poems were admired by politicians, leaders and poets outside India also. Her poem "In the Bazaars of Hyderabad" is one of the most well-known poems. Sarojini Naidu continues to be an inspiration for all the women. She never let anything become her weakness and achieved everything that she wanted. She empowered women and set an example which is still followed to this day.



SANJIT VELU  
- 7F



# EXCELLENCIA - A LITERARY ODESSEY

It is rightly said that, YOU WERE BORN TO WIN ,BUT TO BE A WINNER ,YOU MUST PLAN TO WIN PREPARE TO WIN AND EXPECT TO WIN.

The Indian community School Kuwait being one of the premier institutions in Kuwait in the field of education has been one that houses 5 branches with strength of 10,000 plus students. The school also has been a pacesetter to arrange a different range of Program to elevate the mental capacity of their students.

Healthy competitions inspire kids to do their best .when students compete they will become more inquisitive, research independently, and learn to work with others .they will strive to do more than is required .these abilities prepare children for future situations of all kinds .

With this time away from school and virtual learning in full swing, ICSK Senior, came back with yet another program called EXCELLENCIA-A LITERARY ODYSSEY ,an Interschool Competition by the department of English.

The beauty of this program was that talented students from different CBSE Schools got the

platform to showcase their talent and could get recognition and win attractive prizes. The panel of International Judges had judged the children.

It was a three day program which comprised of 6 events covering students of classes 5 to 12 from different CBSE Schools, under three categories. The programme was initiated with the Islamic prayer.On the first day day of the event, the Deputy Vice principal of ICSK Senior, Mrs. Mini Shaji congratulated and appreciated the participants for showcasing a wonderful programme and also expressed her gratitude to the judges for sparing some of their valuable time with the children.

**Category - 1** covered classes 5, 6, & 7- Poem Recitation and Elocution Competition on 9.2.2021

**Category - 2** covered classes 8, 9 & 10 - Spin a Yarn & Quiz Competition on 10.2.2021

**Category - 3** covered classes 11 & 12 - Declamation & Extemporaneous Competition on 11.2.2021

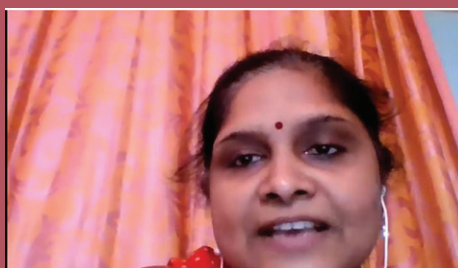
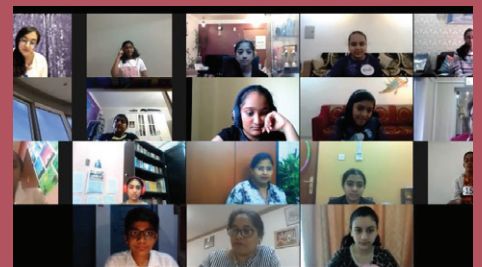
Two entries per category from each school were taken, more than 10 different CBSE schools have taken part. There was a tough

competition between the children who participated from different CBSE schools in Kuwait. All the participants performed really well in all the competitions and they came up with flying colors.

Many children from different CBSE schools in Kuwait also bagged prizes in the competition. Johanna P. Koshy of class 6 ICSK Junior bagged the third position in category 1 elocution competition. In category 2 quiz competition, Fawaz Ahmad Imran of class 8 and Johann Premjith of class 9 of ICSK Senior, bagged the second position.

In category 3 extempore competition, Joven C. Jose of class 11 ICSK Senior bagged the first prize and Vaishnavi Rathod of class 12 of ICSK Senior bagged the second position. A concluding program was organized, wherein the results were announced, by the Vice Principal of ICSK Senior Mrs. Susan Rajesh. Mrs. Susan Rajesh, also presented digital mementos to the judges and the coordinators from different CBSE schools in Kuwait and expressed her heartfelt gratitude and appreciation to them.

The programme was wound up with the Indian national anthem.



# BEST STUDENT - JANUARY



RONALDA VANORA  
D'SILVA - 12A



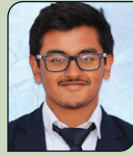
AHMED AIJAZ  
- 12B



SARAH ROBERT  
- 12C



NINAN P. VARGHESE  
- 12D



ASHWIN NAIR  
- 12E



REUBEN SAMUEL  
WILSON - 12F



TEPHY CHANDRA  
KUMAR VIJI - 12G



BESTY BENNY  
- 12H



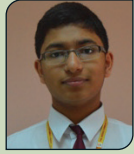
MOHAMMED AFREEDI  
- 12I



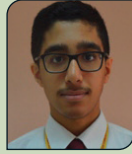
SYEDA MEHRISH  
- 12J



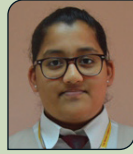
CASSIDA CENNIRA  
CARDOZO - 12K



JESWIN SUJU  
- 11A



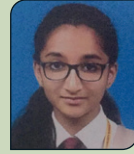
JAY AJIT BAROT  
- 11B



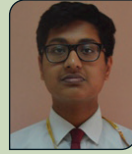
EMILY MARY BINU  
- 11C



BHARGHAVEE DAS  
- 11D



SREE LEKSHMI  
- 11E



MICAH PRINCE  
- 11F



SAGAMA JAMIL  
AHMED - 11G



GLORIETA MARY  
SANJEEV - 11H



THEAJUS PRAKASH  
- 10A



MITHRA SUSAN  
SHAJU - 10B



SAAD FAISAL  
- 10C



SAFA RAHIM  
BIJAPURE - 10D



YUKTA MENON  
- 10E



MEENA SELVAM  
- 10F



TULIKA UPPAL  
- 10G



EVIN ROBY  
- 9A



NIHAL SAYAN  
- 9B



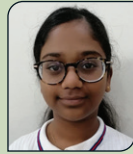
NABIA HANIF  
- 9C



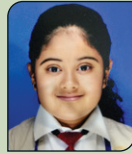
RITAJ RIZWAN  
RAWOOT - 9D



ETHAN SANJAY  
CHERIAN - 9E



YASHASVENE  
BASKAR - 8A



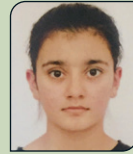
ANGELA SARA  
SHALU - 8B



JOSHWA ALVIN  
CARDOZA - 8C



NESRIN NIYAS  
- 8D



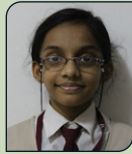
ASMA JIGAR PATEL  
- 8E



NAKUL RAJESH  
- 7A



CARISSA DANIA  
SEQUEIRA - 7B



ALONA MARY  
MATHEW - 7C



MATHEW PARAPPATTU  
- 7D



HASNAIN ALIKHAN  
MOHAMMED - 7E



PRAISAL M. PRINCE  
- 7F



JERLIN ANN JACOB  
- 6A

## THE VALUE OF APPRECIATION



Appreciation is a priceless gift that you can give to someone. There is no age restrictions for giving appreciation. When you show Appreciation and gratitude, it not only makes others happy but makes you also happier and healthier.

Showing Appreciation for others have amazing results.

Appreciation can make the employees more productive.

Showing appreciation to customers builds loyalty which not only leads to that single lifelong customer but makes them more likely to make a recommendation.

Showing appreciation is way of acknowledging a person's value. This also helps to forge a connection with that person, regardless of their role in our life.

The amazing results of getting appreciation. Feeling appreciated and valued gives people a sense of satisfaction and lets them know that their time and effort is being spent in a worthwhile manner.

When people feel appreciated, they are more likely to continue to improve, earning more appreciation, leading to more improvement and so on. Feeling appreciated decreases stress, it's likely that when people feel appreciated in their jobs, they have reduced the risk of both cardiovascular and coronary health risks.

Getting appreciation from teachers and parents will improve children's performances. They will work hard to improve and maintain their value

### Different ways of expressing appreciation

Sometimes we use some gestures like high-fives for appreciating others. But they may not realise that it is your way of showing appreciation. So we should mention the reason why we are appreciating them.

Feeling appreciated is something all humans crave. A great way to show your appreciation is to send a thoughtful gift with a handwritten note.

If someone has proven themselves to be a trustworthy and supportive person in your life, consider entrusting them with additional responsibilities like a promotion or sharing your own vulnerabilities.



AFRAH  
- 7C



# ICSK Senior Celebrates the 72<sup>nd</sup> Indian Republic Day with Pride

The 72nd Indian Republic Day was celebrated by the ICSK Senior family on the virtual platform on 23rd January 2021. The children of class 11D presented a very special and unique assembly on the digital platform which was witnessed by the children and the entire family of ICSK Senior. Master Abel and Ms. Sarra of class 11D hosted the assembly which was initiated with the Islamic prayer and its translation by Master Yusuf and Master Tahir Khan followed by the school prayer and the Kuwait national anthem. Ms. Anjali Chandwani added a new word to the vocabulary by sharing the word for the day and Ms. Anjali Nair elevated the minds of the audience by sharing the thought for the day. Master Harshanth and Master Darius shared the national and international news.

