



EPICS



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

SEPTEMBER 2019



PRINCIPAL'S MESSAGE

Dear Children,

Now you are in the second term after summer vacation. Exams are nearby, so you have to put more focus towards your studies to gain

more knowledge and achieve more marks. Always think about the purpose of education so that you can make your learning process pleasurable. In this edition of epics, let's discuss about the ways through which we can boost our self-confidence.

Without confidence, it's very difficult to achieve results. Even if you don't feel confident, there are ways to appear confident, and when you succeed in doing that, you'll find that, very quickly, you actually feel as confident as you seem to be!

Practice exhibiting confidence through your body language

There is much evidence pointing to body language as a path to developing real self-confidence. Stand up straight, don't slouch, don't look at the floor. Pull your shoulders back, push out your chest a bit and have some space between your feet when you stand. Also, don't touch your face when talking to others, this is a clear sign of a lack of confidence, don't play with your hair or look anywhere but the person you are talking to. Which brings us to our next point.

Smile

Smiling is powerful. It makes others realize you have it good, that you are relaxed and content. Smile and let it show in your eyes. You'll see it not only makes a big difference in how people relate to you, but it also, eventually, makes you feel that much better.

Make eye contact and keep it

Don't be the first to look away. When your eyes meet another, look steadily, especially if you or they are talking. Don't stare, just move your eyes to theirs and hold, let them drop to the face and then back up. Don't break eye contact quickly, people who will immediately break eye contact give the impression that they either feel guilty for something. You can practice this with random people, and you may be surprised at their reaction when you get the nerve just to look them in the eyes. It will transmit confidence and interest.

Don't fidget

To develop your self-confidence, you'll need to be aware of your body and keep calm. If you feel yourself

start to fidget, take a deep breath, disconnect for a moment and count to 3. Then release your breath and return to reality in control of your body.

Halt before you talk

When you are talking to another person, listen to them intently, don't cut them off and don't start talking immediately after they are done. Take 3 seconds to process the information, and then formulate a response that is quiet and shows that you really listened. Use specific details if possible. The time you take to think and process what the other person said would make you look more confident, wiser and kinder. Remember, fools shout and cut others off, while strong, confident people take the time to listen and formulate a relevant response to what was said.

Let others speak

Continuing from our last point, try to get people to talk. Find out what questions they like being asked and encourage them to answer. People love being listened to, and once you do, you'll discover there is always an advantage to knowing more about the person than they know about you. Also, the more open and direct you are in your questions, the more confident you'll seem. Just one word of advice: There is a thin line between being direct and being rude, find it and tread it carefully, you want to ask good questions but do it in a kind and offhand manner that'll put others at ease.

Dress well

It's amazing how much we get judged on visuals alone. You can take great advantage of that fact by being always well dressed. Get an honest friend to tell you what looks good on you and what does not. Find a balance between comfort and a great look.

Exercise

Yes, even in an article about self-confidence you won't escape this essential advice. Physical activity is a huge source of self-confidence. Research has demonstrated that there is a direct link between sports and chemicals being released in the brain to cause euphoria. Physical activity will also improve your looks, which will also add to your self-confidence. And don't forget, just proving to ourselves what our bodies can do is a great boost to our confidence. Do any kind of physical activity for a better overall feeling and a great boost in self pride and respect.

Remember the good times

One of the things that we rely on for self-confidence is reliving the best moments of our lives. Each time you remember that great day - a game you won, a trip you

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took, best mark that you scored- this will do wonders for your self-esteem, as well as providing a good excuse to call old friends...

Develop more self-confidence in exams too. I am sure you will be the winner for the upcoming first terminal examination. Wish you all the Best.



EDITORS' NOTE

Greetings from the editorial board.

Welcome back to a new session after a relaxing vacation.

A Monk of the Ramakrishna Mission was being interviewed by a journalist from NY. The journalist started interviewing the Monk as planned earlier.

Journalist: Sir, in your last lecture, you told us about "Contact" and "Connection." It's really confusing. Can you explain?

The Monk smiled and asked the journalist: "Are you from New York?"

Journalist: Yeah...

Monk: Who are there at home?

The journalist said: "Mother had expired. Father is there. Three brothers and one sister.

The Monk, with a smile on his face, asked again: "Do you talk to your father?"

The journalist looked visibly annoyed...

Monk: When did you talk to him last?

The journalist, suppressing his annoyance said: "Maybe a month ago."

Monk: Do you brothers and sisters meet often? When did you meet last as a family gathering?

With a sigh, Journalist: We met last at Christmas two years ago.

Monk: How many days did you all stay together?

Journalist (wiping the sweat on his brow): Three days...

Monk: How much time did you spend with your Father, sitting right beside him?

Did you ask how he was? Did you ask how his days are passing after your mother's death?

Tears started to flow from the eyes of the journalist.

The Monk held the hand of the journalist and said: "Don't be embarrassed, upset or sad. I am sorry if I have hurt you unknowingly... But this is basically the answer to your question about 'Contact' and 'Connection'. You have 'Contact' with your father, but you don't have 'Connection' with him. Connection is between heart and heart...

Sitting together, sharing meals and caring for each other, touching, shaking hands, having eye contact, spending some time together... All your brothers and sisters have 'Contact' but no 'Connection' with each other..." The journalist wiped his eyes and said: "Thanks for teaching me a fine and unforgettable lesson."

So dear children let's have connection with our parents, teachers, siblings and friends. Life will be beautiful and meaningful.

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



Mrs. Susan George



Mrs. Tintu Wilson



CHANDRAYAAN 2 India's unique mission to the moon

India Space Research Organisation's Chandrayaan-2 moon orbiter, lander and rover launched into space atop a Geosynchronous Satellite Launch Vehicle Mark III-M1 rocket from the Satish Dhawan Space Centre on Sriharikota Island on July 22, 2019. All of the above were developed in India. This mission aimed to advance the research work of its predecessor, Chandrayaan 1.



GOKUL SREENIVASAN
- IX B

Chandrayaan 1 was launched in 2008 consisting of a moon impact probe (MIP) which crash landed on 14 November 2008. This made India the fourth country (after the USA, Russia and European space agency) to place the flag on the moon. Initially planned for 2 years, the mission lasted only for 312 days due to some technical difficulties. However, it completed 95% of its mission objectives.

On 12 November 2007, representatives from ISRO and Russian Federal Space Agency (Roscosmos) signed an agreement to work together on the Chandrayaan 2 project. The rocket was completed in Aug 2009. Later, Roscosmos withdrew from the project when one of its lunag missions failed. This meant that ISRO had to develop the lunar mission alone.

After being postponed more than 5 times, Chandrayaan 2 was scheduled to launch on 14 July 2019 when scientists detected a leak in the fuel tank. It finally launched on 22 July 2019, making all the Indians proud.

The objectives were to demonstrate the ability to soft-land on the moon, operate a robotic rover on the moon, prepare 3D maps of the moon, and search for minerals.

ISRO plans to land the lander on 7 September 2019. If successful, it will make India the country to land on the southernmost latitude by a spacecraft (70°S) on the moon. Along with the Chandrayaan 2, the rocket carries the hopes of 1.3 billion Indians worldwide.

ICSK Senior Organizes Workshop on Good Health and School Life Balance.



according to the category of lives of people. He shared his mantra to healthy life which was, "Eat healthy and live healthy." Dr.Ganesh counseled the students about the prominence of good exercise habits. He also advised them to go to bed early and rise early. The session was carried forward interactively. The session culminated with a short meditation session wherein the children were asked to feel at ease without any stress and tensions. The students found the workshop quite interesting and informative.

"All the money in the world can't buy you back good health."

The Indian Community School Senior organized a workshop on good health, lifestyle and school life balance for the students of classes 7 and 8 on 27th May 2019 at the school auditorium. Dr. S Ganesh [MD] Doctor of Acupuncture, chief therapist and founder of "The Healing Touch" - Rejuvenation Centre was the resource person.



He discussed about the variety of food

Here is a great salute for all the teachers in our lives who drove us to the zenith of success in every aspect of our lives.

Unlike any other international days, Teachers' Day is celebrated on different dates in different countries. In our country, on this day- the 5th of September, some of the students and friends of our former president Dr. S Radhakrishnan approached him to celebrate his birthday. But the genial teacher refused and asked to observe this day as a national teachers day instead of his birthday. Such was the love and respect of a teacher for his profession.

In his book titled, "Political Thinkers of Modern India", he signified the importance of teachers and education in a country like Democratic India which was still in its early years of development. According to him, there is a huge role of teachers in nation building and for that sake teachers should be respected more

We Celebrate teachers day because

Teaching is the most influential job in the world. Teachers are known to shape the mind of youth and without knowledge no one can exist in this world. Teacher imparts good value in children and turn them into responsible citizens. So, almost every country celebrates Teacher's Day.

