



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

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

JANUARY 2019



PRINCIPAL'S MESSAGE

Dear Children,

We have made a history on 11th and 12th January 2019 by conducting Higher education fair in our campus. We have

made a difference with that programme. My dear children, always try to make a difference in your life with your actions with out comparing with anybody. You are unique and you have abundance of potential, then why should you worry. With your confidence and positive belief move forward and achieve your goal. You will be successful.

Did you know that at Harvard, one of the most prestigious universities in the world, the most popular and successful course teaches you how to learn to be happier?

The Positive Psychology class taught by Ben Shahaar attracts 1400 students per semester and 20% of Harvard graduates take this elective course.

According to Ben Shahaar, the class - which focuses on happiness, self-esteem and motivation - gives students the tools to succeed and face life with more joy. This 35-year-old teacher, considered by some to be "the happiness guru", highlights in his class 14 key tips for improving the quality of our personal status and contributing to a positive life:

Tip 1. Thank God for everything you have : Write down 10 things you have in your life that give you happiness. Focus on the good things!

Tip 2. Practice physical activity: Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.

Tip 3. Breakfast: Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.

Tip 4. Be Assertive: Ask what you want and say what you think. Being assertive helps improve your self-esteem. Being left and remaining silent creates sadness and hopelessness.

Tip 5. Spend your money on experiences: A study found that 75% of people felt happier when they invested their

money in travel, courses and classes; While only the rest said they felt happier when buying things.

Tip 6. Face your challenges: Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.

Tip 7. Put everywhere nice memories, phrases and photos of your loved ones: Fill your computer, your desk, your room, your cupboard YOUR LIFE of beautiful memories.

Tip 8. Always greet and be nice to other people: More than 100 inquiries state that just smiling changes the mood.

Tip 9. Wear comfortable shoes: If your feet hurt you, you become moody, says Dr. Keinth Wapner, President of the American Orthopaedics association. So be with comfortable shoes.

Tip 10. Take care of your posture: Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.

Tip 11. Listen to music : It is proven that listening to music awakens you to sing, this will make your life happy and that will energize your inner mind.

Tip 12. What you eat has an impact on your mood: Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable.- Avoid excess white flour, sugar and salt. Eat everything!. Always include light food in dinner that also take before 7pm.

Tip 13. Take care of yourself and feel attractive:70% of people say they feel happier when they think they look good.

Tip 14. Fervently believe in God: With Him nothing is impossible! that will give you extra power and abundance of confidence.

Happiness is like a remote control, we lose it every time, we go crazy looking for it and many times without knowing it, we are sitting on top of it...

Dear Children, On the road to success, the rule is to always look ahead. May you reach your destination in this Year and may your journey be wonderful. Wish You a Happy and successful year ahead.

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EDITORS' NOTE

Dear Children

Greetings from the Editorial board!!!

In this edition we would like to bring to you the importance of time management in our life.

It is said that, "If you can't manage your time, you won't be able to manage any other part of your life". So, the first step towards success is to manage your time efficiently. If you master the art of managing your time well you would be able to handle your tasks better.

Time management is the ability to utilize one's time efficiently so as to be more productive and organized. However, as simplistic as it seems, efficient time management is not something that everyone is good at. It takes a good amount of effort to achieve it. Self discipline is the key to manage your time well.

Keeping a tab on the time and managing it efficiently helps in the following manner:

It keeps you motivated to work harder, It increases productivity, It helps you attain more with lesser efforts, It gives a sense of satisfaction, It reduces your stress levels, It increases your quality of work.

You can manage your time efficiently with the help of following tips:

Prepare a list of tasks to be accomplished during the day.

Prioritise your tasks and also set time to complete each of them.

Stick to your schedule diligently.

Though managing time efficiently is difficult, with some effort you can achieve it. The above-mentioned tips should help you in this direction.

Send your valuable contributions to

epicseditor@icsk-kw.com



Mrs. Shyna Ramesh



Mrs. Tintu Wilson

HEALTH AND FITNESS

Being healthy and fit in simple terms means taking care of the body. We should remember that healthy minds reside only in a healthy body. Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well-being of a person, but it also involves the mental stability or the internal peace of a person. Physical exercise makes a person fit.



YASHILA
VEERAMANI - 8-C

A healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins, and vitamins essential for a human's lifestyle. Practicing yoga including regular exercises in your daily routine also helps to maintain your desired fitness, blood sugar and immunity level. Thus, we can say that exercise and proper nutrition regularly help a person to keep his body in absolute fitness.

Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress-free lifestyle, maintaining happy moods, high energy levels etc. Some more advantages of the physical activities are; it builds up our bones strong, saves us from obesity by promoting a healthy weight, saves us from diabetes, keep us away from cancer, helps prevent blood pressure and other major problems. Through regular exercise and healthy food in a timely manner, we can easily maintain our health and fitness.

One should also spend time outdoors in the sun, inhaling fresh air. Being healthy and fit allows you to further increase your confidence and concentration power, so we must eat healthy to stay healthy.

Hence, I conclude with....'being healthy is not our goal, it should be our living.'

FIVE LEADERSHIP PRINCIPLES TO LEARN FROM AN EAGLE....

1. Eagles fly Alone and at High Altitudes.

MEANING; Stay away from narrow-minded people, those that bring you down.

2. Eagles have an Accurate Vision.

MEANING; Have a vision and remain focused no matter what the obstacles and you will succeed.

3. Eagles do not Eat Dead things. They Feed only on Fresh Prey.

MEANING; Do not rely on your past success, keep looking for new frontiers to conquer.

4. Eagles Love the Storm.

MEANING; Face your challenges knowing that these will make you emerge stronger and better than you were.

5. Eagles Prepare for Training;

MEANING; Leave your Comfort Zone, there is No Growth there.

NEVER GIVE UP, BE AN EAGLE

X-MAS Magic Wand Waves at ICSK Senior



"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful." Norman Vincent Peale.

On the 24th of December 2018, the Indian Community School Kuwait Senior conducted a special Christmas assembly to celebrate the merry season. The celebrations were presented by classes 7 A and 7 C. The students performed various programmes that brought out the spirit and true message of Christmas for the school. The campus became buoyant with children clad in the red-and-white Christmas apparel.

Swaranjali, the school choir and the talented students of 7A and 7C performed a series of melodious Christmas carols during the special assembly. A quiz competition was the highlight of the day where students were



quizzed on the Christmas season and the winners were awarded with prizes.

The surprise entry of beloved Santa Claus created an ether of Christmas cheer amidst the entire assembly. The expectations of 'Santa gifts' were met when the red Santa bag was opened to the gathering in the form of X'mas chocolates. Santa Claus had also arrived with special gifts for the Principal, the Vice Principal and the Deputy Vice Principal. The assembly concluded with a colorful and



angelic dance performance.

Dr. V. Binumon, the Principal and Senior Administrator addressed the gathering and emphasized on the message of "Happiness, Peace and Love" and related on how important it is to find peace among our loved ones.

The management and staff wished everyone a Merry Christmas filled with peace and happiness.

NEW YEAR FESTIVITIES – A SWEET MEMORY TO CHERISH



Cheers To A New Year And Another Chance To Get It Right". This was the message conveyed by the students of class X-C in the special assembly .

The New Year's assembly was celebrated with great enthusiasm on the 31st of December 2018 at the Indian Community School Kuwait (Senior). The students worked together as a team and presented a mélange of thoughts, ideas and expressions. It commenced with

some suggestions on how to start a New Year with simple and innovative New Year Resolutions.

The program also included a special segment of the charity event. Every month the school conducts the event to reach out to the needy patients fighting terminal diseases. The students of the school contribute liberally for the cause.



The Principal and Senior Administrator, Dr. V. Binumon bid adieu to 2018 by releasing balloons and welcomed 2019 by requesting everyone to begin the New Year with optimism and hope and wished all A Happy And Prosperous Year ahead.

The Management and staff of The Indian Community School wished everyone a very happy and prosperous new year.

