



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

SEPTEMBER 2021



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the September edition of EPICS. I know that you are eagerly waiting for the offline class to resume. Hope to meet you soon!!!

Let us discuss about behavioural patterns and our immune system that may affect you when there is a transition from home to school (online to offline). It is very important to keep boosting the body and mind.

As you probably know, your overall health solely depends on your immune system. Many think that being vaccinated against diseases have the biggest influence on the immune system. Yes, it is true, but it is only a small part of the main story. Your habits, your mind and the things you do daily also have a huge impact on your immune system. Below listed, are some habits and behaviours that damage our immune system.

1. Social Interaction

It is becoming more and more clear that social interaction isn't just healthy for the mind but also for the body. Healthy social behaviour contributes immensely to our wellbeing. Research shows that People with a low level of social interaction at home, work or within the community are more prone to be sick in body and mind. When we lack social engagement, our brains get flooded with anxiety-generating chemicals, and we end up actually living shorter lives than our sociable friends. We all have hectic lives at times, but don't forget to cultivate and maintain your interaction with your circle of friends and the community.

2. Enough Sleep

Staying up too late and waking up too early is associated with a weak immune system which eventually amounts to a reduced amount of killer white blood cells that help to fight germs and viruses within our body. Most adults require 7 hours of uninterrupted sleep per night, but if you're still feeling exhausted after waking up - your quality of sleep is probably not so good. Try to get enough quality sleep and if the problem still persists -

consult a specialist, because a good sleep is crucial to your immune system and overall wellbeing.

3. Be Optimistic

Research has proven that pessimist people tend to have more stress in their lives and are weak in health. Those who are optimistic, have a higher 'T' cell count and a better immune response, with more powerful white cells. It is rightly said that optimistic people take better care of themselves and their health. A negative mind will cause your body to get depressed, lower your immune power and alter your communication and thinking patterns.

4. Manage Stress

Stress and unwanted tensions decline the ability of the body to fight against infections (antigens). Over stress will cause your killer white blood cell count to drop and turn your immune system more sluggish. Do regular exercise and practice meditation. It is very important to allow your body and mind to relax for short intervals.

5. Don't be serious all the time.

Your immune system loves a good chuckle. Research has shown that serious emotions decrease the levels of stress hormones as well as certain immune cells in our body. Some tips to boost your immune system are - Laugh more, enjoy your favourite comedies, meet your friends, read silly comics and memes and just enjoy and take part in fun filled activities.

6. Leave those antibiotics alone

Antibiotics were invented to fight serious infections and germs. Taking antibiotics each time, you have a slight illness or show few symptoms of any illness, will cause your body to develop a serious resistance to antibiotics which in the long run will weaken your body and make it vulnerable to infections and diseases. Research has found that patients who have the habit of taking antibiotics for the slightest of illness have a more suppressed immune system, which means you are just inviting a more serious illness down the line. Only take antibiotics when you have a bacterial infection, and take it under the advice of doctor.

Wish You All the Best and Good Health!!!

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WHAT'S INSIDE

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EDITORS' NOTE

Dear children,

Greetings from the editorial board.

Let's have a comparison between two "Generations"

A youngster asked his father: "How did you people live before with:

No access to technology

No aeroplanes

No internet

No computers

No dramas

No TVs

No mobile phones?"

His father replied:

"Just like how your generation lives today with

No prayers

No compassion

No honor

No character

No modesty

No time planning

No sports

No reading"

Our life is a living proof:

After school, we played until dusk. We never watched TV. We played with real friends, not internet friends. If we ever felt thirsty, we drank tap water not bottled water. We never got ill although we used to share the same glass of juice with four friends. Nothing happened to our feet despite roaming bare-feet. We used to create our own toys and play with them. Our parents were not rich. They gave us love, not worldly materials. We never had cellphones, DVDs, play station, video games, personal computers, internet chat - but we had real friends. Unlike your world, we had relatives who lived close by so family time and ties were enjoyed together.

We may have been in black and white photos but you will find colourful memories in those photos.

We are a unique and, the most understanding generation, because we are the last generation who listened to their parents.

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



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Merine Joby



“हिंदी हमारी राष्ट्रभाषा”

वतन है हिंदुस्तान हमारा |
“हम हैं हिंदुस्तानी” हे अपना नारा |
हिंदी बोलती हे हिंदुस्तान सारा ||
हिंदुस्तान की राष्ट्रभाषा है हिंदी |
हर हिंदुस्तानी की गर्व की भाषा है हिंदी |
हर हिंदुस्तानी की अभिलाषा है हिंदी ||



AYUSHI
AISHWARYA - 10D

हमारी शान है हिंदी |
हमारी जान है हिंदी |
हमारी पहचान है हिंदी |
हमारी सन्मान हे हिंदी |
सभी को बनाती हे समान हिंदी |
हमारा वरदान हे हिंदी ||

हिंदी भाषा का अपमान न करो |
हिंदी भाषा की मान रखो |
हिंदी भाषा को सीखो और सिखाओ |
हिंदी भाषा के प्रति सम्मान बनाए रखो ||

संस्कृति की झरना है हिंदी |
एकता की अनुपम परंपरा हे हिंदी ||

हिंदी की सुरीली वाणी |
लगती हे हम सबको न्यारी |
हिंदी है हम सभी को प्यारी ||
कश्मीर से कन्याकुमारी |
हिंदी है राष्ट्रभाषा हमारी |
हिंदी दिवस की आप सभी को बहुत-बहुत बधाई !!

A Virtual Art Exhibition 'Srijan 2021' A Creation by Young Minds, Celebrated on Independence Day



This year, ICSK celebrated India's 75th Independence Day by conducting A Virtual Art Festival 'Srijan 2021' on 15th August, 2021. The budding young artists of ICSK got a chance to showcase their inlaid skills in art. The Chief Guest for the inaugural function was Mr. Jitheshji, a renowned Super Speedy Cartoonist and former Vice Chairman of Kerala Cartoon Academy.



Dr. V. Binumon, Principal and Senior Administrator ICSK Senior warmly welcomed the Chief Guest, Hon. Board Members, Principals, Vice Principals, Deputy Vice Principals of all the branches, teachers, parents and students. He congratulated the students on their participation and enthusiasm for the exhibition and spoke about the idea behind conducting 'Srijan', and how it was linked with the celebrations of the 75th Independence Day of India and also its importance in academics. Mrs. Jayabala Jayaram, 'Srijan' Art Fest Chief Coordinator, welcomed the Chief Guest Mr. Jiteshji and gave a brief introduction about his achievements.

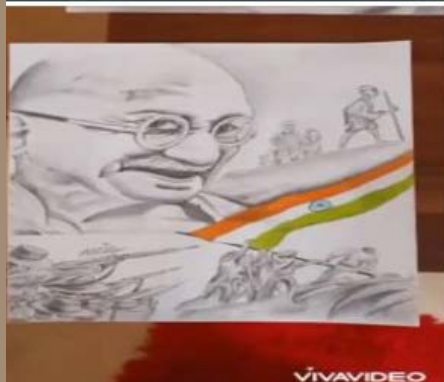
Mr. Jitheshji conveyed his wishes on India's 75th Independence Day and appreciated the endearing and undaunted spirits of the participating students and wished them good luck. He concluded by sharing a quote by Pandit Jawaharlal Nehru at the time of

independence, "At the stroke of midnight hour, when the world sleeps, India will awake to life and freedom."

Complied video presentations of the best 5 arts from 3 Categories were displayed. A video presentation features Mr. Suraj Ramakrishnan, Art teacher, ICSK creating a beautiful piece of art depicting Mahatma Gandhi's Dandi March and Mrs. Neetu Bhargava, Art faculty, ICSK, where she created a beautiful wood-based ceramic artwork of a woman sitting with a floral backdrop.

Mrs. Susan Rajesh, Vice Principal, ICSK Senior, delivered the Vote of Thanks. She greeted everyone present and welcomed them to the first ever Virtual Art Exhibition conducted by a school in Kuwait.

The entries submitted by the students were shared in order of their classes, from class 12 to class 6; ranging from pencil drawing, to shell art, caricatures, digital art and wall paintings.



CBSE GULF SAHODAYA ACHIEVEMENT AWARDS



AMATULLAH TAPIYA
2019-20 BATCH



ASHWATHY MATHEW
2019-20 BATCH



DIYA AJAY
2019-20 BATCH



EVITA RICHELLE D
SOUZA
2019-20 BATCH



GAUTAM PRAKASH
2019-20 BATCH



JOHN HARSHITH
KAVUTURU
2019-20 BATCH



MELBA ELSA JOE
2019-20 BATCH



RACHEL LOURDES
FERNANDES
2018-19 BATCH



RUDRA VIPUL PATEL
2019-20 BATCH



VEDHIKA KALPESH
GUDIWALA
2019-20 BATCH

THE INDIAN COMMUNITY SCHOOL, KUWAIT

HEARTY CONGRATULATIONS



To
MASTER HILAL SALIM PATHIYARATH
for bagging the
2nd
Runner-Up Position
in the Programme
YOUNG MASTERS OF WIT - India @75
Freedom Quiz Competition
for Category 2 (Classes 10 & 12) conducted
by Gulf Madhyamam under the
patronage of Embassy of India, Kuwait
on 3rd September 2021.

"Being a winner is never an accident; winning comes about by design, determination and positive action."

Master Hilal Salim - 2nd runners up position at Young Masters of Wit-India Freedom Quiz Competition held under the aegis of Embassy of India, Kuwait.



Sakina Ashim Khandwala-11 E First prize winner in Pencil Drawing conducted by Embassy for IDY

ICSK, Senior Celebrates World Water Week (23rd to 27th August, 2021)

LIFE DEPENDS ON WATER.... THE RESERVOIR DEPENDS ON YOU



The ICSK family considers it, its moral duty and responsibility to nurture and conserve the environment and the ecosystem of our planet. Every year the 'World Water Week' is celebrated at ICSK with various programs in the school campus to educate and create an awareness among its students about the importance and need of 'water conservation'. In continuation with the celebrations, a webinar, 'Restoring Ecosystem – Stakeholder

Management' was conducted on 26th August 2021. The guest speaker for the occasion was Mrs. Gauri R. Nair who is an international faculty GEP-IIM A as well as a renowned trainer for 'Art of Living' Programs.

Deputy Vice Principal Mrs. Mini Shaji Joseph, warmly welcomed the Guest Speaker, Hon. Members of Board of Trustees, Dr. V. Binumon, Principal and Senior Administrator

ICSK Senior, Principals, Vice Principals, and Deputy Vice Principals of all the branches of ICSK, Academic Supervisors, Subject HODs, teachers, parents and students. The guest speaker Mrs. Gauri R. Nair who briefed the audience about the various kinds of programs offered by 'Art of Living' and gave detailed information about the benefits of each program. After which she gave a talk on the sources of water, conservation and restoration of water and how it is linked with the ecosystem. She stressed on the need and attention of the stakeholders who are the vital and most important part of the conservation process. She concluded her session with an interactive question/answer round with the students.