It is celebrated every year to commemorate the birth anniversary of earlier India President, Dr. Sarvapalli Radhakrishnan as well as pay honour to the teachers. The birth anniversary day of our earlier president has been dedicated to highlight the nobility of the teaching profession as well as contributions of our teachers in the society and country development.

teachers shape us to be academically wonderful and morally good by

Happy TEACHERS' Day



POORVA NIRMAL IX D

enhancing our knowledge, skill and confidence level. They always promote us to do every impossible thing possible to do better in the life. Teacher's day is celebrated with great joy and enthusiasm by the students. They say give them lots of greeting orally or through greeting cards.

Thank you teachers for your valuable contribution, guidance and encouragement that have given new impetus to our work.

Summer Camp “The Sunshine” 2019 of ICSK Inaugurated



The summer camp 2019 of Indian Community School Kuwait, “The Sunshine” was inaugurated on 30th May 2019 in the ICSK Senior school auditorium. The Chief Guest for the day was Dr. Diwakara Chaluvaiyah, Consultant Radiologist Royal Hayat Hospital, Kuwait. Dr. Diwakara is the founder executive member of IDF. Around 150 students participated for the camp.

Sunshine 2019 commenced its second session on July 3rd with nearly 130 participants and was inaugurated by Mr. Ravi Ayanoli, Vice Principal, ICSK Khaitan. The camp gave the children an opportunity to improve their innate talents through various indoor and outdoor activities.



MARTIAL ARTS AND KARATE



Martial arts are an ancient method of training your mind, body and spirit to act as one. Children who get involved in martial arts reap many benefits in several areas of life. Most martial arts originated in Asia and include karate, kung fu, jiu jitsu, aikido, tae kwon do, judo and muay Thai.

Karate is a martial art that was originally created in Japan. The main idea of karate is battling and defending by using defensive and counteroffensive body movements including punches and kicks. The psychological and ethical characteristics of karate aim to advance and improve the student in general. The term “karate” is a mixture of two Chinese characters: “kara” (empty) and “te” (hand), thus karate means empty hand. The suffix “-do” is added to the word “karate” to indicate that karate as an overall way of life. An individual who practices karate is sometimes referred to as a karateka. The conventional karate-do is a difficult sport and it takes time and dedication to become a master in this martial art.

Karate can be practiced as an art (budō), self defense or as a combat sport. Traditional karate places emphasis on self-development (budō). Modern Japanese style training emphasizes the psychological elements incorporated into a proper kokoro (attitude) such as perseverance, fearlessness, virtue, and leadership skills.

Karate helps in developing balance, coordination, focus, respect, discipline, self-defense is well known features of every practice.



MAHILLYA MOHAN
XI A

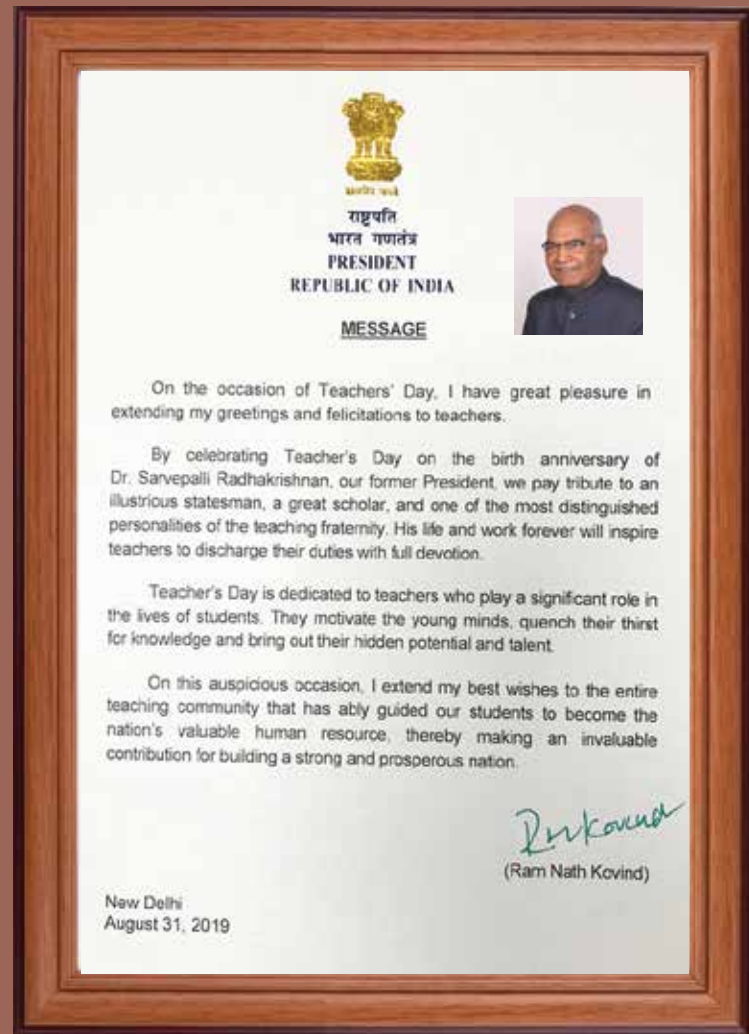
ICSK ORGANIZES TRAINING FOR TEACHERS



The Principal and Senior Administrator of ICSK Senior, Kuwait organized a training session for the teachers on 22nd Aug, 2019 in the school auditorium. The resource person for the training programme was Dr. Sr. Lydia Fernandes, Teacher Educator at St. Anns College of Education, Bangalore.

She spoke about the two most important requirements of a Teacher Professional...personal knowledge base and personal emotional social integration. She stressed on the fact that modeling is the way of teaching and in futuristic education, it is more important to develop competency in children. She also added that the EQ level of a child unlike the IQ level could be developed.

Her session culminated with the famous quote "We teach who we are."



REFLECTIONS 2019



We don't learn by doing, we learn by reflecting on what we have done. The more reflective you are, the more effective you are.

Reflection, as it is named,,,,,, was an event of celebration and reverberation that was coordinated on 16th May 2019 to jubilate the victory and triumph of ICSK, Kuwait on the Academic excellence, brilliance and centum results at the AISSCE and AISSE March 2019. As it is rightly quoted that 'We are what we repeatedly do. Excellence, then is not an act, but a habit, the results of 2019 have

proven the fact that the child prodigies of ICSK are highly competitive, skillful and intellectual by all means.



The programme was facilitated to approbate and laud the stupendous and prodigious teachers of ICSK for their sheer hard work, sincerity and dedication in what they do. The result analysis of class 10 and 12 for the year 2019 was presented by the Principal and Senior Administrator of ICSK Senior, Dr. V Binumon.

The programme was graced with the presence of the Board of Trustees of ICSK. The principals and vice principals of all the four branches also graced the occasion.

