



EPICS



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COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

MARCH 2021



PRINCIPAL'S MESSAGE

Dear Children,

We are in the last days of this academic year 2020 – 21. The coronavirus pandemic has affected all of us in one way or another. It has been a turbulent time for those of us.

There has been a number of hardships of course, but there have also been thousands of stories of solidarity and resourcefulness. These experiences that we got will be an asset for the rest of our life. The new academic year (2021- 22) will be started from 5th April 2021. Start your new academic year with the end in mind. You should have a goal, which should be pasted in front of your study table, and read the goal frequently. To be successful in life is the ultimate objective of education. To make success, please give appropriate importance to the given below ingredients.

1. Self-Belief:

Success begins in the mind. One has to be a believer, first, if one wishes to be an achiever. Never under-estimate yourself. You have no idea how often can you surprise yourself. So to begin with, let's get in the belief, "I Can."

2. Clarity of Vision:

There is no point running around without knowing where one wants to reach. you must get your job cut out. The greatest achievers in the world have been visionaries. Know exactly what you are best at and give it your best shot.

3. Setting the Right Goals:

The goals should be realistic. The goals should be achievable, and yet challenging enough - neither too easy nor too difficult -something in the middle.

4. Be focused:

If the sun's rays are focused on a piece of paper with a lens, the intensity of the concentrated energy burns the paper. Focus on your objective will enhance the intensity of the effects of your efforts.

5. No Short Cuts to Success:

There are no shortcuts to success. Divide your overall goals into smaller targets. Divide your monthly plans into weekly and weekly plans into daily plans and see how simple can things be.

6. Take Risks:

Without any risk no progress is possible. Life comes to a stable standstill. People who take chances are the people who get ahead in life. The only way to reduce risk is to take risks.

7. Take the Initiative:

People who take the initiative make the most of their lives. Proactive people do not wait for success to happen; rather they make it happen. As they say, 'JUST DO IT'.

8. Never Hesitate to Struggle:

No one has ever climbed a mountain just by looking at it. Struggle, hard struggle, is the key to success.

9. Own Responsibility:

Failure to hit the bull's eye is never the fault of the target. People, who own complete responsibility for their lives, are the people who make the most of it.

10. Never Give Up:

Many people who failed in life, where those who did not realize how close they were to success when they gave up. Success demands an extraordinary amount of perseverance. Never, ever, give up.

11. Break the Comfort Zone:

Your comfort zone is a dangerous place. It prevents you from improving, it stops you from achieving all the things you are capable of achieving and it makes you miserable. So, make a decision today to change something in your life that you are unhappy with and start experiencing positive changes.

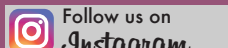
Wish you all the best for the next academic year 2021- 22.

02	EDITORS' NOTE
03	ICSK ORGANIZES 'PRAYAAN'
04	WOMEN'S DAY 8 TH MARCH
06	EPHILATELY
09	EPITAINMENT ARIANA GRANDE
12	EPITOME OF SUCCESS - OLAJIDE OLAYINKA
14	BIRTHDAY ARCADE - MARCH
18	EPITRAVEL - PORTUGAL
20	DISCOVER OF INDIA - TRIPURA
22	WORLD IN A NUTSHELL

WHAT'S INSIDE



The Indian Community School



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EDITORS' NOTE

Greetings from the Editorial Board,

Dear children,

As you all are gearing up to the new academic year in your life, here's a story with a good example of "Lateral Thinking "

Many hundreds of years ago in a small Italian town, a Merchant had the misfortune of owing a large sum of Money to the Moneylender. The moneylender, who was Old and Ugly, fancied the merchant's Beautiful daughter so he proposed a bargain.

He said he would forgo the merchant's debt if he could marry the daughter. Both the merchant and his daughter were horrified by the proposal.

The moneylender told them that he would put a black pebble and a white pebble into an empty bag. The girl would then have to pick one pebble from the bag. If she picked the black pebble, she would become the moneylender's wife and her father's debt would be forgiven. If she picked the white pebble she need not marry him and her father's debt would still be forgiven. But if she refused to pick a pebble, her father would be thrown into jail.

They were standing on a pebble-strewn path in the merchant's garden.

As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had picked up two black pebbles and put them into the bag. He then asked the girl to pick her pebble from the bag. What would you have done if you were the girl?

The above story is used with the hope that it will make us appreciate the difference between Lateral and Logical thinking.

The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said

"But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the moneylender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an advantageous one.

Most complex problems do have a solution, sometimes we have to think about them in a different way.

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



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Sona Sunish



HOLI, popularly known as the festival of colours is the most vibrant of all Hindu festivals celebrated in India. It usually marks the end of winter and the begin of spring .On this festive occasion people play with colours , meet and greet one another and start a new beginning. Here are some interesting information on holi that you must not miss out.



ABHISHEK
SREEKUMAR - 12C

HOW IS HOLI CELEBRATED PREPARING THE HOLIKA PYRE

A few days prior to the festival people engage themselves in collecting wood and other inflammable materials that can be used for the bonfire which is collected and gathered in a pyre in colonies, parks , grounds and other open spaces. On top of the pyre a model or sculpture of Holika is placed to be burned as per the story.

HOLIKA DAHAN

The first day of Holi is celebrated as Holika Dhan or Chhoti Holi. After sunset people gather around the pyre , perform Pooja (prayers) and then light it. People also sing and dance around it celebrating the triumph of truth over the evil.

PLAYING WITH COLOURS

The second day of Holi is known as Rangwali Holi ,Dhulandi , Phagwah or Badi Holi. This is the day when children, youngsters and even adults throw and apply colors on each other and enjoy. Children and youngsters play in group and apply dry colors called gulal or abir , pichkaris(water guns), water balloons filled with colored solution and lots of fun things . On this day people color one another always repeating the phrase " Bura na mano Holi hai". On this day we can also find groups of people with drums and other instruments on streets, dancing and singing and enjoying the festival.

THE SPECIAL FEAST

Gujiya is a special sweet which is made in every household in India during Holi. It is a dumpling filled with khoya(a dairy product) and dried fruits. The special drink of Holi is Thandai. Other mouth-watering delicacies include- papri chaat , gol gappe , dal kachori , dahi balle, chole bhature etc.

"May the colors of Holi make our life as colorful and happy as they are." Wish all a very Happy Holi

THE INDIAN COMMUNITY SCHOOL ORGANIZES 'PRAYAAN' THE BEGINNING OF A NEW JOURNEY FOR CLASS 10 & 12 [2021 - 2022]

When you focus on being a blessing, God makes sure that you are always blessed in abundance.

PRAYAAN is a solemn occasion, to bestow blessings on the new session of class 10 and 12. As one embarks on a new journey, one must keep one's mind open, as you never know what could be until one tries, so waste no opportunity.

The Indian Community School Kuwait,

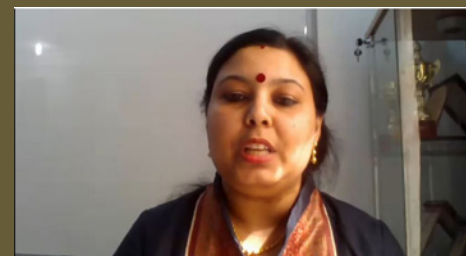
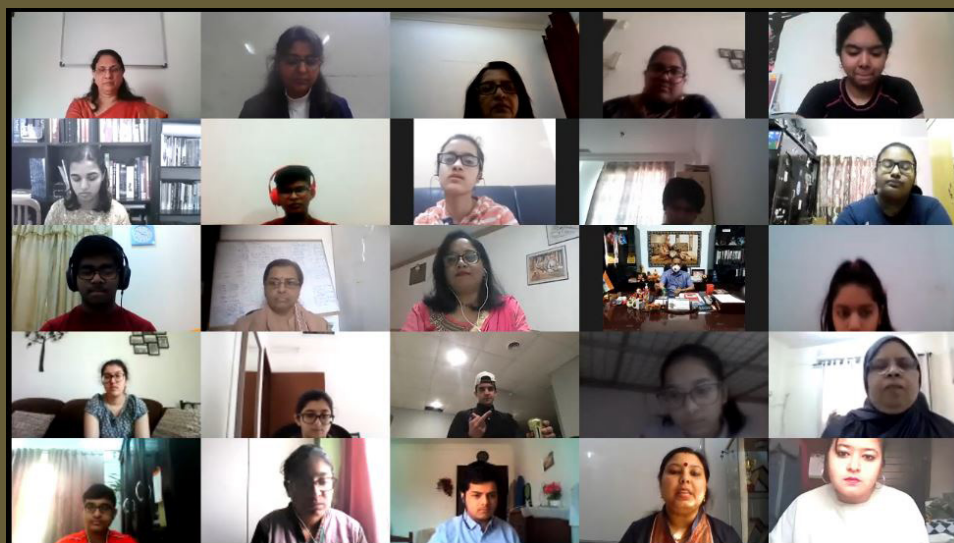
organized PRAYAAN, at 10.00 am on 10th March 2021 on the digital platform to bless the children of classes 10 and 12 [2021-2022]. The programme was graced with the presence of the Chief Guest Rev. Fr. Lionel Braganza, Principal IEAS, Dr. V. Binumon Principal and Senior Administrator ICSK Senior, Mrs. Susan Rajesh Vice Principal, Mrs. Mini Shaji Dy. Vice Principal, Academic Supervisors Secondary and Senior Secondary, HODs, teachers and the children of classes 10 and 12.

The programme commenced with Islamic prayer by Mr. Mohammed Haris P. Dept. of Arabic ICSK Senior to invoke blessings of God Almighty followed by the national anthem of Kuwait and India. Mrs. Saritha P. Nair Academic Supervisor Secondary ICSK Senior, welcomed the honourable Chief Guest Rev. Fr. Lionel Braganza and all the

members who witnessed the ceremony. Rev. Fr. Lionel addressed the children of classes 10 and 12 and motivated them for their new journey. He blessed them in abundance and enlightened them not to study only for marks but also to educate themselves to be better human beings in life. He advised them that every job has got its own respect and importance. Dr.V.Binumon introduced the class teachers and subject teachers for the new session of class 10 and 12, [2021-2022]. Dr. V.Binumon presented a digital memento, a video presentation, to Rev. Fr. Lionel Braganza as a token of gratitude, respect and appreciation.

After the presentation of the memento, Mrs. Azza Parkar Dept. of Biology ICSK Senior, Mrs. Kanwaljit Lamba HOD Hindi ICSK Senior, Mrs. Musarrat Parkar HOD Commerce ICSK Senior and Mr. Tanveer Khan Dept. of Social Science ICSK Senior, motivated and wished the children the very best of luck for their future endeavour. Mr. Antony Austin Academic Supervisor Senior Secondary ICSK Senior, proposed the vote of thanks.