Dr. V. Binumon, Principal and Senior Administrator, ICSK Senior appreciated the thoughts put forward by the guest speaker and presented a digital memento as a token of gratitude to the Chief Guest. The vote of thanks was given by Mr. Anthony Austin, Academic Supervisor Senior Secondary.



International Day of **Charity** Homage to Mother Teresa

The 5th of September is a significant date as, on this day, we not only celebrate Teacher's Day, but we also commemorate International Day of Charity. On this unique day, charitable and humanitarian initiatives taken of any type are acknowledged. This day is also chosen to honour the death anniversary of Mother Teresa.

established September 5th as International Charity Day in appreciation of the importance of charity in easing humanitarian catastrophe and human misery within and among countries. It also recognises those organisations that are involved in contributing work. September 5 also honours the charitable efforts of Mother Teresa, the Catholic nun who dedicated her life to caring for the destitute and dying in the slums of Kolkata.

The International Day of Charity was first initiated by the Hungarian civil society which was supported by the country's government. During the United Nations Sustainable Development Conference in 2015, the concept of International Day of Charity was introduced to overcome the distance between the rich and underprivileged. This also signifies providing financial assistance to poor countries in order to address the goals of sustainable development around the globe by the year 2030.

The notion of charity contributes to harmony by focussing on meeting basic needs and assisting those who are in dire need.



The United Nations General Assembly

ETHOLOGY - THE PSYCHOLOGY OF ANIMALS



Many of us might not have heard of this field called Ethology. What is ethology? Ethology is the study of animal behavior in their natural settings, rather than in a laboratory. They focus on how animals behave in their natural territory.

This field was founded by Konrad Lorenz, who is often regarded as the founder of modern ethology. Another founder was Niko Tinbergen, a Dutch biologist and ornithologist. Due to the work of Lorenz and Tinbergen, ethology developed strongly in continental Europe during the years prior to World War II. After the war, Tinbergen moved to the University of Oxford, and ethology became stronger in the UK, with the additional influence of William Thorpe, Robert Hinde, and Patrick Bateson at the Sub-department of Animal Behavior of the University of Cambridge. Some ethologists

consider ethology as the evolution of animal behavior and its understanding in terms of natural selection. In this sense, the first ethologist was Charles Darwin, who was famous for his studies of evolution.

Ethology, unlike other fields, does not only consider the environmental factors that affect behavior but focuses more on the physiological, genetic, and evolutionary factors that affect these actions. The theories of ethology that was collectively proposed by Karl von Frisch, Konrad Lorenz, and Niko Tinbergen mainly focused on learning. Some of them are:

Filial imprinting - It enables the young to discriminate the members of their own species, vital for reproductive success. This important type of learning only takes place in a very limited period of time. Lorenz observed

that the young of birds such as geese and chickens followed their mothers spontaneously from almost the first day after they were hatched, and he discovered that this response could be imitated by an arbitrary stimulus if the eggs were incubated artificially and the stimulus were presented during a critical period that continued for a few days after hatching.

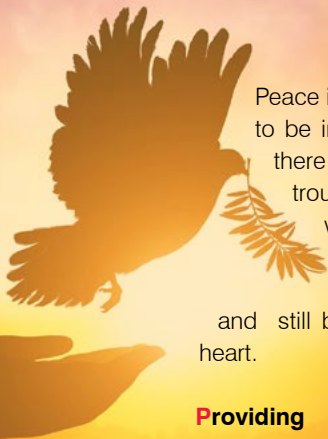


ANAGHA AJITH MENON - 12A

Imitation - Imitation is an advanced behavior where an animal observes and exactly replicates the behavior of another. It was observed that capuchin monkeys preferred the company of researchers who imitated them to that of researchers who did not. The monkeys not only spent more time with their imitators but also preferred to engage in a simple task with them even when provided with the option of performing the same task with a non-imitator

Social transmission - It was seen in a group of macaques on Hachijojima Island, Japan. The macaques lived in the inland forest until the 1960s, when a group of researchers started giving them potatoes on the beach. Soon, they started venturing onto the beach, picking the potatoes from the sand, and cleaning and eating them. About a year later, an individual was observed bringing a potato to the sea, putting it into the water with one hand, and cleaning it with the other. This behavior was soon expressed by the individuals living in contact with her. When they gave birth, this behavior was also expressed by their young - a form of social transmission.

International Peace Day



Peace it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

**Providing
Equality
And
Care
Everywhere**

"Peace is a journey of a thousand miles and it must be taken one step at a time."

The 'INTERNATIONAL DAY OF PEACE' is celebrated on 21st September every year. The international day of peace is sometimes unofficially known as WORLD PEACE DAY. This day is observed all around the world. This day was established in 1981. The first international peace day was observed in September 1982. This day is dedicated to world peace, and specifically the absence of war and violence.

Let us share the gift of peace with others and make this world a better place. I would like to conclude by quoting a quote of SRI CHINMOY.



BERIN GLADYS JOSEPH 8 A

How can I have peace?

Not by talking about peace but by walking along the road of peace.
Happy international peace day to all!!

CHARITY CONVENERS - SEPTEMBER



ASHLY PHILOPOSE
- 12A



NUHA IMTIYAZ
- 12B



ZAID ABDULLA NAFFEE
- 12C



ANAGHA K.
12D



LEAYA ELSA
- 12E



SHIJON
- 12F



SHRIYA DINESH
- 12G



YASH SAINI
- 12H



ETHAN STEVE
- 12I



ABDULLAH ALAM
- 12J



AAMNA ARIF
- 12K



JOANNA K.K. BENOY
- 11A



ARYA VINOD
- 11B



ASHMIT SRIVASTAVA
- 11C



ROHIT KRISHNAN
- 11D



SAI NITHISH KUMAR
- 11E



MABEL EMILIE
- 11F



SADAF SALEEM
- 11G



GHANASHYAM
- 11H



TRAVIS REGO
- 11I



ADHITHYAN S
- 11J



MOHAMED FAYAZ
- 10A



SLEEBAN ALIAS
- 10B



MANSOOR AMER
- 10C



NUZHA V
- 10D



ABRAR AHMED
- 10E



G.T. AMANDHI
- 10F



JOHN JAMES ALAPAT
- 9A



AKASH SHRINIVAS
- 9B



SANCIA DSOUZA
- 9C



MARIA MURTAZA
- 9D



KATHRINA
- 9E



RONAV PRATAP
- 8A



ABHISHEK GEORGE
- 8B



AARON KURIAKOSE
- 8C



MERYLE EVONAD
- 8D



YOUKTA SADHVI
- 8E



HIBA HABIBULLA
- 8F



PRANAV SUBRAMANI
- 7A



IRENE BOBBY
- 7B



KHADEEJA IMRAN
- 7C



ANGEL ALEENA BIJU
- 7D



NAILA NAJEEBUDDIN
- 7E



SREYA SUNIL
- 6A

ACCA COURSE COMPLETION - APPRECIATION CERTIFICATE



Rachel Suzen Cibhu-XII E



Ron Shaju 2020-2021 Batch

COVID ETIQUETTES



feet from others in public places. This distance will help you avoid direct contact with respiratory droplets produced by coughing or sneezing.

- It also reduce the risk of getting sick via droplets that contain the coronavirus by blocking access to your own airways.

Daily Self-Screening

All faculty, staff and students to self-screen each day for symptoms of COVID-19 before going to school.

Daily self-screening questions include:

- Have you been in close contact with a confirmed case of COVID-19 in the past 10 days?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever or felt feverish in the past 48 hours?
- Have you had a new loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

You must be free of any symptoms before coming on campus for work or school.

- Fever above 100.4° F
- Shortness of breath or difficulty breathing
- Coughing
- Chills
- Repeated shaking with chills
- Headache
- Fatigue
- Sore throat
- Recent loss of the sense of taste or smell
- Congestion and runny nose
- Gastrointestinal symptoms which may include diarrhea, nausea or vomiting

Wash your hands

Practicing good hygiene is an important habit that helps prevent the spread of COVID-19.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands with the sanitizer and rub them together until dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- In addition to hand-washing, disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Wear a mask

- By wearing a mask that covers your mouth and nose, you will reduce the risk of serving as the source of disease spread by trapping your own droplets in the mask.

Scientists are still learning about COVID-19, the disease caused by the coronavirus, but according to the CDC, this highly contagious virus appears to be most commonly spread during close person-to-person contact through respiratory droplets. "The means of transmission can be through respiratory droplets produced when a person coughs or sneezes, or by direct physical contact with an infected person, such as shaking hands. It is said that COVID-19 can spread by airborne transmission, although this is less common than close contact with a person.

Protocols that we have to adhere during the pandemic

Practice social distancing

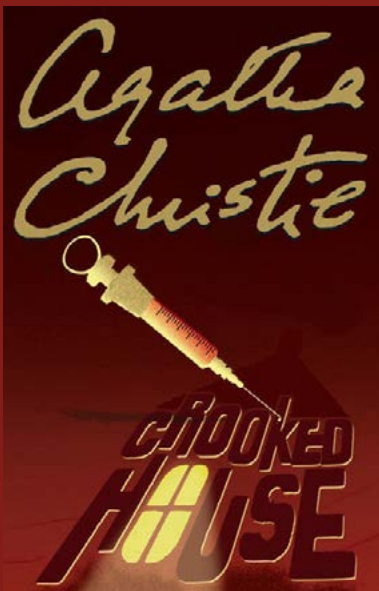
Since close person-to-person contact appears to be the main source of transmission, social distancing remains a key way to mitigate spread.

- Maintain a distance of approximately 6

Crooked House

Author: Agatha Christie

Publisher: HarperCollins Publishers



When millionaire Aristide Leonides is murdered with his own eye-medicine in his rustic, ramshackle mansion, his granddaughter, Sophia Leonides tells her fiancé, Charles Hayward, that they cannot marry until the murderer is apprehended. Charles' father is the Assistant Commissioner of Scotland Yard, so Charles decides to investigate from the inside along with assigned detective, Chief Inspector Taverner.

The book, until the last chapter, does not reveal the murderer, keeping the reader on tenterhooks throughout. The way the Queen of Crime manages to provide iron-clad alibis for all the suspects and build up the tension is a marvel. The climax was least expected and the murderer's incentive that led to the killing is

appalling.

Crooked House is one of Agatha Christie's best mystery novels, and like many others, provides several red herrings that throw the reader off the murderer's track.

With its fast-paced and chilling pages, it is a must-read for all lovers of mystery and suspense, young and old.