Birthday Arcade - August



JOHN PREETAM
8D - AUG 1



ARYAN MENON
8D - AUG 1



ALEENA RACHEL
7C - AUG 1



ARVIN SHAJI V.
8E - AUG 1



BATTALA SANDEEP
7E - AUG 1



DELWYN PIUS
11E - AUG 1



EVELYN CISAL
9B - AUG 1



MRIGA ARORA
12C - AUG 1



SHAHID AHAMED
9F - AUG 1



TASNEEM ADNAN
8C - AUG 1



ZAHRA ZAKIR
9F - AUG 1



AFRIN BANU
12A - AUG 2



AMAN ABDUL
11F - AUG 2



KAVERI AMIT NATH
8E - AUG 2



SAMSON MAMMEN
12G - AUG 2



SOORYA SUNILKUMAR
8A - AUG 2



ALI ASGHER
12K - AUG 3



ARON RAJESH
8C - AUG 3



DRISHYA SAUMYA
7E - AUG 3



ISHRAT FATEMA
11C - AUG 3



SREELEKSHMI BINUMON
8A - AUG 3



SEATHA RAGHURAMAN
9C - AUG 4



SHAHZAD MUHAMMAD
10B - AUG 4



KARAN BHARATH
12E - AUG 5



ANNE MARY BOBBY
12H - AUG 5



AKSHAJ ANIL KUMAR
6A - AUG 6



MISHAL IBRAHIM
12J - AUG 6



HUSSAIN BURHANI
8D - AUG 6



SHIFAAA SARFRAZ
11C - AUG 6



LIVA MARIA SUNIL
7E - AUG 7



MIFA SHIRIN P ASIF
7E - AUG 7



JOHANN REMJITH
8B - AUG 7



TEPHIN DANIEL
8D - AUG 7



ATHARV GOEL
11C - AUG 7



RISHIKA K SANTHOSH
12A - AUG 7



RASHA P CHAND
8B - AUG 8



MUHAMMAD SHABAB
8C - AUG 8



GRACE ANIL
10B - AUG 8



SHOHAIB NASIR
11J - AUG 8



SELWYN FERNANDES
12I - AUG 8



ABDULLAKHAN
7C - AUG 9



MOHD SWALIH
10B - AUG 9



CLARIN MENEZES
11B - AUG 9



SHREYA KRISHNA
11B - AUG 9



EBIN SHIBU
12C - AUG 9



SHUGANDHIKA B
9A - AUG 10



GAYNELLE EVANA
11G - AUG 10



JOSH THOMAS
11G - AUG 10



CONROY JOSEPH
11J - AUG 10



ANGEL VEENIE
12G - AUG 10



SWARNALI AMIT
12H - AUG 10



JASREET KAUR
7B - AUG 11



MAHEK MOHAMMAD
7D - AUG 11



JOEN JAMES JOHN
10A - AUG 11



JOHAN JAMES JOHN
10A - AUG 11



HELICIA OTHELIA
11G - AUG 11



WENDEL JOSHUA
8A - AUG 12



RINKLE KALPESH
9B - AUG 12



AYAAN FAYAZ
12C - AUG 12



RERNA CHITRE
12H - AUG 12



SYEDA AMEERAH
7A - AUG 13



SHIK SUNISH
7D - AUG 13



TAHA FAKHRUDDIN
8E - AUG 13



NITHYA PRASHAANTHI
9C - AUG 13



KARUNA ALICE REJU
10A - AUG 13



ELTON DOMNIC
12D - AUG 13



ADITYA PRASHANTH
7C - AUG 14



RIYON SAM
8D - AUG 14



JOHAN COLACO
9D - AUG 14



ARHAAN AQTHAR
9E - AUG 14



NUHA ZAYNAB
9B - AUG 15



ALEN MATHEW
10A - AUG 15



DANIELLE HANNAH
11F - AUG 15



RACHEAL INHO
10A - AUG 16



THAMEENA PARVEEN
12B - AUG 16



NAYANA SURESH
6A - AUG 17



BRYAN AJITH
8A - AUG 17



KHADIJA SALIM
10C - AUG 17



LIYAN GIGI MATHEW
11B - AUG 17



VIRAJ BATHINA
8C - AUG 18



VRITTI JASMIN ATEL
8D - AUG 18



SWANTHANA ABRAHAM
7B - AUG 19



AKHIL RAJEEV JOHN
11A - AUG 19



LOVELY VEERWANI
11H - AUG 19



SHERWIN THOMAS
12G - AUG 19



ROYDEN D'SOUZA
6A - AUG 20



FAWAZ AHMAD
7A - AUG 20



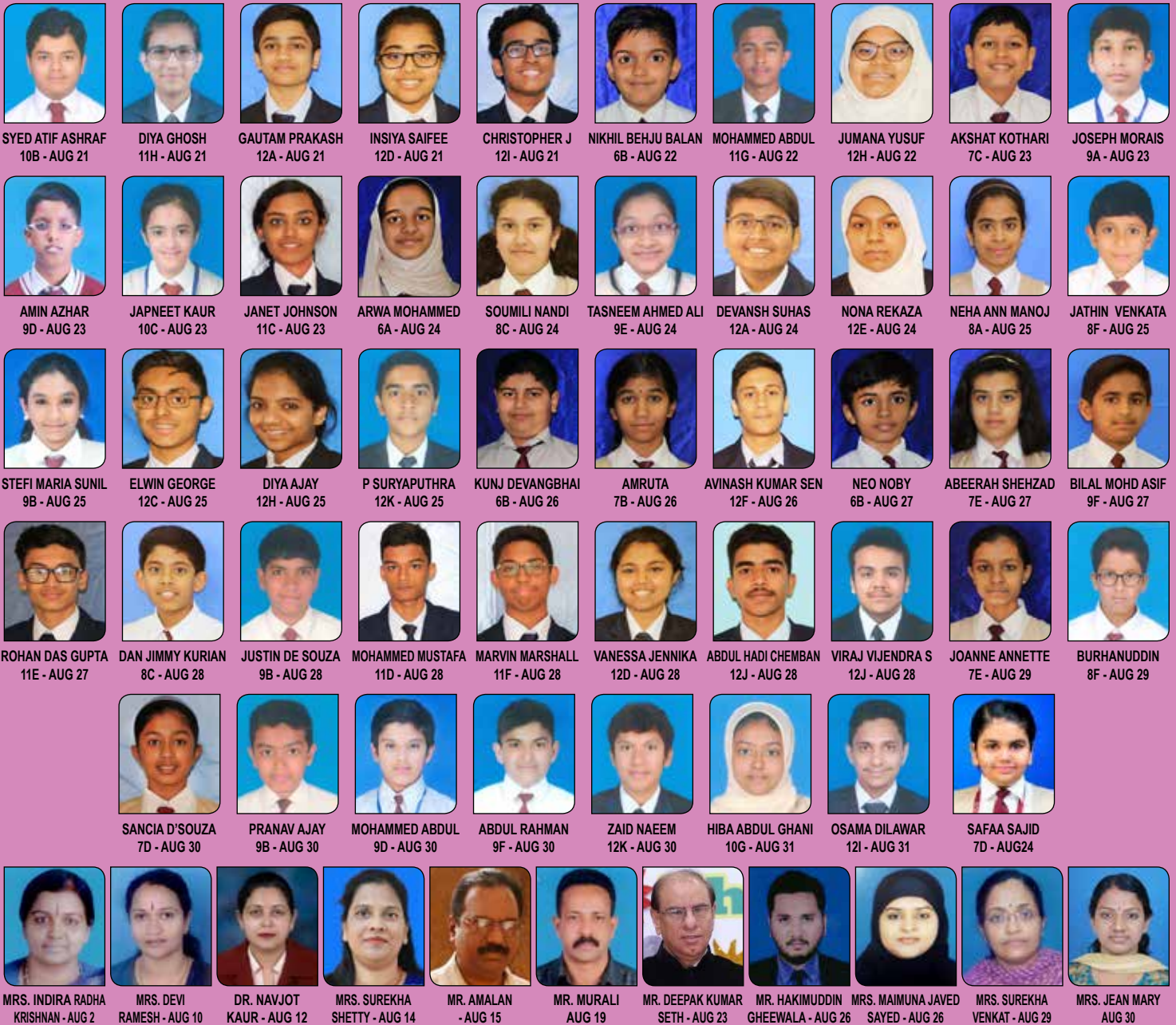
DARSHAN JAIN
11J - AUG 20



HANS SHAJI PHILIP
12K - AUG 20



JANIS JESTINE
8A - AUG 21



TEACH ME!!!!



class on different topics chosen by them. The students were judged and assessed on the basis of their overall performance like class management, knowledge on the topic etc.

ICSK Senior organizes TEACH ME sessions in order to cultivate teaching and learning habits in children"

" In learning you will teach, and in teaching you will learn."

ICSK Senior organized the TEACH ME session on 29th August, 2019 in the school classrooms wherein with a

mindset to inspire other students of the class, two students of every class took up the teaching session and taught the

INTERNATIONAL YOUTH DAY

August 12 marks the annual celebration of International Youth Day. It is an international day of awareness, recognizing youth across the globe and empowering the world's youth to make positive contributions to their communities and nations. The world currently holds the largest generation of youth in history. Young people represent hope for the future. However, they are more than just that.

In a message about International Youth Day, Director-General of UNESCO, Irina Bokova, writes, "Young people are not only our future - they are our present...They are the most connected, the most outspoken and the most open-minded generation the world has ever seen."

International Youth Day's Slogan for 2014 was Youth and Mental Health. For 2015, it was Youth and Civic Engagement. The theme of the 2016 International Youth Day was "The Road to 2030: Eradicating Poverty and Achieving Sustainable

Consumption and Production." [2] For 2017, the theme of IYD is "Youth Building Peace". The theme for IYD 2018 was "Safe Spaces for Youth". In this way it will go on which recognises the contributions of young people to preventing conflict, supporting inclusion, social justice, and sustain peace.[3]And for 2019, the theme of IYD is "Transforming education" to make education inclusive and accessible for all youth.

2019 Theme: "Transforming education"

This year's theme highlights efforts to make education more inclusive and accessible for all youth, including efforts by youth themselves. Rooted in Goal 4 of the 2030 Agenda for Sustainable

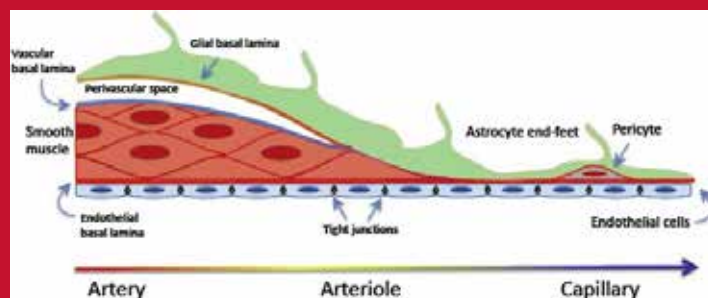
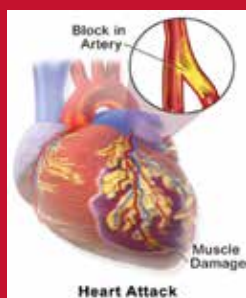
Development - to "ensure inclusive and equitable quality education and promote lifelong learning opportunities for all" - International Youth Day 2019 will examine how Governments, young people and youth-led and youth-focused organizations, as well as other stakeholders, are transforming education so that it becomes a powerful tool to achieve the 2030 Agenda for Sustainable Development. After all "Youth is the pollen that blows through the sky and does not ask a way."