All the children of classes 10 and 12 were left motivated and blessed for their new journey.





Women's Day

8th March

International women's day is celebrated on March 8 across the world. It's a day when everyone shows appreciation, love, and respect towards women. A woman is said to be a beautiful creation of god! It is a fact that all the great personalities are born from the woman's womb and have taken their initial teachings from a woman. And that is why people give due respect to women in their lives. Women's day is also a focal point in the women's rights movement, Bringing attention to issues such as gender equality, reproductive rights, and violence against women.

Leadership in women

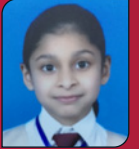
In our society, the number of women who become leaders are very less than compared to men. If we take India's case, we had only one lady prime minister and president till now. This is not only the situation in India.

But it happens all over the world. Less than 15 per cent of the world's countries have a female leader. Only 24 per cent of senior managers are women and 25 per cent of companies have no female senior managers at all. Women do the lowest job and earn less money for the same work. This difference in pay is called the gender pay gap, and for young women in many places, including Britain and America, the gap is getting worse. Women are also more likely to do most of the housework and childcare.

Importance of women's education

It is said that whenever any men get education it is only useful for him but whenever any women get education it is useful for whole family. Education for women can not only give an educated family but education for women can also be helpful in eradicating many social evils and dowry problem, etc.

Education teaches a mother what she should be. It also teaches her how she would do it to be a good daughter, a good wife and a good mother.



AFRAH - 7C

Child marriage

Child marriage is a complex issue. It is rooted in gender inequality and the belief that girls and women are inferior to boys and men. It is made worse by poverty, lack of education, harmful social norms and practices, and insecurity. Its drivers vary between communities and it looks different across and within- region and countries.

A beautiful woman draws strength from troubles, smiles during distress and grows stronger with prayers and hope...

Happy Women's Day

INTERNATIONAL FRANCOPHONIE DAY



International Francophonie Day (Journée internationale de la Francophonie) is observed within the 77 member states of the International Organization of La Francophonie every March 20 to celebrate the French language and Francophone culture. There are over 369 million French speakers on Earth. It's in fifth position of most spoken language worldwide behind Chinese, English, Spanish and Arabic. The French language is booming remarkably!

French is the second-most-studied language in the world, with some 125 million students and 900,000 teachers of French abroad. It is the second-most-important language of international news, the third-most-important in the business world, and the fourth-most-important on the Internet. It is a working language of major importance in all international organizations. French is the only language spoken on all continents along with English.

The date of March 20 was chosen to celebrate the anniversary of the Agency for Cultural and Technical Cooperation (ACCT) that was born on March 20, 1970 in Niamey, Niger. This agency marked the first step towards Francophone cooperation, which became the International Organization of La Francophonie a little later. The Organisation internationale de la Francophonie is an international organization representing countries and regions where French is a lingua franca or customary language, where a significant proportion of the population are francophones, or where there is a notable affiliation with French culture.

The French language has always had an important place among languages. Celebrating La Francophonie is recognizing the potential of the language and culture to unite people, to create spaces of solidarity and mutual understanding, to reflect together on our common future.

In France, the French Language and Francophonie Week, coordinated by the Ministry of Culture, will highlight the role and use of the spoken language in the society. 500 bookstores, dozens of associations, libraries, schools, universities, museums, theaters as well as hospitals will host events. The International Francophonie Day is to celebrate our commitment to not only the French language and the rich and diverse francophone culture but also the values of peace, democracy and respect for human rights that unite all members of the International Organization of La Francophonie.



ANTON K. SAM
- 12A

Analysing oneself



We tend to make mistakes in life, whether it is in our examinations, or in our life. We don't act according to how we were told to. This leads to mistakes in our behaviour. We may be rude to others or may be angry with our loved ones. What makes us act like this? Why don't we act as we are told to?

The main reason is that we don't understand who we are. We don't identify our qualities, our faults and our advantages. Can you define who you are? Who are you exactly? What is your identity? Many of us may think that the answers to these questions are simple. But they aren't. They require deep analysis of oneself.

How can you analyze yourself? There are many ways to do so. All of them require a

deep understanding of what and who you are.

- Pay attention to your thoughts. Thoughts are an integral part that indicates who you are. They are the ones that guide your attitude towards something and help in your perception of things. The saying, "An idle mind is a devil's workshop" is, in fact, true. Never stay doing nothing. Always keep yourself busy with something. When you are idle, all negative thoughts enter your mind. You start feeling sad, and may even have low self-esteem. Exercise is another way since it releases a hormone called endorphins that creates positivity in you.
- Be aware of your perceptions. Note

down how you perceive things in the world. Do you perceive something negatively, or positively? If you have a tendency to perceive everything in a negative manner, then everyone and everything in this world will be bad for you. This will lead to you being depressed, sad, and with low confidence in you. Be optimistic in life.



ANAGHA AJITH
MENON 12 A

- Understand your emotions. Find out what you feel in a certain situation. Maybe while talking to a particular person, you may feel irritated. Find out why you feel so. Is that person ill-mannered to you? Is he or she always angry at you? Find out the answers and you will be able to find out whether the fault is in him/her or with you. A study in 2010 found that there are five key things that result in positive thinking: being grateful, being optimistic, practicing acts of kindness, relishing in how lucky you are, and using your strengths.
- Participate in activities. This can help you divert your mind from something stressful happening in your life. Listen to music, sing, read books, play games and even exercise to give you a positive feeling. As mentioned earlier, endorphins are released when you exercise or do something that you like.

"BECOME A BETTER PERSON. YOUR POSITIVE ATTITUDE AND BRIGHTNESS WILL BE CONTAGIOUS AND AFFECT THE OTHERS TOO."

Bhavani Devi places a golden feather in Indian history



"Victory Is Always Possible For the Person Who Refuses To Stop Fighting" – Napoleon Hill.

Bhavani Devi became the first ever Indian fencer to qualify for the Olympics. The sabre fencer secured an Olympic spot due to events in the ongoing Fencing World Cup. She qualified for the Games at the Budapest World Cup, an Olympic qualifying competition. The 27-year old trailblazer has given fencing an identity in India and has won laurels at the international level through her hard work and determination. She states "It's been my dream. I have been working hard for the last five years for this. My special thanks to my (late) father and mother for believing in me. I take this opportunity to rise my country's flag high above all."

Bhavani Devi inspires us to strive for the impossible.

EPHILATELY

India's so called first stamp was released in 1852. They were embossed individually onto paper. The shape was circular, with 'SCINDE DISTRICT DAWK' around the rim and the British East India Company's Merchant's Mark as the central emblem.



In this article let us venture into stamps commemorated to 4 of India's pride.

Sanjay Gandhi

Denomination- 35 ps

Date of issue: June 23, 1981



Sanjay Gandhi was born on 14 December 1946 in New Delhi. He was the son of Feroz Gandhi and our late Prime Minister Indira Gandhi, and the grandson of India's first

Prime Minister, Pandit Jawaharlal Nehru. After his early education in New Delhi and Dehra Dun, he pursued his interest in engineering with Rolls Royce Factory in Crewe, England, from where he returned in 1966 with a Diploma in Mechanical Engineering and began the unique venture of building a "people's car" Maruti.

Sanjay Gandhi was one of the famous Indian Politicians, and like his mother, he was an active politician of India. From the beginning of his political career, he was dominant and the most controversial political figure in India. Shortly after his death his service towards the country was commemorated by India post by issuing a commemorative stamp with his name. This stamp is 35 paise value bears his portrait and text mentioning his name.

Durgabai Deshmukh

Denomination- 35 ps

Date of Issue: May 9, 1982

The department of Posts released a commemorative postage stamp on the 1st Death Anniversary of a 'Mother of

Social Work in India' and a 'Legend among women in her life' Dr. Durgabai Deshmukh was at once a freedom – fighter, planner, administrator, educationist, social reformer and parliamentarian.



She was a follower of Mahatma Gandhi in India's struggle for freedom from the British raj. She was a prominent social reformer who participated in Gandhi- led Salt Satyagraha activities during the Civil Disobedience Movement.

In 1953, she married the then Finance Minister of India Chintaman Deshmukh. She was the first chairperson of national Council on Women's Education established by the Government of India in 1958. She was honored for her outstanding contribution to cause of Peace, Social Welfare Literacy and work among the downtrodden by national and international agencies. She won the Nehru literacy award.

Ramnath Chopra

Denomination- 50 ps

Date of issue – August 17, 1983



Sir Ramnath Chopra, acclaimed as the 'Father of Pharmacology' in India, was born on August 17, 1882.

He was born in Gujranwala and his family came from the Jammu and Kashmir region. His father Raghu Nath was a government official.

In 1905 he was qualified in the Natural Sciences Tripos and was admitted BA. In

1922 he was appointed Professor of Pharmacology at the Calcutta School of topical Medicine which he had established a year before. He took special interest in indigenous drugs and noted that a key aim for India and should be self-sufficiency in drug resources. He conducted pioneering studies on herbal remedies including Rauwolfia serpentina. Chopra headed a Drugs Enquiry Committee of 1930-31 which examined the need for imports, control and legislation. Chopra also took interest in Public health.



SHARON KURIAN - 8A

He passed away in Kashmir on June 13, 1973 The Indian Posts and Telegraph Department issued a commemorative postage stamp in his honor.

Mangal Pandey

Denomination: 50 ps

Date of Issue: May 10, 1984.



Mangal Pandey is famous in Indian history as a freedom fighter who gave his life to free the country from the British raj.

Born on 19 July, 1837 in a Brahmin

family in Nagwa. He joined the East India Company's army in the year of 1849. Pandey was a soldier in the 6th Company of the 34th Bengal Native Infantry and is primarily known for his involvement in an attack on several of the regiment's officers. This incident marked an opening stage in what came to be known as the India's First War Independence or Indian Mutiny of 185. Mangal Pandey played a key role in events rights away prior the outbreak of Indian rebellion of 1857. In 1984, the Indian government issued a postage stamp to commemorate him.



Anxiety: A Cancer of Mind!

RACING, thoughts EVERYWHERE!

Then , you just lose it all.

We consider mental illnesses to be burden, traits of people that make them undesirable, LESS important and LESS valuable .This way we will never be able to understand the ones who need our help.

Anxiety is one of most prevalent mental health disorders, with 1 out of 14 people around the world being likely affected. Leading up to conditions such as depression, increased risk for suicide, disability and requirement of high health services, very few people who often need treatment actually receive it.