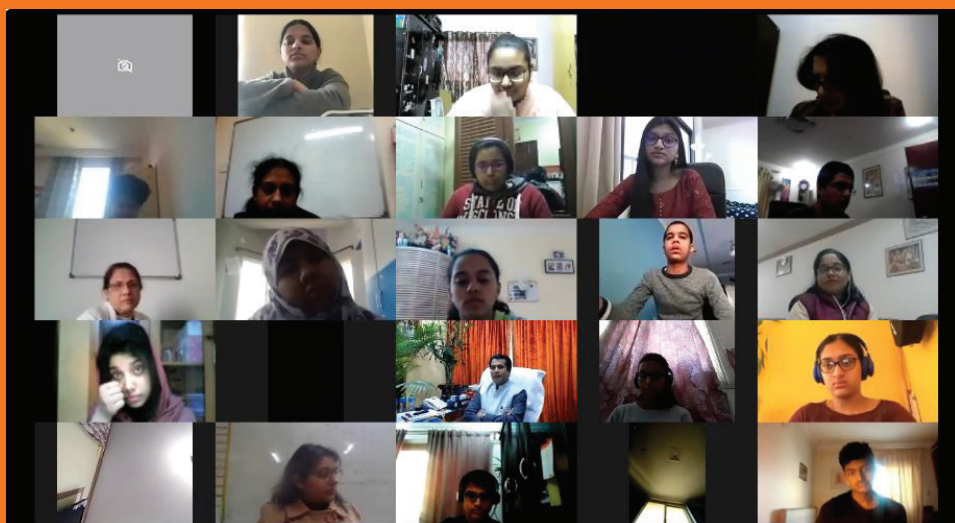
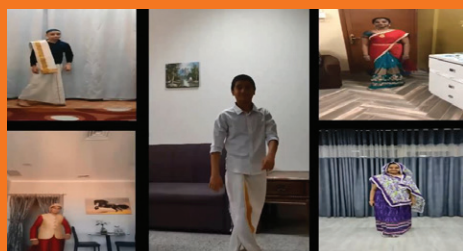
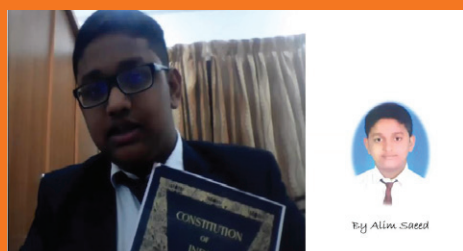
The entertainment section got started with a very graceful dance by Ms. Anjana,,, Ms. Saima, Ms. Jane and Ms. Aditi followed by

a wonderful speech on patriotism by Master Abhishek and Ms. Anjali Reji.

Master Umesh Kumar left the audience spell bound with a very mesmerizing instrumental performance. There were a variety of other performances like, patriotic song performance by Ms. Anjali and Ms. Saima followed by an art performance by Ms. Arshiya which was a complete treat to the eyes. Ms. Aleena Mary shared her thoughts on Republic Day with a speech. Ms. Anjana and team presented a rhythmic group dance and a mellifluous group song was presented by Master Abel, Master Elmer, Master John, Master Kevin, Ms. Anjana,,, Ms. Saima, Ms. Khadija and Ms. Aditi.

The entire class of 11D shared a very strong and thought provoking message with the children and teachers on the auspicious eve of 72nd Republic Day of India. The Principal

and Senior Administrator of ICSK Senior Dr. V Binumon shared a very apt and crisp message with the children to boost their morale in life, "Count on your blessings more than your problems. You fail only when you stop trying. So, Plan, Prepare and Execute." Master Juzar administered the pledge to all the children of ICSK Senior, and the assembly came to an end with the Indian national anthem.





# THE QUEST FOR COVID VACCINES



Vaccines for COVID-19 are critical tools for helping bring the pandemic under control when combined with effective testing and existing prevention measures. With several promising vaccine candidates the Pfizer/BioNTech, Moderna and Oxford-AstraZeneca vaccines are approved for use and the race for a safe and effective vaccine has entered into a new phase.

When scientists began seeking a vaccine for the SARS-CoV-2 coronavirus in early 2020, they were careful not to promise quick success. By the start of December, the developers of several vaccines had announced excellent results in large trials, with more showing promise. And on 2nd December, a vaccine made by drug giant Pfizer with German biotech firm BioNTech, became the first fully-tested immunization to be approved for emergency use.

The COVID-19 experience will almost certainly change the future of vaccine science. It shows how fast vaccine development can proceed when there is a true global emergency and sufficient resources. New ways of making vaccines, such as by using messenger RNA (mRNA), have been validated by the COVID-19 response. It has shown that the development process can be accelerated substantially without compromising on safety. The world was able to develop COVID-19 vaccines so quickly because of years of previous research on related viruses. The research that helped to develop vaccines against the new corona virus didn't start in January. For years, researchers had been paying attention to related corona viruses, which cause SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome),

and some had been working on new kinds of vaccine which is an effort that has now paid off spectacularly.

The third vaccine to show efficacy in phase III clinical trials in November, made by the pharmaceutical firm AstraZeneca with the University of Oxford, UK, does not use mRNA. Instead, a viral vector or carrier holds extra genetic material that codes for the SARS-CoV-2 spike protein. This too, benefited from years of research to select the vector and in this case, the firm chose a modified form of adenovirus isolated from chimpanzee stool. Advances in conventional vaccines such as these have also come from research on SARS, MERS, Ebola and Malaria.

**Pfizer-BioNTech COVID-19 vaccine** : This vaccine has an efficacy rate of 95%. This means that about 95% of people who get the vaccine are protected from an infection with the COVID-19 virus. This vaccine is for people age 16 and older. It requires two injections given 21 days apart. The second

dose can be given up to six weeks after the first dose, if needed.



JOHANN  
PREMJITH - 9E

**Moderna COVID-19 vaccine:** This vaccine has an efficacy rate of 94.1%. This vaccine is for people age 18 and older. It requires two injections given 28 days apart. The second dose can be given up to six weeks after the first dose, if needed.

**Astrazeneca COVID-19 vaccines:** When the vaccine is injected into a patient, it prompts the immune system to start making antibodies and primes it to attack any coronavirus infection. Research has shown it is highly effective. No one given the vaccine in trials developed severe Covid or needed hospital treatment

## *The benefits of getting a COVID-19 vaccine*

- Prevent from getting COVID-19 or from becoming seriously ill or dying due to COVID-19
- Prevent from spreading the COVID-19 virus to others
- Add to the number of people in the community who are protected from getting COVID-19 thus making it harder for the disease to spread and contributing to herd immunity
- Prevent the COVID-19 virus from spreading and replicating, which allows it to mutate and possibly become more resistant to vaccines.

TAKE CARE AND STAY SAFE





# Examination: a celebration or a nightmare



There are few things quite so scary in a student's life as the prospect of an examination. The very word "exam" can fill us with dread with its suggestions of testing, interrogation and judgement. Nobody likes to be put on the spot and have their value linked to the success or failure of a single activity that may go well or poorly depending on so many factors. That said much of the power that exams can have over us is related to fear of the unknown and that is something we can do something about.

There can be little doubt that being adequately prepared for an activity takes a great deal of the mystery out of it. More often than not we fear exams because we do not feel adequately prepared and so we face the examination as some sort of mysterious

monster with unknown powers that is ready to leap out and consume us. We let the examination own us rather than us owning it.

It is remarkable how many students see the start of an exam as if it were a race where they have been revving up, with the break on, ready for a quick dash off the starting line and this is a mistake. As with many things an exam is often won or lost during the preparation stage. So here are some tips through which you can ace your exams.

Before you even pick up a pen make sure you read through the entire paper so you are aware of all the questions available to you. Some questions might look straightforward but may actually be asking you to do 3 or 4 quite complicated things. Other questions

may simply require you to carefully compare two things.



**SYED ATIF  
ASHRAF - 11A**

- Always pay attention to what you are being asked to do - you will never get a question asking you to tell the examiner everything you know about a topic.
- Take time to break the question down. Ask yourself how many things is the question asking me to do? It can sometimes help to underline or circle each of the sections of a question so that you don't miss anything. It is important to note that if an exam question is asking you to do 3 things and you only do 2 then no matter how well you do these you could be losing out on a third of the marks.
- Spend some time planning and structuring your answer, don't simply start writing and hope for the best. Answering an exam question involves a planning stage as much as it involves writing. In fact the writing part should be the last stage in the process. Just as with a coursework essay, break your write up into an introduction, a middle and a conclusion.

## Criticism - A Friend or Foe



*'To avoid criticism, do nothing, say nothing and be nothing' - Elbert Hubbard*

Criticism is nothing but the practice of discouraging others through their faults or mistakes. Many of us face difficulties in facing criticism. And it's just because we don't take it in a positive way.

When we think or talk about the so called, 'criticism', we only consider the negative

points. Yes, but this is not appropriate. We must also understand that criticism has its own merits and demerits.

To get started, let's go with the pros. In Toastmasters International, it is said that, Ice-breaker speakers have to face constructive criticism when they are evaluated by the evaluators. You might wonder that it would adversely affect the speaker's mindset. But that is not it. They take it in a positive manner and find a way to improve themselves. And so, their speeches turn to be better than before. Hence, we can understand that, when we take it in a positive way, we can improve ourselves.

Coming to the cons, Criticism makes us feel dishonored or guilty for the mistakes we have done. If someone has discouraged you in a wrong way, it means that they don't want you to be better than them. But if you are criticized just because you have to improve

yourself in a better way, means you must take it as an opportunity to be the best. So, we must neglect the people who criticize us unnecessarily and improve ourselves with the suggestions given by the people who want you to be better



**FAWAZ AHMAD  
IMRAN - 8B**

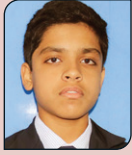
### Why has criticism become so existent in our lives?

In the poem, 'It couldn't be done' Edgar Albert Guest i.e., the poet, mentions that there are thousands to prophecy failure, and there are thousands of dangers that assail you, but we have to neglect these problems and do whatever we wish to. And if you are confident in doing it, you will surely attain success. So, my advice would be to ignore the people who criticize us in the wrong way, and follow the path to success. And remember, if you are considering criticism in a good way, it will surely teach you great lessons of life.