KAAVYA
VAIDYANATHAN - 11G



New discovery could reverse tissue damage caused by heart attacks



Scientists explain how cells which surround blood vessels, called pericytes, stimulate new blood vessels to grow with the hormone leptin playing a key role

{Leptin is produced by fat cells which helps to regulate energy balance in the body by inhibiting the appetite}

This study may have important implications

for the treatment of heart attacks and also for cancer. The growth of new blood vessels, called 'angiogenesis', is an important process occurring both in health and disease. It is involved in the repair of tissues following injury but also has an essential role in the growth and spread of cancer. The research team found that 40-times more leptin was produced when exposed to low levels of oxygen and that this continued until oxygen

levels returned to normal. This may help tissues to build more blood vessels to increase blood flow and oxygen supply.



AKHIL RAJEEV
XI-A

Research shows how leptin has several important actions which encourage new blood vessel growth in areas where tissues are deprived of oxygen.

The new discovery could have important implications for the treatment of heart attacks, which is when a main coronary artery gets blocked. These results reveal a new signaling mechanism that may have a far-reaching and significant impact on cardiovascular regenerative medicine.



ICSK SENIOR CODIFIES AN AWARENESS PROGRAMME ON EDUCATIONAL AND CAREER OPPORTUNITIES IN GERMANY



An awareness programme on educational and career opportunities in Germany was organized by the ICSK Senior School on 29th May 2019 in the school auditorium. The resource persons for the awareness programme were Miss. Ellen Bach, Second Secretary, culture, press and protocol affairs and Miss Zaina Al

Zeir, Press and Public Relation Officer, Embassy of The Federal Republic of Germany.

The informative session was initiated by Miss Ellen Bach with a presentation on the multitudinous opportunities, slots and breaks available and attainable in



Germany. She also edified the children about the pros and cons of procuring such courses in order make them excogitate and logically think before they make decisions about their career.

A wide forum was opened for the students for clarifying their queries and concerns and their questions were clearly answered by the resource persons.

EPITOME OF SUCCESS P.V. SINDHU



Pusarla Venkata Sindhu (born 5 July 1995) is an Indian professional badminton player. By winning the gold medal at the 2019 World Championships, Sindhu became the first Indian ever to become a world champion in badminton. Having made her international debut in 2009, she rose to a career high ranking of no. 2 in April 2017. Over the course of her career, Sindhu has won medals at numerous tournaments on the BWF circuit, including a silver medal at the 2016 Olympics which made her the first Indian woman to

win an Olympic silver medal as well as the first Indian to reach the Olympic final in badminton.

Sindhu came to international attention when she broke into the top 20 of the BWF World Ranking in September 2012 at the age of 17. Beginning in 2013, Sindhu won a medal at every world championships, with the exception of 2015. She is just the second woman after Zhang Ning to win five or more medals at the world championships, and among very few players to have won a medal of every colour at the BWF World Championships. She also won a silver medal each at the 2018 Commonwealth Games and 2018 Asian Games, and two bronze medals at the Uber Cup. In 2018, Sindhu became the first Indian to win the prestigious World Tour Finals.

With earnings of \$8.5 million and \$5.5 million respectively, Sindhu made the Forbes' list



of Highest-Paid Female Athletes in 2018 and 2019. She is the recipient of the sports honour Rajiv Gandhi Khel Ratna, and India's fourth highest civilian award, the Padma Shri. Pusarla Venkata Sindhu was born in Hyderabad to P. V. Ramana and P. Vijaya. Both her parents have been national level volleyball players. She eventually started playing badminton from the age of eight.

While profiling Sindhu's career, a correspondent with The Hindu wrote:

"The fact that she reports on time at the coaching camps daily, traveling a distance of 56 km from her residence, is perhaps a reflection of her willingness to complete her desire to be a good badminton player with the required hard work and commitment."

Pullela Gopichand seconded this correspondent's opinion when he said that "the most striking feature in Sindhu's game is her attitude and the never-say-die spirit."

