



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

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

APRIL 2019



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the April edition of EPICS. I am sure that you are happy with the present class and your teachers. Be positive with your present division and keep positive and good friends around you, that will make

positivity on you. In this edition we will discuss about how to be stronger and more confident in life. Here are six things that everyone can incorporate into their lives, which will help you be stronger and much more confident in yourself and your abilities.

1. Love yourself more than anything else

This sentence may sound selfish and slightly self-centered, and in general, many raise an eyebrow when it comes to self-love being high on someone else's priorities. However, it is important to understand that it is hard to love other people if you don't love yourself!. After all, a person who is not happy with him/herself and is unhappy with their life will find it difficult to show empathy and tolerance towards their friends, so it is important first of all to improve your self-love. If we haven't yet convinced you yet, think about what you're told when flying on a plane, in case of an emergency always put your own oxygen mask on first before helping others.

2. Keep going, even when the situation is difficult

The moment you give up, you state that you do not have the necessary strength and that you can't hold on. This approach is saturated with self-doubt and hopelessness. On the other hand, people with mental strength always keep hoping and keep their flame of passion burning. They know there is nothing permanent and understand that with challenge comes growth. Therefore, even when the situation seems difficult and even impossible, go on, believe in your abilities and talent and prove to yourself and to the world how strong you are.

3. Fake it 'till you make it

Mahatma Gandhi was right when he said "Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny." Understand this masterful insight,

and learn how you can turn your desires and beliefs into reality. One day you will believe so hard that your thoughts will have to come true.

4. Say "No" without hesitation

If your intuition says something is wrong, then something is wrong! People with mental strength know clearly that they have the option of rejecting anything that doesn't suit them or that doesn't work in their favour. Therefore, if you realize that something isn't right for you, don't start filling your head with ridiculous hesitations and claims, just say "no"! Refusing will help you stop wasting your time on stupid things and will allow you to set your priorities wisely and effectively. If you don't enjoy the company of some people, for example, stay away from them doing so will allow you more time to spend with your loved ones.

5. Remove toxic and negative people from your life

Following the previous advice, once you learn to be clearer with those around you, it will be much easier to refuse to be close to those who don't contribute positively to your well-being. Negative, manipulative and toxic people will remain in your life as long as you continue to give them what they want. So beware of them and keep a distance with them and always make friendship with positive people.

6. Assess yourself and don't wait for external approval

In order to develop and strengthen your mind, you must evaluate yourself for your achievements or experiences. If you judge yourself solely according to the opinions of others, you are doing harm to your mental health. Just make sure that self-assessment doesn't turn into self-flagellation because being too hard on one's self is never a good thing. Praise yourself as much as possible, move forward, aspire for more and it won't take long before you notice your strength growing and filling you.

Now all you have to do is try it yourself...

Instead of trying to deal with all these suggestions and thinking about how to incorporate them in your life, simply consider them as gradual steps that will provide you with mental strength. Walk through them slowly, and choose how to incorporate them into your life, in what order and in which ways. Remember: you must build the appropriate infrastructure to carry the positive change that will occur in your mind. Wish you all the best.

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ICSK ON FACEBOOK AND YOUTUBE

For enhancing our communication with parents, and for updating campus activities via our social media ie Facebook and YouTube, requesting the support of all stakeholders of ICSK in this regards.

Like & Subscribe ICSK in Face book and Youtube

The links are as follows:

<https://www.facebook.com/ICSK-The-Indian-Community-School-Kuwait-536725500151897/?ti=as>



https://www.youtube.com/channel/UCEL6e_N0JZzLkbd12SMtJ8Q



EDITORS' NOTE

Dear Children,

Greetings from the editorial board!!

In this edition of Epics we would like to bring to your notice benefits and drawbacks of using electronic gadgets.

Benefits of Using Devices

- For children younger than preschool age, electronic devices may help to stimulate the senses and imagination. Sometimes it may help to promote listening ability, learning sounds, and speech.
- Electronic devices and games may encourage cognitive learning and the development of analytical skills. This may in turn help children build innovative thinking and investigation skills, strategic thinking, and creativity.
- Using computers may improve manual dexterity and build computer literacy.
- Mastering games builds confidence and develops hand-eye coordination.
- Games that encourage players to move up levels and earn high scores may help develop mathematical and engineering skills, as well as the motivation to meet goals.

Drawbacks of Using Devices

- A survey found that children spend more than seven hours per day on an electronic device on average. They can use electronics, but do not know how to tie their own shoes or swim.
- It is important to children to spend some time for outdoor activity with family and friends. The times spent on the devices may curb some outdoor activities.
- When children play violent games for a long period of time, they are tend to be more aggressive. They are more prone to confront their teachers, peers, and relatives.
- Children who spend significant time on devices may have difficulty concentrating on their studies.
- Excessive computer exposure can be addictive. This can lead to a sedentary lifestyle, poor health, time management, and eating habits.