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JYOTSNA ASHWIN
BOSE - 9A

ICSK Online Summer Camp - Sunshine Live 2021



Sunshine Live, the online Summer Camp conducted by The Indian Community School Kuwait has been one of its kinds all over Kuwait. When the current pandemic came as a hurdle towards the fruitful spending of summer holidays, ICSK decided to organize the online Summer Camp for the proactive and prodigious children all over Kuwait, India and Middle East. Sunshine Live 2021 is organised for the most effective utilisation of summer break along with the overall development of children. Instead of feeling

that they have nothing to look forward to during summer break, we provided an opportunity to children to gain happiness and confidence, with their days filled with productive, creative and intellectually stimulating activities.

It was held in two stages, Camp I and Camp 2, for two months, covering the entire summer holidays. Camp I was held from 13th June to 12th July 2021. Camp II was inaugurated on 12th July and came to a

close on 16th August. Sessions were held five days a week, Sunday to Thursday, through Zoom sessions held from 9.00 AM to 1.00 PM. 536 students participated in the well planned and designed sessions by experts which included physical activities like daily Exercises, Yoga, Zumba & Aerobics, Dance-Bollywood, Western, Hip Hop, music- Indian, Western & Korean, creative Art & Craft – drawing, painting, pencil shading, 3D Art Calligraphy etc by experts.

TEACHER'S DAY



Teachers, they've been the foundation of every generation there has been and will be the foundation for every generation to come. They deserve all the credit in this world because without teachers life would not be as we know it. Teacher's day is a special day where all the teachers are thanked and given credits for all that they've done. Let us understand the importance, history, and significance of this particular day.

In India, teacher's day is celebrated annually on the birthday of India's first Vice President, Dr. Sarvapalli Radhakrishnan. Dr. Radhakrishnan himself was a highly respected teacher, philosopher, and statesman. When Dr. Radhakrishnan assumed office, his students approached him to seek permission to celebrate September 5 as a special day.

Dr. Radhakrishnan requested to observe September 5 as Teachers 'Day. He intended to recognize and appreciate teachers all over the country, who work hard to make create valuable citizens for the country. Ever since Dr. Radhakrishnan announced this day in 1962, September 5 has been celebrated annually as teacher's day.

Teacher's day is celebrated in many schools all over the country and all over the world. In many schools, teacher's day celebrations include role reversal where the students perform the role of teacher's for one day. Even though this year was a different one, where schools had to shut down and switch to online mode due to the global pandemic, most schools retained their teacher's day celebrations and held them in their unique ways.

EPITOME OF SUCCESS CHANU MIRABAI



Commonwealth Games. Chanu qualified for the 2016 Rio Olympics in the women's 48 kg category but failed to win any medals.



AMMAR SABIR
- 7C

In 2017, she won the gold medal in the Women's 48 kg category by lifting a competition record 194 kg in total 2017 World Weightlifting Championships held at Anaheim, CA, United States.

At the 2019 World Weightlifting Championships, Mirabai lifted a total of 201 kg to finish 4th. This personal best total also created a new national record in the 49 kg category. She broke her personal record again four months later when she lifted 203 in the 49 kg category to win the gold medal at the 2020 Senior National Weightlifting Championships.

In April 2021, she won the bronze medal at the 2020 Asian Weightlifting Championships in Tashkent where she lifted a total of 205 kg. Chanu won the silver medal in 49 kg division at the 2020 Summer Olympics in Tokyo with a total lift of 202 kg, becoming the first Indian weightlifter to win silver at the Olympics and the second Indian weightlifter after Karnam Malleswari to win an Olympic medal. A new Olympic record was registered by Chanu with a successful lift of 115 kg in clean and jerk.



Introduction:

Silver Medalist from Tokyo Olympics 2020, the 26-year-old has become the first Indian weightlifter to win the silver medal at the Tokyo Olympic Games. The Union Minister for Information & Broadcasting and Youth Affairs and Sports, Anurag Singh Thakur and other ministers and officials felicitated Tokyo Olympics Silver Medalist Saikhom Mirabai Chanu and her coach Vijay Sharma in New Delhi on July 26, 2021.

Chanu Mirabai Early Life and Family:

Saikhom Chanu Mirabai, was born on 8th August 1994 in Nongpok Kakching near Imphal. Her family supported her dream of being a weightlifter since she was 12. She could easily carry a huge bundle of firewood home when her elder brother found it hard to even pick it up. So, the family identified her strength, when she was able to lift the logs of wood while her brother found it difficult to pick and walk easily back home.

Sports training:

Mirabai trained at the Sports Academy in Manipur. She hitched rides with truck drivers carrying sand. After winning the Olympic

medal, she invited the truck drivers to offer her gratitude and touched their feet as a sign of respect.

Major Awards:

She was awarded the Padma Shri by the Government of India for her contributions to the sport. She was awarded Major Dhyani Chand Khel Ratna award by the Government of India in 2018. Aftermath of Tokyo Olympic 2020, Manipur Chief Minister N. Biren Singh announced an award of Rs. 1 crore for her. Indian Railway Minister Ashwini Vaishnaw announced an award of Rs. 2 crore, a promotion in Northeast Frontier Railway and more for her.

Achievements & Success:

Chanu won the silver medal in the women's 48 kg weight class at the 2014 Commonwealth Games, Chanu's first major breakthrough came at Glasgow; she went on to break the games record en route to the gold medal at the 2018 edition of the event held in Gold Coast.

Mirabai Chanu has won the World Championships and multiple medals at the

Don't wait for things to get better.
Life will always be complicated.
Learn to be happy right now, otherwise,
you'll run out of time.

ICSK's Initiative at Training Young Minds to become Successful Leaders

Success mantra of a Good Leader ~ Vision, Planning, Strategy, Charisma, Teamwork & Mentoring



ICSK constantly strives, motivates and helps its students to develop not only academically but also physically, mentally and emotionally. Adding one more feature to its already ongoing development programs for its students ICSK, since the last three years has been conducting regular leadership training under the title 'Young Leadership Program' for its students which encourages young minds in tapping and developing their leadership qualities. This year's training sessions kick started with an inaugural ceremony through webinar 'Public Speaking & Leadership Programme' for the students of Std 8, 9, 10 and 11 on 29th August. The Chief Guest for the occasion was Shri S. S. Rawat, Deputy Commissioner, Kendriya Vidyalaya Sangathan.

Dr. V. Binumon warmly welcomed Shri S. S. Rawat, who despite his busy schedule, had agreed to grace the occasion and motivate the students. He then welcomed Mr. Balakrishnan, the chief coordinator of YLP. He heartily welcomed the Hon. Members of Board of Trustees, Principals of all the branches of ICSK, and all present. He stressed on the importance of public speaking and leadership.

Shri S. S. Rawat greeted all the students and was glad to be with them all. He quoted "Great leaders communicate and great communicators lead." He appreciated the school management for coming up with such a useful program for its students. He said that YLP channels youth energy in a positive way and prepares them for leadership and provides them with the necessary skills to evaluate others and become a role-model for the upcoming generations. He requested everyone to avail this golden opportunity

with both hands in order to become effective communicators, a key skill needed by good leaders.

Mr. B. Balakrishnan, the chief coordinator of the Youth Leadership Program who has conducted numerous successful sessions in Qatar and Kuwait and has also trained scores of students on 'how to be a successful and outstanding speaker' addressed the gathering beginning with a quote by Aristotle – "We are what we repeatedly do and that excellence is not an act, but a habit." He shared a detailed and informative presentation on the various aspects and training modules of YLP.

There was an interactive question answer session, where parents and students cleared their doubts related to YLP, public speaking and self-improvement.



1. At least one of the colors of the Olympic flag appears on all the national flags.
2. An ostrich's eye is bigger than its brain.
3. You can't breathe and swallow at the same time.
4. "E" is the most common letter and appears in 11 percent of all English words.
5. Water makes different pouring sounds depending on its temperature.
6. You can sneeze faster than a cheetah can run.
7. Spider webs were used as bandages in ancient times.
8. Sunglasses were originally designed for Chinese judges to hide their facial expressions in court.
9. A cloud can weigh more than a million pounds.
10. Russia has more surface area than Pluto.