BEST STUDENTS - DECEMBER



KABILA G.
- 12A



GLENN VARGHESE
GEORGE - 12B



EDEN
- 12C



LARSEN LAWRENCE
- 12D



VALUSHA ANTAO
- 12E



SHAGUFTA PATHAN
- 12F



KYRA RODRIGUES
- 12G



S.WASSIM
- 12J



MOHAMMED WASEEM
- 12K



IRENE S. JACOB
- 12L



AKANKSHYA PRATAP
- 11A



JESSICA
ANNAMALAI - 11B



VAISHNAV SATHEESH
KUMAR - 11C



MERLIN MARY
- 11D



JENNAB - 11E



NIKHIL MENEZES
- 11F



SAMSON MAMMEN
- 11G



SAKSHE SALWA
- 11H



PRAISY MANALIL T.
- 11I



RONAK - 11M



VAIDEHI NAIR
- 10A



NOEL
- 10B



NIZZAR K. NAUSHAD
- 10C



SHOAB - 10E



JIEU SAJU
- 10F



YASOOB ABBAS
- 10G



RYAN BABU
- 9A



NANDA KRISHNA
- 9B



ATIF ASHRAF SYED
- 9C



GOKUL KUMAR
- 9D



GAYATHRI PREM
- 9E



SANJANA MEGHANI
- 8A



JEEVAN VARGHESE
- 8B



TASKEEN
- 8C



SUMAIYA ABDUL
RAZZAK - 8D



BENJAMIN BOOBY
THOMAS - 8E



DITZNA ANN SHIBU
- 8F



JANIS JESTINE
- 7A



JAMILA HASAMUDDIN
ARJAN - 7B



SAKINA ANIS
- 7C



RAEBEL SHAJU
- 7D



KAREN SUSAN
REJI - 7E



MOHD UMER
FARJAAD - 7F



ZEYAD
- 6A

MAKE THIS NEW YEAR ACTUALLY A HAPPY ONE



LOVE YOURSELF!!

The first resolution that you could make this year is to love yourself. Accept the way you are and improve yourself. Give yourself a chance to explore....forget your mistakes and start afresh.

Grab hold of all the good opportunities that

come your way!!!

NEVER UNDERESTIMATE YOURSELF

So the second resolution you could take this year is

NOT TO CHANGE FOR SOMEONE

You do not need to change for anyone

because don't you know that you are already special??

Sounds very common? See many people have told you, still didn't realize? Don't restrict yourself for others.. Be the real YOU and that creates the beauty.

So the third resolution that you could make is **BE YOURSELF**

Create your own identity instead of copying someone . Don't let your will power fall...

Just get rid of that inferiority complex and be yourself!!

NOT ONLY DOES THESE SOUND GOOD,BUT WHEN APPLIED TO OUR LIVES WILL MAKE IT EVEN MORE HAPPY!!



AISHWARYA
HARIGOPAL - 11 C

The family we get, and the family we find.



We come into this world, living the majority of our childhood learning that the family we get is the only family we have and as we're thrust into our teenage years, along with love, heartbreak, and many other experiences we learn that, what we had learned about family was completely wrong.

So recently a very close friend of mine, Akash, left to continue his further studies and I guess that's where I got the inspiration to write about this topic.

So what is this "other family" that I'm referring to? It must've been pretty obvious by now, that it's the friends you find and meet during your time on this floating rock.

Now, some of you might take a long time to find this family, some of you might've already stumbled upon this group of individuals. My experience in finding this family...okay I'm gonna stop calling it family now i sound like Vin Diesel from the Fast and The Furious movies. So, my experience in finding this pact, or "squad" (whatever you like to call it) has shaped the person i am today. From the countless arguments, mistakes made both by and against me, to those moments of pure serenity.

I wasn't always the blog-making, public-speaking, friend-making individual that's currently writing this blog. I was a balloon looking (quite literally) timid, awkward and shy kid, who knew a lot of people but had no friends. Took sometime to break out of that shell, but the problem was, I still didn't quite grasp the meaning of friendship, and it's importance. Having the right friends, is an integral part of...well, everyone's life. Now or later we all come across a point where we find ourselves lost in a dark, and what seems like a never-ending abyss, take a moment to think about the people you call family for a moment and ask yourself, are they the light that guides you out of this place? Or the reason you are in it?

Fair warning, this is my opinion, if anyone feels differently, let me know. People in my opinion are not bad, or toxic to you because of their habits, I think what makes them a bad influence on you, it is what they do when they have an opportunity to shape your mind, or when they step inside your mind and what they decide to plant inside of it. Because that, that is what they are behind the facade they put up.

What about the family you are bound by

blood? are they excluded from this discussion of right and wrong? absolutely not.



MUQLIS MOIZ
-11H

The bond formed by blood is a sacred one, it's one that's been there from your first cry in this world, to your last meal. And sometimes, it can be more complicated than most think it to be, trust me I'd know, I have 3 brothers, me being the youngest. In my case, and for me only, I think, it has been a happy conundrum. And it's not just my brothers and the memories i shared with them, or moments i wish i had with them. it's my parents, for whom i couldn't be more thankful for. Sometimes between arguments and all the fuss we tend to forget that they, all of them, are our final retreat. But this brings me to an important point, even with this shared bond, these people can, in some situations be the very bad influence you need to get rid of. How do you cut out people who have raised you, and are the reason for your wellbeing? How do you possibly sever that bond which is deemed so sacred? You start by talking about it, with people you entrust with this information and your emotions, and further on with professionals that are trained to help with situations like these.

It makes me happy from within when I think about the people who i have in my life, one big happy family as i would put it, and I'm certainly blessed to have one. And if you just had small smile on your face because you just thought of the family you got and the one you found, take a moment to tell them what they mean to you, and maybe let me know how that turns out. So this one is for all the moments in which my problems were locked far away from my happiness, and moments that made me into the person i am, and to all the people behind them.

Quote
Garden

1. "Be a reflection of what you would like to receive; If you want love, give love, If you want respect give respect. What you give our will always return."
2. "Relationships never die a natural death. They are always murdered by Ego, Attitude and Ignorance."
3. "Life is all about three things, winning, losing and sharing. Winning other's heart, losing bad things and sharing happy moments."
4. "Chance depends on circumstances but choice depends on your attitude."
5. "Time decides who you meet in life, your heart decides who you want in life and your behaviour decides who stays in your life."

CRISTIANO RONALDO



Cristiano Ronaldo dos Santos Aveiro, born on February 5th, 1985 and commonly known as Cristiano Ronaldo, is a Portuguese footballer who plays as a forward for ITALIAN club Juventus and serves as captain of the Portuguese national team. Ronaldo currently holds the distinction of being the most expensive player in football history after

having transferred to Juventus from Real Madrid in a deal worth £90 million (€100m, US\$114m). His contract with Real Madrid is believed to have made him the highest-paid football player in the world.

Ronaldo began his career as a youth player for Andorinha, where he played for two years,

then moved to Nacional. In 1997, he made a move to Portuguese giants Sporting CP. Ronaldo's precocious talent caught the attention of Manchester United manager Alex Ferguson and he signed the 18-year-old for £12.24 million in 2003. The following season, Ronaldo won his first club honour, the FA Cup, and reached the Euro 2004 final with Portugal, in which tournament he scored his first international goal.



AMAAN SOHAIL
SAADAN - 7B

In 2008, Ronaldo won the Champions League with United, and was named player of the tournament. He was named the FIFPro World Player of the Year and the FIFA World Player of the Year, in addition to becoming Manchester United's first Ballon d'Or winner in 40 years. Three-time Ballon d'Or winner Johan Cruyff said in an interview on 2 April 2008, "Ronaldo is better than George Best and Denis Law, who were two brilliant and great players in the history of United."

WOMEN EMPOWERMENT



Women empowerment implies the ability in women to take decisions with regard to their life and work and giving equal rights to them in all spheres like: personal, social, economic, political, legal and so on.

"Why is women empowerment really needed?" is a frequently asked question. It is absolutely necessary in our society because

from the early era, women and men have been assigned certain duties and those have set stereotypes as to what women can do and what they cannot. As time progressed, women were seen to be as non-working members of the society, weak and fragile individuals who were not given freedom of speech, action or even the basic rights to vote.