Birthday Arcade - September



ASRA ARIF
12H - SEP 1



AYESHA KHAN
9D - SEP 1



MOHAMMED SAIFUDDIN
12C - SEP 1



MURSHIDA MERAJ
9E - SEP 1



SUHASINI DUBE
11D - SEP 1



UMAIMA FAISAL
10G - SEP 1



RITAJ RIZWAN
- SEP 2



SAFIYA BABU
10G - SEP 2



VYSHNAV K.
12C - SEP 2



WALEED KHALID
10C - SEP 2



ARFANA
9D - SEP 3



VAISHNAV SATHEESH
12C - SEP 3



AEKAS GUPTA
7A - SEP 4



ALONA ANN V.
9A - SEP 4



DAVINA SIJI S.
10A - SEP 4



MOIZ NAHRPURAWALA
8B - SEP 4



PRAVEEN AADHITHYA
8D - SEP 4



RAYHAN J GULATTI
7C - SEP 4



DISHA G. SHENOY
9C - SEP 5



MEKHA MARIA JINS
7E - SEP 5



SANOFER SYED
7C - SEP 5



TANVIR SINGH
10E - SEP 5



TEJESHWAR REDDY
6B - SEP 5



ZAINAB ABDUL
10E - SEP 5



AADEL MOHAMMED R.
11D - SEP 6



ARWA AZIZ
9D - SEP 6



BERYL MAHIBA
9C - SEP 6



JITHIN MATHEW P.
11D - SEP 6



LAVNYA NAIR
8A - SEP 6



MOHAMMED SABBIR
9E - SEP 6



SAKINA ALI HUSSAIN
7C - SEP 6



ANNA MARY
9C - SEP 7



DARREN IMMANUEL
12E - SEP 7



HIBA ARSHAD
11J - SEP 7



OBAID ANSAR KHAN
10C - SEP 7



ASHWIN THOMAS
11C - SEP 8



BILAL KHALID R.
11C - SEP 8



INSIYA ABBAS B.
8E - SEP 8



MOHAMMED ANAS Y.
7D - SEP 8



NIKHIL GEORGE
8D - SEP 8



HEBAA SYED
12H - SEP 8



MUHEMMAD SWALIH
10B - SEP 8



NADA KHALID
12E - SEP 8



MARIYA
11H - SEP 9



ZAINAB MUFFASSIR
9C - SEP 10



BECKHAM
11H - SEP 11



JEHOSHUA GEORGE
8D - SEP 11



KEVIN MANOJ
11F - SEP 11



SARATH SAJU
8C - SEP 11



VIJAY ANISH
12C - SEP 11



RAYZEL MENEZES
7C - SEP 11



ASAD ALI HAKIM
10F - SEP 12



MAHIMA THANKAM
9C - SEP 13



PRAVEENA ARUN
9A - SEP 13



BRAHMLEEN KAUR
11E - SEP 14



RYAN BABU
10B - SEP 14



AMAAN AIJAZ
9E - SEP 14



ABHINAV MANIKANDAN
8A - SEP 15



J. JOHN BRYANT
11B - SEP 15



ZION ROBINSON
11B - SEP 15



ALEENA ROSE
12A - SEP 16



DEEPU GEORGE
12C - SEP 16



JERSHON DEVA
12A - SEP 16



LUBNA ABDUL KADER
12G - SEP 16



MOHAMMED PACHLASA
11J - SEP 16



ROHITH RAM
10A - SEP 16



AALIYA IRSHAD
10E - SEP 17



NAQUIA HABIB CHAVI
11H - SEP 17



RIYA ACHU SAJI
12B - SEP 17



AMALENDU ANIL
12B - SEP 18



KHALID JAVID
11E - SEP 18



LIDA MARYA GEORGE
11A - SEP 18



RASHA FATHIMA
12H - SEP 18



AQUINO TOM SAJI
11G - SEP 19



GIANN SAIRA KOSHY
8B - SEP 19



HUSAIN RASHID
7A - SEP 19



MUFAZZAL HAIDER ALI
8F - SEP 19



NUHA ABUBACKER
8C - SEP 19



PRAISLY MANALIL T.
12B - SEP 19



SAMUEL GEORGE
10B - SEP 19



ALIFIYA ABBAS ALI
12H - SEP 20



CALVIN SEBASTIN
12K - SEP 20



FREYA DSOUZA
12J - SEP 20



MAY SMITH JAMES
10B - SEP 20



NANDINI PANGASARAJAH
10B - SEP 20



NEHA KRISHNA
7C - SEP 20



ROSHIN ANNA BINU
6A - SEP 20



RUKIYA ABBAS ALI
12E - SEP 20



FATIMA SAYEED SHAIK
8C - SEP 21



HUSSAIN SHABBIR
7E - SEP 21



INSIYA SAIFEE
7B - SEP 21



JENAB HAKIM AZIZ
12E - SEP 21



NANDANA MENON
11F - SEP 21



REUBEN MATHEW
6B - SEP 21



ACELIN SANJU
8E - SEP 22



RAYAN TANWEER
6B - SEP 22



ABDUL ASHEEN
8F - SEP 23



HIBBA KHAN MOHAMMED
9E - SEP 23



MOHAMMED ZEYAD
8E - SEP 23



NIRANJAN GIRISH
6B - SEP 23



UMAR YAKUB
10F - SEP 23



VIDHYA LAKSHMI
9C - SEP 23



ABRAR KHAN B
10B - SEP 24



ADIL AMIN
9B - SEP 24



CHANDLER COLIN F.
8C - SEP 24



HANLEY GEINOY
9B - SEP 25



HASSAN NAWAZ
12J - SEP 25



JOEL ALEX GOGI
12J - SEP 25



LISA ANN JACOB
12A - SEP 25



REUBEN SAMUEL
11F - SEP 25



SHARON BABY
11C - SEP 25



MOHAMMED MUSTAFA
12E - SEP 26



MOHAMMED WALEED
9D - SEP 26



MUBARAKA
12I - SEP 26



RHYTHIM RAJESH JAIN
7E - SEP 26



SAMYA MOHAMMED
10G - SEP 26



SHORAB MUSARAF ALI
12C - SEP 26



VARSHA AMAL C.
7B - SEP 26



ZIBA NAEEM
11A - SEP 26



AMEENA BADARUDEEN
9E - SEP 27



ARWA ABDUL HUSAIN
7B - SEP 27



ATHISH KRISHNA
6A - SEP 28



CAROL RICH A D'SOUZA
11D - SEP 28



JOANNA ABIGAIL
8D - SEP 28



SHEHAN SUMUDHITHA
12H - SEP 28



SIDHARTH SUDEEP
8C - SEP 28



YASH VERDHAN
8C - SEP 28



HASAN IMTIYAZ
11A - SEP 29



HUSSEIN IMTIYAZ
11A - SEP 29



MIR ZAMAAN HYDER
9D - SEP 29



MUSTAFA ALTAF
8E - SEP 29



RIONA AALIYAH
9A - SEP 29



SAHIL NADEEM
11E - SEP 29



YASHILA VEERAMANI
8C - SEP 29



AARON SAM
9A - SEP 30



AUDREY LEWIS
- SEP 30



GAUTHAM SAI SREENI
12C - SEP 30



IENESH SHARMA
8C - SEP 30



ISHAAN SHARMA
8D - SEP 30



RASHIDA KASAM
8C - SEP 30

SIVANESAN SRINIVASAN
8A - SEP 30



DR. SAM. T.
KURUVILLA - SEP 16



MRS. DEEPA BIJU
- SEP 17



DR. SAROJ V. HARIDAS
- SEP 27



MR. FAID AHMED
- SEP 30

EPI-Facts

- 1) Watermelons originated in Africa and were first cultivated solely for their water content; their flavour was very bitter.
- 2) Usain Bolt demands his ad shoots to be done in Jamaica to bring money to his country.
- 3) Most toilets in Hong Kong are flushed with seawater in order to conserve the city's scarce freshwater resources. – Source
- 4) NASA has 2 satellites chasing each other around the Earth tracking the distance between themselves to measure gravitational anomalies. Their nicknames are Tom & Jerry!

- 5) It took 13 and a half 90-hour weeks, including weekends and bank holidays, to finish the first edition of the Guinness Book of World Records
- 6) Leonardo da Vinci could write with one hand and draw with the other at the same time.
- 7) Back when dinosaurs existed, there used to be volcanoes that were erupting on the moon.
- 8) The only letters that don't appear on the periodic table are J & Q.
- 9) One habit of intelligent humans is being easily annoyed by people around them, but saying nothing in order to avoid a meaningless argument.
- 10) If a Polar Bear and a Grizzly Bear mate, their offspring is called a "Pizzly Bear".
- 11) If you cut down a cactus in Arizona, you

be penalized up to 25 years in jail. It is similar to cutting down a protected tree species.

- 12) Costa Coffee employs Gennaro Pelliccia as a coffee taster, who has had his tongue insured for £10 million since 2009.
- 13) Although GPS is free for the world to use, it costs \$2 million per day to operate. The money comes from American tax revenue.
- 14) The Ethiopian calendar is 7.5 years behind the Gregorian calendar due to the fact that it has 13 months.
- 15) Saint Lucia is the only country in the world named after a woman. It was named after Saint Lucy of Syracuse by the French.



BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF MAY 2019

INCOME (APRIL)	KD
Balance c/f from April	2411.610
Contribution from Students & Staff (May)	358.460
Miscellaneous	19.200
Balance in hand	2789.270



BIRTHDAY FUND AND CHARITY FUND COLLECTION - MAY 2019

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	20.430	20.430
12B		5.890	5.890
12C		6.665	6.665
12D		7.970	7.970
12E		6.800	6.800
12F		8.805	8.805
12G		2.090	2.090
12H		13.370	13.370
11A		4.600	4.600
11B		10.360	10.360
11C		4.100	4.100
11D		8.500	8.500
11E		3.200	3.200
11F		15.710	15.710
11G		4.690	4.690
11H		17.035	17.035
10A		3.165	3.165
10B	2.500	9.050	11.550
10C		25.115	25.115
9A	1.400	5.100	6.500
9B		2.310	2.310
9C	3.000	4.055	7.055
9D		2.925	2.925
9E		14.000	14.000
8A		6.600	6.600

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
8B		6.025	6.025
8C		11.335	11.335
8D		5.120	5.120
8E		3.720	3.720
7A		3.850	3.850
7B		3.465	3.465
7C		8.980	8.980
7D		2.125	2.125
7E		6.500	6.500
6A		8.000	8.000
6B		3.680	3.680
Total	6.900	275.335	282.235
AFTERNOON			
7 F	0.500	1.565	2.065
8 F		2.580	2.580
9 F		2.610	2.610
10 E		3.340	3.340
10 F		2.995	2.995
10 G		13.660	13.660
11 I		2.030	2.030
11 J		3.250	3.250
12 I		8.295	8.295
12 J		7.235	7.235
12 K		8.165	8.165
Total	0.500	55.725	56.225
Grand Total	7.400	331.060	338.460

Amazon rainforest fires: an environmental catastrophe

Fires are raging across the world's largest tropical rainforest as farmers, land-grabbers and loggers torch trees and clear land for crops or grazing. According to Brazil's National Institute of Space Research, the number of fires detected by satellite in the Amazon region this month is the highest since 2010. Bowing to international pressure and a global outcry over the destruction of a vital resource in the fight against climate change, president Jair Bolsonaro authorised



the deployment of Brazil's armed forces to help combat blazes, with warplane dumping water on burning tracts of Amazon. Critics say the large number of fires this year has been stoked by Bolsonaro's encouragement of farmers, loggers and ranchers to speed up efforts to strip away forest

We know far less about Amazon fire than we do

about Amazon deforestation and this hampers efforts to prevent and control forest fires. When a satellite detects a fire, it does not tell us if that fire is burning a degraded pasture or an overgrown field or a patch of forest felled to make way for crops or cattle. Satellites do NOT detect most fires that are burning beneath the canopy of standing forests. And it is these low fires, that rarely reach the knee, that do the most damage, burning slowly across the forest floor, killing giant trees with thin bark. Once these trees die, they fall to the ground, opening up huge gaps in the forest canopy that allow more sunlight to reach the forest floor, drying the fuel layer and making the forest more prone to further burning.