REVA KANTARIA
- 9D



Birthday Arcade - September



HANA ABOOBACKER
11I - SEPT. 1



MARIYA AZIZ HUSAIN
7D - SEPT. 1



AYESHA KHAN
11A - SEPT. 1



EMILY MARY BINU
12D - SEPT. 1



UMAIMA FAISAL KAZI
12I - SEPT. 1



MADEEHA JAVEED
12A - SEPT. 2



ABHA JIGAR PATEL
9E - SEPT. 2



ASMA JIGAR PATEL
9E - SEPT. 2



RITAJ RIZWAN
10C - SEPT. 2



AAMNA ARIF
12K - SEPT. 3



VIGNESH KISHOR
8F - SEPT. 3



HASAN ANIS
9E - SEPT. 3



ZEYAD
9F - SEPT. 3



ARFANA
11G - SEPT. 3



MOHAMMED ATEEQ
7E - SEPT. 4



AEKAS GUPTA
9D - SEPT. 4



RAYHAN JABIR
9E - SEPT. 4



EMAN SHARAFAT ALI
10A - SEPT. 4



MOIZ NAHRPU
10C - SEPT. 4



ALONA ANN
11B - SEPT. 4



ALBERT KUNJUMON
11C - SEPT. 4



VAPPAYIL ARJUN
12K - SEPT. 4



AMRITA VINOD
8A - SEPT. 5



JYOTHIKA ASHWIN
8B - SEPT. 5



ZAID ABDUL NAFFEE
12C - SEPT. 5



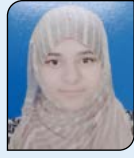
TANVIR SINGH
12H - SEPT. 5



NATHAN CHERIAN
9B - SEPT. 6



NAKSHATHRA
11H - SEPT. 6



ARSHIYA SAFDAR
12D - SEPT. 6



EVA MARIA GEO
8B - SEPT. 6



NEHA ANN NIBU
8B - SEPT. 6



SAKINA ALI HUSAIN
9D - SEPT. 6



LAVNYA NAIR
10A - SEPT. 6



BERYL MAHIBA R
11B - SEPT. 6



ARWA AZIZ HUSAIN
11E - SEPT. 6



MOHAMMED SABBIR
11G - SEPT. 6



ADINA AULDWIN
12D - SEPT. 6



SNEHA THOMAS
8B - SEPT. 7



SLEEBA N ALIAS
10B - SEPT. 7



ABHINAV REMESH
8A - SEPT. 7



SANKAR SURAJ
8F - SEPT. 7



NIKHIL GEORGE
10A - SEPT. 7



BEN MATHEW
11C - SEPT. 7



HATIM ALI ASGAR
11J - SEPT. 8



ANGEL ELISA JOE
7D - SEPT. 8



INSIYA ABBAS
10D - SEPT. 8



LYDIA ROY
12I - SEPT. 8



REUBEN ABEY
10F - SEPT. 9



HATIM ASHIM
11E - SEPT. 9



SAKINA ASHIM
11E - SEPT. 9



BURHANUDDIN
8F - SEPT. 9



ZAYYAN SUHEB
11I - SEPT. 9



AMMAR ZAMIN
12A - SEPT. 9



TAHURA FATIMA
6A - SEPT. 10



ERIC SANJU MATHEW
7D - SEPT. 10



NISHMA MANNURU
11B - SEPT. 10



ZAINAB MUFFASSIR
11G - SEPT. 10



ELMER CURTIS
12D - SEPT. 10



SNEHA THANKAM
7C - SEPT. 11



RAYZEL MENEZES
9B - SEPT. 11



SAKINA PATHARIA
9C - SEPT. 11



SARATH SAJJU
10D - SEPT. 11



JEHOSHUA GEORGE
10E - SEPT. 11



ABBAS ALI KHANDWALA
11F - SEPT. 11



CHRISTINA SHIJU
12F - SEPT. 11



ANISHA ANNA SIBI
12A - SEPT. 12



ASAD ALI HAKIM
12G - SEPT. 12



DEON DSOUZA
12I - SEPT. 12



RUQAYYAH IMRAN
7B - SEPT. 13



ASHITHA EBITH
8C - SEPT. 13



ZAHRA ALI ASGHAR
8G - SEPT. 13



MAHIMA THANKAM
11B - SEPT. 13



FRANKLIN MATHEW
11I - SEPT. 13



HETAF PARVEZ
11J - SEPT. 13



CATHERINE ANN
9B - SEPT. 14



AMAAN ALJAZ
11C - SEPT. 14



RYAN BABU
12C - SEPT. 14



RICK FERNANDES
12F - SEPT. 14



FATIMA ZULFIKAR
7C - SEPT. 15



MERYLE EVONA
8D - SEPT. 15



ABHINAV MANIKANDAN
10E - SEPT. 15



SHIFA DAVID
11A - SEPT. 15



SWETHA SIVAKUMAR
12F - SEPT. 15



DAVID SAMUEL BIJI
8C - SEPT. 16



ROHITH RAM
12E - SEPT. 16



FIZA IMRAN AGA
8B - SEPT. 17



KRIPA REJI
8B - SEPT. 17



ZAID MUFFASSIR
8D - SEPT. 17



MURTAZA HUSSAIN
9D - SEPT. 17



SANJAIKUMAR
9F - SEPT. 17



HRIKTIKA NIRMAL
10E - SEPT. 17



ARYA VINOD
11B - SEPT. 17



SHAIK SAFA
12A - SEPT. 17



IQRA MOHAMMED
12F - SEPT. 17



AALIYA IRSHAD KAZI
12I - SEPT. 17



SAKINA ALI ASGAR
9F - SEPT. 18



MOHAMMED AAZIM
7D - SEPT. 19



HUSAIN RASHID
9E - SEPT. 19



GIANN SAIRA KOSHY
10B - SEPT. 19



MUFAZZAL HAIDER
10C - SEPT. 19



NUHA ABUBACKER
10E - SEPT. 19



SAMUEL GEORGE
12H - SEPT. 19



ANIRUDDH VIMAL
7D - SEPT. 20



ROSHIN ANNA BINU
8C - SEPT. 20



JOHN ZAC MATHEW
12C - SEPT. 20



SHAIK MOHAMMED
12D - SEPT. 20



MAY SMITH JAMES
12G - SEPT. 20



NANDINI
12G - SEPT. 20



REUBEN MATHEW
8C - SEPT. 21



INSIYA SAIFEE
9E - SEPT. 21



HUSSAIN SHABBIR
9F - SEPT. 21



FATIMA SAYEED
10D - SEPT. 21



ABHINAV
7B - SEPT. 22



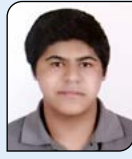
PRAVEEN
7E - SEPT. 22



RAYAN TANWEER
8D - SEPT. 22



MOHAMMED
9F - SEPT. 22



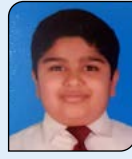
ACELIN SANJU
10F - SEPT. 22



AKASH RENJI
11E - SEPT. 22



RUJIN ARUNKUMAR
7E - SEPT. 23



NIRANJANA GIRISH
8A - SEPT. 23



ABDUL ASHEEN
10C - SEPT. 23



MOHAMMED ZEYAD
10D - SEPT. 23



HIBBA KHAN
11A - SEPT. 23



UMAR YAKUB
12H - SEPT. 23



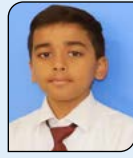
RUTH ANN TOBY
7A - SEPT. 24



BERIN GLADYS
8A - SEPT. 24



TANIA RAHUL
8C - SEPT. 24



CHANDLER COLIN
10B - SEPT. 24



SYED ABDUL WAHID
11J - SEPT. 24



ANJALI
12D - SEPT. 24



ABRARKHAN PATHAN
12G - SEPT. 24



IBRAHIM
7C - SEPT. 25



SARAH KHALID
7D - SEPT. 25



HANLEY GEINOY
11G - SEPT. 25



ERIC THOMAS
11I - SEPT. 25



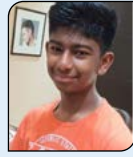
SHRAVYA S SHETTY
12A - SEPT. 25



JUBEENA SARA
12K - SEPT. 25



DARREN JIMMY
7B - SEPT. 26



DALTON IMMANUEL
9A - SEPT. 26



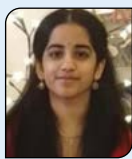
VARSHA AMAL
9B - SEPT. 26



RHYTHM JAIN
9D - SEPT. 26



MOHAMMED WALEED
11A - SEPT. 26



PEARL DSOUZA
11H - SEPT. 26



FATIMA SAJID
6A - SEPT. 27



ASHVITA ANUJ
8E - SEPT. 27



MARYAM SAJID
8F - SEPT. 27



ARWA ABDUL HUSAIN
9E - SEPT. 27



RIDA AHMED
12J - SEPT. 27



ATHISH KRISHNA
8B - SEPT. 28



JOANNA ABIGAIL
10B - SEPT. 28



SIDHARTH SUDEEP
10E - SEPT. 28



YASH VERDHHAN
10E - SEPT. 28



KHADIIJA
12H - SEPT. 28



ANAMIKA SANDHEEP
7B - SEPT. 29



MURTAZA TYPIST
7C - SEPT. 29



REN SIMON THOMAS
8C - SEPT. 29



MUSTAFA ALTAF
10C - SEPT. 29



YASHILA VEERAMANI
10E - SEPT. 29



MIR ZAMAAN HYDER
11C - SEPT. 29



RIONA AALIYAH
11H - SEPT. 29



GEORDY SURAJ
7B - SEPT. 30



SIVANESAN
10A - SEPT. 30



IENESH SHARMA
10C - SEPT. 30



ISHAAN SHARMA
10D - SEPT. 30



RASHIDA KASAM
10D - SEPT. 30



AARON SAM
11C - SEPT. 30



DWAYNE ETHAN
9F - SEPT. 13



MRS. DEEPA BIJU
- SEP 17



MR. FAID AHMED
- SEP 30

EPITravel PUERTO RICO

Puerto Rico, officially Commonwealth of Puerto Rico, Spanish Estado Libre Asociado de Puerto Rico, self-governing island commonwealth of the West Indies, associated with the United States.

Geographical location:

The easternmost island of the Greater Antilles chain, it lies approximately 50 miles (80 km) east of the Dominican Republic, 40 miles (65 km) west of the Virgin Islands, and 1,000 miles (1,600 km) southeast of the U.S. state of Florida. It is situated in the northeastern Caribbean Sea, its northern shore facing the Atlantic Ocean.



Climate and weather:

Puerto Rico has a tropical climate with little seasonal variation, although local conditions vary according to elevation and exposure to rain-bearing winds. Northeast trade winds bring heavy rainfall to the north coast, while the south coast is in a rain shadow. San Juan receives about 60 inches (1,525 mm) of precipitation per year, whereas El Yunque Peak farther east receives 180 inches (4,570 mm), and Ponce on the south coast receives only 36 inches (914 mm). Rain falls each month of the year, but the heaviest precipitation occurs between May and December.

Language:

Both Spanish and English are official languages in Puerto Rico, which remains a predominantly Spanish-speaking society. Many English words have been added to the island's popular lexicon. English is also widely understood, and about one-fourth of Puerto Rican adults speak English fluently.

Tourism:

Puerto Rico has become a major vacation destination because of its fine year-round weather and air and sea transportation links; hotels, guest houses, and condominium developments dot the island's coastline.

influences are a product of Puerto Rico's historical roots, first as a Spanish colony and then, after the Spanish-American War, a U.S. territory. Popular ingredients that grow natively in the region include coriander, papaya, cacao, and plantains which are large, banana-like fruits with either savory green flesh or sweet yellow.



HRITIKA N
-10 E

Cultural life:

The idealized folk hero of Puerto Rico is the jíbaro, a rustic independent hill-farmer whose status in local song and story is similar to that of the gaucho of Argentina. However, modern Puerto Rican cultural life is a blend of North American and Latin, African, and Caribbean forms, as is evident in much of the island's dance, music, art, literature, and sports.

Interesting facts about Puerto Rico:

- The island has almost 300 miles of coastline and nearly the same number of beaches.
- El Yunque is the only rainforest in the U.S. Forest System and is in Puerto Rico. The forest receives over 120 inches of rain every year.
- Flamenco beach, in Culebra, has been recognized as one of the Top 10 Beaches in the world on multiple occasions.

Best time to visit:

The best time to visit Puerto Rico is from mid-April to June, right after the busy winter season and just before the rainy summer. Spring weather is also very pleasant, barely escaping the mid-80s on most days. The island sees its best weather in winter – which is partly why this is the most crowded and expensive time to visit

Cuisine:

Locals at Welcome to Puerto Rico describe the cuisine as a créole that blends culinary traditions from around the world. European, African, American, and Taíno (Caribbean)



2021 Football Transfer Window

The cliché 'now that the dust has settled' would not do this transfer window any justice. It is more like an 80 ft sand dune being dumped on the football ground of your choosing because this summer's transfer saga has been beyond intoxicating. I'm sure you'd be hard pressed to remember a transfer window with this much superstar activity across Europe and beyond. All this delirium came to an end on 31st August 2021. Let's head on to some of the most extravagant and jaw-dropping transfers of this year, beginning with the two G.O.A.T.s:

1). Cristiano Ronaldo:

CR7 as he's known around the football world, moved from Italian giants Juventus to the club that made him who is currently is, Manchester United a.k.a The Red Devils. It was the most scintillating last days transfer that I had ever witnessed. Being a CR7 fanatic, I was pushed to the edge of my seat. I lost count of how many times I browsed to see where he would end up, as it was a Manchester derby, which finally ended in United's victory. It was during his stint at Man UTD (2003-2009) that he earned his first Ballon d'or.