Send your valuable contributions to

epicseditor@icsk-kw.com



Mrs. Shyna Ramesh



Mrs. Tintu Wilson

BOOKS - THE MOTHER OF MODERN CINEMA

"Books and movies are like apples and oranges. They both are fruit, but taste completely different."
- Stephen King.



SRILAKSHMI
- 11

Films - they can do a lot of things. They can bring whole worlds to life before our eyes; make characters into living, breathing flesh, blood and bones. They give us an entirely different edge of the seat experience. Films can make us see a lot of things - sometimes things that even books cannot do so well. They are a pure escape - there's nothing like sitting in the cinema, devoid of any distraction, focused completely on the story.

And yet, films don't have the same inclusion the books have. Films merely make you an observer, but books place you in the shoes of the protagonist. Films limit our imagination to only what is played, but books actually take you there. Books are a uniquely portable magic.

The following are my all-time favorites of movies adapted from books:

S No	Movie Name	Book Name	Author Name
1	Gone Girl	Gone Girl	Gillian Flynn
2	The Shining	The Shining	Stephen King
3	It	It	Stephen King
4	The Shawshank Redemption	Different Seasons	Stephen King
5	Bird Box	Bird Box	Josh Malerman
6	The Godfather	The Godfather	Mario Puzo
7	The Lord of the Rings	The Lord of the Rings	J.R.R. Tolkein
8	The Hunger Games (series)	The Hunger Games (series)	Suzanne Collins
9	The Maze Runner (trilogy)	The Maze Runner (trilogy)	James Dashner
10	Harry Potter (series)	Harry Potter (series)	J.K. Rowling
11	Paper Towns	Paper Towns	John Green
12	The Fault In Our Stars	The Fault In Our Stars	John Green
13	The Da Vinci Code	The Da Vinci Code	Dan Brown
14	Angels and Demons	Angels and Demons	Dan Brown
15	Inferno	Inferno	Dan Brown
16	The Lost Symbol	The Lost Symbol	Dan Brown
17	Jurassic park	Jurassic Park	Michael Crichton
18	The Notebook	The Notebook	Nicholas Sparks
19	Jane Eyre	Jane Eyre	Charlotte Brontë
20	Life of Pi	Life of Pi	Yann Martel
21	Frankenstein	Frankenstein	Mary Shelley
22	Dracula	Dracula	Bram Stoker
23	The Devil wears the Prada	The Devil wears the Prada	Lauren Weisberger
24	Matilda	Matilda	Roald Dahl
25	Breakfast at Tiffany's	Breakfast at Tiffany's	Truman Capote
26	City of Bones	The Mortal Instruments: City of Bones	Cassandra Clare
27	Carrie	Carrie	Stephen King
28	The Chronicles of Narnia	The Chronicles of Narnia	C.S. Lewis
29	The Time Machine	The Time Machine	H.G. Wells
30	The Martian	The Martian	Andy Weir

Films can bring the worlds to life, give life to the characters; but books let you live everything.

ICSK (Senior) Creates Awareness on Environment



on the graveness of Environment pollution and its protection, he threw light upon the consequences of pollution like, global warming, unexpected climatic changes, depletion of natural resources, species depletion and various other adverse effects leading to a lowered sustainability of life on Earth. He also emphasized on the use of biodegradable products. The major slides that were displayed to the students during his presentation were on 'Pollution, Pollutants, Types of pollution comprising of air, water and land, slides on reduce, re-use and recycling of waste products. Various images of flora and fauna affected by pollution were also displayed for further knowledge.

A question answer session was opened to the students so that all their queries on environment pollution and its protection could be cleared. Their queries were attended to and the students were left contented.

"It is our collective and individual responsibility...to preserve and tend to the world in which we all live."

The Indian Community School Senior, arranged an awareness programme on Environment Protection for its students on 1st April 2019, in the school auditorium to instill the quality of valuing the natural resources in the students and respect Mother Nature.

The awareness programme was presented by Mr. John Thomas, a personality of great eminence. The Principal of ICSK Senior, Dr. V Binumon received Mr. John Thomas with open arms and expressed his felicity of having Mr. John for the programme.

Mr. John is deputed as the Senior OHS Engineer at ABB Engineering Co. Kuwait. With a motive of spreading consciousness

The programme ended on a good note by raising the awareness about the urgent necessity to take adequate measures for finding a solution for the human induced environment pollution. The Deputy Vice Principal, Mrs. Susan Rajesh presented Mr. John with a memento as a token of appreciation. Mrs. Sandhya Menon delivered the vote of thanks.

Trickle Down Theory in Fashion



It is common belief that the world of fashion is one that is beyond the logic of the common man. While it does take a certain "eye" to understand designs and ideas put forward by fashion houses and designers every year, ONE thing is clear; there certainly is a market for it.