SAALIHA ZAMEER
- XI B



CHARITY CONVENERS - SEPTEMBER



JOHN HARSHITH
- 12A



ANOOF ABDUL
KADAR - 12B



TOBIAS JOSEPH
SAJU - 12C



NICOLE ANTONY
12D



NONA REKAZA
MAHILL - 12E



IBANESH RAJ
- 12F



DEON BINU
- 12G



BREANNE BRANZE
- 12H



MUHSINA
- 12I



SHIBIN BENNY
- 12J



P. SURYA PUTHRA
- 12K



AKHIL RAJEEV
- 11A



RYAN CHERE JACOB
- 11B



NOEL JACOB
GEORGE - 11C



SAMUEL RENJI
- 11D



BRETTY M. BIJU
- 11E



MEEVEL GEORGE
- 11F



AQUINO TOM SAJU
- 11G



MAYSA RODRIGUES
- 11H



MOHD NIHAAL
- 11I



AMAR MUSTAFA
- 11J



ABHISHEK RAY-
CHOUHARY - 10A



KARTHIK MANOJ
- 10B



OBaid ANSAR KHAN
- 10C



SOORYA
NARAYANAN - 10E



SHAIKH FAIZ
- 10F



SURYA KARTHIK
- 10G



NICOLE PINTO
- 9A



TAHA IMAM
- 9B



MURTAZA MAIMOON
- 9C



POORVA NIRMAL
- 9D



AMEENA BADARU-
DEEN - 9E



ZAINAB
- 9F



JEWEL JOHN
- 8A



IBRAHIM JAVED
- 8B



BESHALLELL
KINGSLEY - 8C



SNEHA RACHEL
- 8D



FATHEMA ZAHRAH
- 8E



MOHAMMED
SHABBIR - 8F



AMIN NISAR
- 7A



YOHANN MATHEW
PETER - 7B



MOHAMMAD ATHAR
- 7C



NEEDA KHALID SIBHAI
- 7D



NISARG ALPESH
KUMAR - 7E



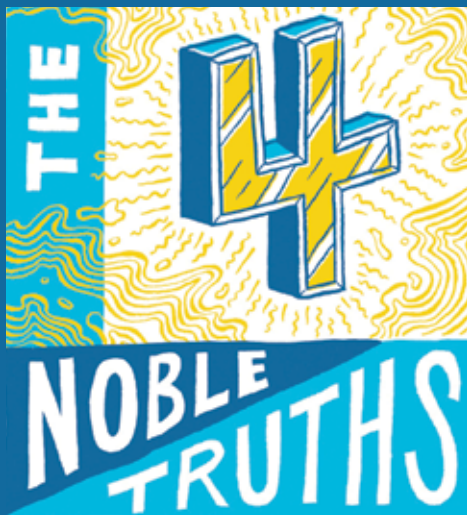
GURLEEN KAUR
- 7F



SHEKHAR RANJITH
- 6A



SOFIAN AHMED
- 6B



-SIDDHARTHA GAUTAMA BUDDHA

The Buddhist path to enlightenment lies in freedom from desire.

According to traditional biographies, Siddhartha Gautama was a prince from northern India who renounced his privileged life to seek spiritual awakening.

At first he followed the ascetic tradition of Indian holy men, mortifying the flesh with extreme fasting and other hardships. After seven years of such striving, and now so emaciated as to be barely alive, he came to sit under the Bodhi Tree at Gaya. One evening, he accepted a little nourishing food, relaxed, and felt a profound change overtake him. After sitting through the night, at dawn, a state of perfect understanding dawned upon him and became a Buddha (enlightened one).

Siddhartha's insight into the nature of reality was later formulated as the Four Noble Truths of Buddhism.

- The first truth is that life, as usually lived, is suffering (dukha) – frustration of desire, losing what we want, having to live with what we do not want.
- The second truth is that suffering results from clinging to the illusory things of the world with desire or hatred, striving for one or fleeing another.

- The third truth spells out the solution: the achievement of nirvana, the state of enlightenment in which the world can be seen for the delusion that it is. Freedom from illusory things or from maya will mean freedom from illusory desires.



SRI LAKSHMI
ANNAPURNA 11-A

- The final truth sets out the practical path to enlightenment – dharma – including right understanding, right speech, right action, and right concentration.

In the context of the traditional Indian belief in reincarnation, nirvana is seen as the escape from the endless cycle of death and rebirth. Freedom is found in the realization that even the self is an illusion.

"Birth is suffering, aging is suffering, illness is suffering, and death is suffering." - The Pali Canon of Buddhist scriptures.



CAPTAINS & VICE CAPTAINS - SEPTEMBER

CLASS 12A



SOPHIA SAJI



JERSHON DEVA



FATHIMA ALLY



SANAA SADIK DIWAN



EBIN SHIBY



SHORAB MUSARAF



AISWARYA HARGOPAL



SAQUIB AHMED



ABIGAIL BEMADINE



KARAN BHARAT

CLASS 12F



JOEL SHAJAN



RASHIDA



AMREEN AMANULLAH



SAMSON MAMMEN



FIDA FIROS



DIYA AJAY



SELWYN FERNANDES



BOVAS BENSON



SHELDON ALDRIDGE



NIDHA FATHIMA

CLASS 12K



NAYANA FIROS



BOVAS BENSON



ALAN ABRAHAM



LIDA MARIYA



NAWAAL YASEEN



ALMA TRISA SUNIL



ORANAV ARUN



NIKITA GIGI GEORGE



JAYDEV NEEDHIDEVAN



ARWA MOHAMEDI

CLASS 11A



ALAN ABRAHAM



LIDA MARIYA



NAWAAL YASEEN



ALMA TRISA SUNIL



ORANAV ARUN



NIKITA GIGI GEORGE



JAYDEV NEEDHIDEVAN



ARWA MOHAMEDI

CLASS 11B



NAWAAL YASEEN



ALMA TRISA SUNIL



ORANAV ARUN



NIKITA GIGI GEORGE



JAYDEV NEEDHIDEVAN



ARWA MOHAMEDI

CLASS 11C



ORANAV ARUN



NIKITA GIGI GEORGE



JAYDEV NEEDHIDEVAN



ARWA MOHAMEDI

CLASS 11D



JAYDEV NEEDHIDEVAN



ARWA MOHAMEDI

CLASS 11E



DELWYN P MENEZES



RUQAYYAH SHERIFF



CEBIN BIJU



SAMANTHA FERNANDES



FATEMA IQBAL



JEWEL TRESA LEWIS



VYNORA GRACIA



DIYA GHOSH



NAKIYA



SAFFANA

CLASS 11F



CEBIN BIJU



SAMANTHA FERNANDES



FATEMA IQBAL



JEWEL TRESA LEWIS



VYNORA GRACIA



DIYA GHOSH



NAKIYA



SAFFANA

CLASS 11G



FATEMA IQBAL



JEWEL TRESA LEWIS



VYNORA GRACIA



DIYA GHOSH



NAKIYA



SAFFANA

CLASS 11H



VYNORA GRACIA



DIYA GHOSH



NAKIYA



SAFFANA

CLASS 11I



NAKIYA



SAFFANA

CLASS 11J



SHOHAIB NASIR



AREEBAH



JEREMIAH MATHEWS



ANAKHA VINOD



MANHA SYED



SREELEKSHMI



FOUAD FARHAN



MOHAMMED HUSSAIN



ZAINAB



JEFFREY SAM

CLASS 10A



JEREMIAH MATHEWS



ANAKHA VINOD



MANHA SYED



SREELEKSHMI



FOUAD FARHAN



MOHAMMED HUSSAIN



ZAINAB



JEFFREY SAM

CLASS 10B



MANHA SYED



SREELEKSHMI



FOUAD FARHAN



MOHAMMED HUSSAIN



ZAINAB



JEFFREY SAM

CLASS 10C



FOUAD FARHAN



MOHAMMED HUSSAIN



ZAINAB



JEFFREY SAM

CLASS 10E



ZAINAB



JEFFREY SAM

CLASS 10F



TELVISH



AAHIL



SHOBITHA SHAJU



AMARDEEP SINGH



AERYN MARY ANIL



PRAVEEN ARUN



EBENEZER NELSON



SRADHA RAJ



SWEATHA



BRITTO HAGGAI

CLASS 10G



SHOBITHA SHAJU



AMARDEEP SINGH



AERYN MARY ANIL



PRAVEEN ARUN



EBENEZER NELSON



SRADHA RAJ



SWEATHA



BRITTO HAGGAI

CLASS 9A



AERYN MARY ANIL



PRAVEEN ARUN



EBENEZER NELSON



SRADHA RAJ



SWEATHA



BRITTO HAGGAI

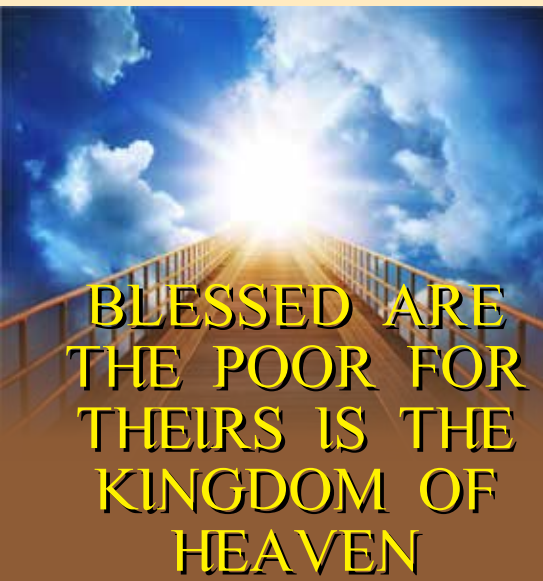
CLASS 9B



EBENEZER NELSON



CAPTAINS & VICE CAPTAINS - SEPTEMBER



BLESSED ARE THE POOR FOR THEIRS IS THE KINGDOM OF HEAVEN

We live in the same world,
 We see the same sun,
 We breathe the same air
 There is nothing to compare.