I would love to share the two coping mechanism that i believe, help:

1] “Anything worth doing is, worth doing badly the first time”

All too often, we aim for perfection, but never end up doing anything because of the standards that are set too high. They get intimidating which stresses us out so we delay, procrastinate might even abandon the idea or task that earlier crossed the mind!!

“Not focusing on expectations” brings down the level of self-rating reducing the stress

and inspires you to do the following no matter how it is (good/bad).This makes it easier to start something without feeling a lot anxious! And when we look back at what we did it does not look that bad!



ARSHIYA SAFDAR
-12D

Now, allow me to explain the second motto:

2] “Forgiving...Yourself “

People with anxiety always think about what they are doing, their worries and how bad they are feeling, ending up doing something that they later realize is stupid and hating themselves.

Anxious people do this every day with themselves all day long! They're not kind to themselves, I think it's time we try” to be kind to ourselves and support ourselves. A way to do this is by ‘forgiving ourselves’ for any mistakes! Mistakes help us to grow stronger and wiser, we can always learn from them. If you have had a panic attack and are embarrassed about it it's okay. Forgive ... yourself. if you want to talk to someone ,and don't have the courage to confront them , it's alright . Just let it go! Or maybe you messed up the conversation halfway, it is okay! You would not repeat it again.

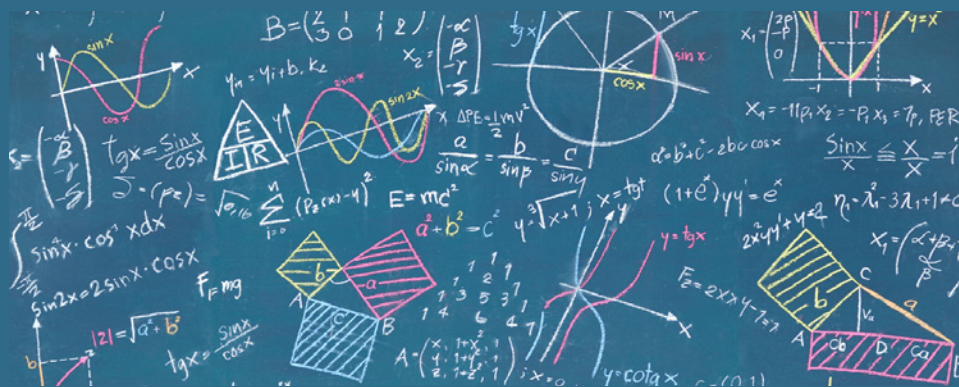
The stereotype about anxiety has led to its definition being synonymous with fragility, weakness, and failure. Mental health is a misunderstood field, and the common misconceptions about it result in the development of stigma.

It's often given the name “overthinking”. We start thinking of the events that might not have happened or even not possible in the first place!

For example, again: The first few thoughts could possibly be “What if ... my windows were open right now? It would've damaged my couch! The water would've reached the floor! Everything will be soaking wet, a lot of chaos...and I'll end up having to clean the mess” (These are the situations that have not even occurred!) “What if ... the rain doesn't stop? What if there is a flood? What if it affects my entire apartment?” “What if I have to move out?”

Absurd thoughts that don't make any sense or have no possibility, crowd the mind and blind you from even processing! Your mind is

World Mathematics Day



World Mathematics day refers to the celebration of the subject mathematics. We all know that mathematics is an essential part of our daily life. A sound knowledge about the subject helps us to excel at different aspects of life be it calculating an interest rate or measuring down for baking a cake.

World Mathematics day is a worldwide celebration. Each year on March 14 all

countries are invited to participate through activities for both students and the general public in schools, museums, libraries and other spaces.

The first World Mathematics day was celebrated on 14th March 2007. 287,000 students participated from 98 countries across the world and answered 38,904,275 questions. As the years passed, the

number of students started increasing. Students and maths lover from all over the world participate in this competition to win. The top ten rank holders of this competition are awarded gold medals and certificates.



SANJIT VELU
-7F

Later, in the year 2010, World Maths Day won A Guinness World Record, for holding the longest online Mathematics competition. UNICEF became the charity partner of The World's Maths Day.

The World Mathematics Day not only celebrates mathematics as a subject but also helps students across the world from various background, to cherish the pleasures of discovering the subject Mathematics. Further, Mathematics is everywhere that one could not imagine their lives without numbers.



BE YOURSELF



“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.”

“Just be yourself.” You can be a much happier person once you figure out who you truly are and when you learn how to be yourself. If you are like most people, then you have probably told yourself that things would be better if there were certain changes in your life or changes to yourself. You can make those positive changes yourself. Be proactive, and have a more positive outlook about yourself. Living in a society that is constantly developing, it's important for you to always be yourself from the inside out. Here are few practices that you can adapt to Be Yourself.

Live in Alignment With Your Values and Beliefs

Being yourself is all about knowing what you believe in and the values that you live by. When you are not yourself, you will take on the values and beliefs of others. This is when you start conforming to other people's expectations and way of thinking. When you know your values and why you do what you do, you will live according to your own values and beliefs.

Self-knowledge

it makes it easier to accept your entire self, both the traits you're proud of and those you'd like to improve. If you do feel dissatisfied with certain aspects of yourself, you'll have an easier time addressing those

areas when you have a strong sense of your nature and abilities.

Lacking a clearly defined sense of self, on the other hand, often makes it tough to know exactly what you want. If you feel uncertain or indecisive when it comes time to make important choices, you may end up struggling to make any choice at all.

Make your own choices

Your decisions should, for the most part, primarily benefit your health and well-being. If you have a partner or children, you'll also want to take their needs into account, though that shouldn't involve neglecting yourself. When your needs go unmet, you have less to offer others.

Be kind to yourself and appreciate who you are

At the end of the day, you should be kind and nurturing to yourself while you're trying to figure out how to be more like yourself. Don't beat yourself up or compare yourself to someone else when it seems so easy for them to be open and honest with their thoughts. Remind yourself to focus on your own journey. Do everything in your power to find your voice and take the next steps to live the life you've always wanted.

Follow your heart, listen to your inner voice, stop caring about what others think.

GHOSTS - DO THEY REALLY EXIST?

called chilling music, building up tension. But science has no room for these hoaxes. However, ghosts are of three kinds: delusion, illusion and hallucination! Let us take a look at each one of them.

Delusion: Dictionary defines 'delusion' as a false belief. In other words, it is purely imaginary. That is, seeing an object or a thing that does not practically exist. For example, when a man is walking in a deserted road late at night, he is bound to get some funny idea about ghosts. A picture of a ghost that he had seen before in movies and TVs would haunt him. He may even visualize what he had seen earlier on his way, and that is one kind of a ghost theory!

Illusion: It means a 'deceptive appearance'. When one walks in the fading light amidst the thicket, even a small rope lying on his way

may appear to be a snake to him. On a closer look, he would find out that it is not a snake. This is the second type of ghost!

Hallucination: This is the third kind of ghost. It refers to 'experiencing a seemingly real perception of something not actually present there'. It also signifies that seeing or hearing something that is not really there because one is ill, or in an inebriated condition.

In conclusion, ghosts are hoaxes! Knowing the weakness of the gullible, the so-called education media are catching on it! "A person terrified with the imagination of spectres, is more reasonable than one who thinks the appearance of spirits fabulous and groundless." - Joseph Addison



ADHIRA P. SAJAYAN
-12A

Ariana Grande

THE ICON OF THE GENERATION



Ariana Grande-Butera (born June 26, 1993) is an American singer and actress. Born in Boca Raton, Florida, Grande began her career at age 15 in the 2008 Broadway musical *13*. She rose to fame for her role as Cat Valentine in the Nickelodeon television series *Victorious* (2010–2013) and *Sam & Cat* (2013–2014). She subsequently signed with Republic Records in 2011 after the label's executives discovered YouTube videos of her covering songs. Her 1950s doo-wop-influenced pop and R&B debut album, *Yours Truly* (2013), topped the US Billboard 200 chart, while its lead single, "The Way", charted in the top ten of the US Billboard Hot 100. Grande maintained her pop and R&B sound on her second and third studio albums, *My Everything* (2014), and *Dangerous Woman* (2016), with the

former exploring EDM and producing the UK number-one singles "Problem", and "Bang Bang", and the latter becoming her first of four consecutive number-one albums in the UK Singles Chart.

Her personal struggles influenced her trap-infused fourth and fifth studio albums, *Sweetener* (2018) and *Thank U, Next* (2019), which were both critical and commercial successes. The former won Grande a Grammy Award for Best Pop Vocal Album, while the latter broke the record for the largest streaming week for a pop album, and was nominated for the Album of the Year. The singles "Thank U, Next", "7 Rings", and "Break Up with Your Girlfriend, I'm Bored" made Grande the first solo artist to hold the top three spots on the Billboard Hot 100

simultaneously, and the first woman to succeed herself at the top of the UK.



JOANNA ABIGAIL BODDU - 10B

She has received numerous accolades throughout her career, including two Grammy Awards, one Brit Award, two Billboard Music Awards, three American Music Awards, nine MTV Video Music Awards, and 22 Guinness World Records. Grande also holds several Billboard Hot 100 chart records; among the above, she is also the only artist to have five number-one debuts, to have their first five number one singles debut at the top spot, to have three number one-debuts in one calendar year, and to have all lead singles from each of her first six studio albums debut in the top ten. Grande's first five full-length albums have been certified platinum or multi-platinum by the Recording Industry Association of America (RIAA). Having amassed billions of streams thus far, Grande is the most streamed female artist on Spotify and Apple Music and is currently the most followed solo female artist on Spotify, and YouTube. She has been included on Time's annual list of the 100 most influential people in the world (2016 and 2019) and on Forbes Celebrity 100 (2019 and 2020), while Billboard has honored her as Woman of the Year (2018), the greatest pop star of 2019, and the most accomplished female artist to debut in the 2010s. Aside from music, Grande is known for her fashion and signature ponytail hairdo. She has been the most followed woman on Instagram since 2019.

Quote Garden

- If you are the smartest person in the room, you are in the wrong room.
- The happiest people don't have the best of everything, they just make the best of everything they have.
- Creativity is a wild mind and a disciplined eye.
- People who wonder whether the glass is half empty or half full are missing the point. The glass is REFILLABLE.
- The elevator to success is out of order. You will have to use the stairs...one step at a time.
- When you feel like stopping, think about why you started.



