



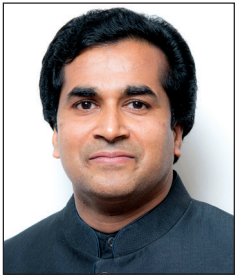
EPICS



MONTHLY MAGAZINE
THE INDIAN
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E EMOTIONAL **P** PHYSICAL **I** INTELLECTUAL **C** CULTURAL **S** SPIRITUAL

SEPTEMBER 2018



PRINCIPAL'S MESSAGE

Dear Children,

Welcome back to School. Hope all of you had a refreshing summer break and enjoyed with your loved ones. In the last edition of Epics, in my message I mentioned about six major ways of making deposits in to the emotional account. Here in this edition, will discuss on 6 easy habits that boost your health. The body is an incredibly complex machine, attune to every little thing we do, eat or experience. We may not be aware of it, but we impact our health in many ways every day. Here are 6 things we may do, without even noticing, that have surprising medical and mental benefits.

1. Singing

When we sing, our brain releases hormones and endorphins that contribute to lowering our mental stress and anxiety, as well as reducing physiological pain. Studies on the subject found that singing contributes to lowering our blood pressure, increasing our cognitive abilities, strengthening the immune system and improving our memory. This will improve the concentration power as well.

2. Crying

Crying is seen as weakness by most, something negative that shouldn't happen. But crying also has its unique advantages. When we cry, our body dumps the cortisol hormone, which causes an increase in our mental stress. By crying, we may be preventing issues such as insomnia, anxiety and weight gain. Crying even helps strengthen our immune system. The tears we shed also have a purpose, and kill over 90% of the bacteria in the eyes and other toxins found on the face. They also prevent our eyes from drying out.

3. Creative writing

Believe it or not, creative writing is really good for you. It enhances your cognitive abilities, your memory and your mental strength. A new study on the topic unveiled that creative writing, especially the kind that described our deepest thoughts and emotions, gives us a relief from physical pain. Researchers explained that the writing caused a reduction in hormone secretion, especially for hormones cortisol that elevate our blood pressure and weaken our immune system.

4. Courtesy

Good manners aren't just good manners, they're healthy manners!

When we are kind to those around us we release a hormone in our body called oxytocin, which makes chemicals that expand the blood vessels, thus reducing blood pressure and improving the overall health of the heart and the blood vessels. The hormone also fights free radicals in our blood system and so slows down the ageing process of our internal organs.

5. Laughter

We all know that laughter is the best medicine. Laughter lowers our blood pressure, reduces our risk of stroke, reduces our mental stress and takes care of our heart. Laughter is also a great workout for our stomach muscles and even strengthens the white blood cells that play such an important role in our immune system. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after. It decreases stress hormones and increases immune cells and improving your resistance to disease and it also improves the function of blood vessels and increases the blood flow.

6. Spending time with friends and family

Humans are social and rely on other humans to maintain their mental, emotional, and physical health. When you spend quality time together, you can prevent stress related health issues and avoid unhealthy stress coping mechanisms. According to Psychology Today, face-to-face contact can reduce the risk of mental illness, such as depression and anxiety. It is important for your health to find ways to feel connected to those around you. One thing that always seems to help is feeling valued and appreciated by the people you care about. Your father and mother is always there to congratulate you on your successes and to remind you of your worth during your failures. Being surrounded by a supportive network of people can help you build confidence and maintain a healthy self-esteem.

I request my children to be regular with your attendance. Research has proved that regular attendance enriches ones ability of understanding in ordered classroom teaching. I believe all of my children are angels with their own individual talents, therefore we must remember that the target is not to get an "A" or A+" grade, the target is to get a respectable grade. So after summer vacation let's have a true focused approach towards our main objective.

Best Wishes to All of You.

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WHAT'S INSIDE

ICSK SENIOR CAMPUS SPREES WITH TEACHERS' DAY CELEBRATIONS



5th September is celebrated as Teachers' Day as a mark of tribute to the contributions made by the teachers. This is the right time for the students to express their feelings of thankfulness towards the teachers. Our students expressed

their love and gratitude to their 'Teachers' on this blessed day.

The entire programme was organized by the school senate. The thoughtful and respectful 'Teachers Day' celebrations reflected the fact that the students respected, appreciated and cared for the teachers. The students presented a series of cultural programmes. A melodious duet song followed by an enchanting dance number enthralled the audience.

Sidharth Sudheer, the Senate member expressed his gratefulness to the teachers by saying, "If there was a world without teachers, then it would be a world without progress."

In response, appreciating the efforts put by the students in organizing the event, Dr V. Binumon, Principal and Senior Administrator said, "Respect should come from heart and not through the cards and gifts." He expressed his heartfelt thanks to the teachers. He paid homage to Dr Sarvepalli Radhakrishnan, the first Vice President of India and the Second President.

Senate Advisor, Mr George Swamy enlightened the students with a motivational speech. The day was enjoyable, thanks to the efforts put in by the School Senate.

EDITORS' NOTE

Greetings!!

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

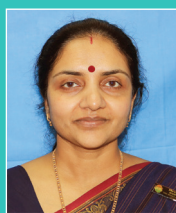
As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape. The trainer replied; "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

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



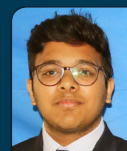
Mrs. Shyna Ramesh



Mrs. Tintu Wilson

SCULPTED TO PERFECTION...?

This world...it's a puzzle of sorts. A puzzle is incomplete without all its pieces, and its pieces are not the same. So don't frown when someone says "you don't fit in because you are a different shape", you're a piece of the puzzle, and you fit right in.



MUQLIS - 11H

Growing up, I used to sort of be the joke of the family, the "cute" brother whose cheeks would be the perfect test of elasticity. And this problem, or rather, joke, extended on to my early years in school. I soon learned, that this world is not soft and caring as family would be. Let's throw in a lot of positive vibes into this one, cause this is what it's all about.

Growing up, and me being on the "fuller side of life", I was subject to bullying, name calling, mocking. Let it be known, growing out of that slumber of thoughts took time, and an understanding I had to build on my own.

We live in a society built around the image of a "perfect body", and here lies my first query, what is the perfect body? If tear drops could be bottled, there'd be swimming pools filled by models. The "ideal body type" has been an ever-changing thing, so if you judge yourself or anyone else around you based on something that is in such a state of flux, self-satisfaction will be the last of your problems.

It has been proven time, and time again, by some of our idols who fall victim to suicide; that fame, rock hard abs or a "popping" booty" are the last things that help you on the road to a positive mindset.

Think about it, in a casket, resting in your final destination, people will remember you for who you were, and what you will have left behind, rather than remembering the vessel that you occupied in your time on this floating rock.

Build yourself up so that no one dares to raise a voice against your appearance, because your ideals, achievements triumph all of that. Make a mark on this world, one that doesn't fade with time.

Personally, I am never attracted to someone simply based on their looks. It's all about how the person present who and what they are. It's about the fireworks that the person sets off in my mind. To me, the person has the choice of flaunting their appearance, but without their ideals, principles, thoughts and mindset, they are all, walking blobs of flesh, bone blood and organ to me.

You HAVE a place in this world, everyone does, regardless of what shape you possess, you are a part of this puzzle we call earth, and without you, this planetary jigsaw is incomplete.

'Til the next time, it's your friendly neighborhood blogger signing out...



SEEING THROUGH & BEYOND

June 27, Wednesday. Another dramatic win after Argentina scrapes it the way into the final 16. The South Korea scores against the World Champions - Germany, leaving the title winners of 2014 bid farewell to the field so early. Could the reason behind the win be the mere luck of South Korea or could it be the extreme overconfidence of Germany's players especially the goalkeeper who decided to take it to the field to win it all?

THE PERSPECTIVE IS ALL THAT MATTERS.

As social beings of the twenty first century our life is a monotonous ride between the real and the surreal. The real which we cannot accept and the surreal which we can only expect. With the passage of time our mind too has rather settled for the less. The soul which once wished to travel miles now finds happiness on a couch near the fireplace. The fact that we have stopped putting ourselves out there to explore the wonders of the world has stopped us from receiving the pleasures we ought to receive throughout our journey here. Take a look around you everything seems so blue until you get up and decide

that the speck of dark patch on a particular leaf is what makes it special from the rest.

We are quick to judge on the basis of our first impression on most occasions. We get carried away with the silly superstition that sometimes does not even make sense. But then, there are others who think differently -who are still alive even after a black cat crossed their path and the space scientists that discovered water on moon on Friday the 13th. When we choose to look at something depending on how we wish to see it, it either becomes favourable or unfavourable to our interests. And that is when we realize that we are given that power. The power which we can use to control our emotions and thought processes. The power that helps us hold back our tears and crack up a giggle. And most importantly the power that helps us to see differently, think differently and act differently.

Often we think less of what we are by questioning our capabilities. But truly we will only be successful by putting forth a first try.

Out there are survivors and fighters who fought the odds in order to gain what they have even when they lack the basic physique. Stephen Hawking helped us understand the universe's beginning and how black holes behave when he could have pulled an all-nighter crying about his miseries. The Paralympics is yet another event that provides with living examples what we are capable of and must be thankful for. Most of the time we fear of what we may lose however, it might only be the most negligible portion of what we are yet to gain.



DIYA AJAY
- 11H

The day we quit the mediocre things and start experiencing the little adventures we begin to create a mind palace in which we create a better version of ourselves. A version which may be more outgoing, less judgmental and filled with a positive drive; we begin to see and receive the best the world provides!

BECAUSE THE PERSPECTIVE IS ALL THAT MATTERS.

ENVIRONMENT DAY



"We are not passengers on this spacecraft Earth, we are all its crew." –Marshall McLuhan.

