



EPICS



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THE INDIAN
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SCHOOL (SENIOR)
KUWAIT

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

NOVEMBER 2020



PRINCIPAL'S MESSAGE

Dear Children,

I know that you are in a relaxed mood after a successful first terminal examination. In this pandemic time, never forget about exercise, which is very important for your health. Do

some exercise regularly at home which will boost your concentration and release the stress too. In this edition, let's discuss about mindfulness method to improve our well-being.

Most of us tend to go through our daily routines in a similar manner every day. We are so used to this daily rhythm, to the point where our actions can become automatic - we can go through a whole day in that robotic fashion, following the same fixed orders our brain sends us. But shouldn't you be the one in control of your mind rather than vice versa?

Mindfulness can be described as the practice of paying attention in the present moment, and doing it intentionally and with non-judgement. Here we are discussing 5 moments in life in which mindfulness can be helpful, with practical tips on how to implement it. Let us discuss 5 mindfulness methods that will improve our well-being!

1. Mindful Morning Routine - Set a Goal for the Day

When we get out of bed mindlessly in the morning, without a guiding thought or a specific goal for the day, we give our minds "permission" to operate through the subconscious. When that happens, our decision-making process is aimless and can feel random or meaningless. You can overcome that feeling by creating a mindful morning routine. Instead of doing the morning routine activities.

- a. **When you wake up, sit up in bed for a few moments** - Close your eyes and feel the sensation in your body when you are sitting up. Feel the weight of your body and the softness of your bed. Make sure you are sitting up straight.
- b. **Take 3 deep breaths** - Inhale through the nose, exhale through the mouth. After that, let your breath take its natural course and listen to it. Pay attention to the movements happening in your body when you breathe - how your chest and abdomen rise and fall.
- c. **Ask yourself 'What are my intentions today?'** - Think of the people you are about to see today and the activities and tasks you will do. What are your intentions? Maybe leaving others with a positive impression of you? Or feeling more at ease in your interactions?
- d. **Set a goal for the rest of the day** - For example, "Today I will be kind to myself, joyful and patient with those around me".
- e. **Check on yourself during the day** - Stop what you are doing from time to time, take a breath and remind yourself of the goal you set in the morning.

Practicing these steps over time can lead to an overall improvement in your mood, and in your relationships.

2. Mindful Eating - Enjoy Every Bite

It's easy to get distracted while eating and to get in a rhythm of just chewing and swallowing. However, eating is one of the most pleasurable moments in our day and eating mindfully will allow you to have a richer, more satisfying experience. Moreover, it's a good way of controlling the quantity of food you consume, as each bite will become more meaningful and important in your mind. These are the steps for mindful eating:

- a. **Breathe before starting to eat** - Busy schedules make us go from one task to the next without taking a moment to breathe in between. Have that awareness in mind, and before you start your meal take a moment to breathe deeply, calm down, and let your body transition to a state of eating. Sit comfortably, slowly take 8-10 breaths and only then go on to the next stage.
- b. **Listen to your body** - After breathing, gain awareness of your physical sensations, mainly in the stomach. Ask yourself "How hungry am I on a scale of 1-10?". Try not to think of the last time you ate and just listen to your physical sensations in the present moment.
- c. **Eat according to your hunger level** - Now that you are aware of your feeling of hunger and its reasons, you can choose better what and how much you want to eat.
- d. **Eat calmly** - Don't try to finish the meal quickly. Eat slowly and breathe between bites.
- e. **If you aren't enjoying, don't force yourself to continue** - During the first 3 bites, feel the taste and texture of the food and think of how much enjoyment you are getting from what you are consuming. If you find that you aren't experiencing joy, simply stop eating. You will find that if you practice this step - even sweets, sometimes become less appealing.

3. Fall Asleep Mindfully - Meditate for Better Sleep

The busier our lives, the harder it can get to fall asleep. A constant stream of thoughts and worries is washing over our minds as we try to unwind. Falling asleep mindfully, which has proven helpful to a large part of the population, is done through practicing meditation before bed.

- a. **Dim the Lights** - You should do this as early as one hour before your planned sleep time. Lighting plays an important part in calming our thoughts.
- b. **Avoid Screens** - Once you have deemed the lights, you can engage in a relaxing activity outside of your bed, but try not to look at any screens - phone, computer or TV. The light they produce can keep you awake and alert.
- c. **Meditate** - 10 minutes before bedtime, begin a focused mindfulness exercise. If you are new to meditation, there are many videos available in you tube to help you get started.

Practice these mindfulness activities daily and remaining points will be discussed in the next edition. Wish you all the best Children.

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EDITORS' NOTE

Greetings from the editorial board.

Dear children,

Hope your first terminal examination has gone well. Here's a story to read and reflect....

HAVE AN ATTITUDE OF GRATITUDE

Nearby, a building construction work was going on. Lots of poor labourers were working there and their small children used to hold on to one another's shirt and were playing "train-train".

Someone would become the engine and others would become bogies. Every day, these children used to take turns becoming the engine and bogies.

But, there was one small boy wearing only a half pant who used to hold one small green cloth in his hand and become the guard daily.

So, once I went to him and asked him .."son, don't u also wish to become an engine or a bogie some time?"

He softly replied, "Sir , I don't have a shirt to wear so how will the other children catch me to make the train?! I could see the slight wetness in his eyes.

But, it gave me a lesson.... he could have cried and sat at home and abused his parents for not affording to buy him a shirt. But instead, he chose another way to play and enjoy himself..

In life, we do not get all things we desire and we keep complaining..

I don't have a bike, I don't have car , I don't have this or that etc. Life is like that .we need to make it beautiful and be grateful for what we have .

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



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Sona Sunish



A PEACEFUL WORLD: A DREAM COME TRUE

Imagine an atmosphere, where all are together without any type of disturbance, It would be a dream come true! No religion is discriminated, no woman is abused, no poverty prevails, people have mutual love and respect, the world to be precise, would be the actual heaven. Peace is a concept of friendship and harmony in the absence of hostility and violence. How can we build up Peace in our world, is a question which we should go deep into. Once mother Theresa said "What can you do to promote world peace? Go home and love your family." Yes, A change in the family leads to a change in society and then step by step into the world.



HILAL SALIM
- 11A

Now let's see what we can individually do to promote peace in our community.

Be your authentic self:- Stay true to who you are. Accept your identity and your body and improve your character, Rather than trying to minimize your faults, work on celebrating yourself and bringing the best possible version of you.

Practice the joy of giving to others. Generosity will improve others' lives and your mood. Charity and love are the two components which are more than enough to promote World peace. When you are ready to give, the greed in you will subside and this greed is the sole reason for distress in our world.

Let's Look within us:- Peace starts within you. Ordinary citizens can make a difference. Think about who loses when you win. Are the people around you heard and respected or marginalized, ignored and left out? Make a decision to care about what happens to them. Start a constructive conversation with someone you disagree with.

Acceptance:- The basic thing which all have to learn is 'Acceptance'. When there is an objection on a topic, many people get the feeling of complexity that their remark on it seems to be irrelevant. But many are not thinking in this way. If we accept it, then half of the problem is over, because 'Acceptance is a key of learning'.

Violence is not an answer for everything. Let us change that point of view and make the fantasy of 'A PEACEFUL WORLD' come true !!

STUDENT TEACHERS AT ICSK SENIOR HONOUR THEIR GURUS WITH SELF GOVERNANCE DAY

The ICSK Senior, during this pandemic, has proactively set a virtual stage open to all the children of grade 12 of ICSK Senior, who ran the school hours for the day by adorning the role of student-teachers and effectively engaging the classes for the day. The student teachers were well prepared with their lesson plans a week before the day. Classes on the virtual platform were packed with vibrant and apt power point presentations, subject oriented and fun quizzes and the like.

The Self Governance Day was celebrated on 12th November 2020 through the virtual platform in connection with Teacher's Day. The customary proceedings of the day began with the special assembly that was organized and conducted by the School Senate. The assembly was witnessed by the Principal and Senior Administrator Dr. V. Binumon, Vice Principal Mrs. Susan Rajesh, Deputy Vice Principal Mrs. Mini Shaji, Senate Advisor Mrs. Indira Radhakrishnan and the entire staff and children of ICSK Senior, through the virtual platform. The virtual platform saw an enthusiastic participation of more than 1000 students on the virtual platform. Ms. Danielle, Winners House Captain and Master Ashwin, Vicotrs House Captain were the hosts for the special assembly. Ms. Mariam the Arts Club Secretary started the day with the Islamic prayer and the translation by Master Fazil, Achievers House Captain followed by the school prayer and Kuwait National Anthem.

The Asst. Winners House Captain Master Audrey Lewis shared the word of the day. Master Deepak Devendra, Vice President presented the quote for the day and its Hindi translation was presented by the Asst. Sports Captain, Ms. Muskan. The Ast. Arts Club Secretary, Ms. Surabhi and Asst. Leaders House Captain, Ms. Sanjana updated the current affairs with the news for the day. Master Johann Premjith, the Asst. Student Editor enlightened the crowd with an absolute mind bogging speech.

The entertainment quotient was introduced by Master Zachariah with a mesmerizing instrumental on the piano portraying a Turkish composition followed by a very ethereal dance performance by Ms. Anjana. The Student Editor, Master Joven elevated the mood of the audience with the rendition of a mellifluous song.

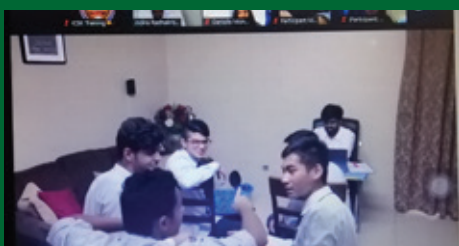
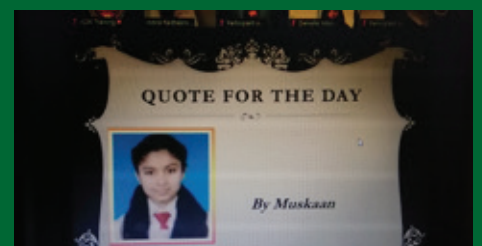
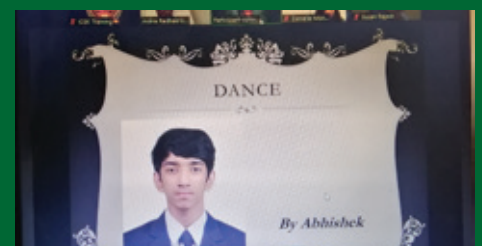
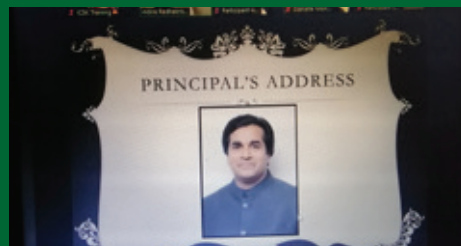
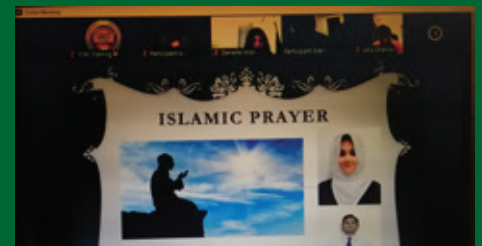
Master Cebin Biju the School President for the year 2020, shared a very inspirational speech to the audience. It was followed by a very peppy dance number by Master Abhishek Kovil, which left the whole audience tapping their foot in awe.