2). Lionel Messi:

Our very own LM10 changed from his boyhood club, where he spent 21 years

of his life, to Qatari backed Paris Saint Germain. His move from Camp Nou to Parc De Princes caused tremendous uproar in Catalonia. Fans and club supporters were dumbfounded at this news, which resulted in many Barca fans shifting support from Barca to PSG. In PSG, Messi was given no.30 jersey instead of his preferred 10. Messi received all his 6 Ballon d'ors while playing for Barcelona.



3). Sergio Ramos:

La Liga's Blackbeard or, the high school bully as he is fondly known for his physique and on-pitch aggression, left Real Madrid to join PSG on a free transfer. The 35 year old is one of the finest goalscoring defender of all time with a whopping 101 goals to his name.



4). Jack Grealish:

The 25 year old Aston Villa breakout star/skipper signed for Abu Dhabi backed Manchester City for a colossal 100 million euros, which makes it the most expensive signing in British football history. The

England international broke the record of French playmaker Paul Pogba, who in 2016, rejoined Man UTD for 93.25m euros.



5). Romelu Lukaku:

The Belgium international re-signed with current Champions League holders Chelsea for a club record 100m euros from current Serie-A winners Internazionale Milano. The former Nerazzuri striker notched up 64 goals and 16 assists in his 95 appearances for the club in all competitions. He spearheaded Inter's operation to win their first Scudetto in over 10 years.

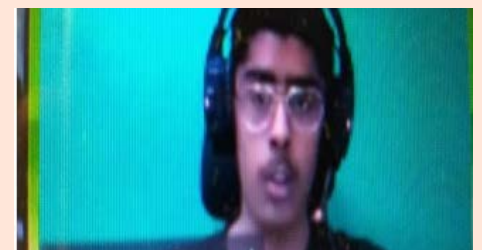
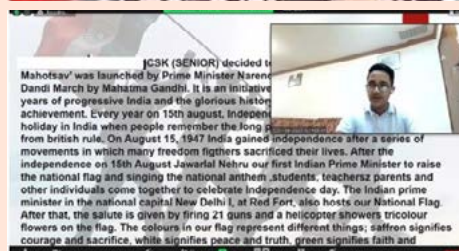


This year, football is bound to be nail-biting, and I myself, along with all other football fans around the globe, will be having sleepless nights this entire season.

"The more difficult the victory, the greater the happiness in winning."- Pele

" Azadi ka Amrit Mahotsav "

As India celebrated its 75 years of glorious Independence, the Students of The Indian Community School, Senior celebrated it by taking part in Azadi ka Amrit Mahotsav,an initiative of the Government of India to celebrate and commemorate 75 years of independence. During the class assembly, two students from each class one boy and one girl presented a speech on themes like freedom struggles and achievements. This enunciated awareness about the sacrifices done by the national leaders.





Naruto is a Japanese manga series written and illustrated by Masashi Kishimoto. It tells the story of Naruto Uzumaki, a young ninja who seeks recognition from his peers and dreams of becoming the Hokage, the leader of his village. The story is told in two parts – the first set in Naruto’s pre-teen years, and the second in his teens. Several kids of the 2000s have fond memories of the Sunday reruns of this iconic anime series.

Viz Media licensed the manga and anime for North American production and serialized Naruto in their digital Weekly Shonen Jump magazine. The anime series began airing in the United States and Canada in 2005, and in the United Kingdom and Australia in 2006 and 2007, respectively. The films and most OVAs from the series were also released by Viz, with the first film premiering in movie theaters.

Naruto is the fourth best-selling manga series in history, selling 250 million copies

worldwide in 46 countries, with 153 million of the sales in Japan alone and remaining 97 million copies elsewhere. It has become one of Viz Media’s best-selling manga series; their English translations of the volumes have appeared on USA Today and The New York Times bestseller list several times, and the seventh volume won a Quill Award in 2006.

The series’ length and popularity is comparable to that of Akira Toriyama’s Dragon Ball, another popular action/martial arts-oriented shōnen manga, and one that was said to have greatly influenced Kishimoto’s manga, Naruto. Since its creation, Naruto has spawned a large number of fansites that contain detailed information, guides, and active forums. Some of the first and most popular sites targeted at English speaking audiences were established shortly after the first English manga volume was released in August of 2003. Also, like many other manga and anime titles, Naruto has also spawned its own collectible card game.

As of October 2014, the manga has over 220 million copies in print, with over 130 million copies in Japan and the remaining 75 million being overseas, making it the third best-selling manga series in history. The manga is also available in 35 countries outside Japan. It has also become one of North American publisher VIZ Media’s best-selling manga series. Their English adaptation of the series has appeared in the USA Today Booklist several times and volume 7 won the Quill Award in 2006. In TV Asahi’s latest top 100 Anime Ranking, Naruto ranked 17th on the list. Most of these episodes are stand-alone stories, with a few being part of arcs that were several episodes long, and lasted for a total of 85 episodes in the first series.



SHREYA NARAYAN PILLAI - 11 H



FOR HOW LONG CAN YOU STOP ME

I have a pocket of dreams, and a bag filled with hope,
My heart desires to hit the ball over the boundary rope.
I may be not bright as the sun, but I am a candle giving a subtle light,
For how long can you stop me from facing the fight?

I am the mighty oak, not grown from fertile lands,
I have snatched my life from barren sands.
My destiny has been written on stone, my bright future I can see,
I won't stop fighting, for how long will you be able to stop me?

I am strong as iron, high heat and heavy blows I can tolerate,
Despite of the taunts and the noise, nothing can change my fate.

Your words don't have any effect on me,
Just like a pebble thrown into the mighty sea.

I fell countless times before standing tall, now I
have no desires to fall again,
I have made myself what I am today, I have no fear
or vain.

Whenever you push me in the heat of taunts, I would come out
glowing like pure gold.
My heart is filled with aspirations, nothing in the world will make it go cold.

So, tell me, for how long will you be able to stop me?
For how long will you be able to stop me?



RYLAN HENRY DIAS - 11I



THE FOUR SMART STUDENTS

It was a beautiful spring day. A proud red rose blossomed in a garden. Everyone who saw it admired its beauty, fragrance and softness! Right next to the rose was a cactus that didn't look as good as the rose and also had many thorns. No one dared to touch the cactus! The rose started making fun of the cactus. "You are so ugly! Your thorns hurt others. Aren't you ashamed of yourself?"

The sunflower heard this and said, "You should not be so rude, dear rose." The rose was too proud to care and said, "Why shouldn't I? After all, this cactus is such a

useless plant!" The cactus did not get upset and said, "God did not create any form of life without a purpose." Soon, it was summer. It became very hot and the rose started to wilt. It became too weak to insult the cactus, which, on the other hand, looked healthy as usual. One day, the rose saw that birds and bees would come to the cactus, suck water out of it and leave. The rose felt ashamed - it had learned its lesson. Even though the cactus was not beautiful, it served an important function in the plant world by providing water to birds and bees in the hot, scorching summers. The sunflower raised its

yellow head and said, "Yes, you can also drink from the cactus. The sparrow can bring water to you if you ask the cactus for help." The rose apologized to the cactus and humbly asked for help. The cactus happily agreed and the birds filled their beaks with water to pour it at the rose plant's roots.

Moral of the story:
Never criticize others. Everyone is unique in their own way.



JESLYN SARA SHYJU - 8A



Archimedes was an Ancient Greek Mathematician, physicist, engineer, inventor and astronomer. Although few details of his life are known, he is regarded as one of the leading scientists in classical antiquity.

ARCHIMEDES

Generally considered the greatest mathematician of antiquity and one of the greatest of all time, Archimedes anticipated modern calculus and analysis by applying concepts of infinitesimals and the method of exhaustion to rigorously prove a range of geometrical theorems, including the area of circle, the surface area and volume of a sphere, and the area under a parabola. Other mathematical achievements include deriving an accurate approximation of π , defining and investigating the spiral bearing, and creating a system using exponentiations for expressing very large numbers. He was also the first to apply mathematics to physical phenomena, founding hydrostatics and statics, including an explanation of the principle of the lever.

He is credited with designing innovative machines, such as the screw pump, compound pulleys and defensive war machines to protect his native Syracuse from invasion. Archimedes died during the Siege of Syracuse when he was killed by a Roman soldier despite orders that he should not be harmed.

Cicero describes visiting the tomb of Archimedes, which was surmounted by a sphere and a cylinder, which Archimedes had requested to be placed on his tomb, representing his mathematical discoveries.



SHAZIA SHAIKH - 11A

Quote Garden

- "Don't judge each day by the harvest you reap but by the seeds that you plant." -Robert Louis Stevenson
- "Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson
- "The greatest glory in living lies not in never falling, but in rising every time we fall." -Nelson Mandela
- «Success is not final; failure is not fatal: It is the courage to continue that counts.» -Winston S. Churchill
- "Believe you can and you're halfway there." -Theodore Roosevelt