DEON D'SOUZA - 11H

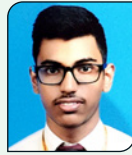
CHARITY CONVENERS - MARCH



ROHIT RAJESH
- 12A



SUHEERA MUJEEB
- 12B



GOKUL KUMAR
- 12C



SHAIKH YOUSEF
- 12D



AARON JACOB
SAMUEL - 12E



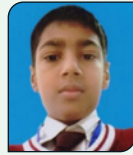
AAHIL ASHRAF ZAIN
- 12F



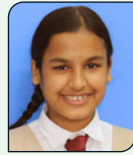
ASAD ALI HAKIM
- 12G



ALINA FAHAD
THAKUR - 12H



MISHAL SHANAVAS
- 10A



PRETTY SARA JOHN
- 10B



ABIALI ALI HUSAIN
- 10C



AFIFA MANSOOR
- 10D



MILASHA RACHEL
- 10E

Peace of Mind



“Love and peace of mind do protect us. They allow us to overcome the problems that life hands us. They teach us to survive... to live now... to have the courage to confront each day.” - Bernie Siegel

Peace of mind is a state of mental and emotional calmness, with no worries, fears or stress. In this state, the mind is quiet, and you experience a sense of happiness and freedom. In this state, the mind is tranquil, and does not rush from one thought to another. When the mind does not rush from one thought to another, there is a sense of heightened awareness.

Here are few tips to maintain peace of mind

Enjoy Nature:- Too much concrete is never a good thing. Spending time in nature can actually make you feel younger, happier. Spend time away from the city. Listen to the birds singing and enjoy the peace and tranquility.

Acceptance:- Acceptance is crucial for peace of mind. Accepting that there are few guarantees in the world and learning to tolerate uncertainty is a huge leap in the peace-of-mind stakes. Differentiate between what you can and cannot control.

Love Unconditionally:- When you don't expect anything back, it makes it easier to love without fear. When we love with conditions attached, our unmet expectations can create inner turmoil and feelings of resentment. Insecurities destroy peace of mind.

Go for Regular Health Checks:- It pays to keep checks on your health and look after yourself. Letting ourselves go can indicate a lack of self-respect, and this in turn will affect the way we see the world and the way others interact with us. Be kind to yourself and make the most of what you have.

Sense of Humor:- Laugh a lot. The world is instantly a better place when you can see the funny side of life. Laughter is a great antidote for stress and releases hormones that help us relax.

See Failure as a Learning Curve:- Failure has such negative connotations, but actually, everyone fails. How can you improve or learn anything if you never fail? A healthy attitude towards failure encourages bravery. It's not you that is the failure, instead it is what you tried that failed. There is a big difference.

Adopt an Attitude of Gratitude:- Focusing on all the things in our lives that we are grateful for promotes inner calm and reminds us that there are always positives. Sometimes we just have to nudge our awareness.

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.” - Wayne W. Dye



COVID-19 AND ITS SCARS



patient with lasting damage to the lungs and other organs.



JOHANN PREMJIITH
- 10B

Super infection

When a person has COVID-19, the immune system is working hard to fight the invader. This can leave the body more vulnerable to infection with another bacterium or virus on top of the COVID-19 — a super infection. More infection can result in additional lung damage.

Three Factors in Coronavirus Lung Damage
Three factors that affect the lung damage risk in COVID-19 infections and how likely the person is to recover and regain lung function:

Disease severity.

The first is the severity of the coronavirus infection itself - whether the person has a mild case, or a severe one. Milder cases are less likely to cause lasting scars in the lung tissue. The second is whether there are existing health problems, such as chronic obstructive pulmonary disease (COPD) or heart disease that can raise the risk for severe disease. Older people are also more vulnerable for a severe case of COVID-19. Their lung tissues may be less elastic, and they may have weakened immunity because of advanced age. Treatment is the third factor. A patient's recovery and long-term lung health is going to depend on what kind of care they get and how quickly. Timely support in the hospital for severely ill patients can minimize lung damage.

Like other respiratory illnesses, COVID-19, the disease caused by the new coronavirus, can cause lasting scars like lung damage. As we continue to learn about COVID-19, we understand more regarding how it affects the lungs while people are sick and also after recovery. Some of the short- and long-term lung problems brought on by the new coronavirus are listed below:

What type of damage can coronavirus cause in the lungs?

COVID-19, the disease caused by the new coronavirus, can cause lung complications such as Pneumonia and, in the most severe cases, Acute Respiratory Distress Syndrome, or ARDS. Sepsis, another possible complication of COVID-19, can also cause lasting harm to the lungs and other organs.

COVID-19 Pneumonia

In pneumonia, the lungs become filled with fluid and inflamed, leading to breathing difficulties. For some people, breathing problems can become severe enough to require treatment at the hospital with oxygen or even a ventilator. The pneumonia that COVID-19 causes tends to take hold in both lungs. While most people recover from pneumonia without any lasting lung damage, the pneumonia associated with COVID-19 may be severe. Even after the disease has passed, lung injury may result in breathing difficulties that might take months to improve. Acute Respiratory Distress Syndrome (ARDS)

As COVID-19 pneumonia progresses, more of the air sacs become filled with fluid leaking from the tiny blood vessels in

the lungs. Eventually, shortness of breath sets in, and can lead to acute respiratory distress syndrome (ARDS), a form of lung failure. Patients with ARDS are often unable to breathe on their own and may require ventilator support to help circulate oxygen in the body. Whether it occurs at home or at the hospital, ARDS can be fatal. People who survive ARDS and recover from COVID-19 may have lasting pulmonary scarring.

Sepsis

Another possible complication of a severe case of COVID-19 is sepsis. Sepsis occurs when an infection reaches, and spreads through, the bloodstream, causing tissue damage everywhere it goes. Lungs, heart and other body systems work together like instruments in an orchestra. In sepsis, the cooperation between the organs falls apart. Sepsis, even when survived, can leave a



EPITOME OF SUCCESS

OLAJIDE OLAYINKA WILLIAMS J. J OLATUNJI



“Olajide Olayinka Williams “ Olatunji , better known as KSI , is an English YouTuber, internet personality, rapper, singer, actor, and boxer. He is also a member and co-founder of the British YouTube group known as the Sidemen.

YOUTUBE:

KSI has been making videos on YouTube since early 2009. He rose to fame by uploading fifa videos, football challenges, etc. He is also a member in the England’s most famous YouTube group called ‘Sidemen’ . He

has over 34 million subscribers and over 7 billion views across two individual channels. In 2015, ‘Variety’ ranked KSI as the most influential celebrity among US teens. In 2019, he was ranked as the second most influential online creator in the United Kingdom by The Times.

MUSIC:

KSI has achieved ten top 40 singles on the UK Singles Chart - five of which reached the top 10. His debut studio album Dissimulation, which was released on 22 May 2020,

debuted at number 2 on the UK Albums Chart followed by late rapper, Pop Smoke. KSI has also collaborated with people such as Anne Marie, Offset, Rick Ross, etc.



MOHAMMED FAYAZ
-10A

BOXING:

KSI has been involved in three high-profile boxing bouts; the first two were amateur white-collar events, and the third was a professional bout. The first, against British YouTuber Joe Weller, was won by KSI via technical knockout, and drew a live online audience of over 1.6 million. The second fight, versus American YouTuber Logan Paul, ended in a majority draw; the subsequent rematch was KSI’s professional boxing debut, which he won via split decision.



PI DAY: THE DAY WHICH SHOCKS THE WORLD



Not every mathematical constant gets its own day. But not every constant is π . Pi Day got started in 1988 in San Francisco, when Larry Shaw, the legendary technical curator of the city’s Exploratorium, saw the connection between March 14 (3.14) and pi (3.14159). Add in the fact that 3/14 is Albert Einstein’s birthday and you’ve got a ready-made celebration. Pi seems simple: It’s the ratio of a circle’s circumference to its diameter. Under the surface, though, it’s anything but. Mathematicians have spent

centuries finding more and more digits of pi and discovering ways in which it intersects with the rest of mathematics.

The first calculation of pi was done by Archimedes of Syracuse (287-212), an ancient Greek mathematician and astronomer. He calculated the area of a circle with the use of the Pythagorean Theorem. But you might be wondering why is Pi so important?

Since its discovery, pi has been used every day. Engineering, construction, GPS, simulation, radio, TV, telephones, power generation, motors...all of this is possible thanks to the magic of pi! Some historians even debate whether pi was used when the ancient Pyramids of Giza were constructed because the structures are nearly perfect geometrically.

The obsession with π has continued into the modern era. Because it is an irrational number, this is no end to π , and the chase can continue indefinitely. Across the globe and centuries apart, Shanks found a common soul in Yasumasa Kanada, a professor in the Department of Information Science at the University of Tokyo. In 2002, Kanada set a new record: π to 24 trillion decimal places. It took five years for Kanada’s team to develop the program used to get their result. And while their record has been broken in the years since, Kanada’s effort shows why the π fascination persists. At a certain point the number lacks any practical or even academic use. But the challenge of reaching higher with it shows a human determination that has spanned the centuries.



SYED ATIF ASHRAF
-12B

UNSOLVED MYSTERIES...



To all those people out there who are interested in mysteries.....

Unsolvedmysteries are those mysteries which haven't been solved to this day. These are incidents or cases to which the police are still trying to solve or close the case. There are many famous unsolved mysteries such as the mystery of Bermuda triangle, but the two unsolved mysteries which are totally weird and mysterious are, "The Incident at Dyatlov Pass" and "The Big Grey Man".

The first unsolved mystery "The Incident at Dyatlov Pass" (case#00-707). On the first

night of February 1959, nine sky-hiker's mysteriously died in the mountains, which is now Russia. On February 26, searchers found the hiker's abandoned tent, which had been ripped open from the inside. The surrounding area was left by footprints by the group. Some wearing socks and some wearing a single shoe, their footprints lead into the woods. This is where the first two bodies were found. One of the bodies had three-degree burns, one had been vomiting blood, one was missing a tongue, and some of their clothing was found to be radio-active. The strangest part about it is that their clothes were found out to be radio- active,

drug overdose, UFO, and the Russian version of the Yeti.



AURELIA SHABI
- 10D.

"The Grey Big Man" case (#58-244). The big grey man is an inhuman creature that is said to haunt summit of the second highest peak in Scotland, Ben Macdui. Like the Yeti of the Himalayas and the big foot of the American Pacific Northwest, the Big Grey Man has been seen by few people. What makes the Big Grey Man particularly frightening is that his physical characteristics doesn't resemble that of a bear, and thus, sightings can't be dismissed as bear sightings.

Those who have seen the Big Grey Man describe it as extremely tall (over 10 feet) and humanlike, with short hair, broad shoulders and long arms. Nearly all reports include the sound of gravel crunching beneath footfalls. Scientists haven't been able to come up with an explanation for the sightings and the accompanying sounds, although psychologists have proposed that those who have supposedly seen and heard the Big Grey Man have been in a state of physical and mental anguish brought by exhaustion or isolation.