But women empowerment has enabled women all over the world to break these stereotypes and take control of their own lives. They are increasingly gaining control over their lives and taking their own decisions with regard to their education, career, profession and lifestyle. Even though they are progressing in all spheres of life, they continue to maintain a striking balance between their commitment to family as well as their profession.

Women empowerment has led to increase in female education, decrease in female foeticide, abolishment of child marriage, and so many more vices. Although this phenomenon has had a far reaching impact on people and their mind-set all over the world, unfortunately, many of them face exploitation and harassment which can be of diverse types: emotional, physical, mental and sexual. So it is essential to keep enforcing this idea and educating everyone around us about the importance of this movement.

Women empowerment, in the truest sense, will be achieved only when there is attitudinal change in society with regard to womenfolk, treating them with proper respect, dignity, fairness and equality.



ANUSHKA NAIK
- 11 D

"Begin the day with a light heart. Smile a moment and thank God for every moment. He cares for you all the day."

THE MYSTERIES OF WINCHESTER



The house is full of architectural oddities, all thanks to Sarah's bizarre demands. These include trap doors, secret passages, a skylight in the floor, spider web windows and staircases that meet a dead end. Oh and there are doors that open to blank, solid walls, and a dangerous door on the second floor that leads to, well, nothing much except for an alarming drop to the yard far far below.



ANN MARY
- 12G

Oh no! I'm definitely not talking about that new horror movie. What I'm talking about is the mansion that inspired it. What's so huge about a frigging mansion eh?

The Winchester Mansion isn't just your average holiday destination. Despite its cheerful and yet formidable appearance, it is shrouded in mystery and horror. So first, let's go through some general and statistical facts about this huge house.

- It is located at 525 South Winchester Blvd., San Jose, California.
- It was once the personal residence of Sarah Winchester, the widow of firearm magnate William Wirt Winchester.
- This Queen Anne style mansion is renowned for its size, architectural curiosities, and lack of any master building plan.
- It is listed on the National Register of Historic Places and is a designated California historical landmark.

Um, ok! So what's all the fuss about? You'll see in a minute.

It all started with William Wirt Winchester's death due to tuberculosis in 1881. Overcome with grief, Sarah consulted with a spiritualist who claimed the he could commune with the dead. She sought solace, but instead she received a bone-chilling warning.

The Winchester family created the Winchester rifle that was known as "the gun that won the west". They ran a very successful business

of firearm.

So, through the medium, the spirit of William told his wife that their tragedies (which included the death of their only daughter Annie, at six weeks old) were a result of the blood money that they made off of the Winchester rifles.

Vengeful ghosts would seek her out, or so he warned. To overcome this and protect herself, William told her that she must build a home for herself and also for the spirits who had fallen from the terrible weapon.

However, there was one condition, the construction of the house must never cease, if it did, she would die!

She was advised to leave their home in New Haven Connecticut behind, and move west.

And move west she did. Sarah purchased an eight-room farmhouse in San Jose, California, in 1886. And then she began building. Sarah appointed a crew of carpenters, who split shifts so construction could go on day and night, 24/7, 52 weeks a year, for 38 years. She built, built and she built some more! Construction never stopped. From a small farmhouse, it grew into a devastatingly huge mansion. And then on September 5, 1922, Sarah passed away in that very mansion due to heart failure in her sleep. It's said that just as the carpenters heard the news of her death, they quit so abruptly that they left half-hammered nails protruding from walls.

An earthquake in 1906 rattled the house and trapped Sarah. It caused three floors of the then seven-story building to cave in. A tower plus several other rooms were destroyed but they were never rebuilt, only cordoned off. As for Sarah, she was safe in the Daisy Bedroom, although she had to be dug out as its entrance was blocked by rubble.

Some say that the labyrinthine structure of the house was to confuse the ghosts, allowing Sarah some peace and also some time to escape them. Sarah was the sole architect of the mansion, hence she alone knew all of its secrets.

No one is sure how many rooms the house held. It boasts of 950 doors, 10,000 windows, 40 stairways 52 skylights, 47 fireplaces, 6 kitchens, a trio of elevators, wool insulation, carbide gaslights, electricity, and an indoor shower, complete with a sewage drainage system (some of which were ground-breaking once).

Sarah also had a strange obsession, she was obsessed with the number 13. The mansion has many 13-paned windows, 13-panelled ceilings as well as 13-step stairways. Even her will had 13 parts and she signed it 13 times. But most astonishing of all might be the house's 13th bathroom, which has 13 windows of its own. How charming!

It's a popular tourist attraction now and is also sited as one of the most haunted places of America.

Would like to spend a night at Winchester?