RIDA FAISAL KHAN - 9E

CAPTAINS & VICE CAPTAINS - SEPTEMBER

CLASS 12A



AISWARYA SUNIL



ERICA GRETEL



KATHERINE



UMMEHANI



ETHAN SHIBU ISSAC



SABIHA SHABBIR



KHADIJA



JERRY SAM JOSE



DARSHAN
THAN DINESH



DYLAN SEQUEIRA

CLASS 12F



KHADIJA PARKAR



NEIL EDWARD



ABHISHEK



PERPLINE SHRINE



SHRISTI BHAGAT



DEEPAK DEVENDRA



DINAH



ELEORA



FARVEEN



JOHAAN STEPHEN

CLASS 12G

CLASS 12H

CLASS 12I

CLASS 12J

CLASS 12K

CLASS 11A

CLASS 11B

CLASS 11C

CLASS 11D



ALEXANDER
THOMAS



FATHIMA



DHRUVAN SHAJAN



ANICE



DANAH



KEVIN BAJJU KOSHY



ALVIN LIAN LIJO



AMAAN AJAZ



RON PHILIP



NIDHI MYTHILY

CLASS 11E

CLASS 11F

CLASS 11G

CLASS 11H

CLASS 11I



HIBA SARA REGI



RUQAIYA



RITHIKA RAJ



ABEL MATHEW ALEX



NORAH



KENDRICK



NAKSHATHRA



SHREYA



AFHAM NANETHAN



GURWINDER GILL

CLASS 11J

CLASS 10A

CLASS 10B

CLASS 10C

CLASS 10D



HETAF



ANNLIYA JERRY



NITUNA ISHI



RITHIN PHILIP JOSE



JOHANN



SOUMYA



MAZIN MAHIR



MOIZ FIDA



NEZLA NIYAS



GUINDEEP

CLASS 10E

CLASS 10F

CLASS 9A

CLASS 9B

CLASS 9C



JUSTIN SAMUEL SAJI



ZAARA MOHAMMED



AMATULLAH



ANNIE D. SOUZA



JYOTSNA



ISAAC



GAURI



SUSAN INGRITTA



ABEERAH SHAIKH



HAFIZUR REHMAN

CLASS 9D

CLASS 9E

CLASS 8A

CLASS 8B

CLASS 8C



ROHAN



MARIYA HAKIMUDDIN



SHREE HARI



ZAINAB AFZAL GORI



ALAN BOBBY



HANNAH THOMAS



SHAZA



AARON



S. FARAH AFSHEEN



FRANKLIN
FREDRICK

CLASS 8D

CLASS 8E

CLASS 8F

CLASS 7A

CLASS 7B



CRISTEENA
JOHNSON



MATHEW



RONAN PERSLEY



NAMITHA NAIR



BAASIM
SEN KADIVAR



VELAGACHERLA
DEVANSHI REDDY



JOANNA KOSHY



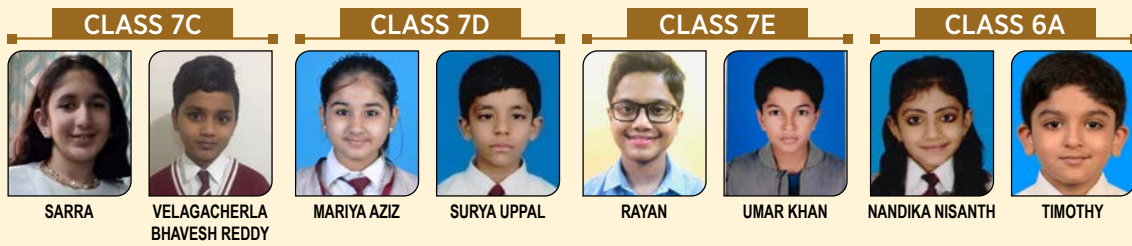
RYAN



LAKSHITA



CAREN MARIAM



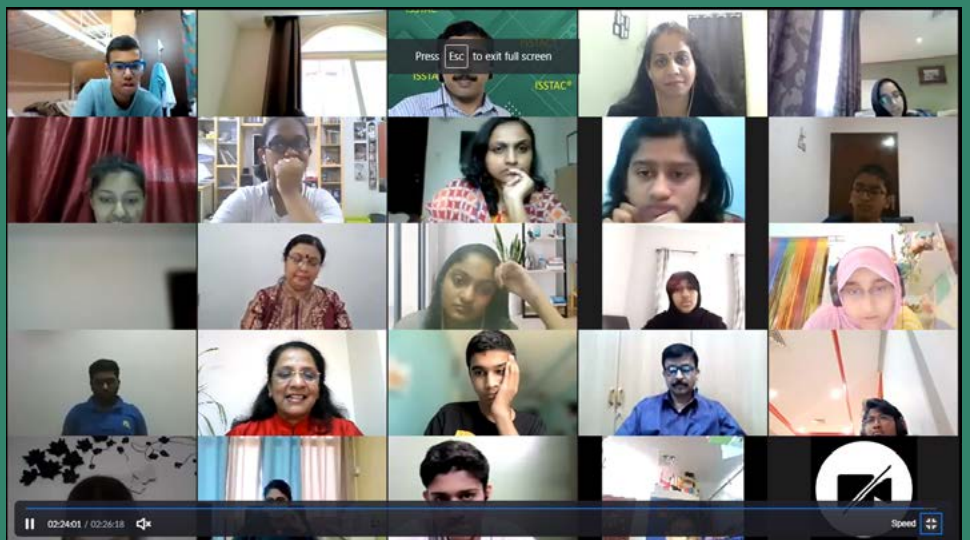
Mr. Justin Thomas Engages ICSK students with Techniques for Effective Study Via a Live “Happy Learning” 3 days Webinar



ICSK strives to make the learning process for its students really enjoyable yet effective. To equip the students on this aspect, the management conducted training sessions ‘HAPPY LEARNING’ for the students. Online webinars were conducted on 1st September for Std 11 & 12, on 2nd September for Std 9 & 10 and on 6th September for Std 6, 7 & 8. The training sessions were conducted by Mr. Justin Thomas a noted Psychologist and Master Trainer for GNNLP, NLP, National Trainer Junior Chamber International (JCI).

A hearty and warm welcome was given to Mr. Justin Thomas by Mr. K. G Shirsath, Principal ICSK Khaitan on 1st September, by Mr. Rajesh Nair, Principal ICSK Amman on 2nd September and by Dr. V. Binumon, Principal and Senior Administrator ICSK Senior on 6th September.

During the session, Mr. Justin Thomas unleashed a flurry of advice & counsel on a plethora of student issues - stretching from time, stress & memory management to goal setting, visualization and examinations. He gave in-depth and detailed ideas clubbed with various strategies to be imbibed by students during the learning process. He mainly stressed on: Evaluation of present



learning environment, Stress Management, Time Management, Learning disabilities and difficulties, Memory and Memory Power, Happy Learning Techniques, Goal setting and Creative Visualization and Motivation. He emphasized on making the learning process

‘happy’ which would give the best results. At the end of each training session a question-answer interactive session was held which helped many students to understand and solve their doubts and gain confidence in the areas where they needed advice.

DISCOVER india KARNATAKA



Bengaluru (also called Bangalore) is the capital of Karnataka state. The centre of India's high-tech industry, the city is also known for its parks and nightlife. Central business district of Bengaluru consists of places MG Road, Brigade Road, Commercial Street, Vidhana Soudha etc. Former royal residences include 19th-century Bangalore Palace, modelled after England's Windsor Castle, and Tipu Sultan's Summer Palace, an 18th-century teak structure.

The city was known as the "Garden City of India". Bengaluru was one of the most important tourist centres of the Karnataka state. Bengaluru has many lakes and parks. BMTC offers special buses for sightseeing in Bengaluru, including Cauveri - a double decker open roof bus.

1. Lal Bagh

Lal Bagh is a botanical garden, commissioned by the Hyder Ali in 1760. The 240-acre (0.97 km²) park is home to over 1000 species of flora and a Glass House. The park is known for its annual flower show. The garden surrounds one of the towers erected by the founder of Bangalore, Kempe Gowda I. The Lal Bagh Rock, dates back to 3000 million years, is another attraction.



2. National Gallery of Modern Art

National Gallery of Modern Art is an art gallery in Bangalore. It was inaugurated in the year 2009. It showcases modern Indian art and houses paintings by Raja Ravi Verma, Jamini Roy, Amrita Sher-Gil, Rabindranath Tagore and a large number of Modern and Contemporary artists. Equipped with an auditorium, a public art reference library, a cafeteria, and a museum shop cum facilitation block, the NGMA Bengaluru looks

ahead to becoming a hub of art activities and a major cultural centre at Bengaluru. The gallery organizes and hosts talks on art and culture by speakers, seminars, film screenings as well as workshops and guided walks throughout the year.



3. Nandi Hills

Nandi Hills is an ancient hill fortress built by Ganga Dynasty and later enlarged and strengthened by Tipu Sultan in southern India, in the Chikkaballapur district of Karnataka state. It is 10km from Chickballapur town and approximately 60km from Bengaluru. The hills are near the town Nandi. In traditional belief, the hills are the origin of the Arkavathy river, Ponnaiyar River, Palar River, Papagni and Penna River. Watching the sunrise at Nandi Hills is popular with tourists. The first ever SAARC summit hosted by India was held at Nandi Hills in 1986.



4. Bannerghatta National

Bannerghatta National Park is a national park in India, located near Bangalore, Karnataka. It was founded in 1970 and declared as a national park in 1974. In 2002, a small portion of the park became a zoological garden. There are ancient temples in the park for worship and it is a destination for trekking and hiking. Within the national park area are six rural villages enclosed within three large enclosures for sheep and cattle farming.

This park offers a wide range of diverse wildlife to the exploradoras. Coming from the finest of Bengaluru, this park offers a guided bus tour all along the 6km safari roads, which is specially made for safarists and foreign tourist gatherers.



NISHMA
-11 B



5. Wonderla

Wonderla is one of the largest chains of amusement parks in India. It is owned and operated by Wonderla Holidays Limited which is headquartered near Bidadi, 28 kilometers from Bengaluru, Karnataka. Amusement parks offer a variety of rides such as roller-coasters, water slides, Ferris wheel, drop tower etc. to name a few.



6. Mysore

Mysore is the second largest city in the state of Karnataka. It is the headquarters of the Mysore district and the Mysore division and lies about 140km southwest of Bangalore. A short distance from Mysore city is the Krishnaraja sagar Dam and the adjoining Brindavan Gardens where a musical fountain show is held in the evening. One of the most visited monuments in India, the Ambavilas Palace (also known as Mysore Palace is the center of the Dasara festivities).

5 Things You Didn't Know Have A Name

Do you know, what is the name of the soothing scent one senses after the first rain? It is called Petrichor. How many times have you passionately tried to describe something to someone, but could not get the exact feeling across because you did not know there was ONE word for it?

We use fillers to describe them, but it only confuses the listener. The English language, which is known for having terms for everything, has names for all those things we didn't know have a name. Let us find out five such things, we didn't know have a name.

#1. Zarf

While taking a sip of coffee or tea from a cup it is quite common to burn fingers. For preventing the fingers to get burnt, the beverage shops now-a-days use a piece of cardboard placed around the mug or glass. That cup holder wrapped around the morning or evening cup of delight and



freshness is called 'Zarf'. The name of the holder has history behind its origin.

When coffee was discovered in Ethiopia, it was served in small cups without handles, which were placed on zarfs. That time it was made of metal, evolving to wood now we use cardboard or paper.

#2. Niblings

To address a brother or sister we say 'sibling', and we call a nephew or niece to describe the children of our brothers and sisters. But what if he or she has two nephews and one niece? Did you know, there is a collective term to describe them? It is called niblings. It is a term which is gender neutral and can be used to refer to children of one's siblings.



#3. Overmorrow

What do we call the day after today? It is called tomorrow. But what do we call the day after tomorrow?

The term used to describe the day after

tomorrow is overmorrow. It has been used in some of the literary works like that of Johann Wolfgang von Goethe's work named 'The first part of the tragedy of Faust' in 1898.



JOHANN PREMJIITH
- 10B

#4. Grawlix

Grawlix is a group or series of typographical symbols like #*\$%! Used in between sentences. These symbols are mainly used in comics in place of obscenity and actual profanity.