THE RAY BEYOND THE SHADOW



"Dark as night". Right now, looking up at the night sky, she truly grasped the depth of that phrase. She was on her roof. She had come up tonight to try and escape the overwhelming gloominess, the demons in her head that seemed to be getting stronger day by day. She thought back to the past couple of months. The world had gone into lockdown, but the instructions to be safe were simple-wear a mask, wash your hands frequently, maintain a safe distance from each other and it will all get better soon. We will emerge victorious.

Roughly over 100 years, nature teaches us that she still is the boss. The last pandemic was a century ago, and science has advanced remarkably since. We were all equipped to conquer almost any threat. So, it was fine. She could hold out in this new reclusive routine, until then.

As the days turned into months, the realization that it was bigger than all of us-the whole world put together, dawned on her. Then, came the feeling of helplessness. Dark clouds began to form in her mind and the negative thoughts grew. If she didn't overpower them, they would overpower her. It was beginning to scare her. She had always found peace in prayer and meditation, but somehow it seemed to be eluding her now. Tonight, as she went to the rooftop alone, she herself wasn't sure of her intentions. The gloomy sky fueled her despair and panic. She peered over the roof edge. She shut her eyes quickly and took deep breath to calm herself. The tears started to roll down her cheeks, sobs burst from her thoughts, and

a desperate cry wrenched out of her very depth. Suddenly out of the inky darkness of her mind, rose up fragments of scripture that she had read many times-" I have engraved you on the palms of My hands", " I will never leave you nor forsake you", "Do not fear, for I am with you". The heaviness in her chest began to lift. A song of praise flowed softly from her lips; waves of joy washed over her face. Peace filled her heart.

She had tried to reach out to Lord and when she couldn't, He had made His loving presence known. He had been by her side through it all. She opened her eyes, feeling different from the completely broken person who had stepped onto the rooftop earlier. Above her, the clouds had parted revealing the majesty of the sky with its millions of stars and the bright moon. She realized once again that the maker of this Universe, was no small God. He was in control and He loved her.



ESTHER THOMAS
- 12A

Birthday Arcade - March



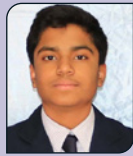
EBIN SHUJO PAUL
10B - MAR 1



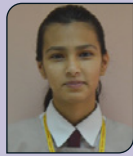
SAKINA FAKHRUDDIN
12E - MAR 1



RABAB
10G - MAR 3



HASAN KHAN
12D - MAR 3



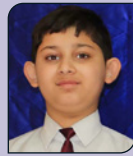
SHAISTA ISHRAT
12A - MAR 3 (21-22)



TAHA RAFIK CHIKTE
10A - MAR 3



ABDUS SAMI SHAIK
12C - MAR 4 (21-22)



AMEEN UZAIR
8E - MAR 4



ANN MONI JACOB
12H - MAR 4 (21-22)



AYESHA BATOOL
10E - MAR 4



AZEEZ ABIZAR
10C - MAR 4



FERIK GEO MELBIN
12B - MAR 4



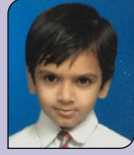
KULSUM SYED
8F - MAR 5



MOHAMMED SAAD
12C - MAR 5



MUHSINA JAMALUDEEN
12I - MAR 5



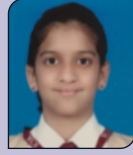
SHAIK FAIZAAN
6A - MAR 5



TUHIN MIZAN
12I - MAR 5



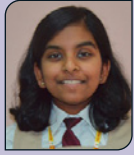
ANJALI THANKOM
12F - MAR 6 (21-22)



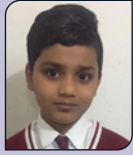
AABIDA RAFIK
8A - MAR 6



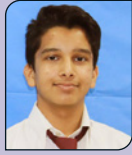
NORAH ZAHUR
10E - MAR 6



MAHIMA MARIAM
12G - MAR 6 (21-22)



VELAGACHERLA BHAVESH
6A - MAR 6



MURTUZA TOFFIQ ALI
12G - MAR 7 (21-22)



BRYAN MOHAN
7D - MAR 7



FUAD AHAMMED
12I - MAR 7



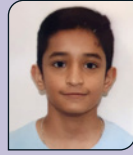
HUSAIN SARFRAJ
10C - MAR 7



JEFIN VARUGHEESE
10B - MAR 7



NUMA SHABBER
12B - MAR 7



QUSAI MOIZ
7G - MAR 7



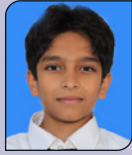
ABEL PLAMMOOTIL SAM
10A - MAR 8



FAIZAAN FAYAZ
10B - MAR 8 (21-22)



GAURIKRISHNA
8B - MAR 8



HADI NABEEH
10B - MAR 8 (21-22)



NAWAAL SHAFEEQ
10C - MAR 8 (21-22)



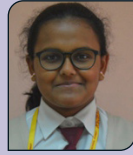
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7D - MAR 9



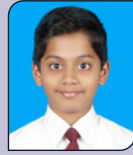
HABEEB SAQLAIN
12E - MAR 9 (21-22)



NABILAH NOWSHATH
10E - MAR 9



PEARLYN SABITA
12G - MAR 9 (21-22)



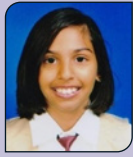
RAYNELLE JOSEPH
8C - MAR 9



ALIAGAR HUSAIN
12E - MAR 10



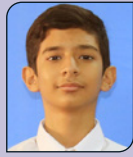
DIYA DAGARIYA
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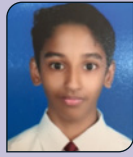
FATEMA YOUSUF
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JEEVAN VARGHESE
10E - MAR 10



TAHER ABBAS ALI
10E - MAR 10



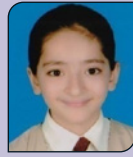
MOHAMMED BURHAN
8F - MAR 11



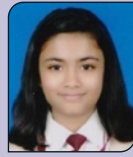
ABHISHEK SREEKUMAR
12C - MAR 12 (21-22)



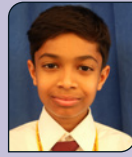
ASHISH LIAN LIJO
7C - MAR 12



FATIMA ALTAF RAWA
7E - MAR 12



JESLYN SARA SHYJU
7B - MAR 12



LOHITH KANAGARAJAN
7A - MAR 12



PRITHVI PRAKASH
6A - MAR 12



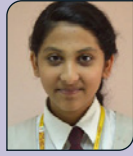
RUQAYYAH SHERIFF
12E - MAR 12



IRFAN ANZAR
7G - MAR 12



AWAIS IRFAN KADIRI
7E - MAR 13



ZAINAB SOEB
12A - MAR 13 (21-22)



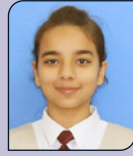
BATUL HASAMUDDIN
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MARWAN MANSOOR
10C - MAR 14



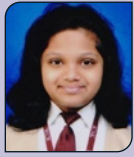
ASHBINN MANAS
12C - MAR 15



SAKINA ANIS
10E - MAR 15 (21-22)



SHAZA SHABEER
7B - MAR 15



ANWESHA SAHU
7B - MAR 16



CAROLINE MODI
7B - MAR 16



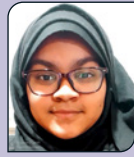
KENDRICK FERNANDES
10D - MAR 16



MOHAMMED SAAD
12J - MAR 16



SAKINA FAKHRUDDIN
12E - MAR 16 (21-22)



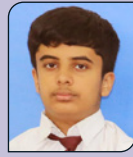
SHAIKH NUKATH
12K - MAR 16



ZAINAB ABDUL KADER
10B - MAR 16



SHAIK ABDUL AZIZ
10F - MAR 16



RISHITH SHARMA
10D - MAR 17 (21-22)



ZAARA MOHAMMED
10E - MAR 17 (21-22)



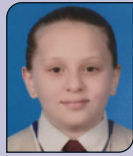
HAFSAH SHABBAR
12K - MAR 17



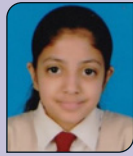
ABDULSAMAD AZAM
6A - MAR 18



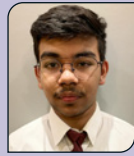
MAHAMMAD SHANAWAJ
10G - MAR 18



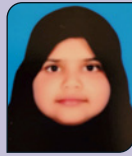
SANIA MUSHTAQUE
8C - MAR 18



NAWAL ZAHUR
8D - MAR 18



MANSOOR AMER
10C - MAR 18 (21-22)



NOUF NADEEM
7G - MAR 18



STIEVE BIJU THOMAS
12A - MAR 19



VICTOR JOBY
10G - MAR 19



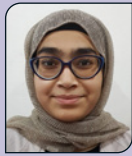
FATEMA HUSSAINY
12G - MAR 20



GREESHMA ELIZABETH
10B - MAR 20



PREWIL CRASTA
10B - MAR 20



NUZHA MOHAMMED
10F - MAR 20



FARVA FATEMA
10D - MAR 21 (21-22)



ARSH IMTIAZ
12I - MAR 22



HAURA ALI HUSSAIN
8E - MAR 22



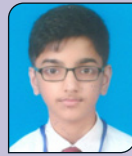
MARIA ROBY
12B - MAR 22 (21-22)



AYESHA AMANULLAH
12K - MAR 22



FAHAD SULAIMAN
12K - MAR 23



ZOHAIB MOHAMMED
12B - MAR 23 (21-22)



AATHMIKA SANKAR
10B - MAR 24 (21-22)



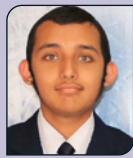
KITTU SHAN
12D - MAR 24 (21-22)



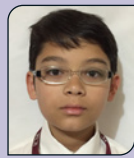
SURYA UPPAL
6A - MAR 24



HUSSAIN HAKIMUDDIN
12G - MAR 25 (21-22)



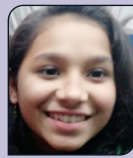
IBRAHIM FAKHRUDDIN
12F - MAR 25



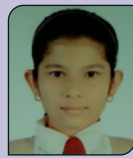
MOHAMMED ATIFUDDIN
8A - MAR 25



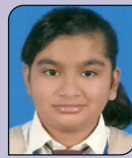
MOHAMMED FADHIL
8C - MAR 25



SHAIK NAHIDA
12H - MAR 25 (21-22)