GOODWILL AMBASSADORS



JERRY SAM JOSE
- 9C



JOHANN LAJI
- 11A



DARSHAN JAIN
- 10G



WASSIM AHMED
- 12J

Birthday Arcade - January



JOSHNA TRISSA RAJU
11G - JAN 1



SIMRAN KAUR
11G - JAN 1



ATIYAH
8B - JAN 1



ASMA JAVED QADRI
9D - JAN 1



MANSHI BHAGAT
9D - JAN 1



BISMIYYA BEGAM
12K - JAN 2



MERLIN ABRAHAM
11B - JAN 2



ALITA JANICE QUADROS
12F - JAN 2



ALMA TRISA SUNIL
10C - JAN 2



AKSHITA BIPIN
11G - JAN 2



VIC MELLODY DE SOUZA
12D - JAN 3



AFTAAB KALLAN
12F - JAN 4



KHUSHI PAWAR
12K - JAN 5



SHAWN ABRAHAM JACOB
11G - JAN 5



TAHA ATTARI
11I - JAN 5



RUQAIYA ABDUL HUSAIN
8B - JAN 5



HUSSAIN BANDOOR WALA
12E - JAN 6



MOHAMMED FAYIZ
10G - JAN 6



HARNAM SINGH S.
11D - JAN 7



RONAK KISHORE
11M - JAN 7



MUNIRA ABBAS BHAILA
9A - JAN 7



ALEENA PAULY MARTIN
9E - JAN 7



NEHA ANN JINS
7E - JAN 7



HANEEN ABDUL RASHEED
12A - JAN 8



KALYANI RAGHAVAN
12F - JAN 8



MILAN PHILIP MATHEW
12L - JAN 8



MUSTAFA ANTRI
8D - JAN 8



KAREN SUSAN REJI
7E - JAN 8



ALBIN BENNY K.
10A - JAN 9



CLEONA NATASHA F.
11F - JAN 9



SHREYA ANN ABRAHAM
8C - JAN 9



AFIFA MANSOOR
7B - JAN 9



ASHFAQ AMAN SHIJU
7C - JAN 9



NADEENA PREMASEKERA
12E - JAN 10



SWIZEL FERNANDES
12D - JAN 10



VALUSHKA FERNANDES
12E - JAN 10



SHAHNAZ DASTAGEER
12G - JAN 10



SIDHARTH SURESH
12C - JAN 10



JEREMIAH MATHEW
9A - JAN 10



DHYANI MITESH K.
8F - JAN 10



ALETA JOHNSON
7C - JAN 11



GURLEEN KAUR
6A - JAN 11



RANOL SALVI
12L - JAN 12



NANDHA KRISHNAN R.
12A - JAN 12



TINA TONY ALAPATT
11B - JAN 12



DEEPAK KUMAR T.
11D - JAN 12



SHAHEEN JALAL
10E - JAN 12



GEORGE LEONAL
JAN 12



NIKHIL STALIN JOSEPH
7A - JAN 12



MOHAMMED AFNAN
7D - JAN 12



ASWATH NARAYAN M.
12C - JAN 13



VEVAY
12K - JAN 13



C. B. BAMISHA JOHN
7E - JAN 13



SULTAN FIROZ RAWOOT
7F - JAN 13



TOBIAS JOSEPH SAJJU
11D - JAN 14



GREGORIUS ALIYATTUKUDY
10B - JAN 14



GAURI THAMATTOOR
7E - JAN 14



SHARON GRACE PITTA
7A - JAN 14



IMAD FAISAL KASIM
12B - JAN 15



SADIYA KHAN
10G - JAN 15



JESSICA ANNAMALAI
11B - JAN 15



RANIYA MEHAK M.
11E - JAN 15



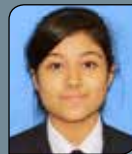
HAURA ABDUL RAZACK
8D - JAN 15



BENJAMIN BOBBY T.
8E - JAN 15



K. CHAITHANYA VARMA
12K - JAN 16



FARHANA ALLY
11A - JAN 16



ASHLY PHILIPOSE
9D - JAN 16



MD AWEES HUSSAIN
12L - JAN 17



FATHIMA FAWAZ
12L - JAN 17



DEVA PRIYA NANDANAM
10B - JAN 17



PARM VIR SINGH
11E - JAN 17



HAKIMUDDIN SAFDER H.
12B - JAN 18



HUSAIN KOSER G.
12E - JAN 18



DEBORAH RUTH
11G - JAN 18



NAMITA NANDKUMAR
11H - JAN 18



RAHILA ANWAR M.
10G - JAN 18



ADIL PALACKAL ASIF
8B - JAN 18



ADITYA HALDER
7A - JAN 18



MERRIN JOE
12D - JAN 19



NOEL GEORGE KOLETH
11E - JAN 19



JESLIN ANN JACOB
11H - JAN 19



ADITYA RAVI
11M - JAN 19



VIKRAM RAVI
11M - JAN 19



BASHAYER FEROUZ
12J - JAN 20



MARIS JOSHUA D SOUZA
9D - JAN 20



MOIZ HANAN MAMU
9D - JAN 20



ADINATH KANICHERIL
7D - JAN 20



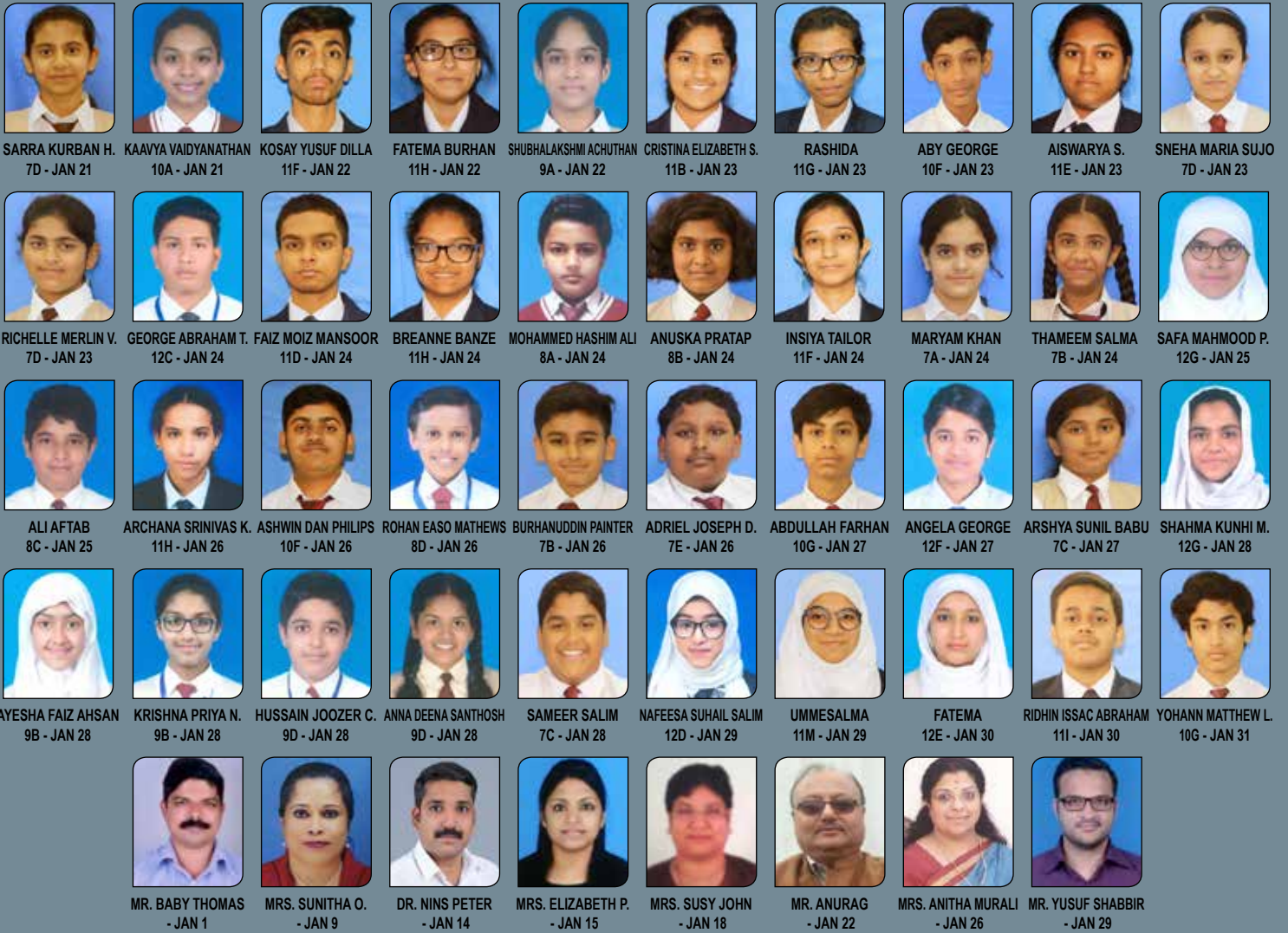
HUSAIN MOHAMMED
12F - JAN 21



ALLEN JACOB ALEX
9A - JAN 21



FAHAD MOHAMMED
9B - JAN 21



NEW YEAR NEW BEGINNINGS!



New beginnings can be fraught with uncertainty but they are also filled with incredible joy and possibility **YOU SEE POSSIBILITIES AND OPPORTUNITIES.**

Possibilities and opportunities are everywhere. Hoorah for that!

The problem is sometimes we just don't see

them either because we are either stuck in a rut, too scared to move out of our comfort zone or feeling

New beginnings are all about seeking out new opportunities and truly opening ourselves up to new adventures. Fresh starts allow us to see the world and often ourselves in a new light new beginnings give us a chance to

work towards what we really want. They give us a chance to let go of the past, focus firmly on a bright new future and commit to moving forward in leaps and bounds.



AJAB HAKIM
- 111

Fresh starts are a great time for reflection but more importantly for planning, goal setting and for having fun at the moment!

YOU APPRECIATE THE WONDERFUL THINGS ALREADY IN YOUR LIFE

Granted new beginnings can be a little scary, but there's no doubt they can also be magical, exciting, joyous and thrilling!

Like everything else in life, it all depends on how you choose to look at it. What new beginning are you excited about?

MURAL PAINTING



Mural painting is inherently different from all other forms of pictorial art in that it is organically connected with architecture. The use of colour, design, and thematic treatment can radically alter the sensation of spatial proportions of the building. In this sense, mural is the only form of painting that is truly three-dimensional, since it modifies and partakes of a given space. In the history of mural painting, many techniques have been used: tempera painting, fresco painting, ceramics, oil paint on canvas, and, more

recently, liquid silicate and fired porcelain enamel.

Early mural decorations for tombs, temples, sanctuaries, and catacombs were generally designed in horizontal divisions and vertical axes.

Murals can connect artists, community organizations, government agencies in collaborative creative engagement projects.



MUBARAQQA
-111

Life is like that !!!



ZOHAIB - 9B

You spin, and the whole world turns upside down. Roots become growth until one someday you have a brass plate on an inauspiciously solid door. The tarnished keyhole makes you blue.

You fancy knocking again, like the idea of being positioned for things to happen.

Just look and see! You are where you are supposed to be. What is directly in front of you is nothing, really, but your choice. Don't think for a second you have to have experience. You can tell your story on one knee, with one eye pressed against glass, whenever you hear it. Make your vision wide-angled; imagination becomes the lens.