PRERNA CHITRE
- 12H

You haven't chosen this life
 It was given to you,
 Be grateful and pray that others have it to.

A glass of water
 A plate of rice,
 is a pot of gold in a poor man's eyes.

The cries of a hungry child at night,
 Will not let you sleep until daylight.

The poor find joy in a simple act of kindness,
 This gives them hope that the world still has people
 who understands their sadness.

The more you give the more you get
 Now don't give to get
 But get to give.

"No-one has ever become poor by giving"

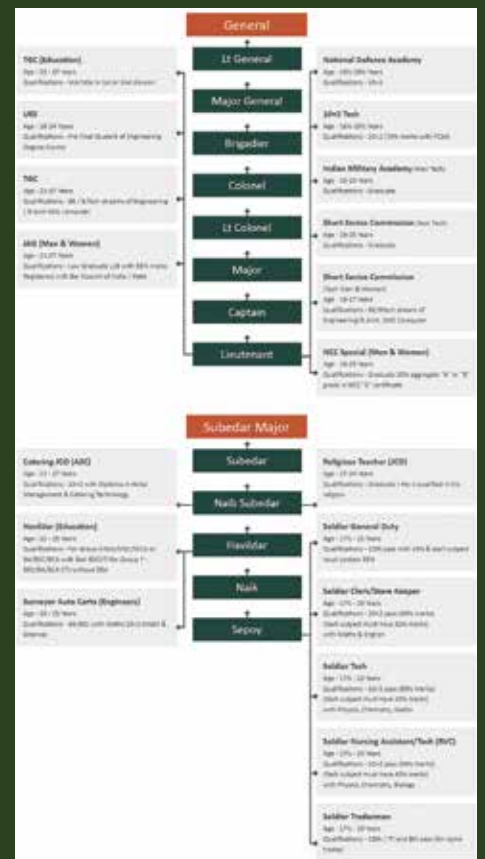


COUNSELOR'S COLUMN

KNOW YOUR INDIAN ARMY

The Indian Army is the land-based branch and the largest component of Indian Armed Forces. The President of India is the Supreme Commander of the Indian Army, and it is commanded by the Chief of Army Staff(COAS), who is a four-star general. Two officers have been conferred with the rank of field marshal, a five-star rank, which is a ceremonial position of great honor. The Indian Army originated from the armies of the East India Company, which eventually became the British Indian Army, and the armies of the princely states, which finally became the national army after independence. The units and regiments of the Indian Army have diverse histories and have participated in a number of battles and campaigns across the world, earning a large number of battle and theatre honors before and after Independence.

The Indian Army has a regimental system, but is operationally and geographically divided into seven commands, with the basic field formation being a division. It is an all-volunteer force and comprises more than 80% of the country's active defense personnel. It is the 2nd largest standing army in the world, with 1,237,117 active troops and 960,000



reserve troops. The army has embarked on an infantry modernization program known as Futuristic Infantry Soldier as a System (F-INSAS), and is also upgrading and acquiring new assets for its armored, artillery and aviation branches.





For this edition of Epitravel, we will be looking at the home of some of the finest chocolates in the world, and one of the happiest countries to live in, Switzerland !

Geographical location of Switzerland

Switzerland is surrounded by 5 countries: Austria and Liechtenstein to the east, France to the west, Italy to the south and Germany to the north. Switzerland is well known for the Alps in the south and south east. North of the Alps, the Swiss Plateau runs along the east-west axis of the country.

The best time to visit Switzerland

Switzerland is special as there is no bad time as such to visit Switzerland, the time just depends on your plans in Switzerland. January/February is the winter high season. This is best if you would like to go out and enjoy the, playing some winter sports, etc. April/May is the spring low season, the best time to visit if you love the spring season and wish to go hiking. July/August is the summer high season. During this period, the climate is very pleasant and best suited for outdoor activities and sports. October is the fall low season. This is the time when the transition

from summer to winter takes place. Days keep getting shorter with the sun setting as early as 6:30 PM. December is the Christmas season. The whole place is filled with Christmas ornaments, etc.

Places to visit

- Junfrau
- Jungfrauoch
- Pilatus
- Chillon Castle
- Rhine Falls
- Chapel Bridge
- Titlis



Traditional food of Switzerland

Swiss cuisine bears to witness many regional influences, including from French, German and Italian cuisines and also features many

dishes specific to Switzerland. Switzerland was historically a country of farmers, so traditional Swiss dishes tend to be plain and made from basic ingredients, such as potatoes and cheese.

Facts about Switzerland

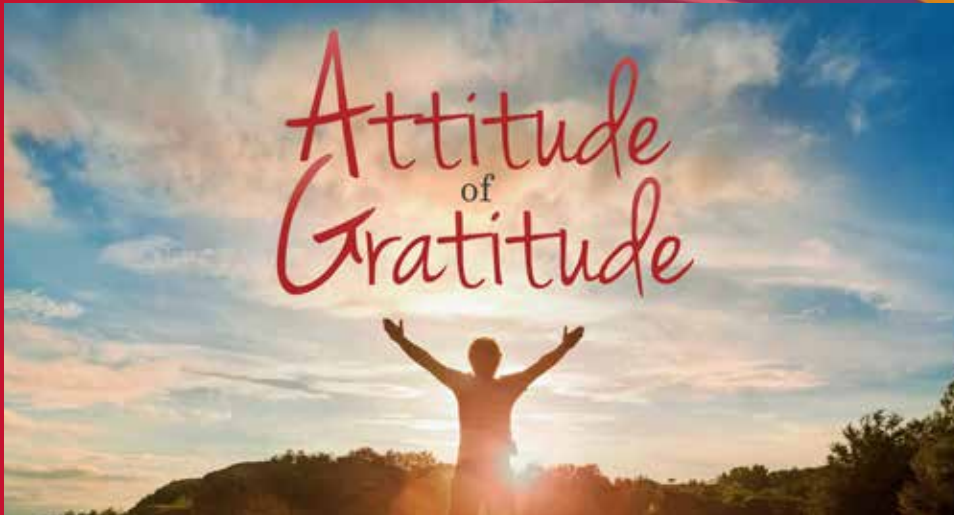
1. Switzerland is one of the only two countries to have a square flag – the Vatican has the only other square flag in the world. The Swiss flag is a red square with a white cross in the centre.
2. Switzerland is prepared for a nuclear war, if there ever was one – there are enough nuclear fallout shelters to accommodate its entire human population, due to laws that require everybody to have access to a shelter in their building or nearby.
3. Switzerland's main access points are wired to blow in case of an attack – one of the country's defence strategies is to demolish every main road, bridge and railway access into Switzerland in case of a foreign invasion, with at least 3,000 locations around the country prepared to blow at a moment's notice.
4. Coffee in Zurich is the most expensive in the world – costing an average CHF3.65 (USD 3.65) in the Coffee Price Index 2016, with Copenhagen, Basel, Bern and Geneva rounding out the top five respectively. Switzerland was also the origin of instant coffee when the Nestlé Company, started by Swiss businessman Henri Nestlé in 1867, created Nescafe in 1938.

RELEASE OF 60TH EDITION OF EPICS



On May 27 2019, it was the curtain raiser of a phenomenal event. The official release of the 60th edition of the monthly magazine of ICSK Senior, "EPICS" by Dr. S Ganesh [MD], Doctor of Acupuncture, chief therapist and founder of "The Healing Touch" - Rejuvenation Centre. Principal Dr. V. Binumon and the EPICS editors Mrs. Susan George and Mrs. Tintu Wilson joined the release.

EPICS was introduced in the year 2013, and since then it continues to be an eminent part of ICSK Senior. EPICS covers all the successful and triumphant stories of ICSK Senior and also the creative expertise of its prodigious children. It was a moment of absolute coincidence and rather it was a matter of pride that the 60th edition of EPICS magazine was released on the momentous day when the school was celebrating its Diamond Jubilee.



this question in mind the dove went to visit the angel at heaven's gate. The dove put forth his query to the Angel. The Angel replied, "yes it is true there was no happiness for the bird for seven years but because the bird was reciting the verse **"THANK YOU GOD FOR EVERYTHING"** in every situation, his life changed.

When the bird fell down on the hot sand it said **"THANK YOU GOD FOR EVERYTHING"**

When it could not fly it said, **"THANK YOU GOD FOR EVERYTHING"**. Whatever the situation, the bird kept on repeating, **"THANK YOU GOD FOR EVERYTHING"** and therefore the seven years got dissolved in seven days.