TANIYA MARIAM TAJU
7B - MAR 25



VENORA SHAINA
12F - MAR 25 (21-22)



MUSTAFA MOHAMMED
12D - MAR 26



CHRISPIN LEON
7B - MAR 27



LERISSA ROCKY
12E - MAR 27



MARIYA MURTAZA
8E - MAR 27



MILASHA RACHEL
10E - MAR 27 (21-22)



MUSTAFA MAGAJI
12E - MAR 27



SHARVANI CIVIYADHEN
12K - MAR 27



HAFIZUR RAHMAN
8C - MAR 27



SARANGI SMITHA
12H - MAR 27 (21-22)



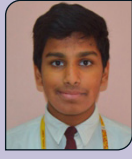
DEONNA TREASA
12I - MAR 28



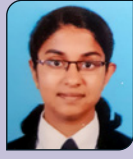
HRISTUN FERNANDES
12G - MAR 28 (21-22)



SHAAFI HUSSAIN
10E - MAR 28



VERLIN RAYMOND
12D - MAR 28 (21-22)



NAYNA ELSA
12E - MAR 28



AKSA ADNAN MITHA
7E - MAR 29



AMRA ADNAN MITHA
7E - MAR 29



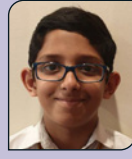
AFRAH QUADRI
10E - MAR 30 (21-22)



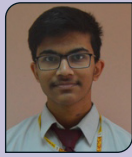
DANIYA ALIM SHAIKH
7E - MAR 30



MAHAMMED SHOUKATH
7D - MAR 30



ALVIN ANI KURIAKOSE
7A - MAR 31



BURHANUDDIN
12D - MAR 31 (21-22)



IRENE MARY JOHNSON
12A - MAR 31



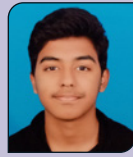
KEZIA ANN JACOB
12H - MAR 31



MADIHA IRFAN
10C - MAR 25 (21-22)



MOHAMMAD KUDBUDDIN
12G - MAR 14 (21-22)



MELVIN FERNANDES
12G - MAR 16 (21-22)



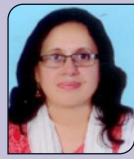
MRS. MANU VARGHESE
- MAR 2



MRS. MUSARRAT
PARKAR - MAR 3



MR. VINOD LAKSHMAN
- MAR 10



MRS. CHANDRIKA R.
- MAR 13



MRS. RACHEL SHERGY
- MAR 14



MR. ATIQ AKBAR
- MAR 18



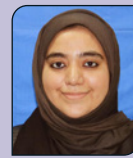
MR. MANIKANDAN
- MAR 20



MR. JACOB GEORGE
- MAR 21



MRS. HEPZIBAH
- MAR 23



MRS. HAWA DALWAI
- MAR 25



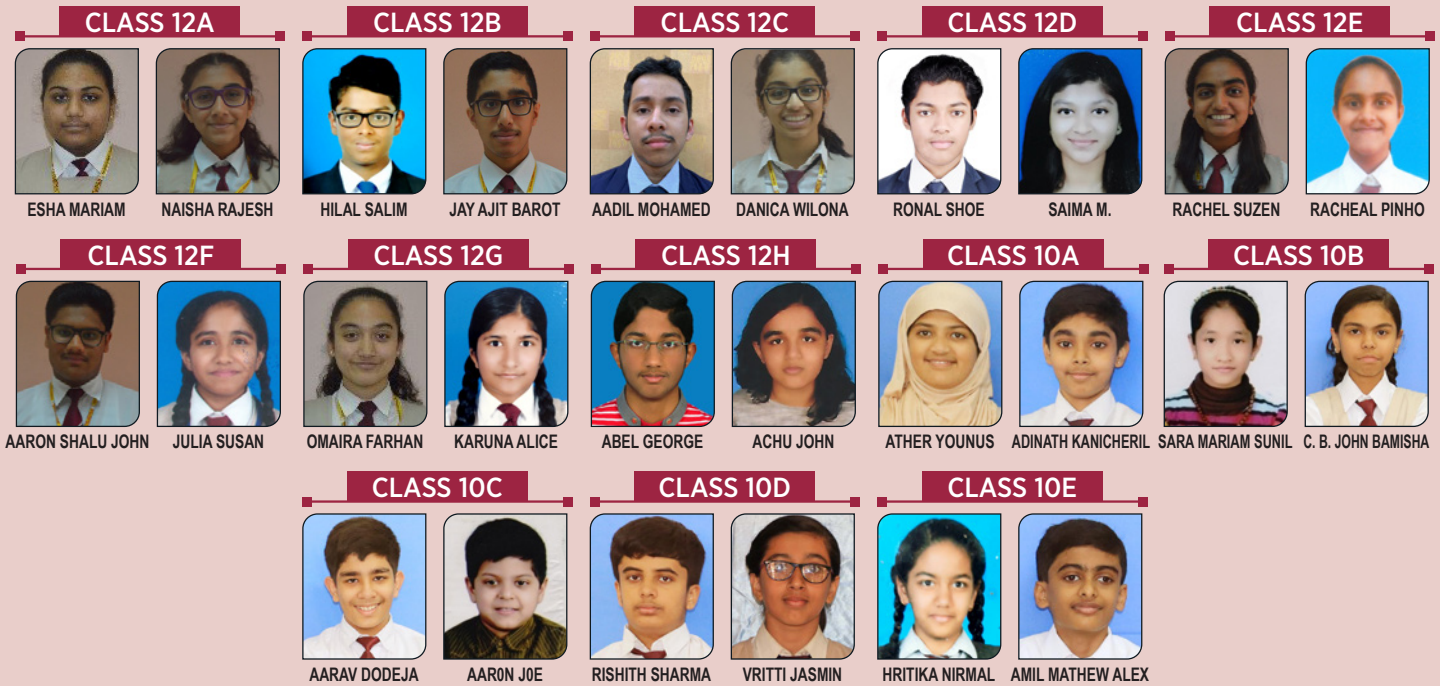
IMAGINATION

When a mind is allowed the freedom to fly high and wild with imaginative thought, the inner view changes and the world looks different. Let each child dream, placing no limits on their thoughts, writing, inventions, masterpieces, or concepts.

When a child's imagination is encouraged, it continues to grow and produce creatively.

"Imagination is the highest kite one can fly."

CAPTAINS & VICE CAPTAINS - MARCH



How to embrace Uncertainty in Life



“When you become comfortable with uncertainty, Infinite Possibilities open up in your life.” - Eckhart Tolle

The past year has been marked by uncertainty. Since the World Health Organization declared COVID-19 a pandemic last March, and even as we’ve learned more about the nature of the novel coronavirus, our evolving understanding has confirmed how much we simply don’t know. Therefore it’s our responsibility to embrace uncertainty in life. Just as we all have now adjusted to the new normal of life, we will have to face uncertainty with courage and assure ourselves that we can do it. Here are few ways to embrace uncertainty in life.

1. Uncertainty is a certain thing. All of life has at least a bit of uncertainty attached

to it and sometimes a lot of uncertainty that may take a very long time to resolve. You cannot know how everything is going to unfold.

2. Establish a daily routine that helps you move through your day. The habitual and familiar will help you feel more grounded in your life even when things feel up in the air. The habitual and routine provide a safety net, something to help you feel your life is not in freefall.

3. Embrace the idea of many possibilities. Sometimes, the change is very specific and brings a very specific outcome. But often, change brings many options and opportunities; for example, moving away from where you live will inevitably include a totally new location, home, job/career,

school, community, relationships, etc

4. Suspend expectations. Having specific expectations of what should happen is often not realistic. When you expect a certain outcome, you are setting yourself up to be frustrated and disappointed if things don’t work out the way you had hoped they would. When you allow for many possibilities to happen, you prevent yourself from staying attached to living life in a narrow way. As you open up to new external possibilities, you open yourself up to exploring new aspects of yourself.

5. Watch the thoughts you feed your body. Thoughts are simply things—neither good nor bad. Hard to believe, but in and of themselves, they are neutral things. It’s the emotions you attach to your thoughts that determine how you’ll feel about a certain situation and how you’ll react. Often, we’re programmed to feel a certain way; how we’ve seen significant others express their emotions and react in certain situations may color how we learn to feel and react. Some people see change and uncertainty as a challenge and an opportunity and embrace that.

“Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark.” - Dan Millman

HEALTH AND FITNESS



"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she function well physically as well as mentally.

Factor Affecting our Health and Fitness :

Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities.

In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level.

Role of Nutritious Diet on our Health and Fitness :

The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing

various tasks. Vitamin and minerals help in building bones and boosting our immune system.

However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keep body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in cleaning inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases.

Impact of Exercise on our Health :

Routine exercise helps improve our muscle

power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement.



DARIUS LAL
- 11D

We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous Gym activities. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc keeps our body fit. Regular exercise maintains our body shape.

Meditation, Yoga, and Health :

Meditation and yoga are part of our life from ancient time. They not only make us physically fit but mentally strong as well. Meditation improves our concentration level. Our mind gets relaxed and thinking becomes positive.

A healthy mind is key for a healthy body. Yoga makes us stress free and improves the endurance power of the mind. Yoga controls our blood pressure. With yoga, a strong bond with nature is established. Meditation is considered the best way to fight depression. "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." - Buddha



DID YOU KNOW?

1. The Chewing gum is banned in Singapore
2. The most spoken language is Chinese
3. The full form of MP is megapixel
4. Giant clam is a marine being which give birth to 500 million clams
5. The cost of making 1 rupee is 1.11 rupees.
6. Goosebumps are meant to ward off predators
7. The moon has moonquakes
8. The word 'bankrupt' comes from the Italian term 'broken bench'



NISARG PATEL
- 8D

EPITravel PORTUGAL

Portugal or The Portuguese Republic is a country situated on the Iberian Peninsula, in the region of the southern Western Europe. Portugal is the oldest nation state on the Iberian Peninsula and its territory having been invaded and fought since prehistoric times.

LISBON

Lisbon is the capital and the largest city of Portugal. Lisbon has a population of 2 million people being the 10th most populous urban area in the European Union. Lisbon lies in the western Iberian Peninsula on the Atlantic Ocean. The westernmost part of the Lisbon is occupied by the Monsanto Forest Park, One of the largest park in Portugal.



FARO DISTRICT

Faro District is the southernmost district of Portugal, coincident with Algarve. Before the definitive integration of the canons into the Roman Empire, during the period from 200 BC to 141BC they were under the strong influence of the romans, but enjoyed a high degree of autonomy.