Dr. V. Binumon, Principal of ICSK Senior appreciated all the senate members and the performers for their wonderful presentations and performances. The school pledge was administered to all the children by The Sports Captain, Master Arnold which was followed by the Indian National Anthem.

The School Senate held a session exclusively for the teachers where special and unique programmes were staged by the members of the Senate for the teachers of ICSK Senior. Ms. Rachel Susan rendered a very beautiful song and Master Isaac Thomas exhibited a solo performance on the keyboard playing a very soothing music. The Asst. Achievers

House Captain, Master Ashton and The Asst. Victors House Captain, Master Niyanth organized a very interesting game named "Guess The Personality" for the teachers. All the teachers actively participated in the same.

The Vice President, Master Jesu Joel George entertained the crowd with a solo drum performance. All the children expressed their sincere love, affection, respect and gratitude through a video presentation made by the children themselves. Master Anooj and Master Vignesh performed a group drum. The EPICS team children, Master Joven, Master Johann, Master Vignesh, Ms. Kavya and Ms. Srilakshmi expressed their gratitude to all the teachers and also there was a musical dance performance as a token of love to all the teachers of ICSK Senior. The Senate team showcased a short skit depicting their school life. The programme was wound up with a thanksgiving speech by the School President Master. Cebin Biju Panicker.



The power of Overcoming Fear



"The brave man is not he who does not feel afraid, but he who conquers that fear."-- Nelson Mandela

Fear is an emotion created by your mind based on real or imagined threats. Overcoming fear may sound easier said than done. When you are in the thick of fear, it's hard to see a way out. The good news is that, because you are the root cause of your fears, you are also the solution to them.

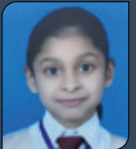
I. Recite Positive Affirmations

Positive affirmations can be used to combat almost any negative thought pattern, which can be very helpful when you want to learn how to overcome fear. Using them to help challenge your fears can help re-train your brain and have your fears reframed as powerful statements.

II. Practice Gratitude

If you want to learn how to overcome fear,

gratitude is key. When you are experiencing difficult times in life, it's easy to drop into fear. Everything feels overwhelming. In that energetic space, it can be hard to stay grounded.



AFRAH - 7C

III. Continually remind yourself that you are part of something larger than you.

Fear often has to do with worrying about uncertainty, feeling out of control, and wondering what your life's purpose is. When you realize you are part of a bigger picture, even if you don't fully understand what that is, it's easier to ascertain that you both deserve and need to be successful and happy.

IV. Confront your fears immediately

Your ability to confront, deal with, and act in spite of your fears is the key to happiness and success. One of the best exercises you can practice is to identify a person or situation in your life of which you are afraid and resolve to deal with that fear situation immediately.

Importance of Productivity in our Daily Life



'Focus on being productive instead of busy'- Timothy Ferris

Productivity is a measure of efficiency of a person completing a task. We often assume that productivity means getting more things done each day. Wrong Productivity is getting important things done consistently. And no matter what you are working on, there are only a few things that are truly important. Being productive is about maintaining a steady, average speed on a few things, not maximum speed on everything.

Step 1: Manage your energy, not your

time.

If you take a moment to think about it, you'll probably realize that you are better at doing certain tasks at certain times. What type of energy do you have in the morning? Afternoon? Evening? Determine what tasks each energy level and time of day are best suited for.

Step 2: Work in a cool place.

Have you ever felt uncomfortable in a hot room? Turning the temperature down or moving to a cooler place is an easy way to focus your mind and body.

Step 3: Sit up or stand up.

When you sit hunched over, your chest is in a collapsed position and your diaphragm is pressing against the bottom of your lungs, which hinders your ability to breathe easily and deeply. Sit up straight or stand up and you'll find that you can breathe easier and more fully. As a result, your brain will get more oxygen and you'll be able to concentrate better.



FAWAZ AHMAD IMRAN
AMEERJAN - 8B

Step 4: Avoid Procrastination:

Procrastinating things or your daily activities can destroy your routine and lead to frustration and depression which is due to a lot of stress and burden in the last minute.

Why is productivity so important?

In simple terms, productivity is important because you can get more done. If you're a productive person, you can do more with less time. That means you can take on harder, more important tasks. It also means that you have more time to do the things you enjoy like hobbies or spending time with your family and friends.

November 14 - Children's Day



Pandit Jawaharlal Nehru once said "The children of today will make the India of tomorrow. The way we bring them up will determine the future of the country." Every year, on 14th November, India pays tribute to the first Prime Minister Pandit Jawaharlal Nehru by celebrating his birth anniversary on Children's Day.

On this day, everyone reminisces him for his contribution towards building the nation and for his love for kids. "I may not have time for adults, but I have enough time for children." "The only way to reform them is to win them

over with love. In these lines of Nehru, lies the love and affection he possessed for children. It was also because of his extra warmth towards children that people fondly remember him as 'Chacha Nehru'. On this day, chocolates and gifts are often distributed among children, while schools organize different events. It is also a common practice to distribute gifts like clothes, toys and books to orphan children on this day.

Born in 1889, Pandit Nehru was also known for his popularity among kids. His books on Indian history and world history is read by school children and have also been adopted

into TV series. The contribution of Pandit Jawaharlal Nehru, the first Prime Minister of India, towards education in India is huge. Not many know that he played an important role in shaping country's education sector. He strongly believed in scientific knowledge and propagated reasoning and rationality as the basis of all learning. Being West-educated himself, he believed English education helped broaden India's horizons. Being an advocate of development and education of children in the country, Nehru oversaw the establishment of some of the most prominent educational institutions in India.

Through his vision for the development of youth, he helped in setting up the All India Institute of Medical Sciences, or AIIMS, and the Indian Institutes of Technology (IIT). With that, he even initiated the establishment of the Indian Institutes of Management (IIM). Nehru also laid the foundation stone of the Motilal Nehru National Institute of Technology (MNNIT), Allahabad, in 1961.

Chachaji dedicated himself completely for the cause of the nation, from the Civil disobedience movement to Satyagraha. From jail terms to negotiating the terms of our independence he was there. He has shown us a path that can help us to reclaim our rightful position as leaders of the world. Happy Children's Day!

An Everlasting Love:- Parent's Love



"The experience of love in childhood is of profound importance, and parental warmth is a key factor," said Vander Weele.

Parental love is the only love that is selfless,

unconditional and forgiving. For us they sacrifice the most precious times of their life. They cut out a big and prestigious part of their lives to give us the comfort of the world. They are selfless when it comes to our safety

and comfort.

Whether it's our mental, physical, social, financial, or career development, parents help us in every step of our life. When we are young, parents prepare us for the future. They work hard to prepare us for future challenges.



LOVIS POTHEN
- 6A

When we make mistakes, they're our teachers. The love of parents for their children is of great value. Had there been no support of parents we would not have smiled, laughed and became successful. Therefore, we must appreciate our parents for so many reasons. We must try to help our parents by fulfilling their desires of being successful. We must thank God for blessing us with the support, guidance and protection of our parents.

MYTHBUSTERS ON CORONAVIRUS PART 3

(Compiled from World Health Organization)



FACT: Vitamin and mineral supplements cannot cure COVID-19:-

Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system and play a vital role in promoting health and nutritional well-being. There is currently no guidance on the use of micronutrient supplements as a treatment of COVID-19.

WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19. To date, there is no evidence that very high vitamin D levels are protective against COVID-19 and consequently medical guidance is that people should not be supplementing their vitamin D levels beyond those which are currently recommended by published medical advice,

Fact: hand dryer does not kill coronavirus:-

Hand dryers can't kill the virus, according to WHO. The organization also says that UV lamps shouldn't be used to sterilize hands or other areas of the body because the radiation can irritate skin.



Fact:- if a pregnant women is tested positive for Covid 19, its less likely to transmit it to the new born.

Only About 2% to 5% of babies born to mothers with Covid-19, tested positive for coronavirus within the first four days of life, according to the American Academy of Pediatrics. But infected mothers are unlikely to pass coronavirus to their newborns when appropriate precautions are taken.

Facts: UV light does not kill coronavirus:-

While some UV light devices are used for hospital disinfection, UV light only kills germs under very specific conditions - including certain irradiation dosages and exposure

times. Two factors are required for UV light to destroy a virus: intensity and time.

The vast majority of people who have contracted the new coronavirus to date have recovered or are recovering:-

However, even a disease that 95% of people are recovering from can cause a significant number of deaths if it infects enough people. Most people with COVID-19 experience mild symptoms or moderate illness. Typically people recover from COVID-19 after 2 to 6 weeks. For some people, some symptoms may linger or recur for weeks or months following initial recovery.

Covid 19 Vaccines Updates:-

There are now 11 vaccines in the final stage of testing, however, this is also the crucial point where some experimental vaccines fail. The leading contenders are:

The University of Oxford and AstraZeneca vaccine in the UK

Pfizer and BioNTech in Germany

Bharat Biotech India

Moderna in the US

CanSino with the Beijing Institute of Biotechnology in China

Gamaleya Research Institute in Russia.



Quote Garden

- What comes easy won't last long, what lasts long won't come easy.
- Your teacher can open the door but you must enter yourself.
- Words are free. It's how you use them that may cost you.
- Never stop learning, because life never stops teaching.
- Tragedy should be utilized as a source of strength.
- Difficult road often lead to beautiful destinations.
- At the end of hardship comes happiness.



AYUSHI AISHWARYA PANIGRAHI - 9C

A TRUE STORY FROM YEMEN



How often do you check on your neighbors? This is very important as it could save a life.

This story will make you cry because it is a true story that took place in one of the neighborhoods in Sanaa, the capital city of war-torn Yemen.

There was a man who lived in a two-room house with his wife and three children. Before the war he was gainfully employed, working on a daily paid job with stable conditions of service. His family lived relatively well. But when war broke out in Yemen, it created a lot of difficulties and problems that changed everything for this family.

The man lost his job as his employers went under. He could no longer provide for his family but he went out daily with the hope of finding work to support his family. Most days he returned empty handed. So, most nights his pregnant wife and kids went to bed hungry.

One night, he came back and found his wife in severe labor pain. He rushed her to the emergency room in the hospital. But before leaving the house for the hospital, since it was late at night and he did not want to disturb the neighbors, he locked the children in from the outside as they slept peacefully.

At the hospital, the doctors, after examining his wife, informed him that his wife needed immediate Cesarean Section if mother and baby are to be saved. The complication was very bad.

He was told to pay fifty thousand Yemeni Rials to the accounts. He did not have the money, so he begged the Medical Director to authorize the operation to save his wife and baby, promising to go raise the money and pay afterwards. The Director agreed, on compassionate grounds, but insisted that the mother and baby would not be released afterwards until he paid the money. He accepted the terms and so the operation was authorized.

The man left the hospital to search for money, not knowing from who, or where he will get such huge amount of money. The country was in deep straits and everyone, including the high and mighty, was in a bad shape financially. Besides he did not know or have access to many rich people.