Some selected students of ICSK Senior were taken to the Indian Embassy wherein a famous

environmentalist, gave an eye opening and informative talk. This year we discussed the boycotting of the usage of plastic along with other major issues like deforestation, global warming, improper disposal of waste etc.

He shared his experience on his expedition on sea for thirty days along with his team mates. They kayaked from Kuwait to Egypt and were received warmly by every small coastal village. The team was keen to know on how the villagers disposed their waste. A packet of preserved food was circulated in the audience and we were asked to notice the production and the expiry date. We were surprised to see that the expiry date if the food packets was between 2030s and 2050s. They survived on this for their entire journey.

Each school appointed a student representative who received a potted plant from the speaker for their school campus as a symbol of stewardship. Every student was given similar potted plants. It was indeed an interactive and fruitful session.

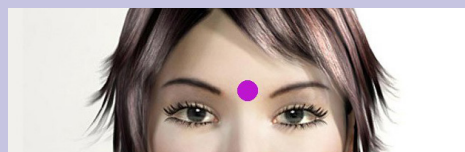
Improve your Concentration with these 8 Pressure Points!

We need good concentration and memory at every age and every stage of life. Regardless of whether we're studying for an important exam or trying to remember how to get from one place to another, these abilities determine whether or not we'll succeed in our mission. One of our strongest enemies in this struggle is stress, which negatively affects our concentration and memory.

However, you can turn this calm into a regular part of your life while focusing and refining your concentration and memory skills with 8 pressure points that will improve your mental abilities using only your hands.

1. The Third Eye

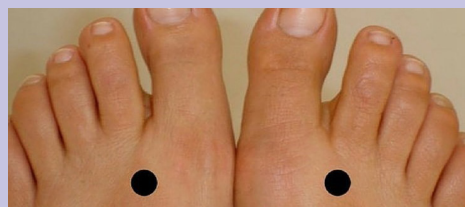
In Chinese culture, the third eye is believed to be a «mystical organ» responsible for clairvoyance. According to the Chinese, the third eye point helps improve concentration and, memory, and also helps to treat symptoms of influenza, such as fever, blocked nose, and nasal congestion headaches.



The point lies between the eyebrows, in the area between the bridge of the nose and the forehead. Press the spot gently for 3-4 minutes and repeat 2-3 times a day.

2. The Bigger Rushing

The use of this pressure point is especially recommended for students preparing for tests – massaging it helps to get rid of the feeling of exhaustion that comes with memorizing a large amount of material, improves concentration and encourages mental clarity. In addition, you should massage it when facing a big and significant decision, as it will help you focus on the possibilities that are facing you.



You'll find this point at the top of the foot, where the big toe and second toe bones meet. Press gently on the point on both feet at the same time for two minutes, and repeat three times a day.

3. The Heavenly Pillar

This pressure point is used to reduce the feeling of pressure and pain in the head, which results from too many thoughts «running around» inside.. It's also used to cure a sore throat, and its massage helps to loosen the neck and improve blood flow to the brain.



The point is about 1 cm below the base of the skull and 3 cm from the spine on both sides. Place the index and middle finger on the two points and massage them for 7-8 minutes. Repeat the process three times a day to get the best results.

4. The Sun Point

It's possible that your hands naturally massage your temples when you feel that your head is crammed with stressful thoughts or when it's hard for you to think. Massaging these points helps improve memory and concentration, and prevents headaches, dizziness, and stress.



Gently press on your temples with two fingers, 1 cm from the outer edge of the eyebrows – for two minutes, three times a day.

5. The Three-Mile point

Massaging this point helps to strengthen concentration and memory and provides clarity of thought. It also helps reduce symptoms of ulcers, inflammation of the small intestine, nausea, gas and swelling, and nourishes the body with energy in case of exhaustion.



The point is at a distance of 3 fingers below the knee, on the outside of the leg. Bend your knee and you'll be able to feel it when the muscle moves under your fingers. Press it for 5 minutes, once a day.

6. The Middle of a Person

You can often witness children pressing this point when they feel stressed or worried, and that's because massaging it makes us focus on our thoughts better. In addition to improving concentration and memory, massaging this point also helps reduce menstrual pain and dizziness, and it is

recommended to do it especially when you feel your head is not working at its best.



Place your finger under your nose and above the upper lip, in the center of your face. Gently press the point for two minutes every day, and if you do this regularly for four weeks, you will feel its effect noticeably.

7. The Gates of Consciousness

If you suffer from memory problems, massaging these points is highly recommended for you. In addition to the beneficial effect of improving memory, it also helps to soothe headaches, so it is recommended to perform every time you experience pain that interferes with your daily functioning.



The points are right at the base of the skull, on either side of the spine. Place your fingers on them and feel the hollow in the skull – you'll find them there. Rub the area gently for 2-3 minutes and repeat three times a day.

8. Under side of the toe

This point comes not from Chinese medicine, but from reflexology, and you don't even have to use your fingers to massage it and get the benefits it provides. The left toe will affect the right side of the brain and the right toe will affect the left side, but it is recommended to massage both at the same time to obtain clarity of mind.



Move your thumb on the underside side of the big toe and massage all of it for 1-2 minutes. Repeat the process every day, and if you want to improve your concentration while working or learning, just rub your toe into your shoe and use the floor to resist it.

If you really want to improve your memory and concentration, you may want to massage these points every day for several weeks regularly. You can feel their effect significantly after four weeks, and you'll see how easy it is to help our body and mind be at their best.

Water as a Drink..



What's the best drink to quench a thirst? Water !!!

Even better, it has none of the sugar, found in fruit drinks, soft drinks, sports drinks and flavoured mineral waters, which can cause tooth decay.

The fluoride in tap water helps you develop strong teeth and bones. Tap water is also a lot less expensive than other types of drinks. Plus it's always available, so no need for a trip to the shop.

Fruit juice, which contains Vitamin C, is often seen as a healthy choice of drink. However, fruit juice is high in sugar and kilojoules, just like fruit drinks, flavoured mineral water, energy drinks and soft drinks. For example, a 250ml cup of apple juice or cola contains up to six teaspoons of sugar.

Add it up: just one can of soft drink per day means you're adding 18 kilos of sugar to your diet each year!

You can have them occasionally, but these drinks are not a necessary part of a healthy diet.

How much to drink?

The recommended daily amount of fluids is:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years



NIVEDITHA
BEJU-11H

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Hints to help you drink more water

- Pack a water bottle whenever you go out.
- In summer, put a frozen water bottle in your lunch box.
- Keep a bottle of cold water in the fridge in summer and drink warm water in winter.
- Water down juices, sports drinks and cordials.
- Use smaller glasses when drinking sugary drinks.

Signals indicating you need to drink more water include:

- Thirst
- Fatigue
- Muscle cramps
- Dull, dry skin
- Dark, concentrated urine
- Bad breath
- Headache

Water and sport

- Staying well-hydrated, especially in hot weather and when you're exercising, helps your body function at its best.
- Dehydration – not having enough fluid in your body – can cause headaches and fatigue, make you feel cranky and affect your concentration.
- If you feel thirsty you're probably already starting to dehydrate, so make sure you drink water regularly and especially before any physical activity.
- Have a few mouthfuls of water during any breaks in playing games or sport.
- After sport or exercise, drink plenty of water to make up for what you've lost in sweat.

The impact of movies on society : Two sides of the spectrum.

Everyone watches television, and the preferences of shows and movies can range from something as old and brilliant as the 2001: Space Odyssey (1968) to Interstellar (2014). Then again, you have your much respected cult films and film franchises that make serious box office hits. All of this sounds glossy and entertaining but we, as social beings need to consider the major impact that such forms of entertainment can stress on us.

As a movie lover myself, I could totally sit for days lounging and binge watching movies but unfortunately time, work and society does not allow that. Now, entertainment is used to create a wow factor among the audience.

As sad as it sounds, the depiction of moral messages in films and shows is deteriorating majorly, but isn't completely gone. Movies were once used to create a social change, and depict things that a common person could relate to. But nowadays, the effect is quite the opposite. Violence and war are glamourized and gore is shown excessively. Viewers may enjoy watching these but the subconscious influence that they have on our minds is extremely dangerous. But this is just the negative side of the spectrum, if we look at it positively- movies and shows can inspire many. For instance, the showcasing of 'Black Panther' created a whole new page of respect for African culture and heritage. Africans by blood all over the world were

ecstatic about the whole thing and grew proud of their culture once and for all.

Movies such as 'Interstellar'- stress the importance of a strong family bond and love, not romantic love but family love.' The Beaver' talks about how a man overcomes a huge problem of his- the hard way, but in time accepts it. This too talks about how important a father- son bond is. And some movies exist just for the sake of pure entertainment, which is definitely not a problem at the end of the day. Movies and shows aren't all that bad, but they aren't the purest gems either.
By Maya Jaypal.