# CHARITY CONVENERS - FEBRUARY



SARAH ANN MATHEW  
- 12A



SYED HUSSAIN  
- 12B



ABHAY ADHIP  
- 12C



SHIFFA  
- 12D



JESSICA LEJO  
- 12E



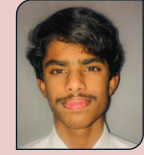
SHAIKHA ABDUL  
KADAR - 12F



UPPADA ABHISHEEK  
- 12G



VYNORA GRACIA  
DIAS - 12H



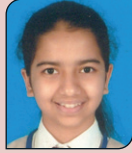
SANJAY  
- 12I



AYSHA NAZEER  
- 12J



JEFFREY THOMAS  
- 12K



ERICA GRETEL  
SANCTIS - 11A



ZAHRA SAYED ALI  
KADIRI - 11B



ABIGALE IRENE  
BRAGANZA - 11C



JAMIE JAYSON  
- 11D



UMMEYAMAN  
HAKIMUDDIN - 11E



RUHI FAISAL MUNDE  
- 11F



SHRISHTI BHAGAT  
- 11G



ELEORA ELISHA  
ANDRADE - 11H



DANNY THYMANNIL  
GEORGE - 10A



HANLEY GEINOY  
GEORGE - 10B



KHALID SHAFI  
- 10C



NAVAMI NAIR  
- 10D



TASNEEM MUFAZZAL  
ALI - 10E



AAMINA ARIF  
- 10F



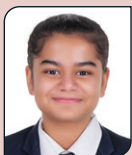
FATHIMA SHAIMA  
- 10G



LENA LUKOSE  
- 9A



SANDRA ELIZABETH  
JACOB - 9B



SHREYA ACHARYA  
- 9C



PIYUSH DEVADAS  
- 9D



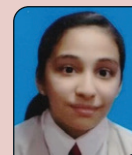
SHIFA SHAH  
- 9E



DEESHA  
- 8A



NISHANTH SUBBU  
- 8B



SAMAIRAH ISMAIL  
BHANGRE - 8C



HUSAINA JAMIE  
BUSAIN - 8D



RAYHAN BHAVIN  
KUMAR - 8E



RAYAN ISMAIL  
BHANGDE - 7A



MOHAMMED SHAFE  
- 7B



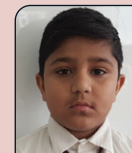
KYRA DEBRIS  
D MELLO - 7C



AARUSHI SAXENA  
- 7D



AARON TONY  
LUKOSE - 7E



HASSAN SHABBIR  
HUSSAIN - 7F



ALLAN VINCE  
VARGHESE - 6A

- "In this life we cannot do great things. We can only do small things with great love." - Mother Teresa

- "Only a life lived for others is a life worthwhile." - Albert Einstein

- "The purpose of our lives is to be happy." - Dalai Lama

- "Life is what happens when you're busy making other plans." - John Lennon

- "You only live once, but if you do it right, once is enough." - Mae West

- "Live in the sunshine, swim the sea, drink the wild air." - Ralph Waldo Emerson

- "Go confidently in the direction of your dreams! Live the life you've imagined." - Henry David Thoreau

- "The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela



VIGNESH  
NITHYANANDAM 10A

Quote Garden



# Conserving Nature is our Responsibility



“Love the world as your own self; then you can truly care for all things.” Lao Tzu

Nature is amazing. Just look at a small piece of lawn that wasn't treated with any chemicals. You'll see many plants growing, different grasses, all shapes of leaves, and possibly even some small flowers. Perhaps you'll see an ant or a worm, and, if you're lucky, even a bee or a butterfly. When there are many different plants and animals in a place, we can say that it is rich in diversity. Each plant and animal species is part of the web of life and contributes to the proper working of an ecosystem. An ecosystem, such as a forest or a lawn, is much healthier when it has many different species of plants and animals. Different plant species use different nutrients from the soil and some

even provide nutrients for the others. So when there is a bad drought or other problem, a diverse community of plants is much more resilient, which means much stronger under difficult conditions.

## How Can We Help?

We can use these virtues to support nature:

**Courage:** Courage helps us to face the problem of the rapid decline of animals and plants. Only when we recognize the problem can we help to fix it.

**Justice:** Isn't it a matter of fairness or justice that we allow other creatures to live on this planet? It's only fair that you will be able to live in a world with nature that's as beautiful and diverse as what your parents and

grandparents could experience. And future generations deserve the same opportunity.

There is a lot that we can do as individuals, families, and communities to enjoy the diversity in nature and to help it thrive:-

**Reduce, reuse, and recycle.** Cut down on what you throw away. Follow the three “R’s” to conserve natural resources and landfill space.

**Volunteer.** Volunteer for clean ups in your community. You can get involved in protecting your watershed, too.

**Educate.** When you further your own education, you can help others understand the importance and value of our natural resources.

**Conserve water.** The less water you use, the less runoff and wastewater that eventually end up in the ocean.

**Shop wisely.** Buy less plastic and bring a reusable shopping bag.

**Plant a tree.** Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.

Don't send chemicals into our waterways. Choose non-toxic chemicals in the home and office.

Cherishing and protecting the diversity of plants and animals can be a source of joy for all of us. In addition, nature's diversity is very important for the lives and health of all human beings on Earth. By discovering nature, you discover yourself- Maxime Lagacé

## DID YOU KNOW?



1. The Queen has two birthdays.
2. Bees are everywhere, apart from Antarctica.
3. Tomatoes and avocados are actually fruits, not vegetables.
4. Caterpillars have 12 eyes.
5. A hippopotamus can run faster than a man.
6. A crocodile cannot stick its tongue out.
7. Pigs can't look up into the sky.
8. An ostrich's eye is bigger than its whole brain.
9. Kangaroos can't walk backwards.
10. Apples float on water!



LOVIS LIZA POTHAN  
- 6A

# EPITOME OF SUCCESS MARK ZUCKERBERG



Mark Elliot Zuckerberg is the founder, chairman, and CEO of Facebook (FB). Here's how he built the vastly successful social media business.

Mark Zuckerberg was born on May 14, 1984, in White Plains, New York, and was raised in nearby Dobbs Ferry. At the age of 12, Zuckerberg created a messaging program named Zucknet that he implemented as an inter-office communication system for his father's dental practice. Due to his early signs of success, his parents got him a computer programming tutor while he was still in high school. After graduating from prep school, Zuckerberg enrolled at Harvard University.

While many intelligent people attend Harvard University, Mark Zuckerberg became known quickly as the go-to computer programmer on campus. By his sophomore year, he had already built two programs: CourseMatch and FaceMash.

Based on his acclaim on campus, Zuckerberg partnered with friends to create a social networking site that allowed Harvard students to connect with each other. The site officially went live in June 2004 under the name "The Facebook," and Zuckerberg ran it out of his dorm room. After his sophomore year, Zuckerberg dropped out of college to pursue what was now called Facebook, full-

time. The website reached one million users by the end of 2004.



JOSHUA ALVIN  
- 8C

This explosion of user growth attracted the attention of many venture capital (VC) firms, and Zuckerberg eventually moved out to Silicon Valley in 2005. Facebook received its first round of venture capital investments from Accel Partners, which invested \$12.7 million in the site that was still only open to Ivy League students.

On Oct. 30, 2019, Facebook released Q3 earnings. The company reported that daily active users averaged 1.62 billion for September 2019, an increase of 9% year-over-year. Monthly active users totaled 2.45 billion, an increase of 8% year-over-year.<sup>4</sup> As of Jan. 30, 2020, the company has a market cap of \$598 billion.<sup>5</sup> Zuckerberg owns over 375 million Facebook shares and holds 60% of voting rights in the company.

Mark Zuckerberg has a net worth of \$78 billion as of Jan. 29, 2020. When it comes to influence, Zuckerberg has signed the Giving Pledge, which means he will donate at least 50% of his net worth to philanthropic causes before he dies. In 2010, for example, he donated more than \$100 million to save the Newark school system in New Jersey.

## Why Indoor Plants Make You Feel Better



Not only do indoor plants enhance the overall appearance of a space, but they've been shown to boost moods, increase creativity, reduce stress, and eliminate air pollutants - making for a healthier, happier you.

Indoor plants don't just look good - they can make us feel good, too. Studies have shown that indoor plants...

- Boost your mood, productivity, concentration and creativity.

- Reduce your stress, fatigue, sore throats and colds.
- Help clean indoor air by absorbing toxins, increasing humidity & producing oxygen.
- Add life to a sterile space, give privacy and reduce noise levels.
- Are therapeutic to care for (it's true when we say Plants Make People Happy)

The refreshing money plant is also known as Golden Pothos, Devils Ivy & Devils Vine. It is a popular houseplant that purifies air and creates a soothing environment. Money plants offer endless physical and emotional health benefits. It purifies the air, acts as an anti radiator, provides a green relaxing view to help reduce stress and anxiety and spreads positivity. Having a green plant at home can also Neutralises Sick Building Syndrome. A money plant has the power to neutralize the symptoms of Sick Building Syndrome by absorbing negative energies from the surrounding.

"Thus nature provides a system for proportioning the growth of plants that satisfies the three canons of architecture. All modules are isotropic and they are related to the whole structure of the plant through self-similar spirals proportioned by the golden mean."



# WHY DON'T WE

of Zach Herron, Jack Avery, Daniel Seavey, Corbyn Besson, and Jonah Marais. The band formed in 2016 and since then, they have released two studio albums and six extended plays along with various singles. They won the Choice Music Group award at the 2019 Teen Choice Awards and have twice been nominated for an MTV Video Music Award.

The band started on September 27, 2016. On October 7, 2016, the group released their first single Taking You, a song from their debut EP (extended play record), Only the Beginning, which was released on November 25 of the same year. Additionally, the band has appeared in several videos of YouTuber, Logan Paul. They have also collaborated with rapper, Macklemore in their song, I Don't Belong in This Club. On the 31st of August in 2018, they released their debut album, '8 Letters'. In 2019, they released a song every month before going on their 8-month hiatus.

All 5 members were solo artists before they were in the band. Zach Herron, Corbyn Besson and Jack Avery all met on a social media

tour, 'Impact'. Daniel Seavey started gaining world fame by making it to Hollywood through American Idol at the age of 15. Unfortunately, Seavey did not make it to the finals of the show and was voted out. Jonah Marais gained his popularity by posting singing covers of himself on YouTube.

On September 29, 2020, the band released their hit single, Fallin' (Adrenaline), after their 8-month break. The song automatically became a worldwide hit and Why Don't We got to perform on the Ellen Show, Jimmy Kimmel Show and many more.

On November 12, 2020, Why Don't We take to social media to announce the release date for their second album, 'The Good Times and The Bad Ones.' This album was the first album that they wrote and produced themselves.

The track list for the album is as follows: Fallin' (Adrenaline), Slow Down, Lotus Inn, Be Myself, Love Song, Grey, For You, I'll Be Okay, Look at Me, Stay



JENESSA AMY MATHIEWS - 7B



## WHY DON'T WE

'You are my muse.'

The first time I heard of the word 'muse', was the first time I listened to this song on the radio and ever since that day, this band has been my muse. The band is called, WHY DON'T WE!