His mind was preoccupied with his bad state and how he could raise money to offset the hospital bill so much so that he was completely distracted and so failed to pay attention as he crossed a busy road. Right at that moment, a young man driving

a car reckless knocked him down, killing him instantly. The driver sped off to evade justice.

Some passers-by gathered and, not knowing who he was and who to contact about the accident, took the body to the morgue at Kuwait Hospital. The hospital also did not know who he was or who to contact and, therefore, tagged the body as "unknown".

After seven days at the hospital, the Director of the hospital concluded that the man had absconded, abandoning the woman and her child. He told the woman that her husband was a cheat. Not knowing why her husband did not return, the wife could not defend him. The woman wept as she expressed the hope that her husband would show up and pay up.

The story began to spread about a man who brought his wife to the hospital and abandoned her, leaving a huge bill unpaid. People whispered among themselves how irresponsible the man was. At the same time, the story of a man who was crushed to death by a hit-and-run driver as he came out of the hospital and attempted to cross the road, began to emerge.

Could the death man be the one who was thought to have absconded?

The hospital authorities investigated and established that the time of the accident tallied with the time the woman's husband stepped out of the hospital. So, the Director took the women to go and do an identification check. The dead man was indeed her missing husband. The woman was deeply shocked and completely devastated. The load was too heavy to bear. People spoke of how unfortunate she was.

Meanwhile, nobody had heard anything about the children since their father locked them in and rushed their mother to the hospital exactly a week ago. Neighbours had not seen them and nobody bothered to check on them. The house stood silent, with no sound

"Magic is believing in yourself.
If you can make that happen,
you can make anything happen".

Birthday Arcade - November



ADITHYA RAMESH
10E - NOV. 1



AAHIL ASHRAF ZAIN
11I - NOV. 1



SHREE HARI
8E - NOV. 1



YOUKTA SADVI
7E - NOV. 1



YASH GIANANI
7F - NOV. 1



ADWATH ANCHANA
11G - NOV. 2



AMAR MOHIDEEN
12F - NOV. 2



ZOYA DEEPAK
11F - NOV. 2



HASHEER ISMAIL
11J - NOV. 2



SUMAIYA ABDUL RAZZAK
10D - NOV. 2



BENHANN THOMAS
9B - NOV. 2



AASHKA ESTHER
8A - NOV. 2



THARUN JANAKIRAMAN
6A - NOV. 2



ELZA SABU
10F - NOV. 3



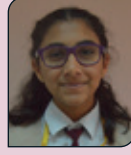
SARAYU MURUGASWAMY
12D - NOV. 3



SHIHAB MOHAMMED
12J - NOV. 3



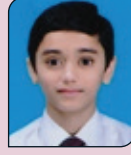
VYSHNAV SATHIS
10G - NOV. 3



NAISHA RAJESH
11A - NOV. 3



KURIAN ALEX
10A - NOV. 3



YAQOOB MOHAMMAD
8C - NOV. 3



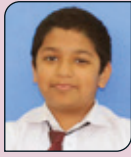
SRINIKETHAN
7D - NOV. 3



RAJARATNAM KUMAR
9F - NOV. 4



PREINEL SILFORD
10B - NOV. 4



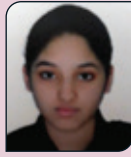
SAAD MOHAMMED
9C - NOV. 4



SAM THOMAS
6A - NOV. 4



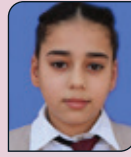
NISI MARIAM PHILIP
12B - NOV. 5



OMAIMA MOHAMMED
10G - NOV. 5



DANUSH PRIYAN
11D - NOV. 5



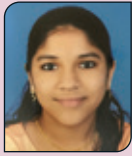
SIMRAN KAUR SANDHU
7A - NOV. 5



RAAFIYA RAFFEE
12D - NOV. 6



FATEMA ALIASGAR
9D - NOV. 6



NAKSHATHRA DILEEP
7B - NOV. 6



DIYA MARIA OOMMEN
12H - NOV. 7



SARA YASIN KHAN
9F - NOV. 7



SYED FAREED
11B - NOV. 7



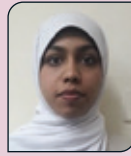
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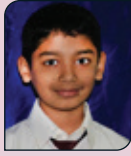
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7F - NOV. 8



AKHIL BINU KOSHY
12I - NOV. 9



AKSHAYA G.
12B - NOV. 9



BATUL ROKADIA
11D - NOV. 9



DANIEL VARGHESE
10D - NOV. 9



ABDUL AZIZ
8E - NOV. 9



MARIYAH
8E - NOV. 9



ASMI MAHESH
9D - NOV. 9



IMRAN
12J - NOV. 10



DANA MARIAM
11G - NOV. 10



AAYUSH VAIBHAV
8E - NOV. 10



MOHAMMED IMRAN
12J - NOV. 10



ROXANNE ANITA
12A - NOV. 11



BLESSEN REJI
12F - NOV. 11



ALISHA NAGEEM
12B - NOV. 11



MATHEW DILEEP
12E - NOV. 11



BATOOL AKHTAR
12K - NOV. 11



ABBAS KUTBUIDDIN
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SYED FURQAAN
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HANNAH MARIAM
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ETHAN STEVE
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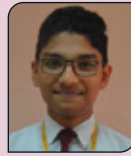
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ALLEN CHACKO ROY
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BLESSY KAVUTURU
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RIS RICHARD
12J - NOV. 14



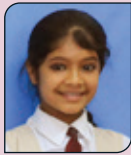
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AISHWARYA
9B - NOV. 14



ANNS ANNA BOBY
7C - NOV. 14



JANANI SREENIVASAN
10F - NOV. 15



AMATTULLAH JHINA
12E - NOV. 15



FATEMA BAZARWALA
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GOKUL SREENIVASAN
10B - NOV. 15



AARON MANOJ
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ESTHER THOMAS
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HANNAH ELSA
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SONYEL ULANDA
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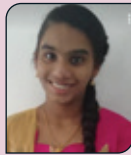
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YASOOB ABBAS
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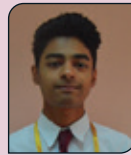
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ULPENGE DON
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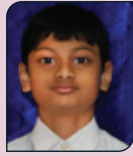
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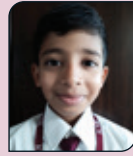
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ALLWYN REMSY
12H - NOV. 19



GOPINATH RAJASEKARAN
7A - NOV. 19



AARON BOBY
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SWETA
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IBRAHIM IMTIYAZ
8D - NOV. 19



BRITNEY
7B - NOV. 19



KYRA DEBRIS
7C - NOV. 19



AISWARYA JAISON
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MOHAMMED NIHAL K
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SHAIK UMAR BASHA
11E - NOV. 20



AHMED AJAZ K
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SOHA MARIYAM
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BURHANUDDIN
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GUNET KAUR
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KHALDOUM MUAZZAM
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NANDA KRISHNA
11K - NOV. 21



ALVIN LIAN LIJO
10A - NOV. 21



ASHMIT SRIVASTAVA
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MOHAMMED MAZIN
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NAINA SAHIB VILACK
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HATIM MERJI
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IBRAHIM SHUKAT
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MURTAZA MAIMOON
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ABEER ABRAR
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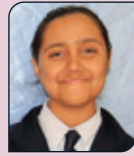
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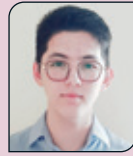
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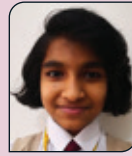
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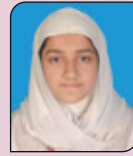
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LEON JOHNY
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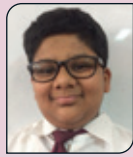
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RAYYAN MOHAMMED
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ATIFA SHABBIR
7B - NOV. 25



SHYAM THAMARAI
6A - NOV. 25



SARAH ROBERT
12C - NOV. 26



SAMUEL GLADWIN
12D - NOV. 26



HUSSAIN ABUJERR
12F - NOV. 26



KRISHMI NIMESHA
12B - NOV. 26



ANOOJ JACOB
10E - NOV. 26



ABIGALE IRENE
11C - NOV. 26



VEDANT MAYUR
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KEVIN BAIJU KOSHY
10C - NOV. 26



AFRA ANSARI
10G - NOV. 26



MANMEET SINGH
9C - NOV. 26



MUHAMMAD MOHAMMED
6A - NOV. 26



AMIR MUHAMMED
12B - NOV. 27



RON SHAJU
12E - NOV. 27



NAKSHATRA
7C - NOV. 27



ADARSH RAKESH
11A - NOV. 28



JAMILA GHADIYALI
12E - NOV. 28



JEROM THOMAS
11J - NOV. 28



ABEL MATHEW
6A - NOV. 28



ROSANNE MARIA
7C - NOV. 28



HAJERA MOHAMMED
11F - NOV. 29



AARON VARKEY
9B - NOV. 29



ALWINS MATHEWS
9F - NOV. 29



REMAS FATHIMA
7D - NOV. 29



BHAVISHYA MANISH
7E - NOV. 29



PARVAN PRASHANTH
9F - NOV. 30



MELBA MARY ABRAHAM
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VINOLA LIVEA
12F - NOV. 30



ADITYA THOMAS
12G - NOV. 30



MOHAMMAD ARSALAN
7D - NOV. 30



MEGHANA VARMA
11C - NOV. 10



IDRIS BOHRA
7D - NOV. 5



MRS. SRIKALA
DILEEP - NOV. 1



MR. SHINOJ
- NOV. 2



MRS. ANJU LAKSHMI
- NOV. 8



MRS. K. LAMBA
- NOV. 9



MRS. JAYABALA
JAYARAM - NOV. 12



MR. ALI AHMED
- NOV. 15



MR. SURESH PETER
- NOV. 20



MRS. NAGMA
- NOV. 25

Why Happiness?



"A young boy on being asked what he wanted to be when he grows up said all he desired was to be happy." We've all heard this anecdote at some point of our lives. But, have you ever stopped to wonder and question WHY?

What is happiness?

I'm 16 and I still haven't the faintest idea on what happiness is. According to me, happiness is one of the most elusive

emotions in the human brain that is not really a choice sometimes, but rather a reflex too. "Achieving goals doesn't make people happy; happy people achieve goals." That was the dumbest thing I've heard my entire life. My goal in life itself is to be happy. So, in order to achieve that goal, I have to first just magically become happy one day, and then use that happiness to achieve a goal that I have already achieved...? This makes no sense!

Have you seen a happy person set a goal? He's already happy. He doesn't need to set any targets. Then, why would he need to set a goal?

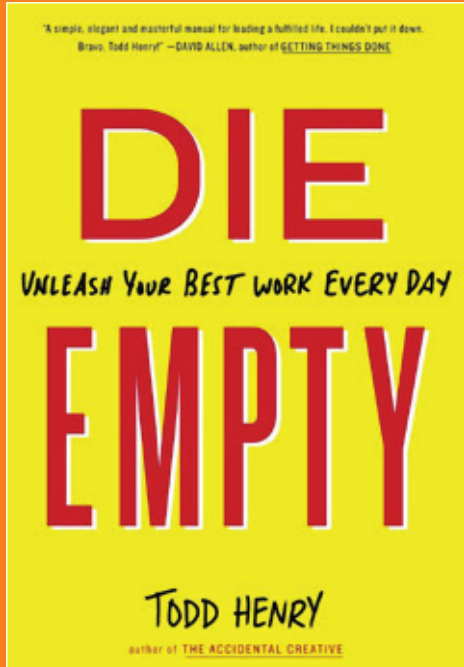


SRILAKSHMI ANNA
PURNA - 12B

Have you ever seen a person who is constantly happy? Happy people just shove their happiness down your throat all the time. I then realized... I don't think I want to be happy after all. I'd rather be right than happy. The other day I came across the words - "disdain", "empathetic pain", "self-attention", "pensiveness", and "loathing" are some emotions among what I recall. I don't know what they mean, but I want to experience those.