In the late 19th century, a group of writers and sociologists whose name is not very important to this theory decided that they wanted to explain fashion and understand its working. The trickle down theory is the brainchild of their work. Simply put it, it says that fashion; as a whole idea, flows from the

upper classes to the lower classes in society, with each class "imitating the other". Bigger fashion houses release a new collection, lets say trend "x". This trend "x" is soon imitated or reproduced by smaller fashion houses or fast fashion companies and they cash in on a trend, making a previously unreachable trend accessible to the general public. Trend "x", now available to the general public has become "knocked-off" as a trend, having been imitated and replicated. Bigger fashion houses and designers again release a new trend for the next season, wanting to differentiate themselves from the "Lower-classes" and the process starts all over again; creating a cycle of new trends and styles. This very theory has kept fashion alive. A very popular example of trickle down fashion is "paint splattered distressed denim". While having been done before, it was brought to the light, popularized and mastered by Austrian designer Helmut Lang was very immediately imitated by fast fashion brands such as H&M and Forever 21, offering a similar product at a fraction of the price.

An ironic and quite surprising twist on this theory is the "Trickle Up Theory". In

recent years, huge fashion designers have started looking at "street-style" and "streetwear" for inspiration for their designs. This has made these bigger brands extremely popular among the younger crowd (myself included). A very easy and simple to understand example is distressed denim which was popularized by artists such as Kurt Cobain before it was picked up by brands such as Alexander Wang and Gucci.

Coco Chanel once said "In order to be irreplaceable, one must be different". perhaps that is why we all seek to be different in our style, to be irreplaceable. (A little bit of philosophy from my side)



VYSHNAV K
12 C



THE IMPACT OF MOVIES ON MODERN SOCIETY



In today's time, the movies are one of the biggest sources of entertainment. Most of the people love to watch the movies and the weekend is definitely the right time. All the multiplexes are houseful during this time with movies getting an overwhelming response from the audience. There is no denial to the fact that movies are gaining a lot of popularity with few of them really showcasing the society and bringing a huge revolution. On the other hand, there are some which provoke people and end up having an adverse impact on their life.

Pros of watching movies:

- If you are fond of spending time with your friends and family members then watching a movie with them is a superb idea. It is certainly a different experience to watch a movie together and spend quality time with the people you love.
- Movies are a source of inspiration and provide a lot of information as well. Movies made on famous personalities help you to know more about them and at the same time learn from their life.

- With the help of the movies, you come to know about the different things happening in our society. Apart from the positive effects that the movies have on our lives, it also has a negative effect on it.



AKASH VAIDYANATHAN - 12C

Cons of watching movies:

- People learn wrong habits like smoking and drinking which are showcased in almost all the movies. This is definitely a big concern as the major audience of the movies is the adults and they get carried away with the stuff done by their favorite actors.
- A few movies even have a provoking message which creates conflicts among the people thus disturbing the harmony of the place as well as the country.

So it is very important that the film-makers understand that value of movies in people's life and make sure that the right theme is projected. This will not only change the society but also help the people in living a happy life. Movies are just a mirror for us and therefore we should grab the positive things from them rather than leaning towards the negative ones. So watch good movies that inspire you and bring a change in your life.

THE FUTURE OF COMPUTING AND ARTIFICIAL INTELLIGENCE



It is the theory and development of computer systems able to perform tasks normally requiring human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages. The present world is almost run by Artificial Learning. Alexa, Siri, Cortana and numerous number of virtual assistants make our lives much faster. Ever since the word 'Artificial

Intelligence' was coined in the year 1956, it has made little breakthroughs which were never appreciated based on it has seen advancements that has changed humanity a lot.

AI is on its way to create a massive change in our lifestyle in the very few years because of its myriad prospects. AI can be used to make automated transport commonplace and effective, it can be used to help people with disabilities and elderly folk with their day to day activities, robots can take over job like bomb diffusing, complex medical procedures and many more tasks which will save time as well. Within two years, 5G wireless networks will kill latency. Add optical, audio, GPS and other sensors commoditized by smartphone mass production, and you have the ingredients for a computing device that is all-knowing, blazing fast and contextually aware.

Therefore, the future of computing and technology is Artificial Intelligence and the future is coming. We must all accept this change and use it for improving our life making the world a better place instead of misusing this powerful technological invention for warfare, theft or any other vice.



ANUSHKA NAIK
12 - D



ICSK contrives an orientation programme for Parents and students of Class XII



The orientation programme was conducted by Dr. V Binumon, Principal and Sr. Administrator on 31st March 2019. He counselled the parents to groom their wards positively and involve themselves in their day to day activities. Parents were encouraged to approach teachers in case of any help. They were advised to support their wards in their studies as substantial evidence exist showing that parent's involvement benefits students including raising their academic achievement.

CHOOSING A CAREER

Choosing a career has become more difficult today than at any time in history. Choosing a career becomes more difficult even in the best of times when opinions of friends and parents entangle you in a confusing situation where making a decision is almost impossible.



YUSRA ASAD
KHAN 11-C

One needs to be clear and careful and should consider the following while choosing a career:

SELF EVALUATION - One of the key elements in career choice are values. To have a satisfying career, one needs to have high correspondence between one's values and the work they will be doing.