MAYA - 11H

Birthday Arcade - August



TASNEEM ADNAN
7A - AUG 1



ARVIN SHAJI V.
7D - AUG 1



DELWYN MENEZES
10A - AUG 1



EVELYN CISAL
8E - AUG 1



JOHN PREETAM K.
7D - AUG 1



MRIGA ARORA
11C - AUG 1



SHAHID AHMED
8F - AUG 1



ZAHRA ZAKIR
8B - AUG 1



AFRIN BANU
11A - AUG 2



KAVERI AMIT NATH
7E - AUG 2



RIYON SAM D'SOUZA
7D - AUG 2



SAMSON M. SAMUEL
11G - AUG 2



SOORYA SUNILKUMAR
7B - AUG 2



ALIASGER SHABIR
11M - AUG 3



AARON RAJESH
7E - AUG 3



ALINA ANN DANIEL
12B - AUG 3



K. JAYA KRISHNA
12A - AUG 3



MUHAMMED FAZIL
12D - AUG 3



SREELEKSHMI BINUMON
7C - AUG 3



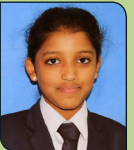
MOHAMMED AAMIR
10F - SEPT 4



SHAHZAD
9C - AUG 4



SWEATHA RAGHURAMAN
8C - AUG 4



ANNE MARY BABY
11H - AUG 5



KARAN GHAGHADA
11F - AUG 5



SHAUN JOSHUA
12B - AUG 5



SHIFAA DIWAN
11D - AUG 5



HUSSAIN BURHANI
7D - AUG 6



MUQARRAM HASHIM
12L - AUG 6



MISHAAL IBRAHIM PINTO
12L - AUG 6



ATHARV GOEL
10A - AUG 7



HIBA ARSHAD
10E - SEP 7



JOHANN PREMJI
7A - AUG 7



RISHIKA SANTHOSH
11A - AUG 7



TEPHIN DANIEL
7B - AUG 7



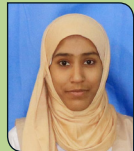
GRACE ANIL T.
9D - AUG 8



RASHA P CHAND
7A - AUG 8



SHOHAIB KHAN
10E - AUG 8



SABIA PARVIN
10G - AUG 8



MUHAMMAD SHABAB
7C - AUG 8



EBIN SHIBU
11C - AUG 9



MUHAMMED SWAHIB
9E - AUG 9



ROSHAN REJI
10E - AUG 9



SHREYA KRISHNA
7C - AUG 9



BRONIE BIJU
12E - AUG 10



CONROY JOSEPH A.
10E - AUG 10



MURTAZA SAIFUDDIN
10C - AUG 10



JOSH THOMAS
11I - AUG 10



ANGEL FERNANDES
11E - AUG 10



JERIN ANIL
10E - AUG 12



WALEED
12L - AUG 12



ELTON RODRIGUES
11C - AUG 13



HOZEIFA QAID Z.
12F - AUG 13



KARUNA A. REJU
9E - AUG 13



NITHYA PRASHANTHI
8B - AUG 13



AHMED ABDUL
12B - AUG 14



AYMAN JEET K.
12G - AUG 14



JOHAN
8E - AUG 14



SHUGANDHIKA
8B - AUG 10



SWATI SAJEEV
12D - AUG 10



SWARNALI AMIT
11H - AUG 10



ARFA
11I - AUG 11



HUZEIFA AYUB
10E - AUG 11



JOEN JAMES JOHN
9E - AUG 11



JOHAN JAMES JOHN
9E - AUG 11



RINKLE
8E - AUG 12



AYAAN F. SHAIKH
11D - AUG 12



WENDEL JOSHUA
7E - AUG 12



ALEN MATHEW
9C - AUG 15



NUHA ZAINAB
8A - AUG 15



RACHEAL
9A - AUG 16



ALAN EBY
12E - AUG 17



BRYAN AJITH
7A - AUG 17



KHADIJA SALIM
9A - AUG 17



MOHAMMED MUSTAFA
12C - AUG 17



NAQIYA HABIB
10E - SEPT 17



CHARUKESH P.
10C - AUG 18



NATHANAEL PAUL
12E - AUG 18



MUSKAN KAUR
12F - AUG 18



RAMLA
12F - AUG 18



VIRAJ BATINA
7C - AUG 18



AKHIL JOSE A.
12B - AUG 19



SHERWIN THOMAS
11E - AUG 19



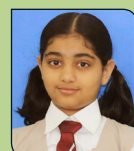
DARSHAN JAIN
10G - AUG 20



DIYA GHOSH
10A - AUG 21



GAUTAM PRAKASH
11A - AUG 21



JANIS JESTINE
7A - AUG 21



INSIYA SAIFEE
11D - AUG 21



SYED ATIF ASHRAF
9C - AUG 21



JUMANA YUSUF
11H - AUG 22



MOHAMMED ABDUL
11E - AUG 22



AMIN AZHAR
8B - AUG 23



JANET JOHNSON
10B - AUG 23



JAPNEET KAUR S.
9C - AUG 23



JOSEPH MORAIS
8D - AUG 23



SARA SAYED ALI
12G - AUG 23



AMATULLA ETAWA
12F - AUG 24



DEVANSH DOSHI
11I - AUG 24



NUSAIBA SHAIKH
11B - AUG 24



NONA REKAZA
11G - AUG 24



SOUMILI NANDI
7B - AUG 24



TASNEEM AHMED ALI
8C - AUG 24



THEEKSHANA
12K - AUG 24



COLLIN SANTAS F.
12K - AUG 25



NEHA ANN MANOJ
7A - AUG 25



EDEN NAOMI
12C - AUG 25



ELWIN GEORGE
11D - AUG 25



STEFI M. SUNIL
8E - AUG 25



AVINASH KUMAR
11G - AUG 26



MUHAMMED SATHAR
10C - AUG 26



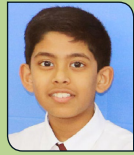
BILAL MOH'D ASIF
8F - AUG 27



BURHANUDDIN
12G - AUG 27



MUBARAKA M.
11M - AUG 27



DAN JIMMY KURIAN
7E - AUG 28



JUSTIN D'SOUZA
8B - AUG 28



MADAN KUMAR
12C - AUG 28



FATEMA IZHAR
12F - AUG 29



HASAN IMTIYAZ
10G - SEPT 29



ABDUL RAHMAN
8A - AUG 30



ZAID NAEEM
11I - AUG 30



MUHAMMAD ABDUL S.
8B - AUG 30



PRANAV AJAY
8E - AUG 30



OSAMA WENGDE
11C - AUG 31



CEBIN BIJU P.
10C - AUG 31



ARYAN MENON
7A - AUG 31



MRS. INDIRA
RADHAKRISHNAN - AUG 2



MR. JITHU T.K.
- AUG 5



MRS. DEVI RAMESH
AUG 10



DR. NAVJOT KAUR
AUG 12



MRS. KAVITHA
RAMESH - AUG 15



MR. AMALAN
- AUG 15



MR. MURALI
AUG 19



MR. DEEPAK KUMAR
SETH - AUG 23



MR. HAKIMUDDIN
GHEEWALA - AUG 26



MRS. MAIMUNA JAVED
SAYED - AUG 26



MRS. SUREKHA VENKAT
AUG 29



MRS. JEAN MARY
AUG 30

CHILD LABOUR

It was a vacation and I was walking my mother through those not so less travelled roads. Suddenly my eyes on a boy who was working at a small hotel. He was trying to lift a vessel as heavy as himself! I guessed the boy was ten or eleven years old. Without even uttering a word I walked off. I knew child labour is a crime.

I know many children under the age of fourteen are illegally working in different parts of the country. Many families force their children to work and adding insult to the injury they are paid too less.

It is also sad to know that the number of

children working keeps on increasing. The types of jobs children work are not good for their health. Children don't have time to study or do their homework.

Many campaigns and protest were held which are against this but yet it was not successful as there was no rapid decrease in Child labour. This is also a problem.



SHEHAN - 11H

Families should understand what their children have been going through. It is risky especially for those who are working alone at night without job security.

There are many cases that are related to child kidnapping, abusing, etc. It is also found that some of them work for more than 9 hours a day.



TRAVEL FEATURE: KUMARAKOM

Situated near Vembanad Lake, Kumarakom is a quiet little hamlet with alluring sceneries, ever pleasant weather and exotic flora and fauna; making it one of the loveliest places to see in Kerala. Kumarakom holds a special spot in the list of best of Kerala's sightseeing places. The tempting waterways, decorated lakes, aromatic coconut grooves etc. Tourism



in Kumarakom largely revolves- around the backwaters of the Vembanad Lake. Several luxury and budget resorts lined up on the shores of the lake provide tourists with facilities for boating, yachting and fishing, with panoramic views of the lake. The other



major attraction is the Bird Sanctuary, which is open from 6am to 6pm and can be visited by canoes arranged by local fishermen at the entrance to the sanctuary. Furthermore, the Aruvikkuzhi Waterfall and its surrounding rubber plantation are a photographer's delight. There is also the Bay Island Drift Museum near the Kumarakom beach for history lovers. Kumarakom has a moderate climate throughout the year. It is a balanced tropical climate, which has two monsoons southwest and northeast. The average rainfall is 1100 mm. Taj Garden Retreat the first modern tourist resort in Kumarakom was

established in the Victorian two storied bungalow built by Alfred George Baker in the year 1881. The bird sanctuary and the bungalow built by Mr. A G Baker on the muddy land are the places of interest for tourist from all over the world. Kumarakom is the first destination in India to Implement Responsible Tourism practices. Kerala Tourism was awarded for its path-breaking 'Responsible Tourism' project in Kumarakom, which has successfully linked the local community with the hospitality industry and government departments, thereby creating a model for empowerment and development of the people in the area while sustaining eco- friendly tourism. I promise my readers that it will be the most extraordinary experience you will ever have in your life. Kumarakom shows the real beauty of nature.



ALPHY JOHN
11H



The delicacy we ordered at a restaurant looked like biriyani. But the flavor and the taste was completely different. They called it Machboos. It is a rice-based specialty usually prepared with basmati rice seasoned with chicken, spices and mutton. Machboos is a Kuwaiti variant of biriyani.

A tray full of flat bread, which looked like roti, with grilled chicken were also served. They were called Khubz. It is baked in a special oven, often topped with sesame seeds.

The Kuwaiti cuisine is an infusion of Arabian, Persian, Indian and Mediterranean cuisines. And finally we ordered a harees. It is an Arab dish of wheat which is cooked with meat then mashed, usually topped with cinnamon sugar. It is a popular dish in Arab countries of the Persian Gulf especially in the month of Ramadan.