Why settle with mere happiness when there are so many other emotions to experience! I want to experience every emotion that's ever existed. Emotions are like wild horses; and it requires wisdom to be able to control them. But, have you ever considered setting them free and just embracing them?

Even if you haven't, it's never too late to start.



The most beautiful book to read is "Die Empty" by Todd Henry.

The author was inspired and got this idea of writing the book while attending a business meeting.

When the director asked the audience: "Where is the richest land in the world?"

One of the audience answered: "Oil-rich Gulf states."

Another added: "Diamond mines in Africa."

Then the director said: "No it is the cemetery. Yes, it is the richest land in the world, because millions of people have departed/died and they carried many valuable ideas that did not come to light nor benefit others. It is all in the cemetery where they are buried."

Inspired by this answer, Todd Henry wrote his book, "Die empty .

The most beautiful of what he said in his book is: "Do not go to your grave and carry inside you the best that you have. Always choose to die empty.

The TRUE meaning of this expression, is to die empty of all the goodness that is within you. Deliver it to the world, before you leave.

If you have an idea perform it.
If you have knowledge give it out.
If you have a goal achieve it.
Love, share and distribute, do not keep it inside.

Let's begin to give. Remove and spread every atom of goodness inside us.
Let us Die Empty.

When you come to a **point** where you have no need to **impress anybody**, **your freedom will begin.**



You show learning is a beauty,
You guide us to find a new discovery.

You help us face every struggle,
You help us overcome every hurdle,
You help us solve every puzzle;
You are incredible!

You're a gift sent from above;
You give us all your love,
You shower all your blessings;
You're outstanding!

You've brighten our lives,
You've enlighten our minds;
Your time you sacrifice,
Only to teach a child;
You're very kind!

Filled with wisdom,
You listen to our question,
With such patience & passion;
You're so wonderful!
We're really grateful.

A Teacher Opens Our Eyes,
It takes A Big Heart To Shape Little
Minds.

THANK YOU SO MUCH TEACHERS,
YOU ARE THE BEST!!



AYUSHI AISHWARYA
PANIGRAHI - 9C

Be GRATEFUL



The qualification that gave you a job, is the same qualification someone has who still does not have a job. **Be grateful.**

The prayer that God answered for you, is the same prayer others have been praying but without success. **Be grateful.**

The road you use safely on a daily basis, is the same road where many others lost their precious lives. **Be grateful.**

The place where God blessed you, is the same place other people too worship in, yet their lives are still in discord. **Be grateful.**

The bed you used in the hospital, you got healed and were discharged, is the same bed many other people breathed their last. **Be grateful.**

The rain that made your field produce good crops, is the same rain that devastated someone else's field. **Be grateful.**

Be grateful because whatever you have is not by your power, your might, your talent or your qualifications, but it's just the "Grace of God." HE is the giver of everything you have.

For everything you have, **be Grateful.**

9 Daily Habits that will change your life



4 COLOURS ON THE PLATE



5 MINUTES OF MEDITATION



6 SONGS THAT MOTIVATE YOU



1 HOUR OF EXERCISE



2 LITRES OF WATER



3 CUPS OF TEA



7 MINUTES OF LAUGHTER



8 HOURS OF SLEEP



9 PAGES OF A BOOK

OBESITY - An Unsustainable Epidemic



It may have many serious- even life threatening- health consequences that negatively impact a person's quality of life.



YASHILA VEERAMANI
- 9A

Factors contributing to the rising epidemic of obesity

Childhood obesity increases likelihood of developing cardiovascular disease or diabetes as well as related social and mental health problems. Childhood obesity also tends to persist into adulthood and is thus a potential indicator of the future NCD burden among the adult population.

Over-weight and obesity happen over time, with multiple factors interacting to influence energy imbalance and leading to the development of obesity. Understanding the complex determinants of overweight and obesity, and their impact, it is crucial in order to develop effective intervention efforts. The determinants of obesity are varied as the people it affects.

Obesity and its causes have in many ways, become woven into the fabric of society.

The 21st century has been an era of monumental change. Globalization, urbanization, fast-food, motorized transport and mobile technology has transformed the way we live – today, we have the freedom to travel, make personal choices and connect in ways that were once unimaginable. But along with these sweeping changes, we have witnessed another tide rising, namely Obesity. As our lives have come to depend on convenience, we now move less and eat more, and it is making us ill. Worldwide, an unsustainable pandemic of Obesity is

emerging rapidly.

The simplest explanation of obesity is that it is a condition associated with having excess body fat. It is caused by an imbalance between the amount of energy taken through food and drink, and the amount of activities in daily life. The unused energy is stored in the body as fat and, over time, the extra weight adds up resulting in obesity. It is a complex and chronic disease influenced by physiological, psychological, environmental, socioeconomic and genetic factors.

A little prayer during this pandemic

God is ever there for those
Who really, really care,
He helps dispel your cares and woes
With just a little prayer.



ELITA MEGAN
DSOUZA - 11A

Invite the Lord into your heart,
He has much love to spare,
A love He gladly would impart.
With just a little prayer.

Let Him know when things go wrong,
No matter when or where.
He can fill your heart with song
With just a little prayer.

It matters not your race or creed,
God does not compare.
He can fill your wants and needs
With just a little prayer.

No power on earth can give to man
God's immortal blessings rare.
He is the only One who can
With just a little prayer.

DID YOU KNOW?



DEON DSOUZA
- 11H

1. The 1939 novel 'Gadsby' is the longest book ever published that doesn't contain the letter 'e.'
2. Lemons contain more sugar than strawberries.
3. The average person falls asleep in seven minutes.
4. A lobster's blood is colorless but when it's blood is exposed to oxygen it turns blue.
5. The croissant was invented in Austria.
6. Humming birds are the only birds that can fly backwards.
7. French fries are originally from Belgium.
8. The oldest word in the English language is 'town'.
9. Real Pearls melt in vinegar.
10. India has the most post offices than any other country [more than 1 lakh]
11. An egg contains every vitamin other than vitamin C.

PURSUE YOUR DREAMS!



"Dreams are not those which comes while we are sleeping, but dreams are those, when u don't sleep, before fulfilling them." - A.P.J. Abdul Kalam

Everyone has dreams and the wonderful thing is, you can have anything you want if you have the right attitude and take the right steps. In this article let's look into few steps which will make sure that you can reach your dream.

Be Confident and Positive:- This is the backbone for all the other tips to reach your dreams. The more positive you are, the more you are open to opportunities and success. Be confident, be positive and appreciate the little things as well as the big.

Take Necessary Risks That Feel Right:- Take risks that feel right! There will be some times when you're not sure what to do. Sometimes you need to take a big risk to move forward. There will be risks along the way, but it's important to only choose risks that feel good. The risks that will lead you in the right direction will make you feel special. There will be something about it that lifts you up. Your heart will urge you to move forward. You will feel light, and whenever you visualize your future, the outcome will be completely positive and look and feel good.

Break Down Your Plans Into Little Pieces:- Big dreams can be quite overwhelming in the early days. There is usually so much work to be done it can be overwhelming! By breaking

it down into little pieces, you avoid becoming derailed before you even begin. Grab a pen or your computer and write down your desire. Then write what needs to be done. These are your topics. Once you have your list of topics, go another step further and break them down again. These little sub-headings are the tasks that need to be completed.



JANESSA AMY
- 7B

Focus Forward & Visualize Your Dream:- It can be all too easy to see how far you have to go and feel discouraged. Especially when you have inevitable setbacks. This is why it is so important to focus forward and visualize your dreams every day. Likely, your dreams won't materialize overnight. But if you focus forward, and can see your dream in your mind before it happens, then your sub-conscious knows what to move toward. As you focus forward, imagine beautiful opportunities appearing before you.

Dreams are necessary. Without dreams, there will be no ambition to chase. There will be no goal to reach. They motivate, inspire, improve and help you in achieving any goal that you want to achieve.

FAIRY CIRCLES



Have you ever heard the term 'Fairy Circles'? If you are thinking that it is associated with fairies and fantasy, then, you are mistaken. It has got nothing to do with fiction, but reality. Fairy Circles is a phenomenon seen in arid grasslands.

Fairy circles are circular patches having scarce vegetation, varying between 2 and 15 meters in diameter, often encircled by a ring

of stimulated growth of grass. Until 2014, the phenomenon was only known to occur in the arid grasslands of the Namib Desert in western parts of Southern Africa, being particularly common in Namibia. In that year, ecologists were alerted to similar rings of vegetation outside of Africa, in a part of the Pilbara in Western Australia.

Fairy circles typically occur in essentially

mono specific grassy vegetation, where conditions are particularly dry. Studies show that these circles pass through a life cycle of some 30 to 60 years. They become noticeable at a diameter of about 2 meters, achieving a peak, after which they mature and "die" as they undergo invasion, mainly by grasses.



JESWIN SUJJU
- 11A

The cause of fairy circles has long been a puzzle and the investigation has proved challenging. One favored theory is that the distinct vegetation patterns are a population-level consequence of competition for scarce water, as the plants "organize" themselves to maximize access to scarce resources. The circular barren patches capture water which then flows to the outer edges of the ring. More water available increases biomass and roots which leads to the soil becoming looser. The less dense soil allows more water to penetrate and feed the vegetation, creating a feedback loop supporting the plants at the edge of the circle.

CHARITY CONVENERS - NOVEMBER



ANDREA ANTHONY MENEZES - 12A



NANDA KUMAR - 12B



BLESSY KAVUTURU - 12C



HASSAN IMITYAZ MEMON - 12D



JITHESH SESHAN - 12E



NEHA ELSA THOMAS - 12F



ALBIN BENNY KATTUPADOM - 12G



BESTY BENNY - 12H



MUSHTAQ - 12I



JIEU SAJU ABRAHAM - 12J



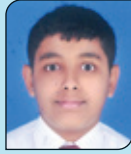
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ESHA BALRAM - 11A



GOURIKA MENON - 11B



VISHNU NARAYANAN VINODKUMAR - 11C



ADITYA RAMA KRISHNAN - 11D



JOEL JOSHUA MATHEW - 11E



SAYEDA BUSHRA - 11F



ADWAITH ANCHANA SAJI - 11G



TOBY GEORGE - 11H



RON PHILIP IDICULLA - 10A



JEFIN VARUGHESE MATHEW - 10B



MURSHIDA MERAJ - 10C



MOHAMMED HASHIM ALI - 10D



EMAAD AKHTAR ANSARI - 10E



JANANI SREENIVASAN - 10F



MOHAMMED ALEEM - 10G



THAARINI B - 9A



RISA MARIA BABU - 9B



MOHAMMED AFNAN - 9C



VRITTI JASMIN PATEL - 9D



RASHA - 9E



AIYANA MARTIN RAO - 8A



JOTHAN JOHN ANTHONY - 8B



BRITWIN ROY SURESH - 8C



FATIMA ZAMEER GAZGE - 8D



ARWA ABDUL HUSAIN - 8E



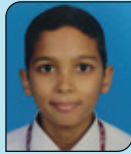
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PRATHIKSHA SURESH BABU - 7B



AARON CHACKO - 7C



SHABBIR BURHANI SETH - 7D



SRAVAN VARSHIT GUBBALA - 7E



NAMITHA NAIR - 7F



SHAHZANA FATIMUDDIN KASIMI - 6A

Tongue Twisters



A tongue-twister is a phrase that is designed to be difficult to articulate properly, and can be used as a type of spoken (or sung) word game. Some tongue-twisters produce results that are humorous when they are mispronounced, while others simply rely on

the confusion and mistakes of the speaker for their amusement value.