EXPERIMENTATION - Experience comes from experimentation. Every career is different from outside than from within. Take a job in the field or industry and see for yourself if it's really all you thought it would be.

HAVE A BROAD VISION - Having a broad vision implies that, you learn as much as you can about the jobs you are interested in and careers you're considering.

ADAPTABILITY - We need to know where we want to go and be willing to turn around, backup and change course in order to get there. So become adaptable to the extent that you can change course accordingly.

BEST STUDENT - APRIL



JOHN HARSHITH
- 12A



ABIGAIL YANG
- 12B



AAKASH VAITHYA
NATHAN - 12C



AMRUTHA DILIP
- 12D



KENISHA
- 12E



ADVIKA MITTAL
- 12F



ANJANA AJITH
- 12F



SUMMAYYA
- 12H



SREYA MATHEW
- 10A



KITTU SHAN M.
- 10B



MUSKAN NISAR
- 10C

Vitamins In Blueberries, Nature's Own Multivitamin



Blueberry Vitamins

Blueberries are nature's own multivitamin! They contain immune-boosting vitamins C

and E, B vitamins for metabolism and energy, and vitamin K for normal blood clotting, providing you anywhere from 4% of your daily values (B vitamins) to as much as 24% DV (vitamin K).

If you are wondering whether blueberries are good for you, the answer is a resounding yes! From helping lower your blood pressure to aiding cognitive ability, easing aging-related depression, and even slowing the graying of your hair, there's plenty this potent functional

food can do. But if you're more curious about what vitamins the berries contain and how far they'll see you through to your daily nutrient targets, we break it down for you.

The good news is these little dark blue spheres of sweet tartness are loaded with the entire alphabet of vitamins, from A through K, including most of the B vitamins.



ANOOJ JACOB
CHERIAN - 9A

Join 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.

How to Join:

Entry Schemes Men - Intermediate (10+2)

NDA - National Defense Academy (NDA)

Vacancies Per Course	320 (Twice a year) Army - 208 Air Force - 70 Navy - 42
Notification Published in Employment News and leading Daily news Paper	Jun and Dec, Notified by UPSC
Eligibility Criteria	
Age	16 ½ to 19½ yrs as on first day of the month in which course is due to commence
Qualification	12th Class of 10+2 System of Education of Equivalent for Army and with Physics and Maths for AF/Navy
Marital Status	Un Married
How to Apply	Apply Online on UPSC Website as per dates given in the Notification in the months of Jun and Dec.
Likely SSB Date	Sep to Oct for Jan Course and Jan to Apr for Jul Course
Date Commencement of Training	Jan and Jul
Training Academy	NDA , Khadakwasla, Pune
Duration of Training	3 Yrs at NDA and 1 Yr at IMA

TES (10+2)

10+2 Technical Entry Scheme

Vacancies Per Course	90 (Twice a year)
Notification Published in Employment News and leading Daily news Paper	Notified by DG Rtg AG's branch IHQ of MOD(Army) in May/June & Oct/Nov
Eligibility Criteria	
Age	16 ½ to 19½ yrs as on first day of the month in which course is due to commence
Qualification	10+2 Physics, Chemistry & Maths (aggregate 70% and above to apply)
Marital Status	Un Married
How to Apply	Apply online on Official website of DG Rtg www.joinindianarmy.nic.in as Notified in the Notification.
Likely SSB Date	Aug to Oct and Feb to Apr
Date Commencement of Training	Jan and Jul
Training Academy	OTA Gaya
Duration of Training	5 Yrs (1 Yrs OTA GAYA & 4 Yrs CTWS) Permanent Commission after 4 Yrs. Phase-I- 01 Year Pre-commissioning Training at OTA Gaya & 03 Years at CME Pune/MCTE Mhow/MCEME Secunderabad Phase-II- 01 Year Post commission training at CME Pune/MCTE Mhow/MCEME Secunderabad



MAY SMITH JAMES
10 B

SOLITARY SOUL

Faith in beings has destroyed my solitary soul.

Where will the shattered pieces lie?

Perhaps it may lie on the bed of roses, perhaps it may lie on the bed of thorns.

Violence and peace have combined to form a turbulent yet calm war in my heart.

My tears are streams that join the melancholy ocean, therefore I shall not cry.

Happiness contents my heart and thus constructs my soul with the shattered pieces of me.



10 WAYS TO BECOME MENTALLY STRONGER

1. Take 15 minutes a day to **self-reflect**
2. Do at least **1 tough thing** every day
3. Give up one **bad habit**
4. Develop **positive** self-talk
5. Identify **challenges** and set **goals**
6. Identify your **strengths** and **weakness**
7. **Journal** daily: record what you have gratitude for
8. Write down **10 ideas every day**: this will build your idea muscle
9. Take care of your **physical** health
10. Create a healthy **environment**

Special assembly to welcome students to the new academic year



"This is a new year, a new beginning and things will change for better."