I adopted this verse in my life. **WHATEVER** the situation I faced I started reciting this verse **"THANK YOU GOD FOR EVERYTHING"**. It helped me to shift my view from what i did not have to what i have in my life.

The purpose of sharing this message is to make all of us aware of how powerful the **"ATTITUDE OF GRATITUDE"** is. It can reshape our lives...!!!

Be humble, and you will never stumble.

- REMEMBER! "THANK YOU GOD FOR EVERYTHING"

There was a bird who lived in a desert, very sick, no feathers, nothing to eat and drink, no shelter to live in. One day a dove was passing by, so the sick unhappy bird stopped the dove and inquired "where are you going?" it replied " I am going to heaven".

The sick bird said "please find out for me, when my suffering will come to an end?" The dove said, "sure, I will." The dove reached heaven and shared the message of the sick bird with the angel incharge at the entrance gate.

The angel said, "For the next seven years of its life the bird has to suffer

like this, no happiness till then." The dove said, "When the sick bird hears this he will get disheartened. could you suggest any solution for this."

The Angel replied, **"Tell him to recite this verse "Thank you God for everything."** The dove on meeting the sick bird again, delivered the message of the angel to it .

After seven days the dove was again passing by and saw that bird was very happy, feathers grew on his body, a small plant grew up in the desert area, a small pond of water was also there, the bird was singing and dancing cheerfully. The dove was astonished. With

Quote Garden

1. "Don't cry because it's over, smile because it happened." - Dr. Seuss
2. "Be yourself; everyone else is already taken." - Oscar Wilde
3. "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." - Bernard M. Baruch
4. "You only live once, but if you do it right, once is enough." - Mae West
5. "In three words I can sum up everything I've learned about life: it goes on." - Robert Frost

Student Name:

Class : Section: Roll No.:

Serial No.

ACKNOWLEDGEMENT

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

Signature: Date:

Name:

WORLD



AUGUST 2019 in a Nutshell



Indian Army wins Scout Masters contest: The Indian Army has won the 5th International Army Scout Masters Competition held at the Jaisalmer Military Station in Rajasthan from August 6 to 14. Eight teams from Armenia, Belarus, China, Kazakhstan, India, Russia, Sudan and

Uzbekistan participated in the competition. India participated in the games for the first time. "The team trained hard for the last 10 months in extreme weather conditions of the Thar Desert," the Army said in a statement.



India to request Bangladesh for land for Agartala airport expansion: India is likely to request Bangladesh to negotiate a land deal to facilitate an expansion of a runway at the World War II-famed airport at Agartala. Chief Minister Biplab Kumar Deb informed that the Bangladesh government would be

approached for the 52-acre land necessary for the runway expansion at the Maharaja Bir Bikram Airport (MBB), named after a dynamic ruler of erstwhile princely state. The two-and-a-half kilometre runway of the airport is situated at the edge of the border with Bangladesh.



Brazil says it is successfully controlling fires in Amazon: Brazil's Foreign Minister on Friday said that his country is successfully extinguishing the fires in the Amazon region that have generated international concern after discussing the situation with President Donald Trump at the White House. About

60% of the Amazon region is in Brazil.



New Gandhi statue to be installed in UK city of Manchester: A new statue of Mahatma Gandhi will be inaugurated in the British city of Manchester later this year after a local council approved plans for it as a symbol of peace. The 9-foot-high bronze sculpture by Indian artist Ram V. Sutar will

be installed outside Manchester Cathedral.



In a first, no vacant seats in IITs in 2019: HRD Ministry: In a first, no seats have been vacant this year at the prestigious Indian Institutes of Technology (IITs) across the country, according to HRD Ministry officials. "There have been a total of 13,604 undergraduate admissions in

IITs this year with nil vacant seats. This is the first time ever to fill all seats in all IITs leaving no vacant seats which has been achieved by proactive cooperation of all IITs," HRD Higher Education Secretary R Subrahmanyam said. Last year, 118 seats in all 23 IITs were vacant.



YouTube faces fine of \$200 mn to settle privacy violation claims: Google may have to pay \$150-200 million to settle allegations that YouTube violated a children's privacy law while gathering data for targeted advertising, U.S. media reports said. U.S. regulators have long argued

that Google fails to protect children from harmful content and data collection on its YouTube platform. The allegations against YouTube were made by privacy groups who said the platform had violated laws protecting children's privacy by gathering data on users under the age of 13 without obtaining permission from parents.



UAE honours PM Modi with highest civilian award: Prime Minister Narendra Modi was honoured with the 'Order of Zayed', the UAE's highest civilian award, on Saturday as a mark of appreciation for his efforts to boost bilateral ties between the two nations. The award has earlier been

bestowed on several world leaders, including Russian President Vladimir Putin, Queen Elizabeth II and Chinese President Xi Jinping.



MAKS-2019: BrahMos, HAL to participate in airshow in Russia: BrahMos Aerospace and Hindustan Aeronautics Ltd will represent India in the international aviation and space show, MAKS 2019, in Russia next week, where defence and aerospace majors from across

the globe will participate.



ISRO arm begins search for PSLV makers: NSIL invites expressions of interest from one or more experienced companies to produce launchers. It will initially outsource five PSLVs — Indian rockets that can lift light payloads to 'low earth orbits' some 600 km in space.



IRCTC to restore service charges on e-tickets from September 1: E-tickets bought through the IRCTC (Indian Railway Catering and Tourism Corporation) will be costlier as the railways have decided to restore the service charges from September 1, according to an order.

*No poison can kill positive thinker.
No medicine can cure negative thinker.*

Art Gallery



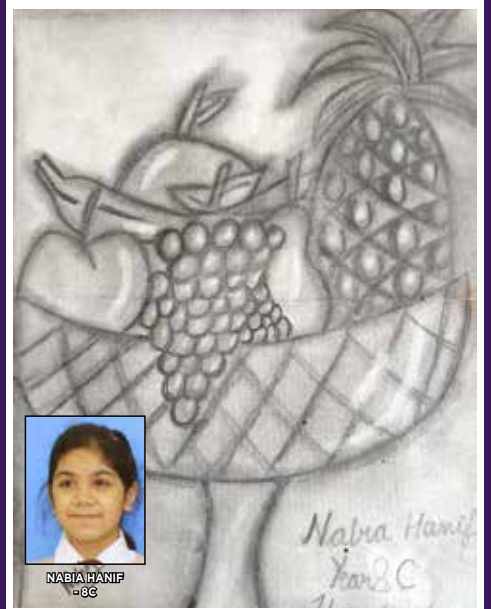
GAMILA SHANNON
- 7A



CALEB RICHARD
- 7B



RIDA FAISAL KHAN
- 7D



NABIA HANIF
- 8C



DEESHA S.
- 7A



NEHA SHERU
- 7B



EPictionary

- Vista:** Meaning: A pleasing view.
Used in a sentence: The vista of Kashmir really makes me feel in heaven .
- Infallible:** Meaning: Free from mistakes, defects and failure.
Used in a sentence: James will be leading the new project soon. His previous projects were infallible.
- Prodigy:** Meaning: A young child who is extremely talented and shows exceptional skills and talents.
Used in a sentence: Peter is considered a prodigy ever since he won the National Chess Championship.
- Convivial:** Meaning: Friendly, warm and sociable in nature.
Used in a sentence: The guests at the event thoroughly enjoyed the celebrations and it concluded on a convivial note.
- Revere:** Meaning: To have an admiration or deep respect for someone or something.
Used in a sentence: Kim's family is very conservative and they strictly revere old traditions and customs.
- Penchant:** Meaning: Liking, fondness or preference for something
Used in a sentence: He has a strong penchant for attending celebrity events and parties.
- Equivocal:** Meaning: Vague and ambiguous.
Used in a sentence: Some of the concepts explained by the lecturer in the class seemed equivocal.
- Scorcher:** Meaning: A very hot day.
Used in a sentence: The next month is supposed to be a scorcher.
- Splurge:** Meaning: To spend money extravagantly.
Used in a sentence: Tim is saving money so that he can splurge his money on his trip to France.
- Yearn:** Meaning: To long; have earnest desire
Used in a sentence: Many seniors yearn for the peacefulness of small town living.

BEST CLASSES - MAY

Senior Secondary



FIRST - 11 H

Secondary



FIRST - 9 E



SECOND - 11 F



SECOND - 9 A



THIRD - 12 E



THIRD - 10 C

AFTERNOON



FIRST - 12 I



FIRST - 7 F

Forthcoming Events



- CBSE Inspection
- First Terminal Examination
- Blood Donation Camp
- Youth Leadership programme
- Entrance Coaching for class XI
- Inauguration of Gavel's Club.
- Supportive classes for different subjects (Class VI to X)



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