The following sentence was claimed as "the most difficult of common English-language tongue-twister" by William Poundstone.

"The seething sea ceaseth and thus the seething sea sufficeth us."

Some other examples are:

1. Betty Botter bought a bit of butter.
The butter Betty Botter bought was a bit bitter
And made her batter bitter.
But a bit of better butter makes better batter.
So Betty Botter bought a bit of better butter
Making Betty Botter's bitter batter better

2. How much wood would a woodchuck chuck if a woodchuck could chuck wood?
A woodchuck would chuck all the wood he could chuck if a woodchuck would chuck wood.



GOKUL SREENIVASAN 10 B

3. My friend Catchalot in his Cachalot,
Would Catch a lot of other Catchalots,
In their Cachalots,
Who would catch a lot,
Of Cachalots!

4. He sixth sick sheik's sixth sheep's sick.
(Guinness world record for being the toughest of all)

Tips for Online Classes



Manage Time Carefully: Do not wait to study the day before the exam as it does no good. You may be able to pass the exam, but it will not help you remember the topics. So, study your daily lessons. It will allow you to take your time to understand the topics.

Sit Away from Electronic Gadgets: Try your best to be away from mobiles, televisions and other gadgets that can distract you during classes because, if these are around, you will be tempted to use them and no studies will take place.

Take Down Important

Notes: As the teacher teaches, take down important points. This will help you when you are preparing for exams, since teachers explain topics in a more detailed way than what is given in the textbook.



JYOTSNA ASHWIN
BOSE - 8C

Ask questions: Ask questions as soon as you have them. There is nothing worse than convincing yourself that you will understand eventually. Don't hesitate to ask your teachers; they are there to help. So be proactive and seek help.

Beat Deadlines: Be punctual in submitting assignments. If an assignment is due on Monday, do not wait until Sunday night to submit it. Complete it and submit it as soon as you can. This will help you avoid unnecessary stress.

Reward Yourself : Last but not the least, reward yourself when you achieve your goal. Did you work hard to score 100% in Science? Did you achieve it? Treat yourself! The treat can be anything; it can be a bar of chocolate, it can be half an hour of TV or it can be a nice bowl of ice cream!

THE LIFE OF SLUM CHILDREN



"A person is a person no matter how small".....Dr Seuss.

Slums are present and mushrooming in many cities and towns. The slum areas in the cities are clusters of houses and shacks built illegally, where all basic infrastructures are absent, water and electricity supply and other civic amenities are scarce or non-existent and the hygiene is very poor. The life of the slum children is not a very easy one at all.

The children can be seen often ending up working on the streets

rag picking where they walk around picking garbage and scraps of plastic, cardboard and metal. Mostly children living in the slum areas suffer from malnutrition, malaria, pneumonia and so much more. Poor water, sanitation and hygiene continue to contribute to high prevalence of diarrheal diseases. They are insecure and ill fed and live a miserable life of pain and despair.

These children are rootless as they lack stability in their lives. They lack the exuberance of life. They suffer the agony of being unwanted in their small slum world. Let us help them by contributing something that can change and improve their lives even if it's only by a tiny bit.



KAAVYA VAIDYA
NATHAN - 12G

EPITOME OF SUCCESS SHAHNAZ HUSAIN



she then went on to complete her training in cosmetic therapy and cosmetology from leading institutions of the west such as Helena Rubinstein, Schwarzkopf, Christine Valmy, Lancome and Lean of Copenhagen. She returned to India and started Women's World in New Delhi at her home.

Adopting the concept of Herbal Care and Cure, Shahnaz opened her first herbal clinic in 1971 and over the next few years formed 'The Shahnaz Husain Group'. She has formulated therapeutic products for specific skin and hair problems. The Shahnaz Husain Group has over 400 franchise ventures across the world covering over 138 'without animal testing' countries. The first franchise clinic opened in Calcutta in 1979. Within a year, there were 80 Shahnaz Herbal franchise clinics in India. The first foreign Shahnaz Herbal franchise clinic was opened in London in 1982.

Shahnaz Husain has empowered the physically challenged (speech, hearing and visually impaired) through her free beauty training courses. She has also written a beauty book, which has been put

into Braille. Shahnaz has tied up with Government skill development projects in beauty and wellness. Her beauty academy has trained and certified over 40,000 under-privileged women, distributing tool kits for home-based businesses.

Shahnaz Husain has received several prestigious international and national awards for her contribution in the beauty industry including the Padmashree award – the fourth highest civilian awards from the Government of India, presented by the President of India.



AAREFA ABIZAR SANJELIWALA - 6A



Shahnaz Husain is the founder, chairperson & managing director of 'The Shahnaz Husain Group' in India. Born as Shahnaz Beg, she is the daughter of Justice Nasir Ullah Beg a former chief justice of Allahabad High court. Shahnaz studied Ayurveda in Iran while her husband Nasir Husain was posted in Tehran,

INDIA'S FIRST 'MOTOR WOMAN' LIVES HER DREAM ON THE RAILWAY TRACKS



Mumtaz Kazi is mentioned in the Limca book of records for her feat, but, her happiest moment was when she received the 'Nari Puruskar' from President Pranab Mukherjee on International Women's Day.

For Mumtaz Kazi, the first Indian woman to drive a Diesel Locomotive for the Indian Railways, driving a rake was a dream come true. Having grown up hearing stories of what it is to drive a rake from the friends of her father, also a railway employee, becoming

one was all the more exciting. 'My father was the truck superintendent in Church gate, so our house was frequented by his motor-men friends. They would narrate their experiences of driving rakes in the congested system. This motivated me to become one', said Kazi. She joined railways in 1991 to become an assistant driver for the diesel-run rake for mail trains. Recalling what it was to apply for the job of a motor-woman at that time, she said the advertisement declared that the job would be 'tough' for ladies. 'I was

doing diploma in medical lab and technology when the advertisement for hiring motor-men came in. Though the advertisement clearly allowed ladies to apply, it stated that it was a hard job for ladies. I took up the challenge because not only did my education fit the criteria, I really wanted to do it', she said.



MADIHA IRFAN SHAIKH - 9F

Sometimes, the compulsion to be punctual and having no day-off becomes challenging. Be it my first ride between Chhatrapati Shivaji terminus- Belapur, or now, the dedication with which I drive hasn't changed', she said. Handling the congestion of the suburban system does prove to be a challenge. Up on that, when commuters behave irrationally, cross tracks, try to climb over platforms when a train is coming, increases the pressure upon us', she added. Along with public appreciation she was happy being acknowledged for her work. 'It is a thrill to ensure the rake driven and controlled by you safely transports passengers', she added.



The World Of Manga And Anime

Anime

Anime is hand-drawn and computer animation originating from Japan. Anime, a term derived from the English word animation, is used in Japanese to describe all animation, regardless of style or origin. Outside of Japan, anime can refer either to animated works produced in Japan, or to their common visual style, which has since been adopted by a minority of works produced in other countries.

An anime episode can cost between US\$100,000 and US\$300,000 to produce. In 2001, animation accounted for 7% of the Japanese film market, above the 4.6% market share for live-action works. The popularity and success of anime is seen through the profitability of the DVD market, contributing nearly 70% of total sales. According to a 2016 article on Nikkei Asian Review, Japanese television stations have bought over ¥60 billion worth of anime from production companies "over the past few years", compared with under ¥20 billion from overseas. It was also the highest-grossing anime film worldwide until it was overtaken by Makoto Shinkai's 2016 film Your Name. Anime films represent a large part of the highest-grossing Japanese films yearly in Japan, with 6 out of the top 10 in 2014, in 2015 and also in 2016. Anime has to be licensed by companies in other countries in order to be legally released.

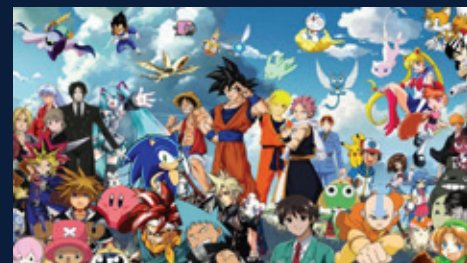
Manga

In recent years, the international popularity of manga has led to an increased interest towards manhwa and manhua. But, there are some subtle - but important - differences between the three that make all the difference. The terms "manga" and "manhwa" come from the Chinese term "manhua," which means "impromptu drawings." Originally, these terms were used within Japan, Korea and China, respectively, as general terms for all comics and graphic novels, regardless of the country of origin. Now, international readers use these terms to address comics that are published from a specific country: manga are Japanese comics, manhwa are Korean comics and manhua are Chinese comics. The creators of these East Asian comics also have specific titles: a person who makes manga is a "mangaka," a

person who creates manhwa is a "manhwaga" and a person that makes manhua is a "manhuajia." Along with etymology, each country has also historically influenced one another's comics. There was a great demand for manga due to an increase of readership in the 1950s to 1960s and soon after, manga became a global phenomenon with overseas readership starting in the late 1980s to now.



SANDRA BABU
11-H



EPHILATELY

The history of the stamps of India starts with Scinde Dawk, which is the oldest in Asia. The Scinde Dawk is a unique and rare stamp of India, the first to be issued in Asia by British India. It was issued by the British and is red sealing wax wafers with the design embossed upon it. It was introduced in 1852 by Sir Bartle Frere, The East India company's administrator of the province of Sind. From the beginning of British Imperialist rule, when Queen Victoria stamps were issued in 1854, a portrait of the British Monarch had figured in Indian Stamp Designs. This came to an end with India gaining independence from the British on 15th August 1947. The first independence stamps issued in 1947, were three in number, depicting the Ashoka Pillar, (National Emblem of India) the Indian National flag and an aircraft. Since then India has issued more than 3000 stamps.

RAJIV GANDHI

Denomination: 100 paise

Date of issue : 28 December, 1985



Rajiv Gandhi, was the youngest Prime Minister of India. He brought a total change in the Indian communication system and his revolutionary steps changed the Indian communication and Information Technology. He was honoured with the Bharat Ratna in 1991 and Revolutionary Leader of Modern India in 2009 (at the India Leadership Concave). He was listed as the 6th living person who was depicted on Indian stamps.