PORTO

Porto is second largest city in Portugal and one of the Iberian Peninsula's major urban areas. Located along the Douro River estuary in northern Portugal, Porto is one of the oldest centres, and its core was proclaimed by

UNESCO in 1996. Over the years Porto has experienced significant tourism increases. Porto won the European Best Destination 2012, 2014, 2017 awards. The Francesinha is the most famous popular native snack food in Porto.



BELEM

Belém is famous as the place from which many of the great Portuguese explorers set off on their voyages of discovery. This is the place Vasco da Gama departed for India in 1497 and Pedro Álvares Cabral departed for Brazil in 1499. It is also a former royal residence now occupied by the President of Portugal. Belém's most feature is its tower, Torre de Belém, whose image is much used by Lisbon's tourist board.



CUISINE

Portuguese cuisine is very diverse. The Portuguese consume a lot of dry cod, for which there are many or hundreds of recipes.



There are many recipes of cod dishes one for each day. Fishes such as grilled sardines and caldeirada, a tomato based stew that can be made from several types of fish with vegetables and herbs.



ASHVALA ANUJ
-11C

Today the country is known by the wine lovers and its wines. Port wine and Madeira wine are particularly appreciated in a wide range of places around the world.



CLIMATE

Portugal is mainly characterized by a Mediterranean climate, but has other climatic characteristics such as a temperate maritime climate in the mountains located in the northern western sector and also in some high altitude zones.

Snowfalls occur regularly in the winter in the interior North and Centre of the country in some districts, particularly on the mountains.

CURRENCY

Euro is the official currency in Portugal. Before Euro, Escudo was the legally accepted currency in Portugal. Euro came into effect in 1 January 1999 but was removed from the circulation on 28 February 2002.



World Wildlife Day



The World is full of amazing creatures from every possible medium. From the birds of the air to the majestic whales of the sea, wildlife abounds in the most unusual and unexpected places. Wildlife benefits us in many ways and has since timed out of mind. World Wildlife Day is a day to remind us of our responsibilities to our world and the lifeforms we share it with. In fact, we're far outnumbered by other living things, from animals and plants to fungi and bacteria. Wildlife isn't just something that we passively observe; it's part of our world, and something we need to care for. World Wildlife Day is your chance to celebrate all wildlife, from the smallest insect to blue whales.

This day is all about raising awareness of wild flora and fauna across the world. Whether

you love animals, you're passionate about plants, or you're concerned about climate change, it's the day that you can use to educate yourself or others. You can celebrate the incredible biodiversity across the world and perhaps get out there to explore the huge range of flora and fauna the world has to offer. Celebrating World Wildlife Day is a must for anyone who loves our planet. World Wildlife Day is celebrated to raise awareness among people about the world's flora and fauna on March 3rd every year. On the 20th Of December 2013, the United Nation in its 68th assembly decided to observe 3rd March as World Wilde Life Day. This year (2021) the Theme was "Forests and Livelihoods: sustaining people and planet".

History of World Wildlife Day

On March 3rd, 1973 the United Nations General Assembly took a stand to protect Endangered Species throughout the world. Whether plant or animal, the importance of these species in every area of human life, from culinary to medical, could not be understated. CITES was put into place (Convention on International Trade in Endangered Species) to ensure that the world did not continue to hemorrhage species that would never be seen from again. On December 20th, 2013 another step was taken to help spread awareness of the fragility of endangered species in the world. At its 68th session, the UN declared that each year World Wildlife Day would be dedicated to a new purpose and idea to help keep people abreast of the changing nature of our world, and the treasures we stand to lose from the animal and plant kingdom if we don't take care.



JOSHUA GEORGE
VENGAL - 7B

Some of the ways we can prevent that are, we must use the environment with overusing the substances given by the environment, reduce the use of water in your home and garden so that animals that live in or near water can have a better chance of survival, do not buy plastic products etc. There are few things as important as making sure that the world's biosphere remains healthy, every time we lose a plant or animal, we have no way of knowing if a cure for a disease or some new medical breakthrough was lost with them. World Wildlife Day is your opportunity to do your part in preserving our world.

Raja Chari: Indian-American astronaut selected for manned mission to the Moon



"Life is not only merriment, it is desire and determination."

Raja Jon Vurputoor Chari, an Indian-American US Air Force colonel, is among 18 astronauts, half of them women, who have been selected by NASA for its ambitious manned mission to the Moon and beyond. Chari was born on June 24, 1977. He was raised in Cedar Falls, Iowa and attended Columbus High School. In 1999, he graduated from the U.S. Air Force Academy with a bachelor's degree in aeronautical engineering and engineering science, with a minor in mathematics. He received a fellowship at the Massachusetts Institute of Technology, where he studied automated orbital rendezvous and earned a master's degree in astronautics and aeronautics.

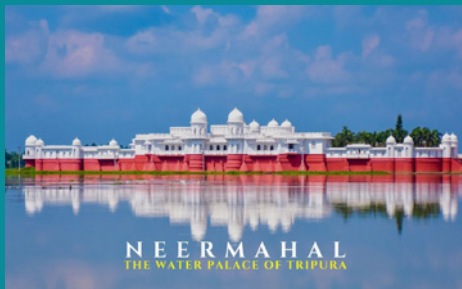
DISCOVER india TRIPURA

"We travel not to escape life, but for life not to escape us."

Rich in gorgeous landscapes, crystalline waterfalls, awe-inspiring mountains, dense forests, and a generous sprinkling of history and tradition, Tripura is one of the seven sisters in the North-East India. Tripura was once home to the famous Manikya tribe, which resulted in the conception of a plethora of varied archaeological monuments and structures in the state, all of which attest to the rich cultural and traditional past of Tripura. The state exhibits a unique blend of traditional tribal culture with a little more modern Bengali culture, giving rise to a harmonious cultural ambience that you will not find anywhere else in the country.

Come, let's explore the beauty of Tripura!!

Neermahal:- Neermahal, the Water Palace is a former royal palace built by King Bir Bikram Kishore Manikya Bahadur of the erstwhile Kingdom of Tripura, India in the middle of the lake Rudrasagar in 1930 and was completed by 1938. Known as 'lake palace' of Tripura, Neer-Mahal was constructed as a summer residence. It was Maharaja Bir Bikram Manikya Bahadur's idea to build a palace in the beautiful Rudrasagar lake. The palace is the largest of its kind in India and the only one in Eastern India.



Unokotiswara Kal Bhairava:- The central Shiva head is a rock cut carving of a height of 30 feet, including a headdress of 10 feet. A female figure and Goddess Durga are

seen on the headdress. This carving is part of the multiple carvings and sculptures on the hill. It is said that beautifully carved forest landscape of Unakoti built between 7th to 9th centuries CE is a sight to behold.

Ujjayanta Palace:- The gleaming white Ujjayanta Palace located in the capital city of Agartala evokes the age of Tripura Maharajas. The name Ujjayanta Palace was given by Nobel Laureate Rabindranath Tagore. It is a unique experience to witness history and royal splendour within the walls of Ujjayanta Palace. The palace has three domes each 86 feet high, stunning tile floors, curved wooden ceilings and wonderfully crafted doors. There are many temples set around the Palace. Floodlight in the evening enhances the attraction of this site.



Gumti River:- It originates from Dumur in the northeastern hilly region of Tripura state of India. From its source it flows about 150 km along a meandering course through the hills, turns west and enters Bangladesh near Katak Bazar. The Gumti is a hilly river having a strong current. During the rains its average breadth is about 100m, it is full from bank to bank and the current is rapid. But during the winter it shrinks and becomes fordable at most places. The river is not navigable by large boats.

Dumala twisa:- It is located at the peak of Atharamura hill range of Champahour Khowai, Tripura. One needs to hike to reach the Dumala waterfall. It is a popular location for both picnic and trekking, and the best part of the waterfall is a tiny pool at the bottom of

it. The pleasant view along with hymns of the birds make dumala waterfalls mesmerising to behold.



Pilak Archaeological field:- Nestled amidst lush green paddy fields, Pilak in South Tripura's Belonia sub-division, is a popular tourist stopover. It is noted for its archaeological relics and art-like statues, carvings, stone stupas and terracotta plaques that bear resemblance to moulded plaques recovered from Paharpur and Mainamati.

Jampui Hills:- Famous for its wonderful Orange Festival, Jampui Hills is the highest hill range of Tripura. It is located at an altitude of 3000 ft above the sea level and is situated in the North Tripura District. Orange plantation is the primary occupation of the people here. The predominant tribes inhabiting the hills are Lushais and Reangs. The hill offers mesmerizing views of the nearby places. The views of sunrise and sunset from the hill are simply breath taking. There are several view points on the hill which offer fantastic views of the Chittagong Hill Tracts and the Kanchanpur-Dasda valley.

Tripura is more than just its breath taking beauty; it is an illustration of a long and varied legacy of history and tradition. It truly holds the glory of the legacy of Discover India.





JOSHWA ALVIN
CARDOZA - 8C

In ancient times the king had his men place a huge rock on a roadway. He then hid in the bushes and watched to see if anyone would try to move the rock out of the way. Some of the king's wealthiest merchants and courtiers passed by and simply walked around it. Many blamed the king for not keeping the roads clear but none of them did anything about getting the stone removed. So, it happened that on that day a peasant came along carrying vegetables. Upon approaching the rock, the peasant laid down his burden and tried to push the rock out of

the way. After much straining and pushing he finally managed. After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the rock had been. The purse contained many gold coins and a not from the King. Explaining that the gold was for the person who removed the rock from the road.

So, you see in life every obstacle we come across gives us an opportunity, an opportunity to improve our circumstances and while the lazy complain, others will

create opportunities through their kind hearts, generosity and willingness to get things done. So, see in every problem as an opportunity and a chance to get better and to grow.

An arrow can only be shot by pulling it backwards. When life is dragging us back with obstacles, difficulties & challenges, it may only mean that it is preparing to launch us into something great. So, stay focused and keep aiming my friends.

What would it be to live in a 4D WORLD



The world we live in is called the Three Dimensional World or more commonly known as the 3-D World. What is meant by this is that our World(the world we can see and observe) is made up 3 things: Length, Breadth and Height. Many scientist believe that there are other worlds where there are other constructional parameters than length, breadth and height. These worlds are called as Higher Dimensional Worlds. But to visualize the 4th Dimensional world and other higher dimensional worlds is not that easy. So to imagine how the higher dimensions might look like, we must understand how lower dimensions look like from our world and apply the same logic to understand the construction of the 4th dimension. There are certain things that must be noted and kept in mind to help visualize the higher dimensions. First is the effect of light when visualizing an object. For instance, if you view a sphere in a dimly lit room, all you will see is a circular

object with faded sides/circumference. But if you increase the intensity of light you will start the sphere. i.e light plays a crucial part in revealing the dimension of a structure.