The students of Class XII (Science stream) presented a special assembly with the theme "Resurgence" on 1st April 2019 to extend a warm and refreshing welcome to all the students to the new academic year 2019-2020. The students showcased mesmerizing dance programmes and left the audience spell bound. The musical treat offered through the band was absolutely outstanding. There was a positive vibrance created by the students. It was indeed a special and spectacular assembly- A day to be remembered and cherished.

ALL ABOUT EYES!!

Sight, more than any of our senses, helps us navigate the world around us. In a single glance, lasting a fraction of a second, our eyes work with our brains to tell us the size, shape, colour and texture of an object.

How Vision Works

The human eye is like a camera. It has an adjustable opening to let in light (the pupil); a lens which focuses the light waves to form an image; and a sensitive film (the retina) on which the image is recorded.

Inside each human eye are about 130,000,000 light sensitive cells. When light falls on one of these cells, it causes a quick change within the cell. This change starts an impulse in a nerve fiber. This impulse is a message that travels through the optic nerve to the "seeing" part of the brain. The brain has learned what this message means, so we know we are seeing.

The eye's other lens is just behind the pupil. We can see what happens when this lens changes shape. When we look at objects near us, the lens becomes thicker in shape and when we look at distant objects, the lens becomes thinner.



JOHANN PREMJI
8B- 210025

Some of the Vision Problems

- Refractive Errors: Astigmatism, Myopia, Hypermetropia , Presbyopia
- Blindness, Colour Cataracts, Blindness, Dacryostenosis, Glaucoma, Mascula Degeneration, Pinkeye or Conjunctivitis, Retinoblastoma, Retinopathy Of Prematurity, Strabismus, Sty

Proper care of the eyes should be done by having periodic eye exams at routine checkups by an eye specialist.

Quote Garden

1. " You can't change the ocean or the weather, no matter how hard you try, so it is best to learn how to sail in all conditions."
2. " Life is not about the people who act true to your face. It is about the people who remain true behind your back."
3. " Your life does not get better by expectation. It gets better by transformation."
4. " Adjust yourself in every situation and in any shape. Most importantly always find out your own way to flow."
5. " When "I" is replaced by "We" even illness becomes wellness."
6. "Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, wait. Before you Pray, forgive. Before you quit, try."