Why Don't We (commonly shortened to WDW) is an American boy band consisting

# The Chettinad Architecture



courtyard. Homes like this are soaked in old world charm and rich in craftsmanship and built with care to battle the heat and humidity of the tropical south. Let's go back in time to explore beauty and thought that went into crafting a Chettinad house, which can still serve as lessons in designing homes for India. Though the architectural design of the ground floor is typically Tamil, the upper floors have western influences, with cornices, multi-level balustrades, double columns, parapets, etc. Though most of the houses were built in the early 1900s, most of them are in a sad state of disrepair now. With the loss of business after the independence of Burma (Myanmar) and Malaysia, most of the Chettians suffered economic hardships and moved to the cities to look for jobs. With no one to take care of their luxurious mansions, most are falling into ruins.

## Where is Chettinad?

At a distance of 90km from Madurai, in the sivaganga district of Tamil Nadu, Chettinad is home to the Nattukottai Chettians begins in 13th century when the Nattukottai Chettians migrated to karaikudi. KARAIKUDI is known as the capital of Chettinad. Starting

as traders, the Chettiar's travelled worldwide like Southeast Asia, Srilanka, Singapore, Burma (Myanmar), Cambodia, Vietnam and Malaysia, from where they exported style and materials. Chettinad architecture and interiors evolved due to mercantile profession of the resident. They returned with electric ideas and artifacts which were included in their cuisine, architecture, furniture and custom, they evolved a unique tile which Chettiar manufactured in Chettinad. They use local available soil and glass plates for the manufacturing of the tile. These tiles are testament to the rich cultural heritage of the chatters community, of their own brand of local craftsmanship. The richer the Nagarathar Chettiar, the more ornate and luxurious his home. These people made their money during their trading days with south east Asian countries, their business also introduced them to good things in life which they brought back with them and included into the exotic houses built. It is no surprise at all to find teak wood from Burma (Myanmar), crystals from Europe, marble from Italy etc.



KARTHIK RAMANATHAN - 7A

For most south Indians, the idea of spending summers at their ancestral homes brings back memories of childhood. Running around barefoot on cool red oxide floors, climbing the mango trees surrounding the grand home, running our hands over the heavy doors and pillars while playing hide-and – seek and getting an oil bath in the



# Birthday Arcade - February



ASIYA YUSUF KHAN  
9C - FEB. 1



NADIYA ADNAN  
10D - FEB. 1



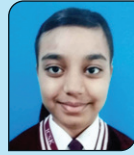
SAFA SAMIR KHAN  
11B - FEB. 1



ADHIL IMAM  
11D - FEB. 1



HUSSAIN HAKIMUDDIN  
6A - FEB. 3



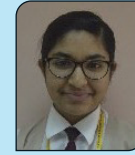
CARISSA DANIA  
7B - FEB. 3



SAHIL MANOJ  
10B - FEB. 3



YUNUS MOHD. SHAFI  
10D - FEB. 3



ADHRA PANIKKASSERY  
11A - FEB. 3



SREYA MATHEW  
11A - FEB. 3



ZAINA MUNIR  
11B - FEB. 3



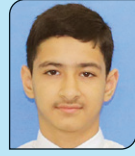
ADAM MOHAMMED  
11F - FEB. 3



LEXI MERIN BENNY  
12D - FEB. 3



HASAN MOIZ GABUJI  
6A - FEB. 5



ASRAR ALTAF RAWA  
9A - FEB. 5



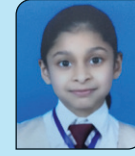
TAHA IMAM  
10C - FEB. 5



ANAGHA AJITH  
11A - FEB. 5



SHAIK ANAS SAJEEED  
8F - FEB. 5



AFRAH  
7C - FEB. 6



PRAJITH DAMODAR  
8C - FEB. 6



NEEDA KHALID  
8E - FEB. 6



PRONOY SIMON  
10E - FEB. 6



SRI LAKSHMI ANNAPURNA  
12B - FEB. 6



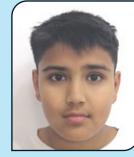
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12C - FEB. 6



SHELDON ALDRIDGE  
12K - FEB. 6



ARCHITH MADHAVAN  
7C - FEB. 7



ZUHAIR ABBAS ALI  
7D - FEB. 7



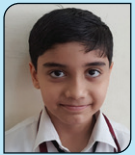
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JOSH SONY ARACKAL  
10G - FEB. 7



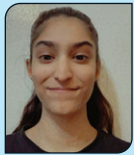
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12D - FEB. 7



HARSH PATEL  
7F - FEB. 8



AMEENA HAMZA E. V  
10B - FEB. 8



ELEORA ELISHA  
11H - FEB. 8



FARHAD HAZRAT  
11I - FEB. 8



RISHON LEWIS  
11I - FEB. 8



SYED ABDULLA  
12G - FEB. 9



CRISLY JOHN  
10F - FEB. 9



IBRAHIM ABDUL KADER  
10G - FEB. 9



MARIYA KUTBUIDDIN  
7F - FEB. 10



FATHEMA ZAHRAH  
9D - FEB. 10



VALENTEENA LOBO  
11E - FEB. 10



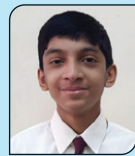
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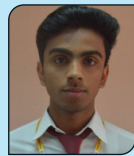
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ZEESHAN MOHAMMED  
7C - FEB. 12



JOEL DANIEL  
11F - FEB. 12



SUDEV VASUDEVAN  
11H - FEB. 12



ANDREW P. THOMAS  
12A - FEB. 12



BARNI SHREE VINOD  
8D - FEB. 13



NOLAN THOMAS  
10B - FEB. 13



SURAJ MURALI NAIR  
11H - FEB. 13



MARIYA GHADIYALI  
12F - FEB. 13



MANASA MANOJ  
11A - FEB. 14



SHAIKHA ABDUL  
12F - FEB. 14



IRENE BOBBY  
6A - FEB. 15



JEWEL JOHN  
9A - FEB. 15



SHEIK NOORDEEN  
11C - FEB. 15



EFREM JOSEPH  
11D - FEB. 15



GAYATHRI HARI  
12D - FEB. 15



AARON VARGHESE  
8C - FEB. 16



RINSHA ANN KOSHY  
11B - FEB. 16



SARA ROS  
11F - FEB. 16



ANOL ALWYN D'SOUZA  
12J - FEB. 16



ADNAN ISMAIL  
8D - FEB. 17



DELWIN MORAS  
10A - FEB. 17



SHEBA RACHEL SONY  
11G - FEB. 17



JERRY SAM JOSE  
11C - FEB. 18



JONATHAN TIGITH  
11I - FEB. 18



SAALIHA ZAMEER  
12A - FEB. 18



SHAYAAN SAJID  
12C - FEB. 18



VANSH SURESH  
12I - FEB. 18



JAI PADAN  
12K - FEB. 18



MOHAMMED YASEEN  
9E - FEB. 19



SAIF RAFIQ AGARIA  
9E - FEB. 19



RASHIDA BAKRIWALA  
10D - FEB. 19



SANIYAH JAVED  
12D - FEB. 19



ELAINE MARY BINU  
7A - FEB. 20



NAFISA MOIZ ALI  
7F - FEB. 20



ANSIYA SUHITHA  
8A - FEB. 20



AAVANI VINOD  
8B - FEB. 20



NEZLA NIYAS  
9D - FEB. 20



NATHAN JOHN JIBI  
9E - FEB. 20



KASHVI ALPESH  
10E - FEB. 20



TREVER BRAGANZA  
12E - FEB. 20



JAICE JOSEPH  
10F - FEB. 20



RUHI FAISAL MUNDE  
11F - FEB. 21



HIBA HAMEED  
12D - FEB. 21



MOHAMMED FAAIZ  
12D - FEB. 21



ROYSTON NICHOLAS  
12G - FEB. 21

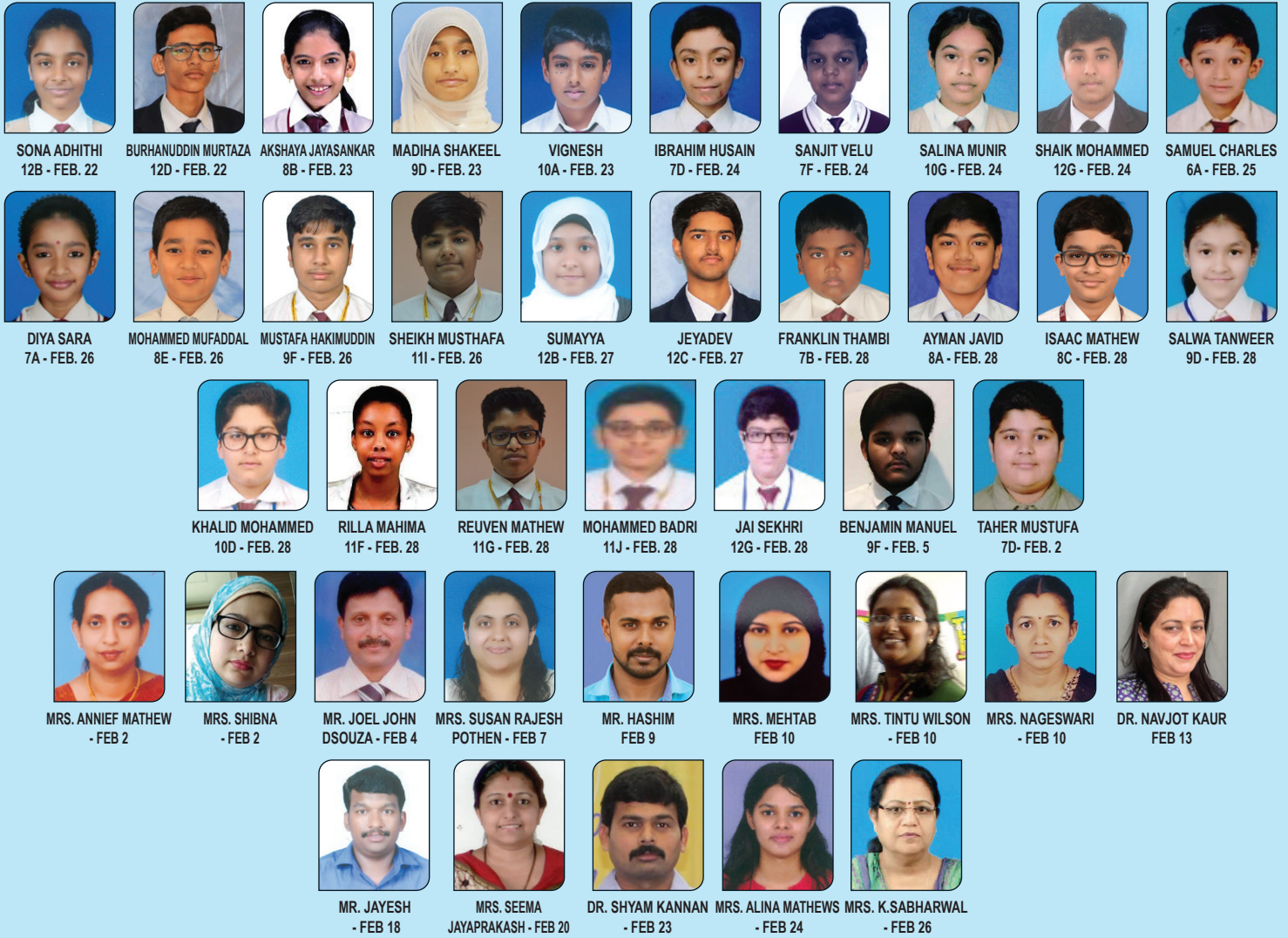


ILHAM IQBAL  
9C - FEB. 22



ADNAN KUTBUIDDIN  
10C - FEB. 22





# THE IMPORTANCE OF READING



Evidence suggests that children who read every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. When you read you exercise both, your comprehension as well as your analytical abilities. Good books are not just knowledge and wisdom store houses but they can also cheer you up when you are