The Kuwaiti cuisines have their own uniqueness. Before we came out of the

THE TASTE OF KUWAIT

restaurant, I was excited to see Jalebi kept at the sweet shop inside. I pointed the sweet and the shopkeeper said zalabia. The swirly shaped is a fried dough soaked in a syrup of sugar, lemon and saffron.

I was excited. Some of the Kuwaiti food looked very similar to the Indian cuisine. Every time I go to a Kuwaiti restaurant, I order a new dish. Balaleet, an Arabic sweet and a saffron noodles served with a savory omelet on top.; Bayth Elgitta, a fried cookie filled with a mixture of ground nuts and tossed in powdered sugar. It was named after the egg of the crowned sandgrouse which is common to the area due to its similar shape.

Firga's is another rice item. It is white rice with tomatoes and potatoes and eggplant in the bottom of the pan. I liked the Gabout, a stuffed flour dumpling in a thick meat stew.

On an evening, we went a restaurant with an interior in Arabian style. It was tea time and the waiter recommended Gers Ogaily. It is a dessert which is a cake made with eggs, flour, sugar and cardamom which is usually served for tea time.

The more I eat, the more I like them. I have always enjoyed Jareesh. It is a mash of cooked spelt with chicken or lamb, tomatoes and

some spices. Another sweet! Khabeesa is a good choice. It is made up of flour and oil.

Luqaimat is a well-known dessert between Arabs which is a fried yeast dumpling soaked in with saffron syrup.

Eat Quzi for a full meal. It is a Kuwaiti dish that consists of a roasted lamb, stuffed with rice, meat, eggs and other ingredients.

At the end of every meal, I choose to drink Leben, a beverage of fermented milk. Generally, there are two main products known as leben. In the Levant region it is yogurt. In Arabia and North Africa, it is called as Maghreb and Buttermilk respectively. The practice of intentionally allowing milk to sour has been known since ancient times and practiced by many cultures.

There are eatables made of fish too. Muttabaq Samak is a fish served over rice. Rice cooked in well spiced fish stock. Mumawwash is a rice cooked with green lentils and can be dropped with dry shrimps. Maglooba is Arabic rice cooked with meat and potatoes and eggplants. And no Kuwaiti restaurant upsets a vegetarian. Check a menu, you find Margoog. It is a vegetable stew, usually containing squash and eggplant, cooked with thin pieces of rolled out dough.



FAHMEEDA SYED
ALI - 11H

India's best ever medal haul in the Asian Games History

The Indian contingent concluded the 18th edition of the Asian Games 2018 in the cities of Jakarta and Palembang, Indonesia with a memorable performance as it finished its campaign with the best ever medal haul in the history of Asian Games. India finished at the 8th place with 15 Gold, 24 Silver and 30 Bronze medals on Saturday, Day 14, to surpass their 2010 Asiad medal haul. On Friday, India equalled their previous best performance and followed it up with four more medals to finish the Games with 69 medals in total.

India kick-started their campaign with shooters Apurvi Chandela and Ravi Kumar clinching a bronze medal in the 10m Air Rifle Mixed Team event on Day 1 of the multi-sporting event. India went on to tally 15 gold medals under their belt with the first coming on Day 1. It was grappler Bajrang Punia who clinched the first gold in Men's 65kg freestyle.

The Indian men's hockey team added the last medal to India's tally on the penultimate day of the Games as they settled for a bronze in the men's hockey match against Pakistan. And adding to the gold medals were pugilist Amit Panghal and the men's bridge team of Pranab Bardhan and Shibnath Sarkar. Panghal defeated reigning Olympics champion Hasanboy Dumatov of Uzbekistan by split decision 3-2. The bridge pair won gold on bridge's debut at 18th Asian Games finishing atop with 384 points.

Here is the list of medals won by India at the Asian Games 2018:

Archery

Muskan Kirar, Madhumita Kumari, Jyothi Surekha Vennam - Women's Team Compound - Silver
Abhishek Verma, Rajat Chauhan, Aman Saini - Men's Team Compound - Silver

Athletics

Tajinderpal Singh Toor - Men's Shot put - Gold
Neeraj Chopra - Men's Javelin Throw - Gold
Manjit Singh - Men's 800m - Gold
Arpinder Singh - Men's Triple Jump - Gold
Swapna Barman - Women's Heptathlon - Gold
Jinson Johnson - Men's 1500m - Gold, Men's 800m - Silver
M. R. Poovamma, Saritaben Gaikwad, Hima Das, V.K. Vismaya - Women's 4x400m Relay - Gold
Hima Das - Women's 400m - Silver
Muhammad Anas - Men's 400m - Silver
Dutee Chand - Women's 100m and 200m - Silver
Dharun Ayyasamy - Men's 400m Hurdles - Silver
Sudha Singh - Women's 3000m Steeplechase - Silver

Neena Varakil - Women's Long jump - Silver
Rajiv Arokia, Muhammed Anas, Hima Das, M. R. Poovamma - Mixed 4 x 400 metres relay - Silver
Dharun Ayyasamy, Kunhu Mohammed, Rajiv Arokia, Muhammed Anas - Men's 4x400m Relay - Silver

PU Chitra - Women's 1500 m - Bronze
Seema Punia - Women's Discus Throw - Bronze

Badminton

Pusarla Venkata Sindhu - Women's Singles - Silver
Saina Newhall - Women's Singles - Bronze

Boxing

Amit Panghal - Men's Light Fly (49kg) - Gold
Vikas Krishan Yadav - Men's Middle (75kg) - Bronze
Bridge
Pranab Bardhan, Shibnath Sarkar - Men's Pair - Gold
Sumit Mukherjee, Debabrata Majumder, Jaggy Shivdasani, Rajeshwar Tewari, Ajay Khare, Raju Tolani - Men's Team - Bronze

Bachiraju Satyanarayana, Rajeev Khandelwal, Gopinath Manna, Himani Khandelwal, Hema Deora, Kiran Nadar - Mixed Team - Bronze

Equestrian

Fouaad Mirza - Individual Eventing - Silver
Fouaad Mirza, Rakesh Kumar, Ashish Malik, Jitender Singh - Team Eventing - Silver

Hockey

Indian Men's Team - Men's Tournament - Bronze
Indian Women's Team - Women's Tournament - Silver

Kabaddi

Indian Men's Team - Men's Tournament - Bronze
Indian Women's Team - Women's Tournament - Silver

Kurash

Pinky Balhara - Women's 52 kg - Silver
Malaprabha Jadhav - Women's 52kg - Bronze

Rowing

Sawarn Singh, Dattu Baban Bhokanal, Om Prakash, Sukhmeet Singh - Men's Quadruple Sculls - Gold
Dushyant Chauhan - Men's Lightweight single sculls - Bronze
Rohit Kumar, Bhagwan Singh - Men's Lightweight double sculls - Bronze

Sailing

Shweta Shervegar, Varsha Gautham - 49er FX women - Silver
Harshita Tomar - Mixed Open Laser 4.7 - Bronze
Varun Thakkar, Ganapathy Chengappa - 49er Men

- Bronze
Sepak takraw
Indian Men's Team - Men's Team
Regu - Bronze



ASHWATHY MATHEW
11H

Shooting

Saurabh Chaudhary - Men's 10-metre air pistol - Gold
Rahi Sarnobat - Women's 25-metre pistol - Gold
Deepak Kumar - Men's 10-metre air rifle - Silver
Lakshay Sheoran - Men's trap - Silver
Sanjeev Rajput - Men's 50-metre rifle three positions - Silver
Shardul Vihan - Men's double trap - Silver
Ravi Kumar, Apurvi Chandela - 10-metre air rifle mixed team - Bronze
Abhishek Verma - Men's 10-metre air pistol - Bronze
Heena Sidhu - Women's 10-metre air pistol - Bronze

Squash

Saurav Ghosal - Men's singles - Bronze
Joshna Chinappa - Women's singles - Bronze
Dipika Pallikal Karthik - Women's singles - Bronze
Dipika Pallikal Karthik, Joshna Chinappa, Tanvi Khanna, Sunayna Kuruvilla - Women's Team - Silver
Saurav Ghosal, Harinder Pal Sandhu, Ramit Tandon, Mahesh Mangaonkar - Men's Team - Bronze

Table Tennis

Sathiyan Gnanasekaran, Achanta Sharath Kamal, Anthony Amalraj, Harmeet Desai, Manav Thakkar - Men's Team - Bronze
Achanta Sharath Kamal, Manika Batra - Mixed doubles - Bronze

Tennis

Rohan Bopanna, Divij Sharan - Men's Doubles - Gold
Ankita Raina - Women's Singles - Bronze
Prajnesh Gunneswaran - Men's Singles - Bronze

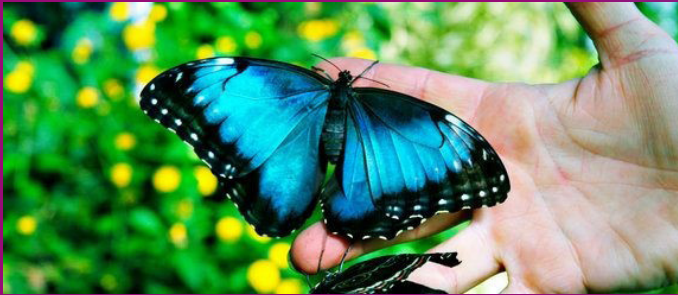
Wrestling

Bajrang Punia - Men's freestyle 65 kg - Gold
Vinesh Phogat - Women's freestyle 50 kg - Gold
Divya Kakran - Women's freestyle 68 kg - Bronze

Wushu

Roshibina Naorem - Women's Sanda 60 kg - Bronze
Santhosh Kumar - Men's Sanda 56 kg - Bronze
Surya Bhanu Pratap Singh - Men's Sanda 60 kg - Bronze
Narender Grewal - Men's Sanda 65 kg - Bronze

The Butterfly (Struggles)



A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening; were God's way of forcing fluid from the body of the butterfly into its wings. To prepare itself for flying once it was out of the cocoon.