You only need broad daylight to consider the questions.

PERFECT YOUR PROGRESS



It is never too late to take a decision. This is the message spun across our mind approaching a new year. Making resolutions, committing to them, increasing your will power, only for majority of us to realise the potential and mistakes we actually hold. Wait, did I say majority?

Yes, indeed.

We rather evade than omit an essential point:- It is not the work that matters. It is the re-work.

No one is perfect but yet it is said that practice makes a man one. Imperfections are part of life. I think it's sad that some people feel that because being perfectly consistent with your values is impossible, that there is

no point trying to debug the inconsistencies. Some self-improvement cynicism is the result of demanding the impossible, expecting perfection instead of progress.

Average college students learn ideas once. The best college students re-learn ideas over and over. Average employees write emails once. Elite novelists re-write chapters again and again. Average fitness enthusiasts mindlessly follow the same workout routine each week. The best athletes actively critique each repetition and constantly improve their technique. It is the revision that matters most.

Malcolm Gladwell's book *Outliers* popularized The 10,000 Hour Rule, which states that it takes 10,000 hours of deliberate practice to become an expert in a particular field. I think what we often miss is that deliberate practice is revision. If you're not paying close enough attention to revise, then you're not being deliberate.

We are all creators in some capacity. The manager who fights for a new initiative. The accountant who creates a faster process for managing tax returns. The nurse who thinks up a better way of managing her patients.

And, of course, the writer, the designer, the painter, and the musician laboring to share their work out to the world. They are all creators.

Any creator who tries to move society forward will experience failure. Too often, we respond to these failures by calling a cab and getting on another bus line. Maybe the ride will be smoother over there.

Instead, we should stay on the bus and commit to the hard work of revisiting, rethinking, and revising our ideas.

In order to do that, however, you must answer the toughest decision of all. Which bus will you ride? What story do you want to tell with your life? What craft do you want to spend your years revising and improving?

How do you know the right answer? You don't. Nobody knows the best bus, but if you want to fulfill your potential you must choose one. This is one of the central tensions of life. It's your choice, but you must choose. And once you do, stay on the bus.



SIDHARTH
SUDHEER - 11C

THE POWER OF BELIEVING IN YOURSELF



Why don't we believe in ourselves? That as soon as things get tough in our lives we start doubting ourselves and We start thinking that we may not make it; Stressing, worrying, imagining things that may go wrong in the future. We need to understand, the human mind is the most powerful tool we own, but it can also be the most Destructive. And we need to learn how to take control of the direction of our mind and our emotions.

Your mind is going to provide you your greatest challenges in life because it is so powerful and can change the course of life. So, if you can conquer your mind, you can pretty much conquer anything else around you, literally.

When writing the story of your life

– make sure YOU hold the pen. Make sure that you not only hold the pen, but you write the script from your heart and be brave when you're writing it, it's your story and there are no limits to what you can have, what you can do or what you can be. How bad do you want it? You have to prove it to yourself that you want it bad enough. And that's when you're going to learn to conquer your mind. Your mind will no longer be able to say no, because your inner heart and mind are aligned, and now nothing can stop you!

It's easy to be all positive and consistent when everything is going your way But that's not life, that's not realistic! Are you going to be one of the very few to stand up when things are tough, when

everything is going against you? Will you be able to believe in what's right, and what brings results to your life? THAT'S WHEN YOUR CHARACTER WILL SHINE! THAT'S WHEN YOUR STORY WILL BE BORN!



ASHWATY
MATHEW - 11H

Your story is valuable and of success.

You can't build a STORY if you stop now, If you give up. A bird perched on a tree is not afraid of the branch breaking because her trust is not on the branch but on her wings. So never stop trusting in your abilities and you.

There will always be people who will doubt your abilities and people trying to put you down so they can feel higher, but you have to stay TRUE TO YOURSELF. What's important if you believe in yourself and slowly the whole world will believe you. BELIEVE in your mind and Have some tunnel vision. Then one day you will have your moment.

Feed your dreams and when you suffer through setbacks, pain and challenges; RISE up with resilience once again, and again, and again! So never hold your head down, never say you can't, never limit yourself and never stop BELIEVING IN YOURSELF.

HOW WASTING WATER IS CRIME?



It is hard to believe that 4.27 billion litres of water goes to drain everyday. Apparently, this current situation is the result of the poor maintenance of the water. Apparently, this current situation is the result of poor maintenance of the water dissemination system over the years. I wonder how things can go unchecked until they reach certain affairs. Why people aren't aware the responsibility of water and why can't they

conserve water. We are being told to conserve water and use it carefully because it is limited. As a result, many of us changed our lifestyles by replacing showers instead of buckets. Do you know that a regular household bucket capacity is 10 litres? And if we take a shower we waster 5-6 litres more than regular household bucket. Water is the most scare commodity in the world and we should be aware of this. So all of us should have the responsibility to conserve and not waste water. Water is a basic human need and I'm sure that no one will disagree with that. It is a criminal waste to waste so much water everyday and we need to fix this problem as fast as we can as we may face many water shortage in the future which impacts the daily lives of everyone.



MEDHANI
- 7C

The First Grief

'Oh I Call My Brother Back to Me,
I Cannot Play Alone,
"The Summer Comes With
Flowers and Bee
Where Is My Brother Gone?
The Butterfly Is Glazing Bright
Across The Sunbeam's Track
Care Not Now To Chase Its Flight
Oh | Call My Brother Back.
"The Flowers Run Wild – The Flowers We Sowed
Around Our Garden Free.
Our Line Is Dropping With Its Load
Oh | Call Him Back To Me.
He Would Not Hear My Voice, Fair Child
He May Not Come To Three.
The Face That Once Like Spring – Time Smiled
On Earth No More Thou Lt It See.
A Roses Brief Bright Light of Joy.
Such Up To Him Was Given
Go – Through I Must Play Alone,
Oh | Brother Come Back.
Are All Our Wondering O' Er?
Oh | While My Brother Let Me Played Would I
Have Love Him More.



SALWA TANWEER
- 7D

BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF DECEMBER 2018

INCOME (NOVEMBER)	KD	EXPENDITURE (DECEMBER)	KD
Balance c/f from November	2012.255	Mr. Mohd Aeshad Mohd	150.000
		Mr. Kocharla Vincent	150.000
		Mr. Babu Kader	150.000
			450.000
Balance from November	1562.255		
Contribution from students (December)	326.385		
Contribution from Staff (December)	6.000		
Contribution from Commerce Department (Enterprenurship)	200.000		
Miscellaneous	12.500		
Balance received from International Tour	163.000		
Balance in hand	2270.140		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - DECEMBER 2018

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	3.370	3.370
12B	-	2.000	2.000
12C	-	1.000	1.000
12F	-	5.350	5.350
12G	-	2.150	2.150
11A	-	40.730	40.730
11B	-	7.550	7.550
11C	-	9.995	9.995
11D	-	12.920	12.920
11E	-	4.000	4.000
11F	3.000	5.665	8.665
11G	-	4.410	4.410
11H	-	5.130	5.130
11 I	-	7.500	7.500
10A	1.000	7.135	8.135
10B	2.900	1.355	4.255
10C	1.000	6.550	7.550
9A	1.500	19.680	21.180
9B	-	6.000	6.000
9C	6.000	15.850	21.850
9D	1.000	9.785	10.785
8A	-	5.290	5.290
8B	-	3.000	3.000
8C	-	7.350	7.350
8D	0.500	6.700	7.200
8E	1.500	10.700	12.200
7A	-	5.000	5.000
7B	-	17.250	17.250
7C	1.000	9.000	10.000
7D	-	1.950	1.950
7E	-	3.275	3.275
	19.400	247.640	267.040
AFTERNOON			
VI A	-	1.600	1.600
VII F	-	0.405	0.405
VIII F	-	7.500	7.500
IX E	-	5.715	5.715
X E	-	3.110	3.110
X F	-	3.790	3.790
X G	-	15.730	15.730
XI M	-	3.020	3.020
XII J	5.000	7.500	12.500
XII K	1.000	3.435	4.435
XII L	-	1.540	1.540
	6.000	53.345	59.345
	25.400	300.985	326.385