DR. S RADHAKRISHNAN

Denomination: 15 paise

Date of issue : 5 July, 1967



He was an Indian philosopher and statesman who was the first Vice-President and the second President of India. He received the Knighthood in 1931, the Bharat Ratna in 1954, and honorary membership of the British Royal Order of Merit in 1963. He became the 4th living person whose picture was depicted on Indian stamps.

ARJAN SINGH DFC

Denomination: 500 paise



Arjan Singh was a Marshal of Indian Air Force. For his immense contribution to the country and IAF in particular, Department of Posts released a commemorate postage stamp in honour of the Marshall of the Indian Air Force Arjan Singh DFC during the 87th anniversary celebrations of the Indian Air Force in October 2019.

SARDAR VALLABHAI PATEL

Grey Color Stamp

25 paise denomination



SOORYA SUNIL KUMAR - 9A



The Indian Posts and Telegraph Departments released a special commemorative stamp to honor Shri Sardar Vallabhbhai Patel on 31st October 1975 on the occasion of his Birth Centenary. Joining the Interim Government in September 1946, Vallabhbhai became the Minister in charge of Home Affairs, Information and Broadcasting. In Independent India, he became the Deputy Prime Minister and looked after the Home and the States Departments. Sardar's finest hour was when he accomplished the integration of the Indian States with the Union. For him, integration meant not only accession by the rulers but also transfer of their power to the people. India has been unified as never before, and the saga of this achievement has passed into history. A stern realist and a great organizer, the Sardar was a man of iron will who never allowed personal sentiments to interfere with his duties to the nation. His country was his first love and to the last, he was thinking of the nation'.

BEST STUDENTS - OCTOBER



ALMA TRISA SUNIL
- 12A



MERIL ANN
- 12B



ANN RAI JACOB
- 12C



ATHARV GOEL
- 12D



JESSICA ANN LEJO
- 12E



SAKINA MUSTAFA
RAMPURWALA - 12F



MELBA MARY
ABRAHAM - 12G



JOSHUA ALMEIDA
- 12H



KEVIN
- 12I



CHRISTOPHER LEO
- 12J



BATUL
- 12K



HILAL SALIM
- 11A



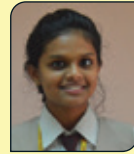
RINSHA ANN KOSHY
- 11B



ANAGHA AMBILI
- 11C



ANJANA RAVI
PRASAD - 11D



RHEA SANTHOSH
NAIR - 11E



LIANA MARSHALL
DIAS - 11F



MAY SMITH JAMES
- 11G



DEON DSOUZA
- 11H



SHUGANDHIGA
BALAGA - 10A



GOKUL SREENI-
VASAN - 10B



ARFANA
- 10C



SUAD KHALID MALIK
- 10D



UMAYAL MARI
MUTHU - 10E



KRIS BENNY
- 10F



ANNIE D SOUZA
- 10G



CHRISTINA
ELIZABETH - 9A



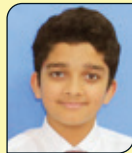
SWETHASAI
VEERABABU - 9B



SHREYA ACHARYA
- 9C



FATIMA SAYEED
SHAIK - 9D



JEHOSHUA
- 9E



ARYA NAIR
- 8A



NISHANTH SUBBU
- 8B



SHRUTHIKA
SIVAKUMAR - 8C



KHADEEJA MATEEN
PESHIMAM - 8D



AAMIR IRSHAD
GHANSAR - 8E



KARTHICK
RAMANATHAN - 7A



RIAN SWITHIN
DCOSTA - 7B



AFRAH
- 7C



KALISTA RAJESH
PARAKKOTH - 7D



AIMAN NAZ
- 7E



REEM MASTAN
SHAIK - 7F



AAREFA ABIZAR
- 6A

Banana Walnut Cake



Ingredients:

- 70 gm butter
- 70 gm brown sugar
- 2 tblspn honey
- 1 teaspoon vanilla essence
- 1 egg
- 2 ripe bananas mashed + 1 ripe banana for garnishing
- 125 gm whole wheat flour
- 1 tsp baking powder
- ½ tsp cinnamon powder
- ¾ tsp nutmeg powder
- Pinch of salt
- Some chopped walnuts

Method:

1. Mix the butter, brown sugar, honey and vanilla together.
 2. Add mashed bananas and stir through until just blended.
 3. Add the eggs and mix it well. Stir in the flour, baking powder, cinnamon and nutmeg powder, pinch of salt along with walnuts and mix lightly.
 4. Garnish top with chopped ripe bananas and walnuts.
 5. Bake/ air fry at 140 degree for 40 mins.
 6. Let it cool in pan for 20 mins.
- And Voila – Tasty Banana Walnut cake is ready!



JOSHUA GEORGE
VENGAL - 7B

EPITRavel TURKEY



Introduction:

Turkey is a republic. There are 81 provinces in Turkey. Turkey is a country, which is located between two continents. These are Europe and Asia. Because it lies in both Europe and Asia, some people see Turkey as the “door” between them. Its neighbours are Greece, in the west, Iran and Iraq in the east, at north lies Russia, and in south is the Mediterranean Sea. The capital and second-largest city of Turkey is Ankara. The largest and the most crowded city is Istanbul which is the only city in the world that has land on two different continents.

Population:

About 80 million people live in Turkey. The vast majority of Turks are Muslim. The largest minority is Kurds. Kurds live mostly in South Eastern and Eastern Turkey. The second largest minority are Arabs.

Lifestyle:

Turkish culture is a modern Islamic culture, with some European influence.

Language:

Most people in Turkey speak Turkish. There are also minorities who speak languages such as Arabic, Kurdish, Greek

Currency:

The Turkish currency is called the Turkish Lira.

Food:

Menemen, Kebab, Lahmacun, Baklava



Tourism:

Turkey is a popular place for tourists to visit. It has hundreds of kilometers of beautiful beaches on its Aegean and Mediterranean coasts, and many important historical places.

Istanbul - The Turkish city known for its historic architecture from the Byzantine & Ottoman Empires



Iconic Blue Mosque with 6 minarets

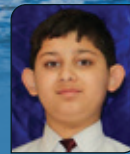


Antalya is a Turkish resort city with a yacht-filled Old Harbor and beaches flanked by large hotels. It's a gateway to Turkey's southern Mediterranean region, known as the Turquoise Coast for its blue waters



Cappadocia:

Turkish region with “fairy chimney” rock formations, cave dwellings, Uchisar castle and amazing hot air ballooning opportunities.



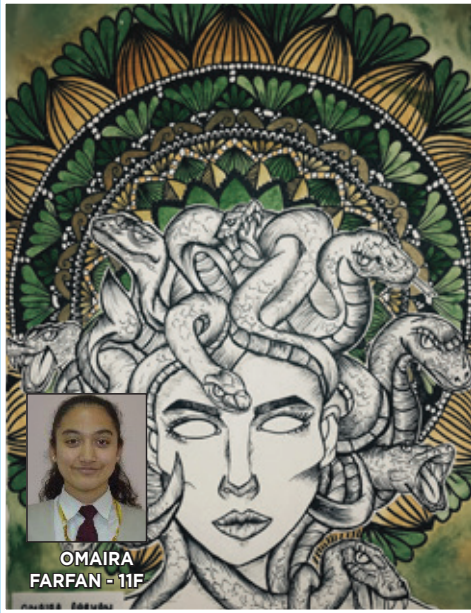
AMEEN UZAIR KHANZADA - 8E



Bursa has risen the ranks to become Turkey's must-see destination. It sits at the foot of Uludag Mountain, one of Turkey's top skiing spots.