Birthday Arcade - APRIL



KRISHNAVENI BIJU
7C - APR 1



MYRON BRIAN
7E - APR 1



JOSHUA EDWIN
10A - APR 1



DANIELLE RODRIGUES
10B - APR 1



THILOCHAN P.
7D - APR 1



MOHAMMED SHAH
9E - APR 2



MOHAMMED OWAIS
10C - APR 2



ALICIA MARIOLA
11F - APR 2



AFREEN AKBER
12L - APR 2



UMAYAL MARIMUTHU
9E - APR 3



JUSTIN THOMAS
12J - APR 3



ORVILLE JOSEPH VAS
12J - APR 3



RAYAN SALIM
12K - APR 3



HASAN CAPTAIN
12J - APR 3



PULAK SINGH
10B - APR 4



MUSKAN SINGH THAPA
10C - APR 4



IRINE MARIA GEEV
12A - APR 4



MITHRA SUSAN S.
9A - APR 5



MUSTAFA ALI ASGAR
9E - APR 5



IVIN MATHEW
10C - APR 5



BADER BASIM
9F - APR 5



HARI NANDAN
10B - APR 5



BENSON DANIEL
12D - APR 5



BATUL ZEHRA
10C - APR 6



VAIDEHI NAIR K.
10A - APR 6



OMKAR SURESH
10B - APR 6



NISARG ALPESHKUMAR
7E - APR 6



ABHISHEK NATHAN
10C - APR 6



EMAD KHAN
6B - APR 6



EHAAN ABDUL GAFOOR
7B - APR 6



ALEENA SUSAN JOHN
12J - APR 7



LENA LUKOSE
8D - APR 8



YUSUF SUHAIL SALIM
7B - APR 8



HANNAH SAIRA GEEV
7B - APR 8



FAZIL AHMED
12J - APR 9



MEHEK KHAN
7C - APR 9



HANEEN NADIM SAAB
7E - APR 9



AMIRDA GUBENDRAN
8B - APR 10



DANIEL SAWYER
8A - APR 10



SAKINA
8C - APR 10



VAISHNAV RAJEEV
10A - APR 10



MANU JOSEPH
10E - APR 10



SANIA KAUR
12A - APR 10



MOHAMED ARHAM
9B - APR 10



MOHAMMED SALIH
12J - APR 10



JENNA AMELIA
7D - APR 10



H. THESHAN DINUKA
11E - APR 11



RANJEETA SUSAN
7E - APR 11



SAI NIKHIL NAIK
7F - APR 12



MOHAMMED AAMIR
8F - APR 12



ARWA ABDUL MATIN
10C - APR 12



PRIYAL MARIA JOSEPH
12A - APR 12



FIDA FIROS
12H - APR 12



SAKINA TATARIYA
12G - APR 12



ANOOF ABDUL KADAR
12B - APR 13



ZAHRA BURHANUDDIN
6B - APR 13



AARON JOHN VIJU
6A - APR 13



PAVITRA PRASHANT
12H - APR 14



ASRA SIRAJ
8D - APR 15



AAKANKSHYA PRATAP
12A - APR 15



CHRISTI MARIAM
12A - APR 15



FATEMA
12B - APR 15



SHAIKH ABDALLAH
12C - APR 15



REYHAAN RIYAS
7D - APR 15



NASIF AMIN SHIBU
10C - APR 16



VEDHIKA KALPESH
12H - APR 16



ALONA MARY MATHEW
6B - APR 16



MUSTANSIR B.
7A - APR 17



SHREYA BHATT
12G - APR 17



SHOBITHA SHAJU
10E - APR 17



MANNA ANN MATHAI
9A - APR 18



MUHAMMED AFREEDI
10A - APR 18



RASHI PRABHA TARI
11E - APR 18



NEHA SHEJU V.
7B - APR 18



AARON LAWRENCE
7B - APR 18



FATIMA ZAMEER
7E - APR 18



TANJOT SINGH
9E - APR 19



RIA JOSE
10C - APR 19



SAAD FAISAL KASIM
9D - APR 20



ISAAC THOMAS JOHN
9B - APR 20



MALAVIKA V. S.
10G - APR 20



ROJITH JINENTH V.
7D - APR 20



PRAISLY OLIVIA
9B - APR 21 (2019-2020)



TAHA BURHANUDDIN G.
8F - APR 21



TAMANNA SANTHOSH
9A - APR 21 (2019-2020)



MOHAMED AHSAN
12A - APR 21(2019-2020)



ROHIT SAJEEV
6B - APR 21



KARAN RAMESH NAIR
7A - APR 21



ZUHA FATEMAH SHAIKH
12E - APR 22 (2019-2020)



HYDER ALI
12K - APR 22



Gaping Wealth Gap - Global Inequality

We have often heard about wealth and income equality and with years it has been statistically proved that the wealth gap between the rich and the poor is just widening more and more. The world's richest 1 percent, those with more than \$1 million, own 45 percent of the world's wealth. Adults with less than \$10,000 in wealth make up 64 percent of the world's population but hold less than 2 percent of global wealth.



The world's wealthiest individuals, those owning over \$100,000 in assets, total less than 10 percent of the global population but own 84 percent of global wealth. Credit Suisse defines "wealth" as the value of a household's financial assets plus real assets (principally housing), minus their debts.

Global inequality is growing, with half the

world's wealth now in the hands of just 1% of the population, according to a new report. Those with extreme wealth have often accumulated their fortunes on the backs of people around the world who work for poor wages and under dangerous conditions. Privatization has resulted in an increase in personal wealth but also in personal wealth inequality – especially in the countries that lagged behind in building effective



institutions. Another source of wealth inequality is the high income inequality due to wage decomposition coupled with the low saving rates among the poor.

The world's eight richest billionaires control the same wealth between them as the poorest

half of the globe's population, according to a charity warning of an ever-increasing and dangerous concentration of wealth. In terms of individuals, some key factors are seen as making a person more "at risk" of being in poverty such as:

- unemployment or having a poor quality (i.e. low paid or precarious) job
- low levels of education and skills
- the size and type of family
- gender, disability or ill-health
- being a member of minority ethnic groups living in a remote or very disadvantaged community.

To provide perspective on the issue, the common statement that the top 1% households have as much as the bottom 90% is a sad truth and with privatization, technological developments, corruption and capitalistic approach of the Governments are just making the situations worse.



ZOHAIB ALI
- 10 C

Life is not what we plan but Life is what it happens



Life is a period of time given to us by god for the existence of an individual living things such as: human beings, we get certain span of years to live & make our life more comfortable and we have to keep a fact in our mind that on one fine day we all have to die. During the journey of our life there comes so many situations where we have to take decisions. As we all know that result of our decision always does not come as per our wish.

"Life is not what we plan", this means that our life is not what we think or what we try to

do for our welfare. Life is not in our hand. We all think that what I plan that should happen but it's not only that much if things happen as per our wish we get very happy but if the things happen what we have never thought of we get very sad and blame the reason of sadness on others. But think that if we haven't plan to do this then who did it? "The GOD" so we should be happier. This is because we live under the illusion that what we plan that exactly happens. This sentence was first told by Dr. A.P.J.Kalam. I am not telling that we should not plan, We should plan the best but accept what happens.

I will give you an example. That one day in the morning you went in the park for walk and you find your old friend and you feel very happy and your whole day goes glad. I mean by this is you planned



VEDANT DARJI
X - B

for walking but you meet your friend which you didn't plan. When we were born we didn't plan what to do we just did three things (1) ate food (2) slept and (3) cried but when we became teenager we had many things to plan such as go to school ,study ,play, eat food, and sleep. As you become bigger, our planning increased. We can't even choose our disease not only we but even doctors can't choose their disease. An eye specialist wear's the specs and checks the patient.