Moral of the story: Our struggles in life develop our strengths. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be relying on help from others.

The Obstacle In Our Path (Opportunity)



In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way.

A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story: Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity, and willingness to get things done.



One man, many lives is just the tip of the iceberg when it comes to Sanjay Dutt. Rajkumar Hirani's film presents a vivid and very dramatic look in this biopic of sorts. The film starts off with Sanjay Dutt (Ranbir Kapoor) wanting a writer for his biography even while he's preparing to surrender himself to the Supreme Court's judgement in the Arms Act case. A film writer fails him miserably, so Sanju turns to a more established writer Winnie (Anushka Sharma) to pen his biography. His confessions and recollections to Winnie are intimate and give us deep insights into the highs and lows of his

Repacking Sanjay Dutt's life

life, which is nothing short of a roller-coaster ride. Like any Rajkumar Hirani film, Sanju blends humour with drama effortlessly. While it doesn't reveal much about the protagonists' relationships and marriages, it does tell a strong story of an unbreakable bond between a father, son and a best friend. In fact, Sanjay's relationship with his father Sunil Dutt (Paresh Rawal) forms the major part of this story and some of the most heart wrenching and touching moments in the film belong to both of them.

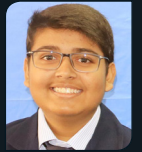


ASRA 11 H

Manisha Koirala as Nargis Dutt (Sanju's mother) has a brief role, but the scenes between the father, mother and son move you to tears.

There's also his best friend Kamlesh (Vicky Kaushal) who's one of the most important characters in the graph of the story and he leaves a solid impact. Maanyata (Dia Mirza) his wife's strong presence is felt right throughout the film.

small things **BIG** can make a DIFFERENCE



DEVANSH S. DOSHI
11

1. Even small donations have an impact.

When considering poverty in the developing world, many people feel deep sorrow but conclude that there is nothing we can do. The scale of poverty is immense and we seem powerless to stop it. Such despair is understandable, but the facts tell a very different story. While poverty is indeed extreme and widespread, it is easy to forget just how many people there are in the developed world, and how powerful our pocket change can become when pooled together.

2. Bring More Meaning to Your Life.

When you donate money to charity, you create opportunities to meet new people

who believe in the same causes that inspire you. That, and making a real impact on those causes, can infuse your everyday life with more meaning. If you've been stuck in a rut, whether personally or professionally, sometimes the simple act of donating cash can do the trick and reinvigorate your life.

3. Motivate Friends and Family

When you let your friends and family know of your charitable donations, they may find themselves more motivated to undertake their own efforts to give. It takes a village to address issues such as world poverty, scientific advancement, and early childhood education. Stoking passions in the folks around you is a very positive and tangible effect of your own giving.

4. Give, If You Can't Volunteer

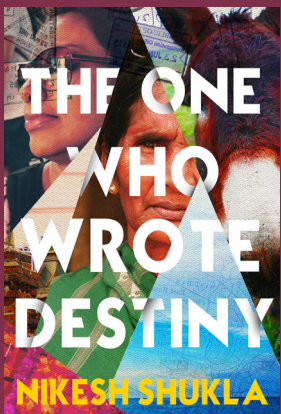
This might not necessarily be a positive effect of charitable giving, but if you're too busy to volunteer or otherwise donate your time, giving money is the perfect workaround. Never think that you can't improve someone's life or the world itself if your personal or professional schedule won't allow the time. Writing out a check is a simple way to show you're willing to help others in any way you can

5. Donation by heart not by words.

sometimes people donate when they are told by someone to. donation should be by the inner voice not the outer voice. This makes a lot of difference in those who tell someone to donate and who donates after telling, shows there nature towards a social cause. though people who donates after they are told by someone have good nature then one's who never donates.

"There is no exercise better for the heart than reaching down and lifting people up."

THE ONE WHO WROTE DESTINY: A FULL FLAVOURED READ



Nikesh Shukla's *The One Who Wrote Destiny* tells the story of a family of immigrants across three generations.

It explores the meaning of home, culture and inheritance.

When the British Empire granted those it had subjugated independence, its architects did not acknowledge that what they had regarded as benevolence was in truth oppression. They instilled a vision of Britain as great and then balked at the idea of being open and welcoming. Despite the serious issues being explored, the experience of immigration portrayed here overflows with humour.

There are no heroes but rather moments of unanticipated heroism.

The story is told in four sections, each concentrating on a key character, all interlinked.

The first of these is set in 1966 when Mukesh, a teenager of south Asian descent, moves from Kenya to England and ends up in Keighley. Drawn to a beautiful girl, Nisha, who inspires him to write bad poetry, he stands near her house each day watching as she arrives and leaves, believing he is invisible. In the second section of the book, set in 2017, Neha is told that she has terminal cancer. Raks is a comedian. After his sister dies he puts together a show that achieves critical acclaim. The break he had hoped for appears to be within his grasp until an error of judgement sends him off course and he feels a need to disconnect. The final section

of the book is set in Kenya in 1988. Nisha's mother, Ba, has left Keighley and returned to Mombasa following the deaths of those she most cared for. She is lonely and grieving but accepting of her destiny.

The stories within stories are presented lightly but with subtle depths. The immigrant's desire for assimilation in the place they choose to make their home is, at times, at odds with retained aspects of their cultural history. The dehumanisation they encounter is painful to read yet skilfully presented.

The idea of destiny adds interest but this is a story of family in its many colours and shades. It is entertaining yet never trivialises the inherent difficulties of each situation. I highly recommend it all kinds of readers.



MANAL
- 11H

MARTIAL ARTS



Every crime story I read or hear on media put me in deep thoughts. How can we prevent ourselves for falling into such danger? I have an answer now.

Learn karate and be an expert Karateka.

I joined a school to learn Karate in Kuwait at an early age and there I have learnt the purpose of Karate is to guide us out of trouble by any means necessary, both in actual combat and in life. They make us mentally strong and physically fit. Through karate we will get involuntary or reflex action. It is necessary to learn any one form of martial arts especially for women and children for self-defense. It gives a feeling of protection.

The martial arts is not only for Self-defence, but also for self confidence. It has a major role in self-discipline, sincerity and dedication, high level of concentration, hardwork and should be alert. Karate is the movement happening within seconds. It helps find

out our weakness and to build us up accordingly.

Over thousand years ago this form of fighting style came from India and brought to China by a Buddhist monk called Bodhidharma. It is believed that Bodhidharma, a monk from the sub-continent arrived in Shaolinsi and began teaching Zen Buddhism. It is a style of temple boxing to strengthen the mind and body. Karate is a Japanese word meaning "empty hands and it was born in the Okinawan Island as a form of self-defense. It arised when the Japanese force banned weapons. The founders of the Okinawan Karate were Sakugawa Kanga, Matsunura Sokon, Anko Itosu, and Gichin funakoshi. It was used by the peasants in Okinawa to protect themselves from the samurai and muggers, if one was unable to defend himself he would be killed by the attacker, so Karate was introduced.

The art form is often modifies and changes in style. The four distinctive Japanese styles are GOJU-RYU, SHITO-RYU, SHOTOKAN, WADO-RYU. Karate has evolved into a popular and beloved sport. The World Karate Federation [WKF], the largest organization for karate as a sport, has developed a system of common rules and regulations. The WKF is recognized by the International Olympic Committee and coordinates with various National Olympic Committees.



SIDDHARTH SHYAM - 11F

A JOURNEY THROUGH THE KUWAIT NATIONAL MUSEUM

The Kuwait National Museum is a true representation of the Kuwaiti Heritage and when we are living in this country, we should visit museums like this and learn more about the country we are residing in.

A SMALL TOUR INTO THE INTERIORS OF THE MUSEUM

There are 3 main sections to the museum: Heritage, Archeology and Planetarium.

HERITAGE:

The Heritage section is an absolutely dazzling life-size reconstruction of Old Kuwait. This section has a model of a fishing scene, Dhow building, men in diwanniyah etc.



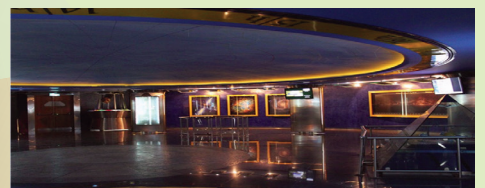
ARCHEOLOGY:

Visitors will see many Bronze Age cauldrons, terracotta pots, coins, flasks from Failaka Island.



PLANETARIUM:

The Planetarium has 15 meters of a horizontal dome installed with a map of the sky mainly the northern hemisphere surrounded by the 28 phases of the moon.



Museums are one of the best places that represent and preserve a country's history. Located in Kuwait City on the Arabian Gulf Street, this museum is a must visit.