down, motivate you when you are sad and offer you good company when everyone else is busy. You recharge your energy levels much faster when you read; a good example is when you are so captivated with the suspense in the story that you push yourself to figure out what happens to the character much before the books tell you. Somehow, your mind works faster when you read.

Reading is known to engage various parts of the brain and studies have found that regular mental stimulation not just slows down but may also prevent brain degenerative disease like Alzheimer's, which makes reading one of the best mental workouts one can participate in. Cultivating a reading habit helps us stay composed and is an excellent stress buster. Consistent reading improves concentration abilities in addition to gaining deeper understanding and developing empathy. It is therefore important to read a good book at least for a few minutes each day.



**ARYAN MENON**  
- 9C

Finally, as Dr. Seuss in one of his famous quotes rightly said, "The more that you read, the more things you will know. The more that you learn, the more places you will go."



# CAPTAINS & VICE CAPTAINS - FEBRUARY

## CLASS 12A



FATHIMATHUL



FEBBA JOSE



AMIR MOHAMMAD



KRISHMI NIMESHA



VISHAL KUKKU



MEHNAAZ TILYET



ABEL KOSHY



MOHAMMED RIZAN



LABIBA AMIR



JITHESH SESHAN

## CLASS 12B

## CLASS 12C

## CLASS 12D

## CLASS 12E

## CLASS 12F

## CLASS 12G

## CLASS 12H

## CLASS 12I

## CLASS 12J



MUSKAN SINGH



SAYIDAH MARIYAM



MOIZ MUFAZZAL



ROYSTON NICHOLAS



VINCENT SHERWIN



RITHIKA GEORGE



MUHSINA



SURYA KARTHIK



SAMREEN SULTANA



ISLETA

## CLASS 12K

## CLASS 11A

## CLASS 11B

## CLASS 11C

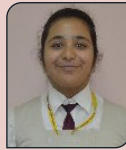
## CLASS 11D



K ROSAIAH



AHAMED HALALDEEN



ANAGHA AJITH



ZAINAB SYED SUHEL



CELIN JAMES



SAFA SAMIR KHAN



GEOFFREY GEORGE



MEGHANA VARMA



ELMER CURTIS



DANICA WILONA

## CLASS 11E

## CLASS 11F

## CLASS 11G

## CLASS 11H

## CLASS 10A



RIDDHI GUPTA



MERLIN RIYA



IMAN FAWAZ MOOSA



MEGHANA MAVATH



JAPNEET KAUR



MIR ARBAZ



ANN MONI JACOB



FAIZA BEGUM



DELWIN MORAS



GEORGE NIXON

## CLASS 10B

## CLASS 10C

## CLASS 10D

## CLASS 10E

## CLASS 10F



MANNA ANN MATHAI



AHMED FAYIZ



FAISAL KHAN



ATIYAH



SAARA SHAIKH



MARIAM KADIRI



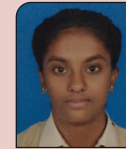
SURABHI VAIBHAV



NORAH ZAHUR



ALBIN BENNY



YAMUNA BABU

## CLASS 10G

## CLASS 9A

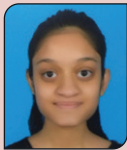
## CLASS 9B

## CLASS 9C

## CLASS 9D



ABDUL RAHMAN



SARA DORA



HENNA THOMAS



TANYA SARAH



AISHWARYA GOPUKUMAR



CHANDLER COLIN



ARYAN MENON



MOHAMMED AFNAN



ASMI MAHESH



TASNEEM ADNAN

## CLASS 9E

## CLASS 8A

## CLASS 8B

## CLASS 8C

## CLASS 8D



MUSKAN FAROOQ



PRAISE ELSA BINU



ANTONY JAISON



SUSANNE GRACE



ZINIYA AFROZ



AKSHAYA



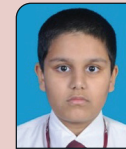
JAMES JOHN



SHARANJIT SINGH



BARNI SHREE VINOD



ADNAN ISMAIL

## CLASS 8E

## CLASS 7A

## CLASS 7B

## CLASS 7C

## CLASS 7D



AAYUSH VAIBHAV



SANA SUDHIR



LOHITH KANAGARAJAN



ROSHAN JEEMON



TANIYA TAJU



ROSE MARIA HENRY



JOSHUA JOHNSON



CHARU AJIT KUMAR



NIKHIL SUNIL



RUQAYYAH JUNAID



CLASS 7E

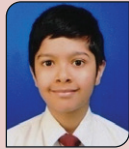


MOHAMMED HOZEFA



YOUKTA SADVI

CLASS 7F



YASH GIANINI



YUSUF MOHAMMED

CLASS 6A



HANNA JACOB



SAMAD SAMI

# Embracing Discipline



Self-discipline is the only power which can keep you energized even in the toughest of the circumstances.” - Sukant Ratnakar

The word discipline means to impart knowledge and skill – to teach. The most successful people in life are disciplined. Discipline is made up of the basic tools we use to cope with life’s problems and challenges. Scott Peck in his book *The Road Less Travelled* says that “without discipline we can solve nothing.” Succeeding is so difficult for many people because life can be frustrating. Frustration can provoke many to give up too soon. Each challenge we face offers us the opportunity to grow, to improve upon our skillset, to test our edges and to learn new ways to solve problems.

In this article let us look into few ways to Embrace Discipline:-

**Countdown, then take action:-** When you’re feeling particularly unmotivated, count down from ten, then force yourself to do whatever it is you’re doing. A quick countdown can help shift you into the right mental space to get motivated. Sometimes all we need is a little push to take that next step - that’s how self-discipline begins.

**Put your goals where you can see them every day:-** Writing a goal down makes it all the more real. Hang it up somewhere

you will see it often and inspire yourself. Write the goal in your yearly planner. You can also set calendar reminders on your phone to go off once a week or so. But be nice to yourself. Don’t scare or shame yourself into your goals; rather, be happy, positive, and encouraging. Increase self-discipline by adding motivational quotes from people you admire.

**Practice prioritizing:-** Decide which tasks are worth dedicating the most effort to, then organize your day to totally crush them. If you set a study plan, you’re less likely to procrastinate on the less-than-savory tasks. Put things you don’t necessarily love at the top of your priorities, and you’ll be relieved they’re done instead of putting them off another day.

**Delayed Gratification:-** In order to build self discipline, we need to master the art of avoiding a temptation that is right there in front of us, so we can hold out for something better in the future. Studies have shown that being able to delay gratification is one of the most important personal traits of successful people. When we are children, we are focused entirely on immediate gratification. The only thing we are concerned with is satisfying our immediate needs of hunger, thirst and attention. As we mature, we learn to tolerate a level of discomfort in order to achieve a greater goal. Every time we choose delayed gratification, we are doing a favor for our future selves.

**Nutrition, Sleep and Exercise Are Key:-** If you are trying to improve your self discipline and you’re not getting enough sleep, healthy food and exercise, you’re fighting an uphill battle. If you eat nutritious food, get some form of physical exercise every day and get a good sleep, you’ll find it much easier to work towards your goals. You’ll have more energy, an overall positive attitude and you’ll be less likely to give up when the going gets tough.

“The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success.” - Brian Tracy





# EPITravel JAPAN

Japan or Land of the rising sun is an island country in East Asia located in the northwest of the Pacific Ocean. Japan has more than 2000 island under its control. Japan is the eleventh most populous country in the world, also known as one of the most densely populated and urbanized country.

## PLACES TO VISIT IN JAPAN

### TOKYO

Tokyo or Tokyo Metropolis is the capital of Japan and is the most densely populated part of the country. It is also the economic centre of the country. There are numerous museums, national parks in japan which is very famous.



### KYOTO

Kyoto or officially known as Kyoto City is located in Kansai region on the island of Honshu. Kyoto is considered as the cultural capital of japan as all the Japanese rulers before 1870 ruled there until they changed their ruling capital from Kyoto to Tokyo. It is a major tourist destination. We will be able to find many palaces, temples, shrines, and the gardens. It is also a centre of higher learning. It is renowned for its abundance of delicacies of Japanese foods and cuisine



### KOBE

Kobe is the seventh largest city in Japan, located on the southern side of the main island Honshu. It got its name Kanbe an archaic title for supporters of the city's Ikuta shrine. Kobe is most famous for its Kobe beef. Kobe is also known for exotic atmosphere which is mainly the result of a port city.



### MOUNT FUJI

Mt. Fuji is located on the island of Honshu is the highest active stratovolcano mountain standing in japan, which last erupted from 1707 to 1708. Mt. Fuji's exceptionally symmetrical cone which is snow-capped for about five months of the year, and is commonly used a cultural icon of japan and is frequently depicted in art and photography, as well as visited by sightseers and climbers.