Art Gallery Senior Secondary



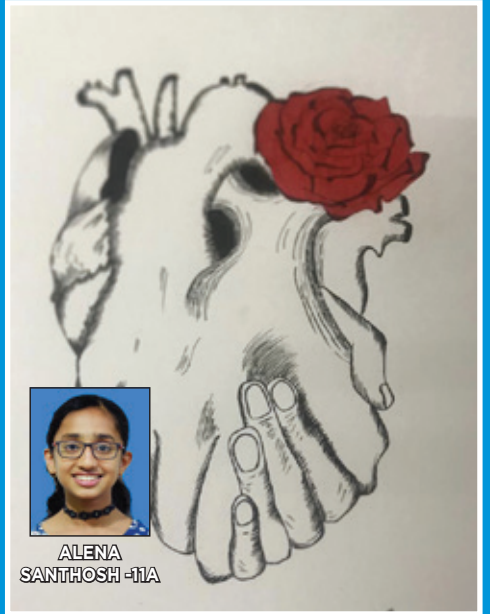
OMAIRA FARFAN - 11F



Name : Adnan Jan Bhat
C ADNAN JAN
R. BHAT - 12A



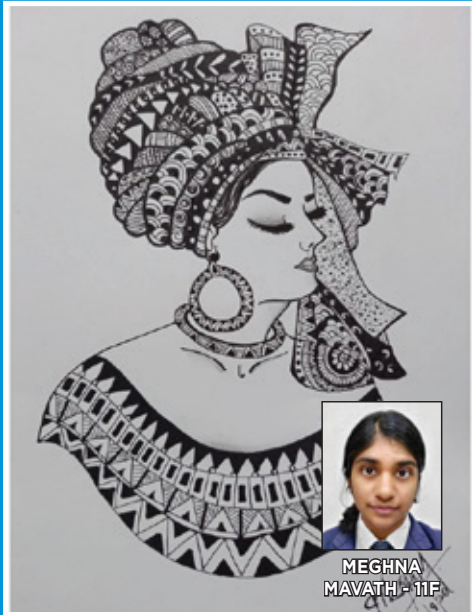
NAKIYA KUTUBUDDIN - 12G



ALENA SANTHOSH - 11A



KARUNA ALICE REJU - 11F



MEGHNA MAVATH - 11F



RENO REJI - 11F

CAPTAINS & VICE CAPTAINS - NOVEMBER

CLASS 12A



AMALA JAISON



AARON THOMAS ANIL



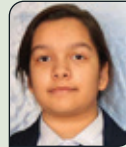
NUMA SHABBIR



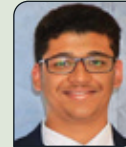
RYAN CHERI



CHRIS D'COSTA



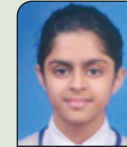
RHUCHA PIYUSH



JOSH THOMAS



RAFFIYA RAFFEE



BRAHMLEEN KAUR



FATIMA IRFAN

CLASS 12B

CLASS 12C

CLASS 12D

CLASS 12E

CLASS 12F

CLASS 12G

CLASS 12H

CLASS 12I

CLASS 12J



JOSH THOMAS



BLESSEN REJI



MEEVEL GEORGE



MARIYAM NS



NUPUR MIRCHANDANI



MARIYA SALEEM



VANSH



SANJAY



ANUSHKA



SHIHAB MOHAMMED

CLASS 12K

CLASS 11A

CLASS 11B

CLASS 11C

CLASS 11D



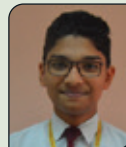
SHEKHA ABDUL RAZAK



HEBA M QAZI



ALENA SANTHOSH



NIBIN PHILIP



DAANYA BALAMURUGAN



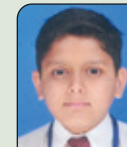
BENITTA ELZA



MUSKAN NISAR



ZAID ABDUL NAFFEE



ABHISHEK SREEKUMAR



ADINA AULDWIN

CLASS 11E

CLASS 11F

CLASS 11G

CLASS 11H

CLASS 10A



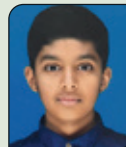
ANNA NIXON



SWETHA SIVAKUMAR



STALIN WILSON



ROYCE NINAN PHILIP



SHEBA RACHEAL



DANA MARIAM



KRUPA SARA BIJU



UMAIMA FAISAL KAZI



STAN DAY PHILIP



KURIAN ALEX

CLASS 10B

CLASS 10C

CLASS 10D

CLASS 10E

CLASS 10F



JOBIN JOHNSON



HARSHIT GIANANI



DEENA MUSHTAK



MOHAMMED AAMIR



ALI AFTAB



SUMAIYA ABDUL



PRAVEENA ARUN



TAMANNA SANTOSH



ALBIN VARGHESE



ANNNIYA JERRY

CLASS 10G

CLASS 9A

CLASS 9B

CLASS 9C

CLASS 9D



JONATHAN KUNJU



SALINA MUNIR



JANIS JESTINE



ASHIK GEORGE



RICHELLE MERLIN



HADI NABEEH



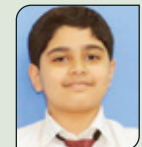
ARVIN SHAJI



LAMIAH TARIQ



MADIHA KAZI



MAZIN MAHIR

CLASS 9E

CLASS 8A

CLASS 8B

CLASS 8C

CLASS 8D



AATHMIKA



INSIYA



AKASH SRINIVAS



ADONA VINU



PURVA JAIN



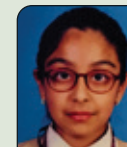
RUTH MARY JOHN



SAMAIRAH ISMAIL



JYOTSNA ASHWIN



MARIA HAKIMUDDIN ALI



AEKAS GUPTA

CLASS 8E

CLASS 7A

CLASS 7B

CLASS 7C

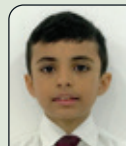
CLASS 7D



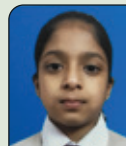
MARIYA MURTAZA



HUSAIN RASHID



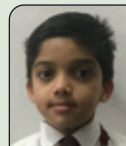
NEO NOBY



HANNA THOMAS



JANESSA AMY



NIKHIL BEHJU BALAN



SHAOLIN THOMAS



JYOTHIKA ASHWIN



AARON JACOB

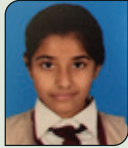


SHANA SAHIR

CLASS 7E

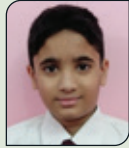


ALIM SAEED JAFFER



SAKINA FAZAL HUSSAIN

CLASS 7F



HUSSAIN BUHUNGRAWALA



EMAD KHAN

CLASS 6A



HANNAH SHABI

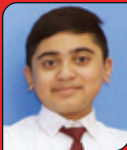


KELLY BRIEN



Where have all those smiles gone?

That lovely curve of lips,
The bright flash,
When eye meets eye?
The beautiful beam,
That brightens your day?
Behind masks...
And now it no longer matters,
You smile...
And don't get one in return.
Or so it seems,
And oh! it was so much more easier,
Before the mask-age.
Smiles had cost nothing,
But many were mingy.
And now we long to reach out,
To connect...
Atleast with a smile.
But that's not the norm,
The smile behind the mask,
However pretty,
is a wasted one.



JOHANN PREMJIITH
- 9E

We have to relearn to smile,
To smile with our hearts and eyes.
Not a grimace or a grin,
But the scrunched up, crinkly one,
That should unfurl from our hearts
And reach the eye.

HERO

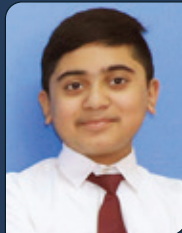
He is a person who doesn't come in a silver screen,
But an ordinary human with a good gene.
He is a carnal with a helping mind,
And not the one who refuses to hide behind.

He is a corporal who doesn't except bounty,
And not the one who flies around the city.
He is vulnerable who cares about the future,
And not the one who pays heed to his features.



LOHIT KANAGARA-
JAN - 7A

National Elocution competition winner



Johann Premjith of class 9-E, has secured 1st place during the 2nd phase of the National Elocution competition conducted by 'The Dr. APJ Abdul Kalam International Foundation'.

He was given to speak for 10 minutes on the topic 'Why is Rural Development necessary to make India a developed one'. Out of almost 4000 Indian students world wide and judgment by a panel of eminent judges.

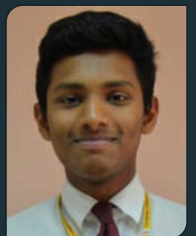
ICSK wishes him the best for the final level. Congratulations Johann!!!

PROUD PRODIGIES OF ICSK SENIOR, WIN ACCOLADES IN "SPLENDORE-2020", A GRAND CULTURAL FEST

"SPLENDORE-2020", is a Grand Fest that showcased talents of higher secondary school and college students. It was organized by the Rajagiri College of Social Sciences, Kalamassery, Kerala, India. This fest was conducted with an intention to promote and showcase the varied talents as the flagship event of RCSS, Kalamassery Hill Campus.



Owais Buhari
- 12E



Sabah Al Faez
- 11G

Two prodigies of ICSK Senior, Owais Buhari of class 12E grabbed the second position and Sabah Al Faez of class 11G scored the third position in the Grands Genies Quiz competition, which was one of the event amongst several other events which were included in "SPLENDORE".

ICSK Senior, is immensely proud of them!!!!!!!!!!!!!!!!!!!!!!



DISCOVER india BIHAR

Once Bismillah Khan said “Traveling – it leaves you speechless, then turns you into a storyteller.” This quote explains to the fullest the travel experience to BIHAR “ The historical star of india.” Bihar is situated in the eastern part of Mother india and is believed to have roots back to the breaking dawn of civilizations in India. It is also the state that gave two important religions – Buddhism and Jainism to the world. Bihar’s Vaishali is the first place to have a republic kingdom in the world. Bihar in course of years developed to a rich historic site with diverse culture and tradition. This month let’s explore Bihar from the eye of an avid traveller to discover an important gem from the Indian treasure chest.

Barabar Caves, Sultanpur:- Barabar Caves claim to be the oldest rock-cut caves in India. Dating back to Mauryan Empire, these majestic caves are certainly one of the best places to see in Bihar. Situated on twin hills – Barabar and Nagarjuni, the caves are said to be used by Ajivika sect, however, many traces of Buddhist and Jain art can be found here. Barabar Hills consists of 4 caves, whereas Nagarjuni Hills have 3 caves, each of the cave are well-polished and have articulate designs and inscriptions over its walls and ceilings.

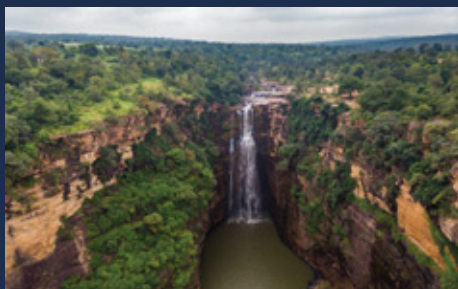


Thai monastery:- the monasteries in Bodh Gaya, Thai monastery stands out for its exceptional architecture and stunning beauty. It is the only Thai Monastery all over India. It is a historic monastery that was built by the Monarch of Thailand in 1956. It has a sloping roof covered with golden tiles.

Also home to a Thai Temple, the monastery has a 25-meter high bronze statue of Lord Buddha.



Telhar Waterfalls :- This place is a complete definition of natural beauty, U-shaped valley, falls, and it is the center of aayurvedic plants. This waterfall is on the Rohtas plateau which is in close proximity to the Durgavati River It’s surrounded by amazing views on all sides and is perfect for a picnic with our family or friends. The journey from Bhabua passing through curls and curves of the hilly road surrounded by beautiful hills and forests is a memorable and exciting experience

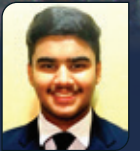


Kesaria Stupa :- Kesaria stupa in east Champaran district is home to one of the most striking architectural wonders of India. The tallest stupa of the ancient and medieval



era, taller than the Indonesia’s Borobudur

Stupa is located in Kesaria (known as Kessaputta’ in ancient India).



JOVEN C JOSE
- 11A

Baraila Bird sanctuary:-

This bird sanctuary gives an amazing opportunity to have a boat ride and enjoy the mesmerizing view of the lake with thousands of birds of various species, colour and melodious sounds, flying in the air. It is the centre of the migratory birds especially the Siberian Crane.



Vikramshila:- it is one of the Three universities of Ancient india. It spreads across 100 acres of archaeological land which as a stupa. The Stupa is a sacred solid structure raised over the body remains or belongings of Buddha or a distinguished monk; or to commemorate any event associated with them. the terrace walls, they are beautifully decorated with terracotta panels, although a lot of them have now been destroyed.



“Looking at beauty in the world, is the first step of purifying the mind.”- Amit Ray. Bihar provides such beauty, each time making its visitors speechless by admiration of India’s picturesque landscape and there lies the wondrous idea of Discover India.



HOW TACKYBOO LEARNT HIS LESSON

In the village of Panet lived all the Goblins and Elves. There lived Mr. Tackyboo also known as Selfishboo. He received this name because of his attitude of being extremely selfish even in the gravest of dangers. There also lived Toodle, Bailey, Bossy and Jigger and 20 more goblins who had their own Goblin group. The king was Mr. Toodle and he was always praised and known for his intelligence and generosity. Time was going bad in Panet and the goblins and elves went hungry due to scarcity of food. While Toodle shared all the food he had with all of them it wasn't enough for even a week and the most dreaded moment came when the food ran out.

A day passed, two passed and the goblins

were turning pale and thin, except one goblin and that was Tackyboo who had potatoes to eat for a year or more. He knew how things were in Panet yet he didn't even give anybody a morsel of food. The goblins complained to Toodle of how selfish Tackyboo was and pleaded him to request Tackyboo for some food. At last the people of Panet started falling ill. So the following day Bailey, Bossy, Jigger and Toodle went to meet Tackyboo to ask him for help. All were anxious to know what Tackyboo had said to the king but to their disappointment it was a no from Tackyboo. The only way they could get food was on the condition that the people make him the king. Bailey came up with a plan which was approved by Toodle, and it was

decided that the plan would take place the next day at 11am and requested all to be there.



GAURIKRISHNA
VENUGOPALAN 8B

The plan was discussed with everyone. First Bailey asked Jigger, Bossy and a few more people to go to Tackyboo and say that they would like to make him the new king and exile Toodle to the Dreaded Woods. Before they went in, she applied glue all over their backs. There was no place to sit other than on the potatoes. This plan was repeated with all the citizens and as soon a couple of people would leave Tackyboo would feel that his potatoes were becoming less and less but didn't suspect any of them as he did not see any of them with potatoes in their hands or pockets. And at the end when Toodle and Bailey went to meet Tackyboo there were only a dozen of potatoes left which got stuck to their backs and on their departure Tackyboo understood that they were the ones who had taken the potatoes.

Moral – Never be selfish instead be helping what you give will come back to you in one or the other way.