ASHWATHY MATHEW 11H



CHARITY CONVENORS - SEPTEMBER



NANDHA KRISHNAN
- 12A



SHILPA SHAJI
MOHAN - 12B



ZAYNEB
- 12C



FARZANA SULTANA
- 12D



ALAN K ABY
- 12E



SHEREEN B
- 12F



SHAHNAZ
- 12G



RIYAS SHAREEF
- 12J



VIVAY BARRETO
- 12K



RHYS FERNANDES
- 12L



JERISHON
- 11A



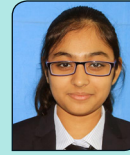
NANDA KUMAR S
- 11B



VANESSA JENNIK
- 11C



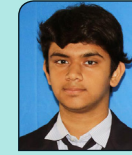
SHUBHAM GANDHI
- 11D



AMSEEN
- 11E



MARIA
- 11F



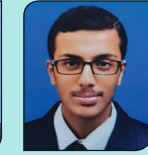
MOHAMMED
MUSTAFA - 11G



FATEMA BURHAN
- 11H



DEVANSH SUHAS
- 11I



RONAK KISHORE
- 11M



LIDA MARYA GEORGE
- 10A



SARAYU
- 10B



ZAHRA MUSAFIR
- 10C



SURYA KARTHIK
- 10E



GODWIN CRASTO
- 10F



MUHAMMED FAYIS
- 10G



ALLEN JACOB ALEX
- 9A



SAPAN BYNDLA
- 9B



YUSUF ALAUDDIN
- 9C



ZOYA D. KELKAR
- 9D



MOHAMMED SHAH
- 9E



EBEZ JOHN CHACKO
- 8A



LINO GEORGE
- 8B



JITTU GEORGE
- 8C



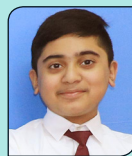
HIBA KHAN
- 8D



SUDEV V. SIJU
- 8E



TAHA BURHANUDDIN
- 8F



JOHANN PREMJI
- 7A



FAIZAAN FAYAZ S.
- 7B



FARVA FATEMA M.
- 7C



TYRON BERNAROINO
- 7D



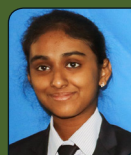
HANA THOMAS
- 7E



GRAHAM JJI THOMAS
- 7F



ZAYED
- 6A



SABU MATHEW
- 11H

BLESSING OR CURSE – DOWNPOUR IN KERALA

Many parts of Kerala were dealing with an imminent crisis on Friday as a heavy rainfall warning and tidal flooding alert looked set to compound the worsening flood situation in the state. The state disaster management authority issued a red alert for eight districts following a heavy rainfall warning by the weather office. Idukki and Ernakulam districts were put on high alert and administration began preparations to evacuate families in anticipation of a flood situation following the decision to rise the shutters of the Cheruthoni dam to release excess water from the Idukki reservoir over 6,500 were expected to be evacuated from the downstream areas of Periyar rivers up to Aluva in Ernakulam. Five people were reported dead in rain related incidents on Friday taking the death toll to 27. More than 17000 people across the state have been displaced by floods over two days since the monsoon rains intensified. Rescue teams including units of the army navy and National Disaster Response Force (NDRF) dug through

soil and rubble to save victims of landslips. The district collector of Idukki imposed a ban on tourism activities and movement of heavy goods vehicles till further notice landslides



occurred at many places in Wayanad and Malappuram. Tamil Nadu and Karnataka have offered assistance with chief ministers of these states offering Rs.5 crore and Rs.10 crore respectively for flood relief work. A 24 x 7 control room has started functioning, coordinating the activities of flooding that has affected hundreds of villages, destroyed an estimated 10,000 km of roads, thousands

of homes have been damaged or destroyed and the Kochi airport suspended its operations till 29 august following runway flooding. Many schools throughout the state have been closed due to safety reason. There is still hope for Kerala as many rescue teams of central forces including the Indian army has joined hands with the local fishermen in Kerala for assisting in rescue work and restoration.



Birthday Arcade - September



ASRA ARIF
11H - SEP 1



CAREENA BOBY
12E - SEP 1



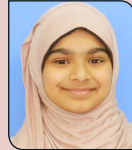
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8A - SEP 1



MOH'D SAIFUDDIN
11D - SEP 1



MURSHIDA MERAJ
8B - SEP 1



RITAJ RIZWAN R.
7 D - SEP 2



VYSHNAV K.
11C - SEP 2



WALEED KHALID M.
9C - SEP 2



ARFANA
8D - SEP 3



GLENN V. GEORGE
12B - SEP 3



VAISHNAV SATHEESH
11C - SEP 3



AMIR MOH'D JAIPURI
10F - SEP 4



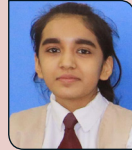
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DAVINA SIJI S.
9B - SEP 4



GURLEEN KAUR
12E - SEP 4



EMAN SHARAFAT
7A - SEP 4



MOIZ NAHRPURAWALA
7B - SEP 4



PRAVEEN AADHITHYA
7E - SEP 4



RAVLEEN KAUR
12E - SEP 4



DISHA G. SHENOY
8C - SEP 5



SLEETY K. GEORGE
12C - SEP 5



TANVIR SINGH
9D - SEP 5



ARWA AZIZ
8B - SEP 6



BERYL
8A - SEP 6



DARREN IMMANUEL F.
11G - SEP 6



LAVNYA NAIR
7B - SEP 6



MOHD SHABBIR
8C - SEP 6



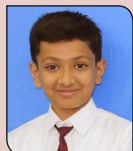
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7A - SEP 7



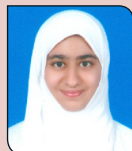
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11H - SEP 8



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JOHN ALEX
12E - SEP 8



NADA KHALID R.
11E - SEP 8



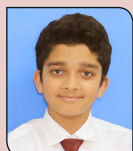
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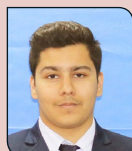
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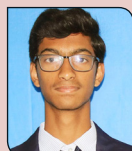
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MANU BHATIA
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VIJAY ANISH
11D - SEP 11



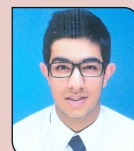
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SARA TURKEY
12B - SEP 12



MOHAN DODEJA
12C - SEP 12



MAHIMA THANKAM
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SHIV S. KUBAL
12C - SEP 13



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12B - SEP 13



AMMAN AJAZ
8D - SEP 14



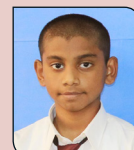
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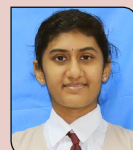
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RYAN BABU
9A - SEP 14



MOHD FARJAAD
7F - SEP 14



AISHWARYA J.
8E - SEP 15



ANFAL UZMA S.
10C - SEP 15



DILANO SIMON
12K - SEP 15



J. JOHN BRYANT
10B - SEP 15



MOHAMMED N.
12K - SEP 15



ALEENA R. ANTONY
11I - SEP 16



CYRUS RODRIGUES
12F - SEP 16



DEEPU GEORGE
11C - SEP 16



JERSHON DEVA
11A - SEP 16



LUBNA ABDUL KADE
11M - SEP 16



MOH'D PACHLASA
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ROHIT RAM R.
9B - SEP 16



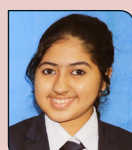
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RIYA ACHU SAJI
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NAQUIA
10E - SEP 17



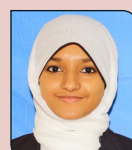
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LIDA M. GEORGE
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RASHA FATHIMA
11H - SEP 18



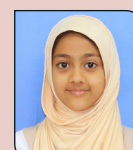
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10C - SEP 19



JOSHUA ANNAMALAI
12A - SEP 19



MUFAZZAL HAIDER
7F - SEP 19



NUHA ABUBACKER
7D - SEP 19



RUDRANGSHU T.
11C - SEP 19



RHYTHM SHAH
12C - SEP 19



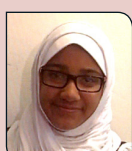
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11I - SEP 19



SAMUEL G. VARGHESE
9D - SEP 19



SHAIK SHAYOBANAZ
12C - SEP 19



ALFIYA ABBAS ALI
11H - SEP 20



RUKIYA ABBAS ALI
11F - SEP 20



MAY SMITH JAMES
9A - SEP 20



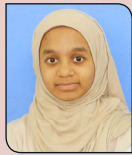
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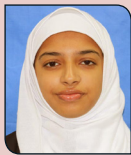
ASHMIT SRIVASTAVA
8C - SEP 21



FATHIMA HANNA
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FATIMA SAYEED
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JENAB HAKIM AZIZ
11E - SEP 21



JOE MAMMEN JOHN
12G - SEP 21



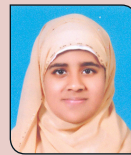
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ACELIN SANJU
7D - SEP 22



ARIBA NADEEM
11I - SEP 23



HIBBA KHAN
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MOHAMMED ZEYAD
7D - SEP 23



VIDHYA LAKSHMI
8E - SEP 23



ABRAR KHAN
9E - SEP 24



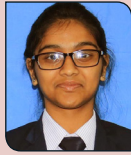
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CHANDLER COLIN
7C - SEP 24



HANLEY G GEORGE
8E - SEP 25



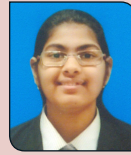
LISA ANN JACOB
11B - SEP 25



SHARON B. THOMAS
9C - SEP 25



AAHFIL AHAMED
12F - SEP 26



JANICE SHREYA
12G - SEP 26



JUWERIA BURUD
10C - SEP 26



MOHAMMED MUSTAFA
11G - SEP 26



MUBARAK BAGIDORAWALA
11I - SEP 26



MOH'D WALEED
8B - SEP 26



SHORAB MUSARAF
11C - SEP 26



SYEDA FATHIMA
12F - SEP 26



AMEENA BADARUDEEN
8D - SEP 27



HAFSAH
12G - SEP 28



JOANNA ABIGAIL
7B - SEP 28



SHEHAN
11H - SEP 28



YASH VERDHAN
7D - SEP 28



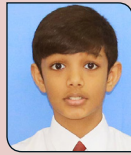
BINOY SAM A.
12F - SEP 29



FADIL HASSAN
12L - SEP 29



MIR ZAMAAN H.
8A - SEP 29



MUSTAFA ALTAF
7C - SEP 29



RIONA FERNANDES
8C - SEP 29



SHARON JOHNSON
8E - SEP 29



SHEREEN B.
12F - SEP 29



YASHILA VEERAMANI
7C - SEP 29



AARON SAM A.
8B - SEP 30



GAUTAM KRISHNA
10F - SEP 30



GAUTAM SAI
11D - SEP 30



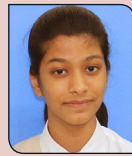
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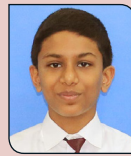
ISHAAN SHARMA
7E - SEP 30



NAFISA RASHID
12C - SEP 30



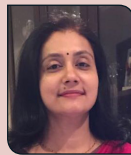
RASHIDA KASIM B.
7B - SEP 30



SIVANESAN S.
7B - SEP 30



DR. SAM. T.
KURUVILLA - SEP 16



MRS. DEEPA BIJU
- SEP 17



MR. FAID AHMED
- SEP 30

The outbreaks of Nipah Virus



We in Kuwait has started getting edible fruits and vegetables imported from India. And finally it is contained. The nipah virus has at least killed seventeen in Kerala.