So I think that we cannot do anything, we can't even move a leaf without the permission of god .So if you accept then only you overcome. So we should keep this thing in our mind that life is not what we plan but life is what happens. So be happy when your wish accomplish but if not then be happier because god's wish accomplished.

An Eco-Friendly, Cost-Effective and Efficient way to Clean Oil Spills



The prevalent methods to clean up oil spills rely on synthetic materials and dangerous chemicals like polypropylene or other types of plastic polymers. It is evident that these substances cause plastic pollution and the dispersants used cause more harm than the oil spill itself. But there is a natural, environmentally sustainable alternative: human hair.

Hair is hydrophobic and biosorbent, which

means it repels water and can collect heavy metals and other contaminants that are non polar like hair itself, and that includes oil . Even though other materials like cotton and wool could do that they have a much better use and higher demand in the market. Hair is also an abundant, renewable resource that can soak up to a liter of oil per pound of itself. Moreover it is not going to be like use and throw paper plates that caused huge amount of deforestation in the name of environment

friendly waste disposal since it can be squeezed and put into use multiple times without significant decrease in adsorbing capacity. That is the reason one has to wash his/her hair frequently to prevent accumulation of grease.



GAUTAM PRAKASH
12A

The Deep water Horizon oil spill in 2010 was one of the worst offshore oil spills in US history. For 87 days, hundreds of millions of gallons of crude oil poured into the Gulf of Mexico, killing marine animals and plants, and greatly affecting shoreline communities. The primary methods to contain that spill did not include hair booms. Instead state, local, and federal authorities and BP chose to use more conventional tools - methods that can be costly and just as dangerous to environment as the oil spill itself.

As a conclusion, this project meets dual objectives of an environment friendly cleanup of oil spills and a safe and useful disposal of millions of pounds of human hair wasted every year.

Exams Test Your Memory, Life Tests Your Learning; Others Test Your Patience



exams commenced on 20th February 2019 and continued till 4th April 2019. The school conducted the examinations even on Fridays and Saturdays. Special prayer session was arranged by the Principal of ICSK Senior, Dr. V. Binumon for the students of other schools who had come to ICSK Senior to appear for their CBSE board examinations.

upon the students appearing for the board exams.

The children of Class X and Class XII of Indian Community School, Senior crossed the threshold and entered into the school at 6 a.m. The Principal of ICSK Senior Dr. V. Binumon, with a solicitous move arranged a unique prayer session to deluge blessings

After the prayer, all the concerned subject teachers handling Xth and XIIth gave an overview of the contents in their respective subjects in order to stimulate the memory of the students before their exams. The students headed to the Carmel School, the centre for their CBSE board examinations totally brimming with faith and conviction. The school transport dropped and picked the students back from Carmel school to the ICSK after the exams got over.

The month of March is the month of Board Assessments. The Indian Community School Senior was the centre for around 9000 students for the 2018-2019 CBSE Board examinations for 24 subjects altogether. The

Travelling



person. You would be well experienced now than you were back when you first left to explore the world.

We usually end our travels way better off than we started.

Here is how travelling makes you better at knowing the world and experienced:-

1. More Social You learn to make friends out of strangers and get more comfortable talking to new people.
2. Better At Conversation - Travel not only makes you comfortable talking to strangers, it makes you better at it too.
3. More Adaptable- You must've dealt with missed flights, slow busses, wrong turns, delays, bad street floors, and much, much more. After a while, you learn how

to adapt your plans to changing situations

4. More Easy - Going - You will go with the flow, because if travel taught you anything, its that all works out in the end of the day and there's no need to stress!



DAANYA B. NAIDU
10B

5. Smarter - You'll learn about people, history, culture and arcane facts about places some people could only dream about!
6. Less Materialistic - On the road, you learn just how little stuff you actually need
7. Happier - Travel simply teaches you how to be happy, you'll become more relaxed, more confident, and see the world as a brighter place.

We always have questions about how travelling can change a person. Well, if you look back at who you were before you began travelling and compare that to who you are now, you would realize that travelling has made you a better and more well-rounded

LIFE

In this editorial, I am putting forth my thoughts on a profound topic which everyone can relate with..., i.e. Life. Do you know what life is?

We should all thank God every single day for giving us this life and to work towards our goals. We are all unique individuals, so let's cherish our individuality. However many a times each of us blame the creator for the lacunas in our lives but little do we realize that life itself is an opportunity and we should learn to live it meaningfully and enable others to do so. How many years we live does not really matter but what we do and how many lives we are able to touch during our lifespan is what matters a lot.

Life is also about stewardship, it is being given to us by God in the form of trust. Such a thought at the back of our mind will always remind us that we are answerable to God every time, for the opportunities, treasure and talent he has gifted us with. We need to be vigilant about our own deeds and actions and channelize them the right way. The other truth is that wrong things taking place in this world will be made right and that God will take care of his children and good deeds will certainly be rewarded. It is vital to note that life is like a roller coaster ride and is never the same. It has its share of ups and downs. Sometimes, Life becomes too hard to handle. But it's our perception and the ethics that ground us and guide us and our lives as well.