#5. Tartle

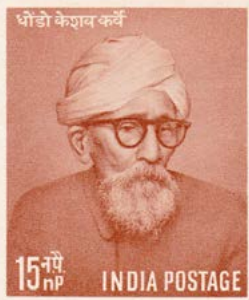
Imagine that you met a person named Gavin last night at a gathering. Next week around the same time, you come across Gavin in another party, but you are hesitant to meet him because you forgot his name. This has happened and still happens with most of us. It's a common phenomenon which many people go through.

10 Signs you're doing well in life



1. You have a roof over your head.
2. You ate today.
3. You have a good heart.
4. You wish good for others.
5. You have clean water.
6. Someone care for you.
7. You strive to be better.
8. You have clean clothes.
9. You have a dream.
10. You're breathing.

Dhondo Keshav Karve (1858-1962)

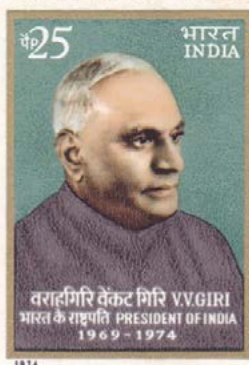


Dhondo Keshav Karve popularly known as Maharshi Karve, was a social reformer in India in the field of women's welfare. He advocated widow

remarriage and he himself married a widow. He broke down the orthodox Hindu opposition to widow remarriage, and he established the Widow Marriage Association in 1893. Moreover, he established an educational institution, Hindu Widows Home, in Poona, to help widows support themselves if they could not remarry. He also established Women's University in Pune. Apart from that, Maharshi Karve did great work in the abolition of the caste system. The Government of India awarded him with the highest civilian award, the Bharat Ratna, in 1958, the year of his 100th birthday.

V.V. Giri (1894-1980)

Varahagiri Venkata Giri was the fourth president of India from 24 August 1969 to 24 August 1974. He was the only president to be elected as an independent candidate. He was succeeded by Fakhruddin Ali Ahmed as president in 1974. After the end of his full term, Giri was honoured by the Government of India with the Bharat Ratna in 1975. He was born on 10th August 1894, in Berhampur, Odisha and died on 24 June 1980. He was also appointed Governor of Uttar Pradesh, Kerala, and Karnataka. India Government honoured him with India's highest civilian award, the Bharat Ratna. A commemorative postage stamp on V.V. Giri was released by the Indian Postal Department in 1974, after this, he became the 5th living person who was depicted on Indian Stamps.



Kanan Devi



Kannan Devi, the evergreen melody and movie queen of the 1930s and 40s, was a remarkable personality. She was among the early singing stars of Indian cinema and is credited popularly as the first star of Bengali cinema. Her singing style, usually in rapid tempo, was used instrumentally in some of the biggest hits of New Theatres, Kolkata. It was her superb performance in Radha Film Company's Bengali production "Manmayee Girls School" that made Kannan famous. She was acclaimed by the media as the prettiest and most attractive singing star of the day. She was a woman of many dimensions: a fashionista, a producer who made many successful films in the fifties and sixties, a philanthropist for women in theatre and film-centred welfare projects. She was awarded the Padma Shri Award in 1968. She was awarded the Dadasaheb Phalke Award in 1976. A postage stamp, bearing Kanan's likeness, was released to honour her.

Annie Besant (1847-1933)



Annie Beasant was a British socialist, theosophist, women's rights activist, writer,

orator, educationist, and philanthropist. Regarded as a champion of human freedom, she was an ardent supporter of both Irish and Indian self-rule. She was a prolific author with over three hundred books and pamphlets to her credit.[1] As an educationist, her contributions included being one of the founders of the Banaras Hindu University. She was the second President of The Theosophical Society, one that was headquartered in Chennai. Most major cities in India have roads named after her. She was a women's rights activist, a thinker, educationist and orator. Besant was a member of the National Secular Society, which preached 'free thought'.



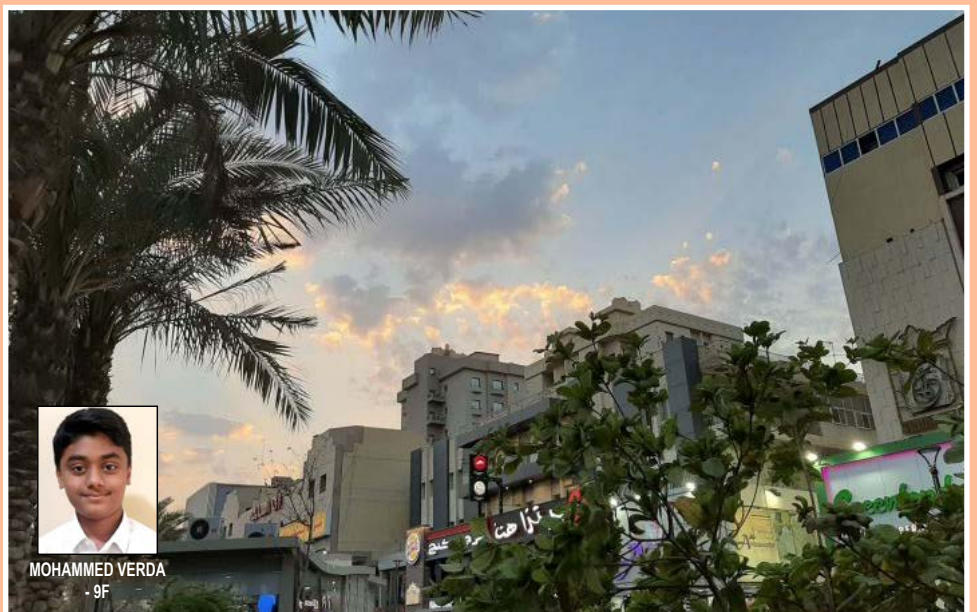
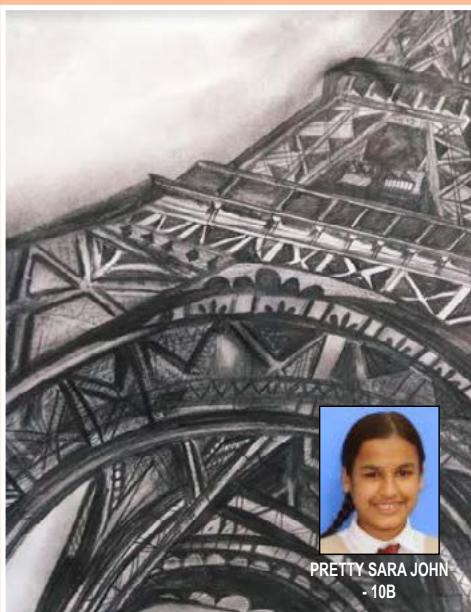
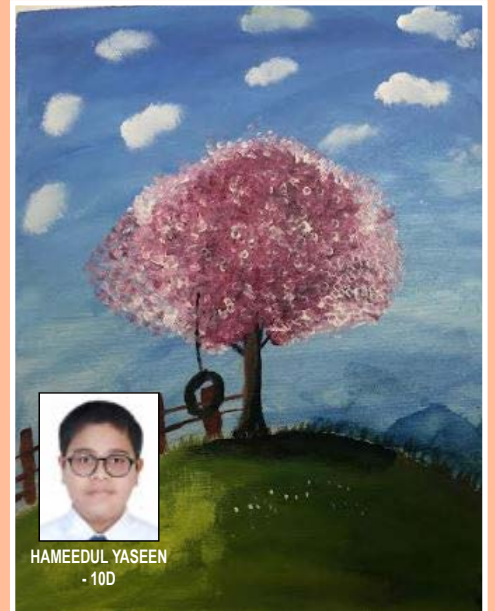
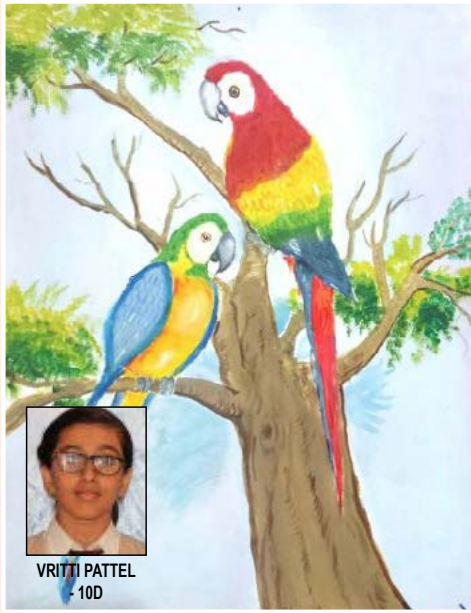
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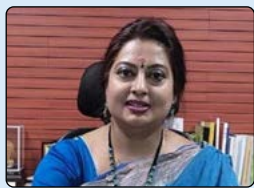
Rukmini Devi Arundale (1904-1986)



Rukmini Devi Arundale was an Indian theosophist, dancer and choreographer of the Indian classical dance form of Bharatanatyam, and an activist for animal welfare. She was the first woman in Indian history to be nominated a member of the Rajya Sabha. The most important revivalist of Bharatanatyam from its original 'Sadhir' style prevalent amongst the temple dancers, the Devadasis, she also worked for the re-establishment of traditional Indian arts and crafts. Rukmini Devi features in India Today's list of '100 People Who Shaped India'. She was awarded the Padma Bhushan in 1956, and the Sangeet Natak Academic Fellowship in 1967.

Art Gallery - Secondary





Dhriti Banerjee becomes 1st woman director in 100 years of Zoological Survey of India history: The Indian government approved the appointment of Dr Dhriti Banerjee as the director of the Zoological Survey of India. She is a prolific scientist, conducting research in zoogeography, taxonomy, morphology and molecular systematics. On the occasion of its centenary celebrations in 2016, Banerjee had co-authored the "The Glorious 100 Women's Scientific Contribution in ZSI", which chronicled the contributions of women scientists in the domain of animal-related groups.



India celebrated 75th Independence Day with patriotic fervor: India celebrated its 75th Independence Day on August 15, 2021, with the usual pride to mark its freedom from British rule. Prime Minister Narendra Modi hoisted the national flag on the 75th Independence Day and addressed the nation from the ramparts of Red Fort in New Delhi. He also inspected the Guard of Honour. The PM extended his greeting to people and to all those who love India, love democracy all over the world on 75th Independence Day. He remembered the freedom fighters who gave their lives for this great nation and paid homage to them.



Tokyo Olympics: U.S. Tops Final Medal Count, Narrowly Beats China For The Most Golds: The U.S. earned 113 medals, 39 of which are gold, 41 silver and 33 bronze. China came in second with 88 medals, 38 of which are gold, followed by the Russian Olympic Committee (71 total medals), Great Britain (65) and Japan (58).