The virus infection is a zoonosis that causes severe disease in both animals and humans. The natural hosts of the virus are fruit bats of the Pteropodidae Family, Pteropus genus.

Signs and Symptoms

The symptoms start to appear within 3–14 days after exposure. Initial symptoms are fever, headache, drowsiness followed by disorientation and mental confusion. These symptoms can progress into coma as fast as in 24–48 hours. Respiratory illness can also be present during the early part of the illness. Nipah-case patients who had breathing difficulty are more likely than those without respiratory illness to transmit the virus. The disease is suspected in symptomatic individuals in the context of an epidemic outbreak.

The Outbreaks

Nipah virus outbreaks have been reported in Malaysia, Singapore, Bangladesh and India. The highest mortality due to Nipah virus infection has occurred in Bangladesh. In Bangladesh, the outbreaks are typically seen in winter season. Nipah virus first appeared among the pigs and the pig farmers at Malaysia in 1998.



PRERNA CHITRE
11H

CAPTAINS & VICE CAPTAINS - SEPTEMBER

CLASS 12A



SARA THOMAS



MOYNA P. MONISH



MOHAMMED SHADAN



MUHAMMED FARDHEEN



RADHIKA



SLEETY



JYANTIKA KAUR



RABAB KHUZEMA



TINO J THOMAS



VALUSHA ANTAO

CLASS 12F



SIDHARTH M. NAIR



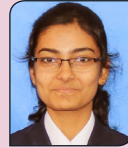
CYRUS RODRIGUES



SAMAN SAJID



CATHY LEAH PHILIP



P.C. CHADHURYA



GIBIN JACOB



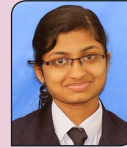
KHUSHI PAWAR



DILANO SIMON



MOHAMMED ALI ASGAR



IRENE JACOB

CLASS 12G

CLASS 12J

CLASS 12K

CLASS 12L

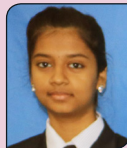
CLASS 11A



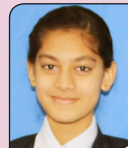
FARHANA ALLY



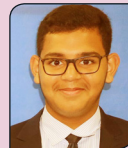
JOHANN LAJI



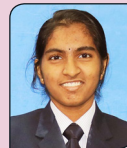
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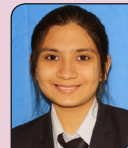
AATHISHNI SIVAKUMAR



SAQIB AHMED



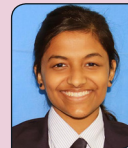
C.G. ANJALI



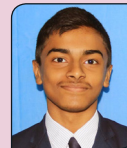
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VIJAY ANISH



BHAVNA



SHERWIN THOMAS

CLASS 11B

CLASS 11C

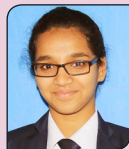
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CLASS 11E

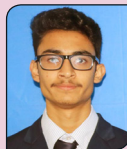
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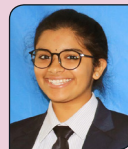
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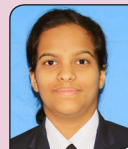
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MUSTAFA ILYAS



AKSHITA BIPIN



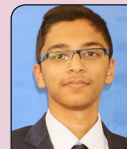
PURNA YOGESH



SWARNALI



SONAL GHOSH



TAHA KASSIM



LUBNA ABDUL KADER



S. JAYAKRISHNA

CLASS 11G

CLASS 11H

CLASS 11I

CLASS 11M

CLASS 10A



YUSRA ASAD KHAN



JEFFIN ABRAHAM



HARI NANDAN



CHRIS D'COSTA



BRAHMLEEN



NIZAR K NAUSHAD



DARIN



MAYSA



BESSIE KUNJUMON



AREEDAH NAWAZ

CLASS 10B

CLASS 10C

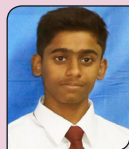
CLASS 10E

CLASS 10F

CLASS 10G



SHELDON ALDRIDGE



KRISTEN PONNACHAN



JOVEN C JOSE



RUHI FASAL



KRISHNA PRIYA



SNEHA SHAJAN



NISHINTH VENKATESH



WALEED KHALID



AISWARYA SUNIL



IVIN MATHEW

CLASS 9A

CLASS 9B

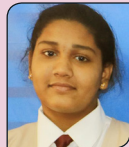
CLASS 9C

CLASS 9D

CLASS 9E



VEDANT KUMAR



PRIYADARSHINI D.



NUHA ZAYNAB



DEENA MUSHTAK ALI



RACHEL ANNAMALAI



MANNA ANN MATHAI



SHREYA A. ABRAHAM



TASNEEM AHMED



MAHIMA T. JOHN



ADIL AMIN

CLASS 8A

CLASS 8B

CLASS 8C

CLASS 8D

CLASS 8E



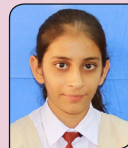
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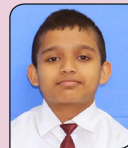
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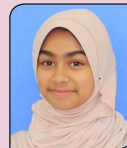
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PATEL DHYANI



NIKHIL STALIN



ZAHRA FAROOQ



PRETTY SARA JOHN



JEHOSHUA GEORGE



SARATH SAJJU



SHREYA KRISHNA

CLASS 8F

CLASS 7A

CLASS 7B

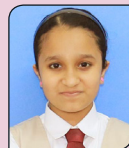
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CLASS 7D

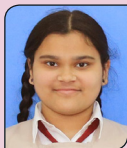
CLASS 7E

CLASS 7F

CLASS 6A



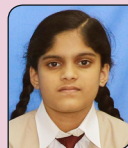
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NABAA KHAN



ISHAAN SHARAM



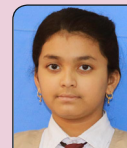
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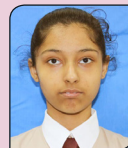
SULTAN FIROZ



MOHD FARJAAD



KUPPALA RAMYA



GURLEEN KAUR

THE NEW CULTURE POPPING UP

After a shooting at a school in United States of America recently, a large mass of actors, musicians, directors and activists voiced their support for the March For Our Lives movement aimed at gaining gun reform and control in the US on social media.

In India, citizens respond every crime, every political scenario on Facebook, WhatsApp or Twitter. It has become a pop culture in the whole world.

With the advent of social media, which provides a platform for celebrities and common people alike to voice their concerns to the masses, this has seen the rise in

many social movements as well such as the Metoo movement and the Black Lives Matter movement. Celebrities and other influencers play a huge role in this, when they voice their support for a particular cause or institution their vast following tends to do the same as well.

Pop culture is simply defined as modern popular culture transmitted via the mass media and aimed particularly at younger people. We tend to undermine the immense power that mass media has over us as a society and as individuals, particularly the power of pop culture. Since it aims at the mass especially the younger and more

impressionable generation it plays a significant role in influencing and moulding our ideas and perceptions of the world and how it functions. And the last two years have been momentous.



OLIVIA - 11H

Pop culture has always and will always play a part in the way we think and learn, it incites thinking and conversation, it exposes us to new situations and helps us relate to issues and concerns we would otherwise feel alienated from.

No matter what anybody tells you, words and ideas can change the world.



Quote Garden

1. "The essence of progressing in life is to keep your will power high even if you lose, but make yourself more polite, when you win".
2. "Show respect even to people that don't deserve it. Not as a reflection of their character but as a reflection of yours."
3. "If you are not satisfied with what you are getting, check what you are giving. Give better to get best."
4. A successful man is one who can lay a firm foundation with the bricks others have thrown at him."
5. "Do good things whether others notice or not. It's the deeds that matter not the size of your audience."

Student Name:

Class : Section: Roll No:

Serial No.



ACKNOWLEDGEMENT

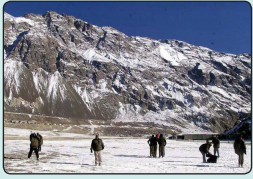
I, the parent of studying in class section hereby, acknowledge the receipt of the September, 2018 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

WORLD in a Nutshell

August 2018



ISRO telemedicine nodes for soldiers in high-altitude areas:

In a major effort to improve emergency medical support to soldiers posted in high-altitude areas, especially Siachen, the Integrated Defence Staff of the Defence Ministry and the Indian

Space Research Organisation (ISRO) signed a memorandum of understanding to set up telemedicine nodes in critical places across the country. ISRO will establish 53 more nodes in the first phase over and above the existing 20, in various establishments of the Army, Navy and Air Force across the country.