CHARITY CONVENORS - JANUARY



MOHAMMED HESHAM
- 12J



FEBIN THOMAS
- 12K



ASIA HAMZA
- 12L



AAKANKSHYA
PRATAP - 11A



KEERTHI SATHESH
KUMAR - 11B



DEEPU GEORGE
MATHEW - 11C



ROSHAN ROY
- 11D



AREENA
- 11E



ALICIA M. D'SOUZA
- 11F



JITHISH KUMAR
- 11G



BINI JOSEPH
- 11H



DEVANSH SUHAR
DOSHI - 11I



HATIM BASIYA
- 11M



RUTVIK VENKATA
- 10A



RUQAYYAH SHERIFF
- 10B



TEPHY CHANDRAKUMAR
- 10C



SHAHEEN JALAL
- 10E



MERLYN RIYA
- 10F



SABIA PARVIN
- 10G



VAISHNAV RAJEEV
- 9A



BEN AJITH KURIEN
- 9B



ALLEN MATHEW
- 9C



IVIN MATHEW
- 9D



MOHAMMED SHAH
- 9E



NANMA ANNA
PRINCE - 8A



ANUSHKA PRATAP
- 8B



KENDRICK
FERNANDES - 8C



AYAAN ISMAIL
MUKADAM - 8D



BESHALLELL
KINSLEY - 8E



ABUZER AJJAS
- 8F



NEHA ANN MANOJ
- 7A



ANAGHA HOMBALI
- 7B



ANUSREE PRAMOD
- 7C



SAIF RAFIQ AGARIA
- 7D



ADRIEL JOSEPH
DAVID - 7E



ABDUL ASHEEN
- 7F



SAI NIKHIL
- 6A

DREAMS OF THE YOUNG



May I ask you a question? Do you dream? And if yes, do you dream big?? A yes to both and the ability to pursue it, is what transforms us and consequently a nation.

Dreams are inherent in all as the subconscious comes forth with a flurry of images which are our inherent desires and passions, in a state of deep sleep.

Mr. Ramanujam, Einstein, Paul Mc Cartney, R L Stevenson all made history by pursuing a dream that inspired them to achieve what they dreamt and gave us the legacy of "chasing our dreams".

Here I quote our late President Abdul Kalam when he said: Dream, Dream Dream dream..... Dreams transform into thoughts and thoughts result in action.

For the young, to dream is an absolute prerequisite, as, it catapults the youth into uncharted and challenging territories. In

doing so, the youth which is highly curious and daring by nature, takes risks but is resilient to setbacks, thereby shaping and realizing what they dreamt about.

The wealth of information now available at the click of a finger is an enormous technological advantage for us youth. As I juxtapose our lives today, with what it was like 70 years ago, and produced people like Sir CV Raman and Abdul Kalam, I realize that we the young can achieve a lot more if only we learned to actively pursue our dreams.

Steve Jobs, directed the youth to stay hungry, stay focused as time is limited and not to waste it living someone else's life.



KAAVYA
- 10A

"A great relationship is about two things, first find out the similarities, second, respect the differences."

CAPTAINS & VICE CAPTAINS - JANUARY

CLASS 12J



JUSTIN THOMAS



SHAFIQ AL ISLAM



HYDER ALI



SAKINA ABBAS ALI



AARON D'SOUZA



FARHAN MOHAMMED



AMARA KAREN



ANOOOF ABDUL



PRIYAL MARIA



IMTIYAZ M.

CLASS 12K

CLASS 12L

CLASS 11A

CLASS 11B

CLASS 11C

CLASS 11D

CLASS 11E

CLASS 11F

CLASS 11G

CLASS 11H

CLASS 11I

CLASS 11M

CLASS 10A

CLASS 10B

CLASS 10C

CLASS 10E

CLASS 10F

CLASS 10G

CLASS 9A

CLASS 9B

CLASS 9C

CLASS 9D

CLASS 9E

CLASS 8A

CLASS 8B

CLASS 8C

CLASS 8D

CLASS 8E

CLASS 8F

CLASS 7A

CLASS 7B

CLASS 7C

CLASS 7D

CLASS 7E

CLASS 7F

CLASS 6A



ALEENA NAYEEM



ANNE MARY



MEGHNA ELIZA



ALI RIYAZ



AKSHAYA BABU



JEWEL SUJO



SAKINA MUSTAFA



TASNEEM



DEVA PRIYA



ALEENA REJI



MOHD OWAIS



MOHD SATHAR



SEAN JOSHUA



MADINA SHAIKH



ASHWIN DAN



HANI ABDUL M.



TAHA KHUZEMA



ZAHRA ABBAS



ABHISHEK RAY



MUNIRA ABBAS



ANJALI NAIR



ERICA G. SANCTIS



MANHA SYED



KEVIN AMBROSE



MANSHI BHAGAT



ASMED JAVED



DANUSH PRIYAN



SHAHID ASLAM



BERYL MAHIBA



RASHIDA BAKRIWALA



AARON SAM



MURSHIDA MERAJ



DISHA G. SHENOY



PREINEL SILFORD



ISAAC THOMAS J.



SOHA MARIYAM



MILEENA



TAMANNA



BADER BASIM



MARWA MANSOOR



IENESH SHARMA



NEZLA NIYAS



MUFADDAL YUSUF



ZEHRA ASGAR



JUSTIN SAMUEL



AARAV DODEJA



RACHEL A. JACOB



RIYON SAM



HARISH RAJU



NANDANA RAKESH



SAI AKHIL NAIK



KRITIK



RAMYA



MOHAMMED ASAD

HOW VIRUS ATTACKS THE BODY



Viruses live all around us. We are constantly being attacked by them which we hardly realize. But how many of us have actually wondered, what goes on in a body when a virus attacks!

The virus first enters the body through the many holes in the body like nose, eyes, mouth etc. Then it targets a nearby healthy living cell. Viruses can only replicate in living cells. Virus replication is a multi-step process.

1. ATTACHMENT
2. ENTRY
3. REPLICATION AND ASSEMBLY
4. EGRESS

ATTACHMENT

A virus attaches itself onto a specific part of

the host cell through attachment proteins on outer wall of the virus cell. The specificity of this interaction depends on the host and the cells within the host that can be infected by a particular virus. This can be illustrated by thinking of several keys and several locks where each key will fit only one specific lock.

ENTRY

As soon as the key finds a match it will enter the virus through the process of endocytosis, in which the cell membrane surrounds and engulfs the entire virus. Once inside the cell, the viral DNA is released, which then becomes available for replication

REPLICATION AND ASSEMBLY

The replication mechanism depends on the viral genome. DNA viruses usually use host cell proteins and enzymes to make additional DNA that is transcribed to messenger RNA (mRNA), which is then used to direct protein synthesis. The DNA of the virus usually use the RNA core as a template for further production of DNA. The viral mRNA directs the host cell to create new viral enzymes and capsid proteins, and to assemble new virus cells. Of course, there are exceptions to this pattern. If a host cell does not provide the enzymes necessary for viral replication, viral genes supply the information to direct

the production of the missing proteins. The fact that HIV and some other viruses produce some of its own enzymes not found in the host has allowed researchers to develop drugs that inhibit these enzymes.

This approach has led to the development of a variety of drugs used to treat HIV and other such viruses

EGRESS

The last stage of viral replication is the release of the new virus cells produced in the host organism they are then able to infect adjacent cells and repeat the replication cycle. Some viruses are released when the host cell dies while other viruses can leave infected cells by budding through the human cell's outer skin without directly killing the cell.

This is how virus attack and invade cells and this happens in a fraction of a second. The reason we don't drop dead in the first 10 mins of a virus attack is because our body has a hundred trillion cells and the body has its own defences too.

So dear friends the next time you see someone sick remember he might be under attack.