### OITA

Oita is located at the southernmost island of japan. The Takasaki Mountains in Oita is famous for wild monkeys, especially Japanese macaque. The Oita stadium is also known as Big Eye or Kyushu Oil dome is situated along the city expressway. It is home field of the J.League football club Oita Trinita and is used for large local events. There are many scenic spots include mountain plateaus, sea side villages and towns renowned for onsen (geothermal hot spring).



ASHVALA ANUJ  
- 11C

### CUISINE

Japan is famous for sushi and sashimi all around the world. Seafood and Japanese rice or noodles are what the local eat. And Japanese curry which was introduced by the British Indian in Japan and is considered as a national dish along with ramen and sushi. Traditional Japanese sweets include red bean paste and mocha which is worldwide famous.

### CLIMATE

The climate of japan id predominantly temp but varies greatly from north to the south of the country. The northernmost region has a humid continental climate with long, cold winters and very warm to cool summers.

### Currency and Touring Time in Japan

Japan's official currency is Japanese yen or abbreviated as JPY. It is the third most traded currency in the foreign exchange market after the US dollar. The best time to visit japan is from March to May and October to November. The spring and autumn of the country is needed to be experienced.



# How to study effectively and increase our Memory power?



“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” – Pelé, Brazilian football legend.

Have you ever thought about how our brain works when we study? Knowing this may improve our ability to retain and recall information. There are three main memory structures: sensory, working and long-term memory. Using these tips, we can activate all three to enhance how we study.

**1. Utilize Mnemonic Devices:-** Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humour, or novelty.

**2. Elaborate and Rehearse:-** In order to

recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term, and then read a more detailed description of what that term means. After repeating this process a few times, you'll probably notice that recalling the information is much easier.

**3. Exercise & Meditate:-** In order to remember all you have the key point is to reduce the pressure on yourself and stay calm. Meditation for a few minutes not all makes us calm but also motivate us to learn more. Meditation is one of the key methods that can help students stay focused while studying. Not only, meditation will help you in concentrating in a better way but will help reduce pre-exam stress as it improves both mental and physical health. Physical exercises also do wonders to health as well as to the mind.

**4. Make Your Study Space Portable:-** Find a comfortable/ suitable study environment for effective learning, where there are fewer distractions or else study in a separate room. Retaining information actually improves when you vary the places where you study. This will help you on how to concentrate on study for long hours. Also, it is important to ensure that the place where you study

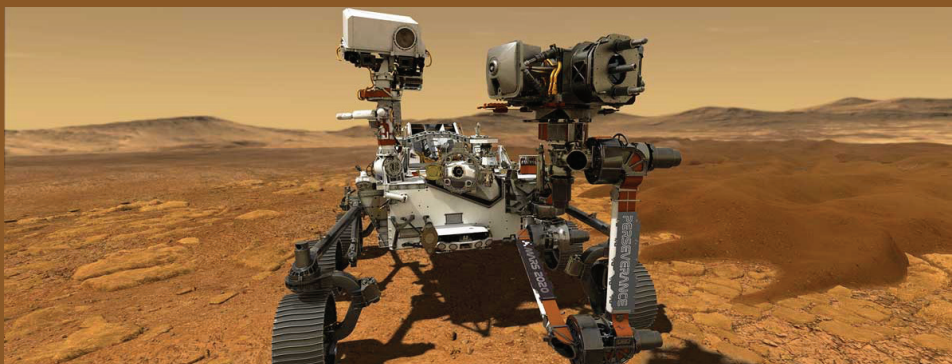
should be neat & clean with a sufficient amount of material to study. Keeping a dozen of books while you study will do create fuss & will confuse your mind.

**5. Learn easier parts first, then build on them:-** After a learner perceives and pays attention to learning material, the information is transferred to working memory. This is where your conscious processing takes place. When you are sitting an exam, your working memory is what decides what your answer is going to be and how you are going to structure your response. What many learners don't realise is that, after a long period of study, you can begin to feel like you are not learning as much as you initially did.

**6. Visualize Concepts:-** Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts, and other graphics in your textbooks. If you don't have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials. Sometimes even just making flashcards of various terms you need to remember can help cement information in your mind.

“I don't love studying. I hate studying. I like learning. Learning is beautiful and what we learn stays with us forever.” – Natalie Portman

## Perseverance Lands Mars proclaiming Victory for Mankind



The NASA Perseverance rover safely landed on Mars after its 292.5 million-mile journey from Earth, the agency confirmed at 3:55 p.m. ET Thursday. The rover landed itself flawlessly, according to the mission's team.

“Percy,” as the spacecraft is affectionately called at mission control, sent back its first images of the landing site immediately after touchdown, which shows the rover's shadow on the surface of its landing site of Jezero

Crater.

The rover has been on a nearly 300 million-mile journey since it left Earth more than 6 months ago. Perseverance and her teams lived up to the namesake, overcoming the challenges of preparing for the journey's final stages during a pandemic.”The Mars 2020 Perseverance mission embodies our nation's spirit of persevering even in the most challenging of situations, inspiring, and advancing science and exploration. The mission itself personifies the human ideal of persevering toward the future and will help us prepare for human exploration of the Red Planet in the 2030s.”

"Music is the literature of the heart; it commences where speech ends."

Indian music has a rich history, beginning in ancient times with the settled cultivators, who used music as a religious practice. It continued developing through the centuries, growing and expanding into a system that has its own unique theory, notation, instrumentation and vocal style.

Indian music is a complicated system with hazy origins, but it clearly has religious and theatrical roots. Its beginning was lost in the legends of gods and goddesses who were considered to be music's patrons and authors, but however, many people have come forward till date, to protect and spread the beauty and divinity of Indian music.

This month, let's look at some famous women musicians who have made great achievements in this field:

## MADURAI SHANMUKHAVADIVU SUBBULAKSHMI

Issued: 18 December 2005

Denomination: 500 paise



M.S. Subbulakshmi, popularly known as MS, was a renowned Carnatic vocalist, who captured the hearts of millions of people around the globe and is one of the most beloved idols of Indian classical music.

She was born on 16 September 1916 in Madurai, Madras Presidency, India to veena player Shanmukavadivu Ammal and Subramania Iyer. She also acted in a few Tamil films in her youth, the most famous being 'Meera', which gave her national prominence. By the age of 17, she gave major musical performances on her own. She has sung at many concerts and recorded many rare as well as famous and well known Carnatic and Hindustani krutis, bhajans and thillanas. She was awarded many awards and honors, including the Padma Vibhushan, Padma Bhushan, Bharat

Ratna, Ramon Magsaysay award and many more. She passed away on 11 December 2004, at the age of 88.

## GEETA DUTT

Issued: 30 December 2016

Denomination: 500 paise



Geeta Ghosh Roy Chowdhuri was born on 23 November 1930, into a Zamindar family in Bengal, British India. Singer K. Hanuman Prasad took Geeta under his patronage, trained and groomed her in classical singing and later launched her into singing for movies. Her debut was when she was sixteen, in the movie 'Bhakta Prahlad', where she sang a few lines in two of the movie's songs.

In 1953, she married actor and director Guru Dutt. In her lifetime, she is said to have sung about 1200 songs in films or as non-filmi classical albums with notable music directors, in Hindi, Marathi, Gujarati, Bengali, Bhojpuri and Punjabi. She also acted as lead actress in the Bengali film 'Badhu Baran'. She passed away on 20 July 1972, at the age of 41. She is remembered by people for her timeless, beautiful and evergreen melodies.

## GANGUBAI HANGAL

Issued: 03 September 2014

Denomination: 500 paise



Gangubai was born on 5 March 1913 in Hangal, Bombay Presidency, British India, to agriculturist Chikkurao Nadiger and Carnatic vocalist Ambabai. She started learning music at a tender age from her mother. When she was 13, she began to

train for Hindustani music formally under Krishnacharya Hulgur for a year and then under the famous Pt. Sawai Gandharva. She was married to Gururao Kaulgi, a Brahmin lawyer at age sixteen. Before independence, she performed at All India Radio, and then gave concerts. She mostly sang bhajans and khayals. She was an honorary music professor at the Karnataka University.



SIVANESAN SRINIVASAN - 9E

She received the Padma Vibhushan, Padma Bhushan, Sangeet Natak Akademi Award and Fellowship between 1971 and 2002. The Dr. Gangubai Hangal Music and Performing Arts University was opened in 2008 by the Karnataka State Government. Gangubai passed away on 21 July 2009, aged 96. Her birthplace at Gangotri has been converted into a museum by the Government.

## SHAMSHAD BEGUM

Issued: 30 December 2016

Denomination: 500 paise



Shamshad Begum is credited as one of the best and first playback singers in the Hindi film industry. She was born on 14 April 1919, at Lahore, Punjab, British

India, in a Mann Jatt family. At the young age of 12, she got a contract to sing for renowned composer and musician Ghulam Haider. Her popular breakthrough came when she sang on the All India Radio. Her crystal-clear voice earned her fame and caught the attention of maestro Hussain Bakshwale Saheb, who took her in as a disciple.

She had sung over 40 film songs, most of them, which became hits. She is also credited for singing the first few westernized film songs. Within her approximately 40 years of musical career, she had sung over 6000 songs in Hindi, Bengali, Marathi, Gujarati, Tamil and Punjabi. She was awarded the Padma Bhushan and O.P. Nayyar Award in 2009. She is loved by people for her simplicity, humbleness and her distinctive voice. Her songs from the 1940s to the early 1970s still remain popular and continue to be remixed.



# IMPORTANCE OF A SYSTEMATIC CALORIE INTAKE

“It Is Health That Is Real Wealth And Not Pieces Of Gold And Silver.” – Mahatma Gandhi



The importance of a balanced calorie intake can't be emphasized enough for a healthy lifestyle. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. A proper meal plan helps to attain ideal body weight and reduce the risk of chronic diseases like diabetes, cardiovascular and other types of cancer.

## What do you mean by Calories?

Calories are an indicator of the energy content in the food. Once you intake the food, the calories are consumed when you walk, think, or breathe. On average, a person may require about 2000 calories a day to maintain their body weight. Generally, a person's calories may depend on their gender, age, and physical activity. Moreover, men need more calories than women. Again, people who are more into exercising require more calories in comparison to people who don't. It's also important to remember that the source of calories is equally important as the amount. Stuffing your food with empty calories, i.e. those that don't contain any nutritional value doesn't help in any way.