Yoga - A great form of Relief



"You cannot always control what goes on outside. But you can always control what goes on inside." Yes, through Yoga, we can control our emotions, feelings and maintain a healthy life. Yoga is a mind and body practice with a 5,000 year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga maintains the chakras which are centre points of energy,

thoughts, feelings, and the physical body. Yoga is an immensely rich and highly complex spiritual tradition. It means to join the individual soul with the universal soul. Yoga has become more popular nowadays because people are realizing its importance and the key to the cure of modern day stress lies in Yoga. Modern life combines all the erratic food habits, lack or improper sleep, long working hours, etc. Due to this the new

generation kids or adults are losing health, vitality, flexibility, energy and overall resistance to diseases. A balanced life can be obtained by practicing yoga and harmonizing body and soul with meditation.



MOHD NOOMAN
-7C

A healthy body is essential to enjoy life to the fullest and regular practice of yoga can provide a great deal of health. Yoga is not those forms of vigorous exercises. Rather, it is a form of systematic and rhythmic movements that have to be done one after another. Breathing patterns is important in the "ASANS". A proper yoga follower must follow a set of routines for exercise, rest and diet for maximum results.

Yoga is truly the art of living. It is an ancient art. It is timeless because it is so much in relevance with what is required today, although it was created centuries ago. Therefore overall we can say that Yoga is the key to unlock the divinity in man. Body is considered a temple and yoga is the way to worship it.



DRDO successfully tests anti-submarine warfare missile system:

India successfully flight tested the Supersonic Missile Assisted Release of Torpedo (SMART) from Wheeler Island off the coast of Odisha. SMART is a missile assisted

release of lightweight Anti-Submarine Torpedo System for anti-submarine warfare (ASW) operations for far beyond torpedo range.



India rises 4 places to 44th rank in world digital competitiveness rankings:

India has advanced four places to 44th position in terms of digital competitiveness in the world as the country has made improvement in terms of knowledge and

future readiness to adopt and explore digital technologies, according to the IMD World Digital Competitiveness Ranking 2019 (WDCR). India rose from 48th place in 2018 to 44th rank this year as the country has improved overall in all factors -- knowledge, technology and future readiness -- as compared to the previous year's ranking.



NCERT textbooks to be available in Indian sign language:

The National Council of Educational Research and Training (NCERT) signed an MoU with the Indian Sign Language Research and Training Centre (ISLRTC) on Tuesday to

make textbooks and other educational material accessible for deaf children in sign language. The availability of NCERT textbooks in Indian Sign Language (ISL) will ensure that hearing-impaired children can also now access educational resources and it will be a useful and much needed resource for teachers, teacher educators, parents and the hearing-impaired community.



Army to psychologically train jawans before Kashmir posting:

The Indian Army has introduced a change in its training for the soldiers who are getting posted in the hinterland and the Line of Control (LoC). The aim is to make the soldiers more

sensitive towards the civil population with a new psychological capsule and tweak in drills of engagement. This capsule has been developed in conjunction with the Defence Institute of Psychological Research (DIPR). "A selected lot of 200 to 250 soldiers and officers from the total assigned trainees to go through this psychology capsule.



India successfully test-fires naval version of BrahMos missile:

A naval version of the BrahMos supersonic cruise missile was successfully test-fired from an indigenously built stealth destroyer of the Indian Navy in the Arabian Sea. BrahMos

Aerospace, an India-Russia joint venture, produces the supersonic cruise missile that can be launched from submarines, ships, aircraft, or from land platforms.



A very large portion of Covid-19 vaccines likely to be manufactured in India:

Gates Foundation CEO: A very large portion of Covid-19 vaccines are likely to be manufactured in India through the country's strong and robust private sector partners,

said Bill and Melinda Gates Foundation CEO Mark Suzman. In an interview to, Suzman noted that India is doing everything it can right now with the resources at hand to fight the Covid-19 pandemic.



World Food Programme wins 2020 Nobel Peace Prize:

The UN World Food Programme (WFP), which provides lifesaving food assistance to millions across the world -- often in extremely dangerous and hard-to-access conditions -- has been

awarded the 2020 Nobel Peace Prize. The agency was recognized "for its efforts to combat hunger, for its contribution to bettering conditions for peace in conflict-affected areas and for acting as a driving force to prevent the use of hunger as a weapon of war and conflict. WFP is the largest humanitarian organization in the world. Last year, it assisted 97 million people in 88 countries. Its efforts focus on emergency assistance, relief and rehabilitation, development aid and special operations. Two-thirds of the work is in conflict-affected countries where people are three times more likely to be undernourished than those living in countries without conflict. Praising the work of the UN agency, the Nobel Committee chair highlighted its role in boosting resilience and sustainability among communities by helping them to feed themselves.



India gets Chairmanship of ILO Governing body after a gap of 35 years:

After a gap of 35 years, India assumed the Chairmanship of Governing Body of International Labour Organisation (ILO), with Labour Secretary Apurva Chandra

being elected to the post for the period October 2020-June 2021. The Chairperson of the Governing Body of ILO is a position of international repute. The Governing Body (GB) is the apex executive body of the ILO, which decides policies, programmes, agenda, budget, and elects the Director-General.



India at forefront of vaccine development :

India is now at the forefront of vaccine development for Covid-19, Prime Minister Narendra Modi said while virtually addressing the 'Grand Challenges' annual meeting.

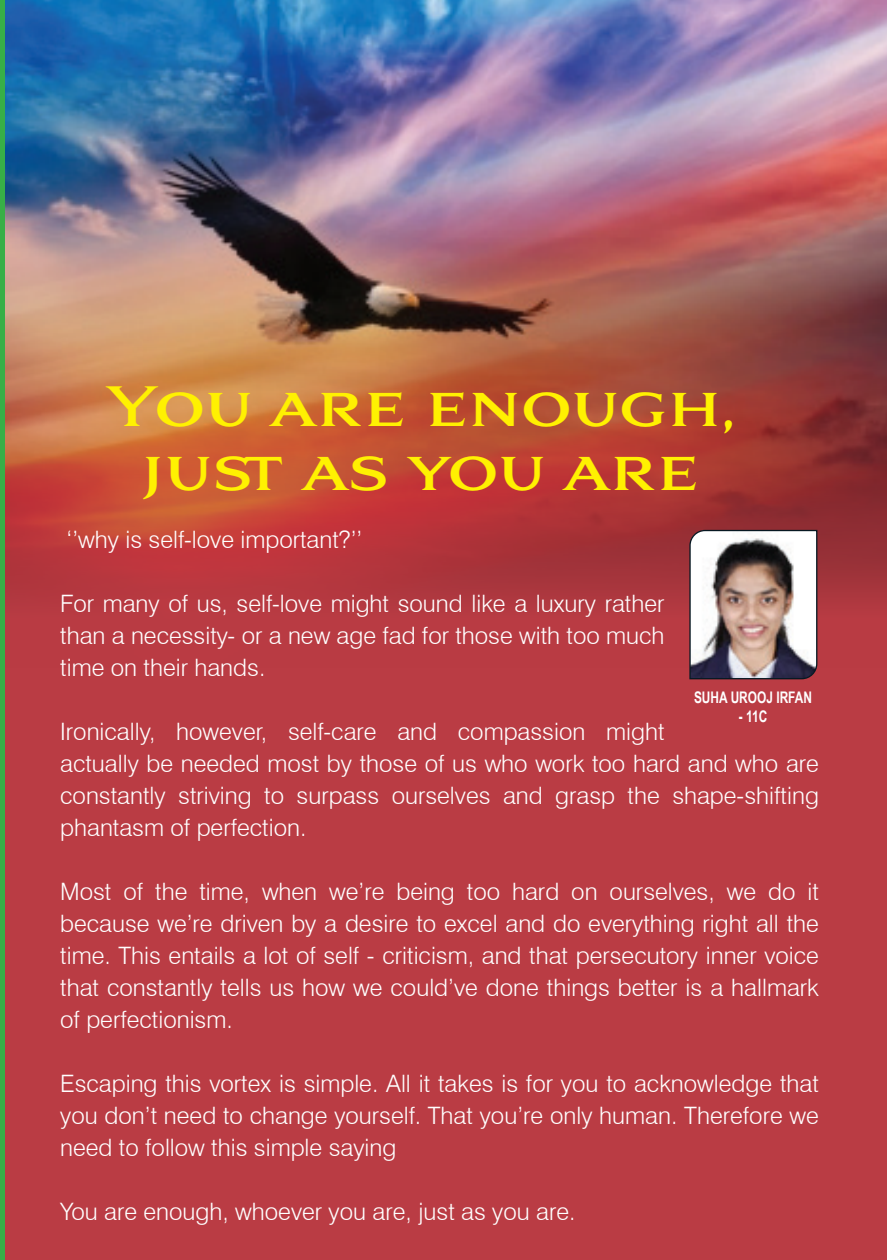
The assertion came just 48 hours after the Prime Minister chaired a meeting to review India's vaccine delivery, distribution and administration process. Modi added that India is seeing a decline in the number of daily cases.

Art Gallery Secondary



EPIctionary

- 1. Quagmire** - a situation from which it is hard to escape
Used in sentence: When Marie's car broke down, getting to work became a quagmire for her.
- 2. Repatriate** - send someone back to their own country
Used in sentence: The government has insisted that it will repatriate as many illegal immigrants as possible before the term ends.
- 3. Skirmish** - an episode of irregular fighting, especially between small parts of armies or fleets
Used in sentence: Several players got into a skirmish following the first play of the game
- 4. Labyrinthine** - twisting or winding in a maze-like manner
Used in sentence: Behind the computers was a labyrinthine of jumbled cords that were wound together like a sea of snakes
- 5. Foible** - a minor weakness in someone's character
Used in sentence: In the book, the hero's greed was the foible that caused his downfall.
- 6. Galvanize** - to react as if stimulated by an electric shock
Used in sentence: The Web site has galvanized support for the project.
- 7. Prequel** - a story or movie containing events that precede those of an existing work
Used in sentence: His next film will be a prequel to last year's hit movie.
- 9. Equanimity** - maintaining composure in stressful situations
Used in sentence: People engage in meditation to strengthen their ability to preserve their equanimity in times of stress.
- 9. Kvell** - Meaning to talk admiringly, enthusiastically, or proudly about something.
Used in sentence: Forgive me if I'm kvelling, but this boy will make us proud.
- 10. Affable** - friendly, good-natured, or easy to talk to.
Used in sentence: Instead of being such a jerk, you should try being more affable!



YOU ARE ENOUGH, JUST AS YOU ARE

"why is self-love important?"

For many of us, self-love might sound like a luxury rather than a necessity- or a new age fad for those with too much time on their hands.

Ironically, however, self-care and compassion might actually be needed most by those of us who work too hard and who are constantly striving to surpass ourselves and grasp the shape-shifting phantasm of perfection.

Most of the time, when we're being too hard on ourselves, we do it because we're driven by a desire to excel and do everything right all the time. This entails a lot of self - criticism, and that persecutory inner voice that constantly tells us how we could've done things better is a hallmark of perfectionism.

Escaping this vortex is simple. All it takes is for you to acknowledge that you don't need to change yourself. That you're only human. Therefore we need to follow this simple saying

You are enough, whoever you are, just as you are.



You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.



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