SHANKAR NAIR
- 7B

Music & Art

my favourite pastime



Music is a language that doesn't speak in particular words. Music is an infinite way of expressing your emotions. It can be with a rhyme or no rhyme, but it will surely be a strong emotion from your heart, be it joy, sadness, anger, love or hate. It can be in front of a dynamic crowd or inside the four walls, music will always be beautiful!

I had been practicing and learning music since I was 5 years old. It is then when I realized that I was also into Art, I started drawing, sketching

and doodling about music.

I drew this picture with all kinds of stuff I can find in music, like a piano, musical notes, drums, Guitar and many more!

Music has always been a major part of my life. Music and art allow people to try something new and develop confidence. It also helps auditory development in the brain. We all know that listening to our favourite artist or song can lift a mood and relax us. It gives people a great release from stress and keeps them calm. Many people prefer different types of music like blues, classical, rap, melody, jazz, hip-hop and you name it!

So friends, do not hesitate to plug those Headphones on and listen to your favourite music.

Once again, music is good for you after all!



SUPRAJA
- 7E

SOME INTERESTING FACTS ON MUSIC

- The word music comes from the word "Muses" "Goddess of arts", in Greek Mythology.
- Your favourite song is probably because you associate it with an emotional event in your life.
- Your heartbeat changes and mimics the song you listen to.
- Flowers can grow faster by listening to music.
- A song that gets stuck in your brain is called an earworm.
- Music can help severely brain injured patients recall their personal memories.
- Music, Painting, Literature and architecture all used to be a part of Olympic Games from 1912 to 1948.
- The Piano is only a few decades older than USA.



PRAISY M. PRINCE
111

CAREER AS PILOT



THE PROFESSION OF AIRLINE PILOT

In order to develop an insight into the Profession of Airline Pilot, it is important to realize that a professional pilot's primary task is to fly the aircraft under his command from the departure airport to destination safely.

That the pilots employed by an airline be of high calibre in that they possess a competent standard of basic aeronautical skills. These skills include basic flying ability (manipulative skill) and cockpit management skills which are fundamental to effective crew co-ordination and a safe decision making process.

Pilots are prepared to exercise these aeronautical skills in a responsible and professional manner and as such display what is known in the profession as 'good airmanship'

Skills Required

- Extraordinary grit, presence of mind, courage, determination
- Reliable, calm & level-headed personality
- Ability to keep clear communication both with the team on board and with air traffic control
- Good practical & co-ordination skills
- Good written English for report writing
- Good health & physical fitness is vital
- Ability to take charge in an emergency
- Ability to inspire confidence
- Technical skills & understanding

How Do I Get There?

Std XII

Stream: Science, Commerce who possess SPL

Training in commercial flying can be taken

with Flying clubs, the Rashtriya Udan Academy, Private Flying academies or with Flying schools abroad.

The training goes through 3 stages of



license. While they give training, placement is not their responsibility.

The licenses have to be procured in the following order:

- Student Pilot License (SPL)
- Private Pilot License (PPL)
- Commercial Pilot License (CPL) After Class XI/XII (with PCM) students can apply for the SPL

On passing Class XII (PCM) they may enroll for the next license -PPL

On getting the PPL training begins for CPL

Details of the Licenses

Student pilot license can be taken at flying clubs in every State. It is a theory exam.

Eligibility - Age of 16 years minimum and

pass in Class X. A medical certificate of fitness, security clearance and a bank guarantee is required.

Selection - Candidates taking the SPL test have to appear in an oral examination on a fixed day every month. Candidates have to enroll a month before the examination. Selected candidates go through a medical test and the Pilot Aptitude Test.

Private pilot license is a practical training. A total of 60 hours of flying is needed of which 20 hours minimum should be solo and 5 hours cross country. There is a theory examination also.

Commercial pilot license requires flying training for 190 hours to complete 250 hours of flying.

Rashtriya Uran Academy conducts an entrance test to select students for the pilots training.

Where to Study?

- Prestigious Institutes in India
- Asia Pacific Flight Training Academy (APFTAL), Hyderabad.
- Indira Gandhi Rashtriya Uran Akademy, Delhi
- Assam Flying Club, Guwahati
- Flying Training Institute, Behala
- Hissar Aviation Club, Hissar
- Karnal Aviation Club, Karnal
- Kerala Aviation Training Centre Civil Aerodrome, Tiruvanthapuram
- Pinjore Aviation Club, Ambala
- School of Aviation Science & Technology, Delhi

PEACE IS A STATE OF MIND



The proprietor of a coffee shop had been busy all day. Being Saturday, it was very crowded and the customers were just unending. He had been on his toes since morning. Towards the evening he felt a splitting headache surfacing. As

the clock ticked away, his headache worsened. Unable to bear it, he stepped out of the shop leaving his staff to look after the sales. He walked across the street to the Chemist, to buy himself a painkiller to relieve his headache. He

swallowed the pill and felt relieved. He knew that in a few minutes he would feel better. As he strolled out of the shop, he casually asked the salesgirl, "Where is Mr Sharma (the Chemist)? He's not at the cash counter today!" The girl replied, "Sir, Mr Sharma had a splitting headache and said he was going across to the coffee shop. He said a cup of hot coffee would relieve him of his headache." The man's mouth went dry and he mumbled, "Oh! I see." This is a typical case of looking outside ourselves for something that we have within us.. How strange but true! The chemist relieves his headache by drinking coffee and the coffee shop owner finds relief in a pain relieving pill! A man hunts across the lengths and breadths of the universe to find peace. Eventually he finds it in his heart and realizes that peace is really a state of mind.

HOW THE INDIAN STATES GOT THEIR NAMES?

MANIPUR



The sanskrit word Manipur translates to Jewel City

MEGHALAYA



Translated from Sanskrit, Meghalaya means adobe of Clouds

MIZORAM



The word Mizoram has been derived from the words "MI" means the people and "ZO" that means Highlander

Student Name:

Class : Section: Roll No.:

Serial No.



ACKNOWLEDGEMENT

I, the parent of studying in class section hereby, acknowledge the receipt of the January, 2019 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

WORLD



DECEMBER 2018 in a Nutshell



India to allow business visa extension for up to 15 years: India has decided to allow extension of business visa for up to 15 years and conversion of a regular visa into medical category in an emergency for a foreigner. The facility of e-visa now covers

166 countries and foreigners can obtain online visa within 72 hours for travel related to tourism, business, health, medical and conference purposes.



IRSDC's first 50 world-class stations by 2022: The 50 world class railway stations with concourses modelled on airport-like swanky retail spaces for commuters to wait, to be built under the Indian Railway Station Development Corporation (IRSDC), will be completed by 2022. Phase I of the Habibganj railway station in Madhya Pradesh, being redeveloped on the lines of Germany's Heidelberg railway station in the public-private partnership (PPP) mode by the IRSDC, will be the first to be commissioned.

Phase I of the Habibganj railway station in Madhya Pradesh, being redeveloped on the lines of Germany's Heidelberg railway station in the public-private partnership (PPP) mode by the IRSDC, will be the first to be commissioned.



Civil Aviation Ministry asks airports to make public announcements in local language too: The government directed all airports to make public announcements in local language first, followed by Hindi and English. The Civil Aviation Ministry

has also sent out a communication to private airport operators regarding public announcements to be made in the local language. The directions would not be applicable for silent airports, where public announcements are not made.



Russia 'successfully' tests hypersonic missile: Russian President Vladimir Putin hailed final tests of a hypersonic missile, which he had earlier said would render existing missile systems obsolete. The hypersonic missile could fly at 20 times the

speed of sound and manoeuvre up and down, meaning that it could breach defence systems.



Andhra Pradesh and Telangana to have separate HCs: Following a Supreme Court order to the Centre to notify the bifurcation of the Andhra Pradesh and Telangana High Courts by January 1, President Ram Nath Kovind ordered the separation of the

"common" Hyderabad High Court into the two separate High Courts of Andhra Pradesh and Telangana.



India, U.S. Air Forces to begin joint drill on December 3: The Air Forces of India and the U.S. will begin a 12-day military exercise in Kalaikunda and Panagarh air bases in West Bengal with an aim to enhance operational coordination. "The

aim of the exercise is to provide operational exposure and undertake mutual exchange of best practices towards enhancing operational capability," the IAF said in a statement.