**Increases Immunity:-** A healthy immune system helps keep infectious diseases, autoimmune diseases, and the common flu at bay. It aids faster recovery and healing. Consume foods that are loaded with antioxidants, vitamins, and minerals. Eating

healthy foods like blueberries, strawberries, oranges, grapefruit, leafy greens, carrot, tomato, cheese, milk, fatty fish, herbs, and spices help improve your immunity

**Delays Aging:-** Eating healthy foods has a direct impact on how fast you age. Fresh greens, fruits, lean protein, fatty fish, whole grains, green tea, herbs, and spices are loaded with antioxidants, vitamins, minerals, and omega-3 fatty acids that help flush out the harmful free oxygen radicals from the body. This, in turn, helps maintain the DNA

structure and slow down the aging process.

**Improves Skin Health:-** Unhealthy oily junk food leads to breakouts and acne. The key to getting healthy skin is drinking water, green tea, and coconut water and eating fruits, vegetables, fatty fish, nuts, seeds, and whole grains. Consume foods loaded with vitamin A, C, D, and E and omega-3 fatty acids, and avoid trans fats and sugary foods. Also, maintain good hygiene, and you will start to see an improvement in your skin.

**Reduces Stress:-** Vegetables and fruits are loaded with antioxidants. Antioxidants help reduce oxidative stress in the body, thereby reducing inflammation. Unhealthy foods do just the opposite. They have no nutritional value, and the trans fats and high sugar increase inflammation in the body, leading to an increase in oxidative stress. Avoid eating heavy, unhealthy, fat-loaded foods. In the long run, eating light and healthy foods is the best solution to physical and mental stress. Eating healthy has a number of health benefits. So, stop consuming unhealthy foods today and improve your life by choosing to eat healthy foods. You will not only get in shape but also feel mentally better and calmer.

“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” – Buddha



The Indian Doctors' forum Kuwait [IDF] and the Engineers' Forum Kuwait [KEF], extends a sincere hand of nobility towards ICSK Senior by handing over 2373 KWD to the principal and senior administrator of ICSK Senior, Dr. V. Binumon as a fee support for the economically backward children.



# DISCOVER india MIZORAM



JOVEN C. JOSE  
- 11A

Mizoram is a land of dramatic seas of morning mists that enfold islands of hills and peaks. Known for its evergreen hills and dense bamboo jungles, "The land of Mizos" has found a position in the southern most tip of north east India. Being one of the seven sisters in the north east, it endows a natural warmth of our Mother India.

With more adventurous spirit, let's run deep into the Land of blue mountains and discover more about Mizoram's atmosphere.

## Vantawng Falls

Vantawng Waterfalls is one of the most mesmerizing waterfalls of the North East. Vantawng falls are the pride of Mizoram and one of its prime attractions. The waterfall which is located 137 km away from the capital city of Aizawl is a gem in its own right.



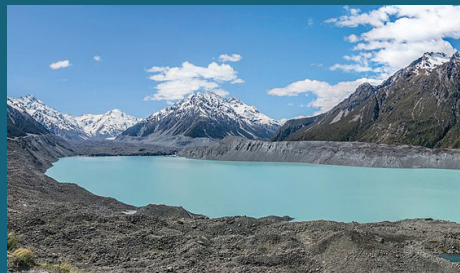
It is located in the Vanva River near Thenzawl which is known for its rampaging speed of flow. Vantawng Falls are testament to the amazing natural beauty that is hidden within the North-East.

## Hmuifang Tlang

One of the most beautiful destinations in Mizoram, Hmuifang Tlang is an amazing hill station with a lot to offer to its visitors. Hmuifang is hill town at the heart of the state of Mizoram. The hill station is known for its adventure and wildlife-related activities which draws many enthusiasts to its hills. It is a land of virginal green forests and slopes untouched by human civilization.

## Rih Dil

Shaped like a heart, the legendary Rih Dil is one of the most beautiful lakes in the area. Such is its serenity that it is believed to be the passage of souls to their eternal abode. What fills one with awe about this lake is that it has no external inflow or outflow of water, yet it is constantly clear. One should not forget to tote their camera as the ethereal beauty of the lake is likely to give some breath taking shots. With sheer cliffs on all sides the mountain has always been a natural shelter for man and animal for ages.



## Solomons Temple

Solomon's Temple is a church which was constructed in the year 1996. Reportedly, the church has been made using especially imported white marble, which makes it the first place of worship in Mizoram crafted in marble. Surrounded by deep forestry, the new-age Solomon's Temple has become a tourist destination in Mizoram. The foundation stone of the multi-storied church was laid in 1996.



## Khawnglung Wildlife Sanctuary

With sheer cliffs on all sides the mountain has always been a natural shelter for man and

animal for ages. The Khawnglung Wildlife Sanctuary is rich in flora and fauna and is home to a vast number of wild animals, some of which are the wild boar, gibbon, barking deer, sambar deer, hoolock and the leopard.

## Lunglei

Lunglei meaning 'the bridge of rock', this city is famous for its beautiful nature and breath-taking views. It is an ideal destination for trekking, adventurous activities and bird watching. The beautiful creation of nature can be seen from here. The natural beauty, a clear sky, chirping of birds, cool weather, and scenic views will help us to relax your mood and restore our energy.

## Tamdil

Tamdil lake is the lake of mustard. The mesmerizing view of this lake makes it one of the relaxing point in the city and is best for those who want to get away from the crowded place and want a break from their hustle-bustle busy schedule. The blue water, clear sky, mesmerizing landscape and charming environment make it one of the perfect destinations in Mizoram. Moreover, it offers a boating in the lake or just walking around the seashore.



"To move, to breathe, to fly, to float, to gain all while you give. To roam the roads of lands remote. To travel is to live." These words of Hans Christian Andersen shares the true essence of Discover India, To be apically lost in a moment of discovery, Beautifully confused and proudly proclaim that "India is my Country".





AAREFA ABIZAR  
- 6A

In the city of Sydney, Australia lived a young girl named Kylie with her father. Her mother had died when she was little and she had no siblings. Her father worked as a construction supervisor and had a lot of work. Despite this he always found different ways to spend time with his daughter. As Kylie had no other family, she was very close to him.

As the years passed by, Kylie had to leave for college. Her father thought that she could do study in Sydney too but when he saw how much Kylie wanted to explore the world, he let her go. Kylie studied at Oxford University in UK. She was a little lonely at the

beginning and kept in touch with her father regularly through video calls and messages. Soon she made friends, she got busy with her studies, and could not call her father on a regular basis. Her father, who was a very positive man did not give in to the fact that his daughter had forgotten him and kept waiting for her call.

In the last year of college Kylie found a job in London and decided to take it up. She was so excited with the offer that she immediately called her father, after many calls when he did not answer, she called her aunt to enquire about him. It was then that her aunt told Kylie

that her father had been hospitalized over the last few weeks due to ill health. Kylie left everything and went back to Sydney to see her father. When she went, her father was overjoyed to see her and said that it had been so long. Kylie hadn't been home for 6 years now. She was so ashamed that she was not there for her father when he needed her the most. She decided that she is going to live in Sydney and also work there. Soon her father recovered and Kylie lived with him happily ever after.

Moral: Find time for your parents as they did the same for you.

## Kamala Harris - The Vice president of United States of America



"My mother would look at me and she'd say, 'Kamala, you may be the first to do many things, but make sure you are not the last.' Vice President Harris was born in Oakland, California to parents who emigrated from India and Jamaica. She graduated from Howard University and the University of California, Hastings College of Law. Vice President Harris and her sister, Maya Harris, were primarily raised and inspired by their mother, Shyamala Gopalan. Gopalan, a breast cancer scientist and pioneer in her own right, received her doctorate the same year Vice President Harris was born.

Her parents were activists, instilling Vice President Harris with a strong sense of justice. They brought her to civil rights demonstrations and introduced role models - ranging from Supreme Court Justice Thurgood Marshall to civil rights leader Constance Baker Motley - whose work motivated her to become a prosecutor.

In 1990, Vice President Harris joined the Alameda County District Attorney's Office where she specialized in prosecuting child sexual assault cases. She then served as a managing attorney in the San Francisco District Attorney's Office and later was chief of the Division on Children and Families for the San Francisco City Attorney's Office.

She was elected District Attorney of San Francisco in 2003. In that role, Vice President Harris created a ground-breaking program to provide first-time drug offenders with the opportunity to earn a high school degree and find employment. The program was designated as a national model of innovation for law enforcement by the United States Department of Justice.

In 2010, Vice President Harris was elected California's Attorney General and oversaw the largest state justice department in the United States. She established the state's first Bureau of Children's Justice and

instituted several first-of-their-kind reforms that ensured greater transparency and accountability in the criminal justice system. In 2017, Vice President Harris was sworn into the United States Senate. In her first speech, she spoke out on behalf of immigrants and refugees who were then under attack.

### Her ties with India

Kamal Harris once said that her mother "raised us to know and be proud of our Indian heritage." Shamala Gopalan would take her daughters to India to help them understand where they came from, and "of course, she always wanted to instill in us a love of good idli," Harris once said. During these visits, a young Harris would go on walks on Elliot's Beach with her retired grandfather. P V Gopalan was a civil servant and a great inspiration to Harris. She has often talked about her grandfather and how his fight for India's independence has instilled in her a deep respect for democracy. In an event, she shared, "When I was a young girl visiting my grandparents in India, I'd join my grandfather and his buddies on their morning walk along the beach as they would talk about the importance of fighting for democracy and civil rights. Those walks made me who I am today."

Today each one of us are proud of Kamal Harris and she continues to inspire thousands of women and men across the globe.



**ISRO to adopt Atal Tinkering Lab to promote scientific temperament among students:**

ISRO will adopt 100 Atal Tinkering Labs across the country to promote scientific temperament among students and encourage them for space education and space technology related

innovations. This decision was taken by ISRO and Atal Innovation Mission, NITI Aayog at a virtual meeting. Through this collaboration, the Indian Space Research Organisation will facilitate coaching and mentoring of students in advanced 21st century cutting-edge technologies, including those related to space, an official statement said. The students will not only gain theoretical, but also practical and application-based knowledge of STEM and Space Education related concepts.