Nod for four more NDRF battalions: The Union Cabinet gave its approval for raising four more battalions of the National Disaster Response Force (NDRF) at an estimated cost of Rs. 637 crore. The aim is to reduce the response time and keeping in view the

country's vast geographic area.



Rajiv Sadbhavana Award for Gopalkrishna Gandhi:

Former West Bengal Governor Gopalkrishna Gandhi has been chosen for this year's Rajiv Gandhi Sadbhavana Award for promoting communal harmony and peace. The award

carries a citation and a cash award of Rs. 10 lakhs.



STA-1 status from U.S. welcome, says

India: India has welcomed the decision of the U.S. government to grant it the status of a trading partner equivalent to its closest allies in the NATO. This decision is likely to boost India's defence trade with the U.S.

The Ministry of External Affairs, in a statement, said it proved India's responsible record as a defence player.



China's 'Type 002' begins sea trials:

China's second aircraft carrier, Type 002, being built at Dalian shipyard, has started the second phase of sea trials, state media has reported. Sea trials are essential to test and fine-tune a brand new ship's complex

systems, paving the way for its entry into the Navy. The second sea trial to mainly verify the carrier's communication, navigation and other electronic and mechanical instruments.



London's India Club saved from redevelopment:

Campaigners who have fought against plans to redevelop the building housing London's iconic India Club have welcomed a decision by Westminster City Council to reject a planning application

from the property company that owns the premises. Westminster's subcommittee on planning applications rejected the proposal from Marston Properties Ltd that would have revamped the six-storey building on the Strand in Central London, pointing to the fact that it would have led to the loss of "an important cultural and night time entertainment" venue". The club had "strong associations with the expat Indian community dating back to 1951 and is considered to be of significant cultural importance," the committee explained in its decision.



Prime Minister lauds role of IITs in nation-building:

Prime Minister Narendra Modi urged eminent engineering institutions to focus more on quality than on the quantity of students, for research in cutting-edge science and technology domains, with

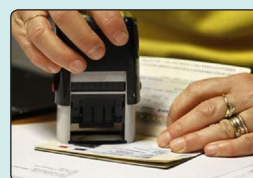
emphasis on national priorities. The country produced over seven lakh engineers every year but not all of them graduated with the right set of skills, said Mr. Modi in the the keynote address at the 56th convocation of the Indian Institute of Technology (IIT) Mumbai.



No free travel insurance in trains from September 1:

The Railways will stop free travel insurance for passengers from September 1, an official said. Travellers, while booking tickets through the IRCTC website or mobile app, can opt for travel

insurance or opt out. The order to charge for travel insurance will be generated in a few days.



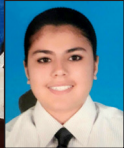
Indian tourists to Lanka may be exempted from visa soon:

Indian tourists visiting Sri Lanka may soon be exempted from visa requirement as the government is mulling granting visa-free entry to visitors from countries like India and China, Tourism

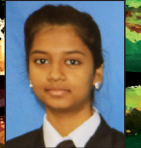
Minister John Amararatunga said on Monday. He said that Prime Minister Ranil Wickremesinghe has appointed a task force in this regard.

The care and attention that you get from others is a gift of your own character

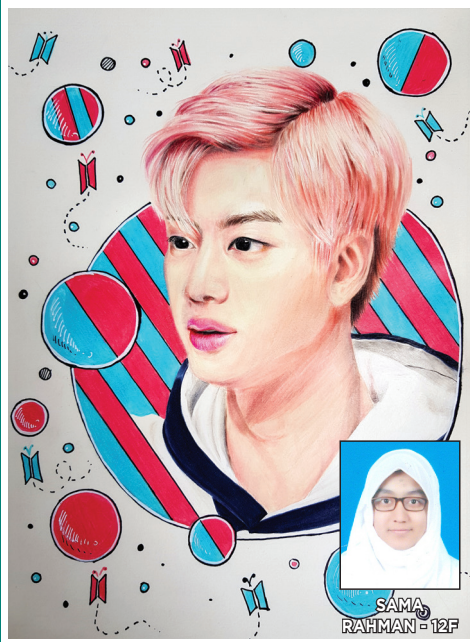
Art Gallery



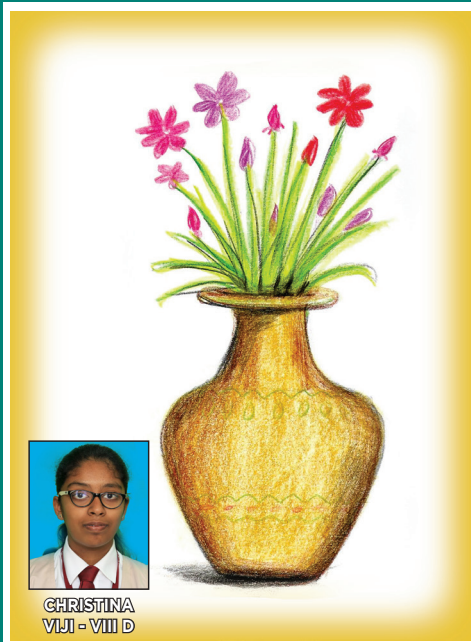
SUHANE
SINGH - 12 G



LAKSHANA
RAMESH - 11B



SAMA
RAHMAN - 12F



CHRISTINA
VIJI - VIII D



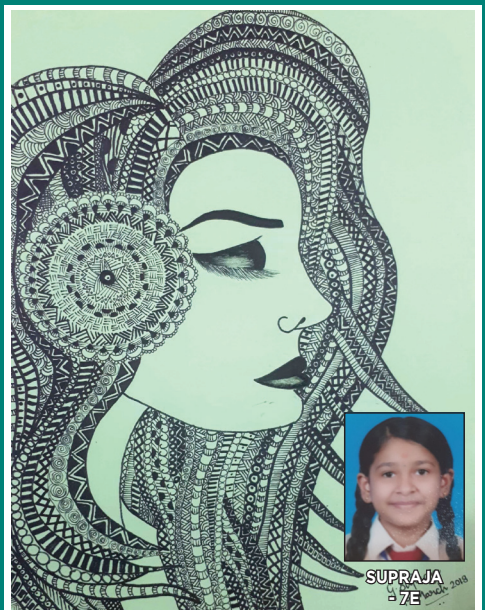
ARSHIYA
NAAZ - 11I



JENISHA
JUSTIN - 12G



YASHILA
- 7C



SUPRAJA
- 7E

HOW THE INDIAN STATES GOT THEIR NAMES?

JAMMU & KASHMIR



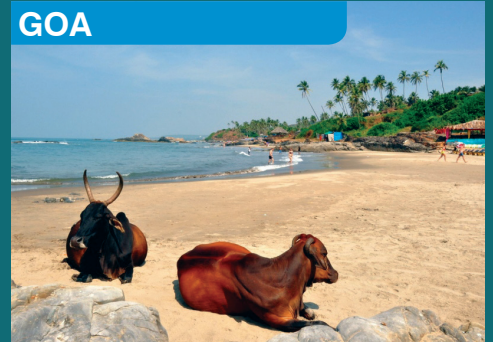
JAMMU is probably named after the king Jambu Lochan, KASHMIR means land desiccated from water

ASSAM



ASSAM is named after the AHOMS who ruled over ASSAM

GOA



The origin of the name Goa is centered around the sanskrit word 'GO' means cow

EPICTIONARY

1. Phone

Meaning: A phone is a device that's used to communicate with people from a distance (you might be using a phone to read this!).

Origin: The English word phone is actually short for telephone, which comes from the Greek words for sound (phon) and far away (tele).

Related words: Homophones are words that sound (phon) the same (homo) but are spelled differently, like hear and here. If you like hearing nice things you might enjoy a symphony, which is when many instruments play together (sym) to make a beautiful sound (phon)... usually.

2. Hyper

Meaning: Someone who is hyper is very energetic and lively.

Origin: Hyper is a shortening of the word hyperactive, which combines the Greek word meaning "over, beyond" (hyper) and the Latin word for something that's done (act).

Related words: When someone tells you they're so hungry they could eat a horse, you know they're just exaggerating by using a hyperbole—stretching the truth, like throwing (bole) something too far (hyper). No matter

how exciting someone's hyperbole is, try not to hyperventilate! That means to breathe or blow out air (ventilate) too much (hyper) in a way that makes you dizzy.

3. Sync

Meaning: When a few things happen at the same time or in the same way, they're in sync. This word is a shortening of the word synchronize, but it's used alone nowadays as a verb (your phone apps might even sync to make sure your files are up to date).

Origin: Sync comes from a Greek word that means to be together (sym or syn).

Related words: A synopsis is a summary of something like a movie or a play. It's a way for everyone to see (opsis) the meaning together (syn). Synopsis and summary are synonyms, which are words that share the same (syn) meaning but have a different sound or name (onym).

Stay away from a play if the synopsis says the actors lip-sync. That means they move their lips (lip) together (syn) with the music without creating the sounds themselves.

4. Air

Meaning: Air is all around us. It's the invisible gas that creates our atmosphere. Without air,

we wouldn't be able to breathe!

Origin: The word air has gone through a few languages before ending up in English, but it probably comes from the Greek word aer, which means to blow or breathe. You can find words that use both aer and air.

Related words: An airplane is a relatively flat object (plane) that flies in the air (air). Airplanes are aerodynamic, which means they use the air (aer) to power (dynamic) their flight. Don't forget to look down when you're in that plane, since aerial (of the air) views are pretty amazing!

Forthcoming Events



- Parents meet for class 10 and 12
- 1st terminal Examination
- Inspire 2018 release
- Gyanotsav
- International tour NASA and Singapore
- Kuwait Cluster Athletic meet
- Celebration of Gandhiji's 150th birth anniversary celebrations
- Sparsh Presentation
- Teach Me



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