Second one is the perception of size. How do you tell that an object is far from you or near you? Your brain can make this calculation in mere seconds by telling you that a farther object looks smaller than when the object is kept nearer. But what if as the object moves away from you it starts increasing in size proportionally. Your brain will start failing you, your senses will no longer give you correct results, for your basic knowledge of size is now not proving to be correct!

NO past present or future :- Time is also a parameter in the construction of the universe! When we assume that Time is a dimensional parameter the way the universe works completely changes. This means that

in a 4th dimensional world time is actually a physical quantity that can be touched and felt. This means that a person living in the 4th dimension will never have distinctive past, present and future. This is because time is a physical quantity in that world. So if you move forward by 5 years in the dimension of time and again move backward by 5 years, you would have seen the future and still be in the present. To put this into a simple simple statement, it means that The concept of past, present and future is meaningless in the 4th dimension.

A world filled with Animate materials:- Today's three-dimensional material world is made from passive, inanimate materials like brick, steel and glass. Four-dimensional structures are made from active, animated, so-called 'smart materials' which move autonomously – swelling, shrinking or bending in reaction to a stimulus – combined with passive materials. That allows them to move and change shape without robotics, electronics or engines: instead, they are triggered by changes in the material's environment, such as heat, light, moisture, electricity, magnetism, physical forces or chemicals.

The possibility of a multiverse sounds rather imaginative but so did the concept of black holes and quasars until 200-300 years ago. So we cannot restrict our imagination, because it is the greatest tool we have at our disposal that we can use to understand nature and unlock the mysteries of the universe...!!!



All-women crew of MT Swarna Krishna makes history: The Shipping Corporation of India, as a part of its ongoing Diamond Jubilee celebrations and also to commemorate the International Women's Day on March 8, 2021, achieved another feat when Mansukh Mandaviya, Minister of State (Independent Charge) for Ports, Shipping & Waterways, virtually flagged off the 'All Women Officers' Sailing' on MT Swarna Krishna – SCI's product carrier from JNPT Liquid Berth Jetty on March 6, 2021," This is the first time in the world maritime history that a ship is being sailed by all women officers.



President Kovind lays emphasis on greater girls' participation in technical education: President Ram Nath Kovind has laid emphasis on encouraging girls to pursue technical education and excel in the same manner as they do in other areas.

Addressing the 18th convocation of National Institute of Technology, Rourkela, President said, "our girls should be encouraged to pursue technical education and excel in the same manner as they do in other areas. The country needs more of our girls to pursue higher education, especially in science, technology, engineering and mathematics." Out of seven gold medals conferred on NIT, Rourkela students, three had gone to girl students. "It has been observed that the enrolment of women in technical and scientific disciplines is low. According to a recent survey, enrolment of women in engineering and technical institutes across India is only about 20%.



India has world's fourth strongest military, finds Military Direct's study: China has the strongest military force in the world while India stands at number four, according to a study released by defence website Military Direct."The USA, despite their enormous military budgets, comes in 2nd place with 74 points, followed by Russia with 69, India at 61 and then France with 58. The U.K. just about makes the Top 10, coming in 9th place with a score of 43,"The study said "ultimate military strength index" was calculated after taking into consideration various factors including budgets, number of inactive and active military personnel, total air, sea, land and nuclear resources, average salaries, and weight of equipment.



COVID-19-induced school closures affected 25 crore Indian children: UNICEF study: Closure of 1.5 million schools due to coronavirus pandemic and the resultant lockdowns in 2020 impacted 247 million children enrolled in elementary and secondary schools in India, a UNICEF report has found. Globally, schools for more than 168 million children have been completely closed for almost a full year. The report stated that online education is not an option for all as only one in four children has access to digital devices and internet connectivity. Pre-COVID, only a quarter of households (24%) in India had access to the internet and there is a large rural-urban and gender divide.



75 years of freedom: Celebrations will revolve around five themes, says PM: Prime Minister Narendra Modi said when India commemorates its 75 years of independence, the country will take "bold steps" to achieve targets that seemed

impossible at some point, and emphasised that celebrations should be based on public participation. Modi also said that the celebrations must reflect the spirit of the country's freedom movement and showcase its achievements to the world since 1947. The "celebrations can be divided into five sub-heads- freedom struggle, ideas at 75, achievements at 75, actions at 75 and resolve at 75", he said at the virtual meeting. The prime minister said that this festival of 75 years of independence should be a festival in which the spirit of the freedom struggle can be experienced and should pay a tribute to freedom fighters.



Army likely to start using SAI for internal communications from April 1: The Indian Army is likely to start using SAI (Secure Application for Internet), a messaging platform, for internal communications. Army Chief General M.M. Naravane said

the application, developed by Colonel Sai Shankar, is undergoing the process of getting cyber and security clearance and data testing. The application supports end-to-end secure voice, text and video-calling services for Android platforms over the internet.



National Urban Digital Mission launched: The Housing and Urban Affairs Ministry launched the National Urban Digital Mission, which was aimed at creating a shared digital infrastructure for cities. The Ministry also launched the India Urban Data Exchange, which was developed by the Smart Cities Mission and

the Indian Institute of Science, Bengaluru. The open-source platform would allow data providers and users to share and access datasets regarding cities.

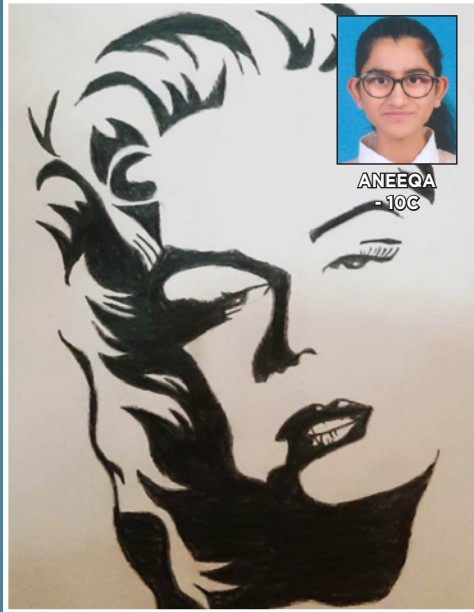
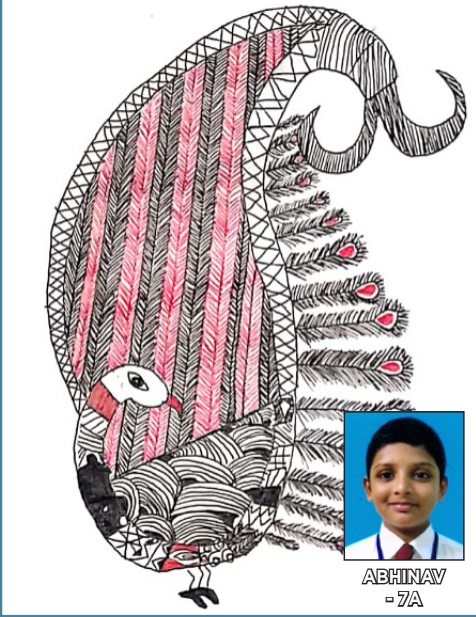
Anjali Bharadwaj among 12 people named by Biden admin for newly-instituted anti-corruption award:



Anjali Bharadwaj, an Indian social activist working on issues of transparency and accountability, is one of the 12 "courageous" individuals named by the Biden administration for the newly-

instituted International Anti-Corruption Champions Award. According to the State Department, Ms. Bharadwaj, 48, has served as an active member of the Right to Information Movement in India for over two decades.

Art Gallery



EPictionary

- 1. Intuitive** - agreeing with what seems naturally right
Used in sentence: An intuitive argument is not communicable and therefore it is no argument at all.
- 2. Tutelary** - having the guardianship of a person or a thing
Used in sentence : He has since been worshipped as the tutelary god of the Chinese tea merchants.
- 3. Breviloquent** - speaking or expressed in a concise; using brevity of speech
Used in sentence: Usually he was breviloquent, but he went into great detail when describing his favorite book.
- 4. Verdigris** - A bright bluish-green encrustation or patina formed on copper or brass by atmospheric oxidation
Used in sentence : The exposed areas will become green with verdigris, while the sheltered ones will darken.
- 5. Prerogative** - an exclusive or special right, power, or privilege
Used in sentence: We walk humbly before God, not claiming divine assurances as our own prerogative.
- 6. Cynosure** - something that strongly attracts attention by its brilliance, interest, etc
Used in sentence: This 19-year-old South African athlete, who took to swimming at the age of six, out of love, was the cynosure of the capacity crowd at the swimming pool.
- 7. Ductile** - easily led or influenced
Used in sentence: Sudden cooling makes the metal extremely ductile, and slow cooling makes it brittle.
- 8. Ombudsman** - an official appointed to investigate individuals' complaints against a company or organization, especially a public authority.
Used in sentence: You can complain to the local government ombudsman at any time.
- 9. Benignity** - a good deed or favour; an instance of kindness
Used in sentence: Students and their parents have done the reflection through the experience of benignity and care of life.
- 10. Euphoric** - a feeling of intense excitement and happiness.
Used in sentence: As soon as the countdown to the new year party began we were euphoric.



World Happiness Day



AAREFA ABIZAR
- 6A

"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."

The International Day of Happiness is celebrated throughout the world on the 20th of March. It was established by the United Nations General Assembly on 28th June 2012. It is a UN designated day dedicated to the "importance of happiness in people's life".

Have you ever wondered, what is happiness, why is it important to be happy? Happiness is the feeling of truly enjoying your life, and the desire to make the very best of it. Happiness is the "secret sauce" that can help us be and do our best. Happiness is different for everyone, for some people happiness maybe to sit in their balcony and hear the birds chirp, for some it could be to sit on the beach and hear the waves, for some it may be the aroma of a freshly baked cake and for a few others it can be watching their favourite TV show...so you see, happiness is different is different for everyone. But one thing that every person finds his or her happiness in is spending time with their loved ones. The benefits of been happy are numerous -

- Happiness reduces stress
- It has been tied to better heart health
- It can boost your immune system
- Happiness plays a key role in extending one's life.
- Happiness makes you more productive and creative
- People with a positive and happy attitude are more successful.

Happiness is about forgiving yourself for all your so-called mistakes and failures. It's about making peace with all your flaws and all your imperfections and accepting yourself just as you are. This is why happiness is important. It has its benefits and also makes are day. So remember - Always stay happy and don't forget to smile. Celebrate all the amazing moments in your life in smallest way.

"Happiness is when what you think, what you say and what you do are in harmony"



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