**WHO welcomes India's COVID-19 vaccine approval:**

The World Health Organisation on welcomed India's decision giving emergency use authorisation to COVID-19 vaccines, saying it will help "intensify" and "strengthen" its fight against the ongoing pandemic. India's

drugs regulator has approved Oxford COVID-19 vaccine Covishield, manufactured by the Serum Institute, and indigenously developed Covaxin of Bharat Biotech for restricted emergency use in the country.



**Digital channels of Prasar Bharati see over 100% growth:**

Digital channels of state broadcaster Prasar Bharati across Doordarshan and Akashvani have registered more than 100% growth in 2020, clocking over a billion digital views and over six billion digital watch minutes. During

the year, NewsOnAir App added more than 2.5 million users with the platform registering over 300 million views. Live radio streaming, with over 200 streams, emerged as the most popular feature.



**Biden ropes in 20 Indian-Americans in administration, 17 at key White House positions:**

Less than 100 hours ahead of his historic inauguration, US President-elect Joe Biden has named at least 20 Indian Americans, including 13 women, to key positions in his administration, a new record

in itself for this small ethnic community that constitutes one per cent of the country's population. Topping the list is Neera Tanden, who has been nominated as director of the White House Office of Management and Budget and Dr Vivek Murthy, who has been nominated as the US Surgeon General.



**CRPF gets 21 DRDO-developed bike ambulances for remote area operations:**

In remote Naxal violence and insurgency-affected areas, 21 'bike ambulances' established by the DRDO were enrolled into the Central Reserve Police Force (CRPF) for casualty evacuation duties. The customised

'Rakshita' ambulances were built on 350cc Royal Enfield Classic bikes by the Institute of Nuclear Medicine and Allied Sciences (INMAS), a DRDO scientific research agency. The bikes will be used to evacuate sick or wounded paramilitary force troops in operating areas including

the Left-Wing Extremism-affected states and insurgency-hit areas. The driver has been equipped with a physiological parameter measuring device with monitoring capability and auto-warning feature including a dashboard-mounted LCD for the calculation of critical casualty parameters.



**'Work from Home' is the new norm:**

Labour ministry formalises WFH for services sector: 'Work from home' became a new norm in 2020 with the onset of the COVID-19 pandemic. Now companies are looking at it as a better option or mode of work, both in the government and the

private sector. After many private companies opted for 'work from home', the government has now decided to make it a part of efficient work culture in companies. The Union labour ministry has for the first time incorporated the 'work from home' option in establishments, as part of its draft model standing order for the service sector. The labour ministry has formalised work from home for the services sector while leaving it for the employers in the IT sector to mutually decide the work hours for its employees.



**32 children awarded Pradhan Mantri Rashtriya Bal Puraskar:**

Thirty-two children have been awarded the 'Pradhan Mantri Rashtriya Bal Puraskar' this year for their exceptional abilities and outstanding accomplishments in the fields of innovation, scholastics, sports, arts, culture, social

service and bravery. Awardees are from 32 districts of 21 states and Union territories. "Seven awards have been given in the field of Art and Culture, nine awards for Innovation and five for Scholastic Achievements. Seven children have won in Sports category, three have been felicitated for Bravery and one child has been honoured for her efforts in the field of Social Service.



**Mid-day meal scheme should be restarted once schools reopen, says Director of UN WFP India:**

Noting that the mid-day meal scheme represents the lifeline for millions of school children in the country, the UN WFP India has said as the schools re-open, the scheme will also need

to be reactivated with the provision of hot, cooked meals. The UN's World Food Programme country director Bishow Parajuli said India offers a shining example through its existing food safety nets and the collaborative response it undertook to try and ensure that the coronavirus-triggered lockdowns did not disrupt the nutrition of the school children.



**Netaji Subhash Chandra Bose's birth anniversary to be celebrated as Parakram Diwas :**

The Ministry of Culture announced that the birth anniversary of freedom fighter Subhas Chandra Bose will now be celebrated as the Parakram Diwas. The ministry stated that decision was taken

to "honour and remember Netaji's indomitable spirit and selfless service to the nation". "The government has decided to celebrate his birthday on January 23 every year as Parakram Diwas to inspire the people of this country, especially the youth, to act with fortitude in the face of adversity as Netaji did.



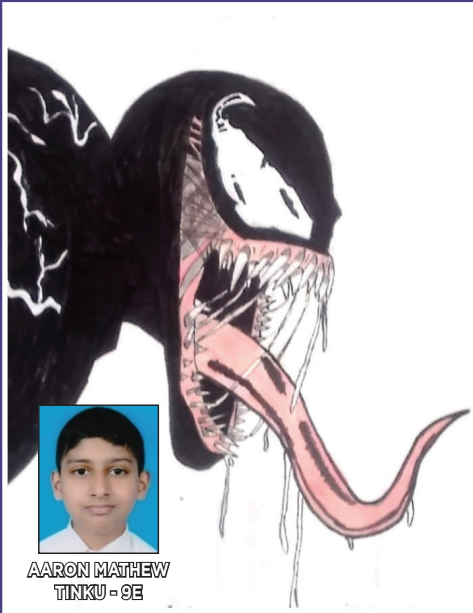
# Art Gallery



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ABIZAR - 6A



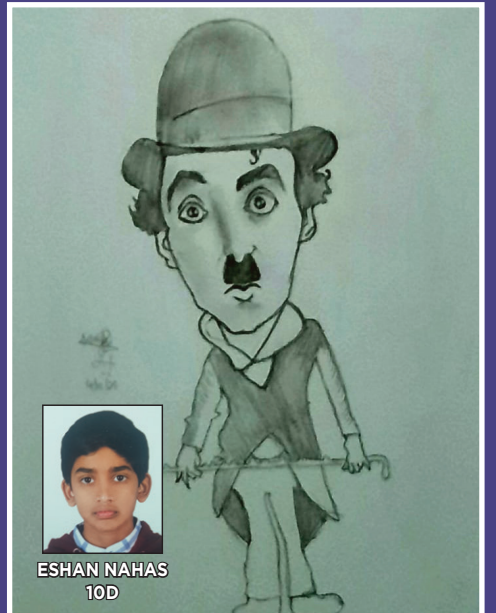
ABHINAV  
KA - 6A



AARON MATHEW  
TINKU - 9E



ABHINAV - 7A



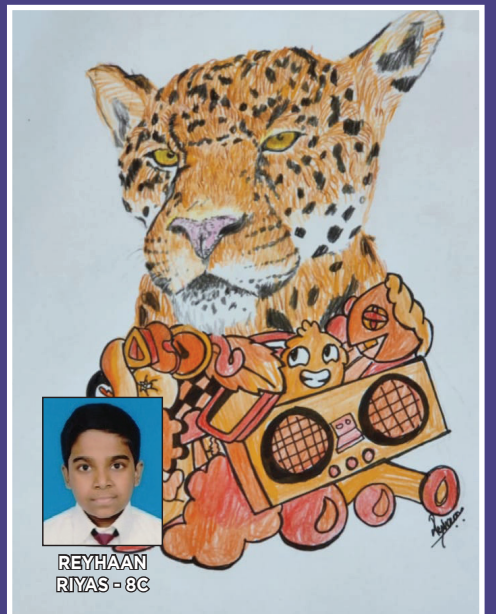
ESHAN NAHAS  
10D



HIBA AHMED  
7 F



KARUNA ALICE  
RAJU - 11F



REYHAAN  
RIYAS - 8C



# EPIctionary

- 1. Hellacious** - extraordinarily large  
Used in sentence: Traffic is hellacious this time of day.
- 2. Limn** - to draw or paint on a surface  
Used in sentence: The writer tried to limn his childhood events into shorts stories.
- 3. Voracious** - excessively eager ; insatiable  
Used in sentence: Since I am a voracious reader, I often read two or three books a day.
- 4. Brainiac** - a very intelligent person  
Used in sentence: Because he is such a brainiac, the mathematician can solve difficult problems in a matter of seconds
- 5. Gadabout** - a person who goes from place to place in social activity  
Used in sentence: She has become quite a gadabout since she left her job.
- 6. Mellifluous** - sweet or musical; pleasant to hear  
Used in sentence: The train chugged on mellifluously through the hills, cutting through fluffy clouds.
- 7. Suspiration** - a long, deep sigh  
Used in sentence: She rose to her feet with a great suspiration, with a light in her eyes and a trembling smile.
- 8. Oblivescence**- the process of forgetting  
Used in sentence: Absorbed in her work, she was totally oblivious of her surroundings.
- 9. Argophobia** - a morbid fear of open spaces  
Used in sentence: My uncle suffers from agoraphobia, and the idea of leaving the house terrifies him.
- 10. Epigrammatic** - terse and ingenious in expression  
Used in sentence: Emerson's style is brilliant, epigrammatic, gem-like; clear in sentences, obscure in paragraphs.

25<sup>th</sup> International  
Film Festival  
of Kerala



## INTERNATIONAL FILM FESTIVAL OF KERALA IFFK FLAGS OFF

Curtains went up on the 25th edition of the International Film Festival of Kerala (IFFK) here on Wednesday with 80 films from over 30 countries lined up for screening, amid precautionary measures for COVID-19.

In his inaugural address, Chief Minister Pinarayi Vijayan said an uncompromising political stance was what defined the festival in the global cultural map, noting that the international competition category offers entry to movies only from the third world countries.

Despite the ongoing pandemic, the city is keeping its date with the International Film Festival of Kerala (IFFK). The much-anticipated 25th edition of the festival kicked-off at Nishagandhi. Lighting of 25 lamps as a symbol of 25 years of festival heritage had been a highlight of the function. Speaker P. Sreeramakrishnan was the chief guest. Minister for Culture A.K. Balan also presided. Veteran French film maker Jean-Luc Godard has been selected for the Lifetime Achievement award for his contributions to the new wave film movement. In his absence, renowned director Adoor Gopalakrishnan received the award on his behalf. The festival also paid homage to renowned filmmakers who have left an indelible mark in the world of cinema. The festival have also paid homage to other departed personalities, including Fernando Ezequei Solanas, Kim Ki Duk, Bhanu Athaiya, Sachy, Anil Nedumangad, Irfan Khan, Rishi Kapoor, Shanavas Naranippuzha, and Soumitra Chatterjee.

For the first time in the history of the festival, the venues have been divided into four different regions of the state - Thiruvananthapuram, Ernakulam, Thalassery and Palakkad this year due to the COVID-19 pandemic.



**THE INDIAN  
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KUWAIT**

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