Tokyo Paralympics, table tennis: Bhavina Patel wins silver, first Indian paddler to achieve the feat: Indian table tennis player Bhavinaben Patel clinched a historic silver medal on her Paralympic Games debut in Tokyo, becoming only the second Indian female athlete to achieve the feat in history. She is the first table tennis player ever to win a medal at the Paralympics for India and the second female athlete after PCI chief Deepa Malik to achieve the feat. Malik had won silver at Rio 2016 in women's shot put.



IIT Madras Collaborates With Transport Ministry To Develop A Pavement Engineering Technology: Indian Institute of Technology Madras will collaborate with the Ministry of Road Transport and Highways (MoRTH) to conduct research on pavement engineering and intelligent transportation systems. This research includes innovative technologies on novel pavement materials and technologies, hydrogen cell transportation, automatic vehicle classification, novel toll systems, incident management systems, traveler information systems, FastTAG data analytics, and traffic simulations besides transportation safety. This collaboration will also facilitate Ph.D. research programs on areas selected by MoRTH. IIT Madras will train eight to 10 students including MoRTH's nominated officers in the field of Highway Engineering.



President Ram Nath Kovind Confers National Awards On 44 Teachers: President Ram Nath Kovind conferred the National Teachers' Awards on 44 teachers from across the country for their contribution to developing innovative methods of teaching. President Kovind congratulated all the teachers who received the award for their distinguished contributions. The President urged teachers to inspire and enable their students to envision a golden future and acquire the aptitude to fulfill their aspirations.



Proud moment! Indian Navy to get first indigenous aircraft carrier IAC-1 Vikrant; Goes for sea trials: Indian Navy's first indigenous aircraft carrier IAC-1 'Vikrant' on August 4, 2021, sailed for her first Contractor Sea Trials (CST). The IAC-1 under Project 71 is the largest and the most complex warship which has ever been designed and built in India. With this new achievement, India has now joined a select group of countries which build their own aircraft carriers. Once the trials are completed, the aircraft carrier which has been constructed at the Cochin Shipyard, Kochi, will be commissioned in the Indian Navy next year in a befitting tribute to India's 75 years on independence.

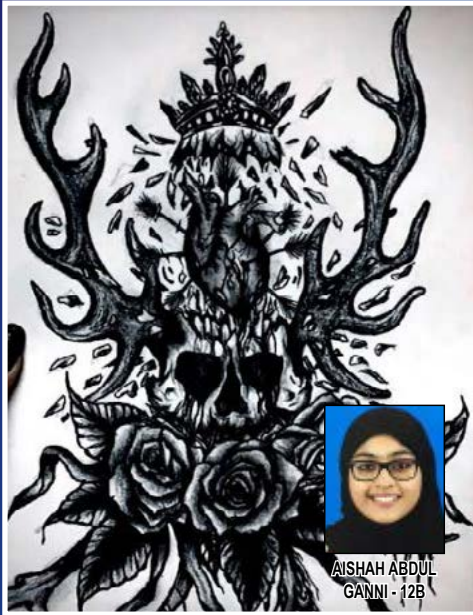


Women will be allowed in NDA, given Permanent Commission: Centre informs Supreme Court of historic move: The government has decided to allow the induction of women in the National Defence Academy (NDA), the Centre informed the Supreme Court. The Centre said the decision was taken after consultation with three service chiefs. Candidates will be selected on the basis of their performance in written examination to be conducted by the Commission followed by intelligence and personality test by the Services Selection Board of candidates who qualify in the written examination. The written examination will be held for two subjects - Mathematics and General Ability Test. Both papers will be of two and half hours. Mathematics paper will be of 300 marks and General Ability Test will be of 600 marks.



Microsoft, Ed4All partner with NIOS to empower students with digital skills: Microsoft and Ed4All on Thursday announced a partnership with the National Institute of Open Schooling (NIOS) to empower students with digital skills. Through this partnership, Microsoft and Ed4All aim to reach out to over 170 million learners across the open schooling ecosystem, providing access to tools, experiences, and skills needed to be job-ready in a digital economy, as per an official release. BLEAP for NIOS includes live classes and labs, recorded sessions, remote proctored exams and assessments along with skill-based courses and certifications. Students across NIOS will also have access to digital courses on technologies like artificial intelligence, cloud computing, cyber security and data sciences among others.

Art Gallery - Senior Secondary



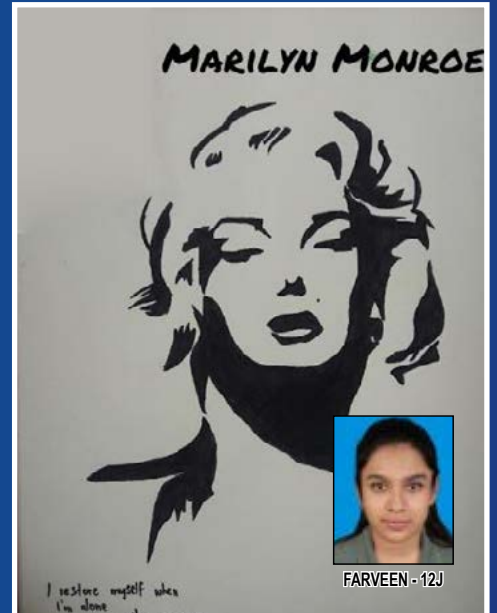
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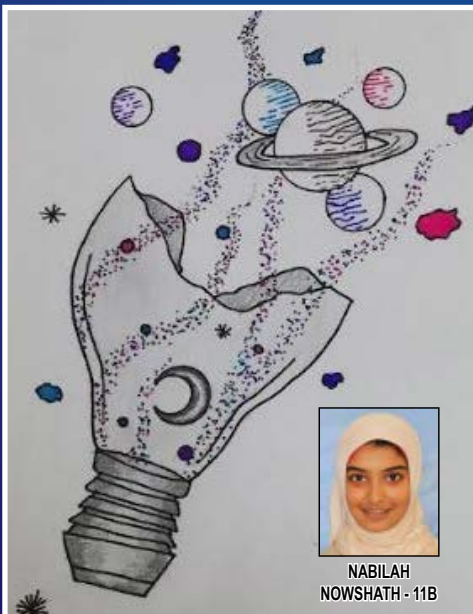
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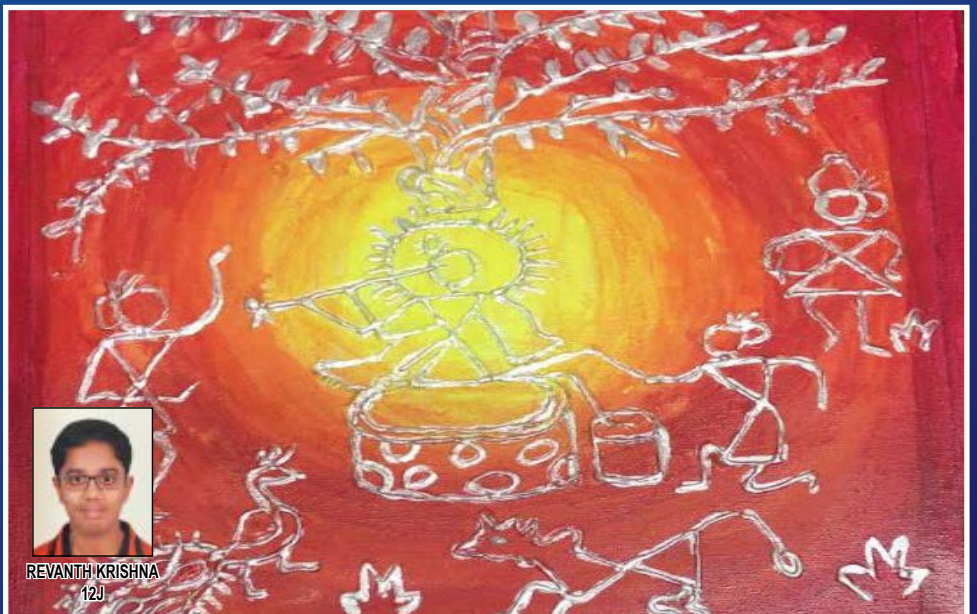
CHANDNI RAJESG 11H



FARVEEN - 12J



NABILAH NOWSHATH - 11B



REVANTH KRISHNA 12J

EPIctionary

- 1. Palladium:** a measure taken to preclude loss or injury
Used in sentence: Environmentalists protested against the carbon monoxide pollution from cars, so the car industry began using palladium to convert most of the toxic gases to something less harmful.
- 2. Gasconade:** confident talk or behavior that is intended to impress other people
Used in sentence: After winning the debate tournament, Mike began to gasconade by running around the room with his trophy over his head.
- 3. Coiffure:** style or manner of arranging the hair
Used in sentence: Linda almost didn't recognize her daughter as Elyse came off the bus with a stylish, new coiffure
- 4. Regnant:** reigning or dominant
Used in sentence: The regnant kings commanded their armies in the battle.
- 5. Dauntless :** showing fearlessness and determination
Used in sentence: A dauntless warrior will not back down from a challenge even if fighting for what they believe in seems hopeless.
- 6. Blithesome :** carefree and happy and lighthearted
Used in sentence: The magician practices blithesome magic that is lighthearted enough to make almost anyone smile.
- 7. Mellifluous:** pleasing to the ear; sweetly melodic
Used in sentence: The singer with the mellifluous voice will win the talent contest.
- 8. Opprobrium:** harsh disapproval or criticism
Used in sentence: Smith decided not to run for office after an ill-advised tweet earned him the opprobrium of half his followers.
- 9. Rhadamanthine:** severely or inflexibly strict
Used in sentence: Our rhadamanthine camp director sounded the wake-up call promptly at 5 o'clock every morning.
- 10. Factotum:** an employee who does all kinds of work
Used in sentence: Tom is the office factotum who has several activities or responsibilities.



A beautiful poem by Lee Tzu Pheng (Singapore Cultural Medallion winner)

Sip your Tea
Nice and Slow,

No one Ever knows
when it's Time to Go,
There'll be no Time
to enjoy the Glow,
So sip your Tea
Nice and Slow.

Life is too Short but
feels pretty Long,
There's too Much to do , so much going Wrong,
And Most of the Time You Struggle to be Strong,
Before it's too Late
and it's time to Go,
Sip your Tea
Nice and Slow.

Some Friends stay,
others Go away,
Loved ones are Cherished, but not all will Stay ,
Kids will Grow up
and Fly away,
There's really no Saying how Things will Go,
So sip your Tea
Nice and Slow.

In the End it's really
all about Understanding Love,
For this World
and in the Stars above,
Appreciate and Value who truly Cares,
Smile and Breathe
and let your Worries go,
So, Just Sip your Tea
Nice and Slow.



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