Personalised football jersey for PM Modi from FIFA President: Prime Minister Narendra Modi met FIFA President Gianni Infantino, who gifted him a football jersey with his name on its back. FIFA,

which describes itself as an international governing body of association football, is responsible for organising major international soccer tournaments, notably the World Cup.



India, Nepal, Bhutan plan joint task force to protect wildlife: The governments of India, Nepal and Bhutan are actively considering having a joint task force for allowing free movement of wildlife

across political boundaries and checking smuggling of wildlife across the Kanchenjunga Landscape, a trans-boundary region spread across Nepal, India and Bhutan.



Nuclear-capable Agni-IV missile successfully test-fired: India successfully test-fired its nuclear-capable long-range ballistic missile Agni-IV, with a strike range of 4,000 km, as part of a user trial by the Army.

The strategic surface-to-surface missile was flight tested from launch complex-4 of the Integrated Test Range (ITR) at Dr. Abdul Kalam Island.



Myanmar to grant visa-on-arrival for Indian tourists: In a bid to boost relations with India, Myanmar will provide visa-on-arrival for Indian tourists, President Ram Nath Kovind said as he began his five-day

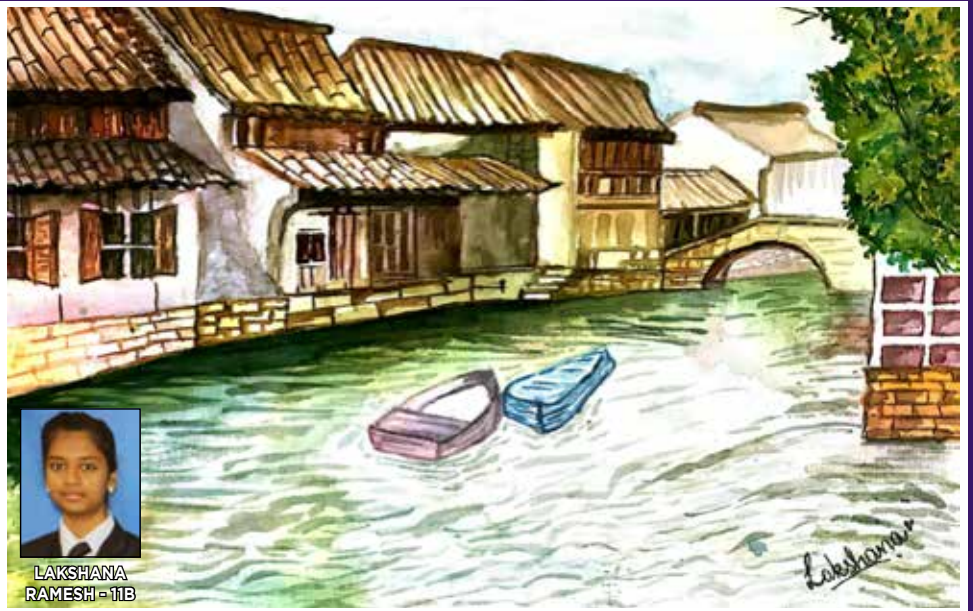
visit to the country.

"Height of candles may differ, but they yield same brightness. It is not your position but your ability that makes you shine."

Art Gallery



SALWA - 7D



LAKSHANA
RAMESH - 11B



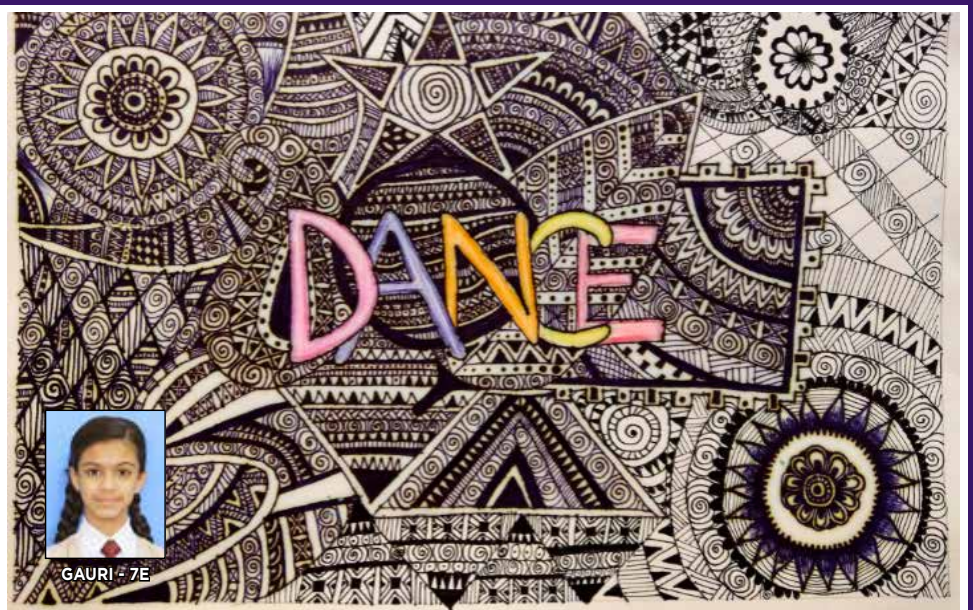
AMATHULLAH
- 11H



MEDHANI G.
- 7C



SUDHARSINI
- 12B



GAURI - 7E

EPICTIONARY

1. austere

Meaning: severely simple

A certain **austere** simplicity was noticeable all over Longfellow's house.

2. stratum

Meaning: people having the same social or economic status

She belonged to the upper **stratum** of the profession.

3. conscientious

Meaning: wishing to do one's work or duty well and thoroughly.

She's a **conscientious** judge, who does not let personal prejudices influence her decisions.

4. exasperate

Meaning: irritate

Shopkeepers, **exasperated** at the impact of higher taxes and reduced consumer spending, are planning to close down for the day.

5. conjure

Meaning: summon into action or bring into existence

Vacation homes typically **conjure** up dreams of blue skies, pristine sand and crystalline waters.

6. ominous

Meaning: threatening or foreshadowing evil or tragic developments

The Count's words were so **ominous**, so full of sinister meaning that for the moment he felt like crying out with fear.

7. edifice

Meaning: a structure that has a roof and walls

They are here erecting a fine stone **edifice** for an Episcopal Church.

8. elude

Meaning: escape, either physically or mentally

Despite racking up world titles, Olympic gold was **eluding** him.

9. pervade

Meaning: spread or diffuse through

An air of intense anticipation **pervaded** the General's dining room.

10. admonish

Meaning: scold or reprimand; take to task

"Children, children, stop quarrelling, right here in public!" **admonished** Mrs. Dering, in a low, shocked tone.

BEST CLASSES - DECEMBER

Senior Secondary



FIRST - 11A

Secondary



FIRST - 7B



SECOND - 11B



SECOND - 9D



THIRD - 11D



THIRD - 7C

AFTERNOON



FIRST - 12K



FIRST - 8F

Forthcoming Events



- ICSK Super Mega Carnival.
- Class XII CBSE practical examination.
- Award of Excellence.
- Education Summit.

- Aashirwad 2019.
- Model Examination for Class X and XII



**THE INDIAN
COMMUNITY SCHOOL
KUWAIT**

The Indian Community School (Senior) Salmiya

Tel: 25629583, 25659126, 25613260, 25623370
Fax No: 25652308
Website: www.icsk-kw.com
Email: senior@icsk-kw.com

The Indian Community School Khaitan

Tel: 24717193, Fax No: 24717192
Website: www.icsk-kw.com
Email: khaitan@icsk-kw.com

The Indian Community School (Junior) Salmiya

Tel: 25613344, Fax No: 25652308
Website: www.icsk-kw.com
Email: junior@icsk-kw.com

The Indian Community School Amman St.

Tel: 25624405 / 25624397 Fax No: 25624318
Website: www.icsk-kw.com
Email: amman@icsk-kw.com