So let's remember life is a mirror When we smile in front of it, it gives it back to us and so will it when we cry to it. So it is up to us on what we want back Smile or Tears!



KAAVYA
- 11

Orientation programme for the parents and students of Class X



Parents are the utmost role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent. The Orientation programme was conducted by our esteemed Principal Dr. V. Binimon on 27th March 2019. He emphasized the point that the sign of great parenting is reflected on the child's behavior and the sign of true parenting is the parent's behavior.

The parents were suggested ways to teach their wards how to focus on their goal in life so that they can be promoted to higher level. Parents were advised to nurture the natural talents of their children.

CHARITY CONVENORS - APRIL



AAKANKSHYA
PRATAP - 12A



SHAMA TASLIM
- 12B



JEHAN SHARUKH
- 12C



SAKREENA KOUSAR
SHAIK - 12D



AKINA YUSUFI
- 12E



NEHA ROSE SUNNY
- 12F



JESWALD NELSON
- 12G



MUSKAN MOHAMED
- 12H



RAYAN KAZI
- 12I



HASSAN NAWAZ
- 12J



ZAID NAEEM
- 12K



ASHWIN NAIR
- 10A



V. VEDANT
- 10B



MUSKAN RAHUL
- 10C



MOHAMMED
RAASHIQ - 10E



HASHEER
- 10F



ACHU JOHN T.
- 10G



ELIJAH RICHARD
- 9A



AYAAN ISMAIL
MUKADAM - 9B



SWEATHA RAGHU
RAMAN - 9C



FATEMA HYDER
ALI - 9D



HUDA FATHIMA
- 9E



JOBIN JOHNSON
- 9F



SHANKAR RANJITH
NAIR - 8A



BENHANN THOMAS
- 8B



ATHER YOUNUS
- 8C



SARA MARIAM
SUNIL - 8D



MUSTAFA ALTAF
HUSSAIN - 8E



ABDUL ASHEEN
- 8F



HUSAIN RASHID
- 7A



CALEB RICHARD
- 7B



REHAN RATHISH
- 7C



HAFIZUR RAHMAN
SHAIK - 7D



JOANN SHERLYN
- 7E



SAI NIKHIL NAIK
- 7F



HANNAH MARIA
ABRAHAM - 6A



ALI HAIDER
MAKNOJIYA - 6B

AURORA



“The Heavens declare the glory of God, the skies proclaim the work of his hands”

Has anyone ever come across a picture like this with colourful lights in the sky and it looks so beautiful that you thought it was probably fake or edited? Well guess what, it's not either of them but in fact a phenomenon that actually happens.

It is called an Aurora, sometimes referred to as polar lights, northern lights, southern lights, it is a natural light display in the Earth's sky, predominantly seen in the high-latitude regions.

The Northern Lights are actually the result of collisions between gaseous particles in the Earth's atmosphere with charged particles released from the sun's atmosphere. Variations in colour are due to the type of gas particles that are colliding.

They are also visible from space

Satellites can take pictures of the aurora from Earth's orbit — and the images they get are pretty striking. In fact, auroras are bright enough that they show up strongly on



the nightside of the Earth even if one were looking at them from another planet.

This image was captured by astronauts Scott Kelly and Tim Peake from space.

Can we hear them?

According to scientists, the upper atmosphere where the lights occur is too thin to carry sound waves, and the aurora is so far away that it would take a sound wave five minutes to reach ears on the ground. Still, many people claim to hear whooshing and crackling noises when there is an aurora in the sky.

Curious to see these lights?

Unfortunately folks we cannot see them here in Kuwait .

But guess what for those you all that love travelling , add these places to your bucket list. And for those of you all that are not a fan of travelling, now you have a perfect reason to, one that will leave you awestruck.

The best viewing of the northern lights occurs in high northern latitudes during the winter, in places like Fairbanks, Alaska, Canada, Northern Sweden, Iceland, Tasmania, Norway and many more places...



ENOCH POSNETT
9A

ELDORADO : CITY OF GOLD



What if one day you wake up and find that your house is completely filled with golden materials. Everything from your mobile, spoons and utensils are made of gold. What if when you step out from your house, you find that the sand has fine grains of gold mixed in it. You would become the richest person on earth. But all of this might seem fictitious. But, what if I tell you that there was not just a house, not a just a city but a country like this. This was known as El Dorado. It is said to be located in in the Columbian part of the Amazon forest. Many people might know

about this as it was used as a reference in the movie 'K.G.F'. So, let us get deep into this topic. Juan Martinez a Spanish captain of a ship. This was 500 years back, when Spain used to be a colonizing country. It used go to places where their ship would land, make the natives slaves and exploit their resources. Juan Martinez was a captain of one such ship. Once, when Juan Martinez was on the ship, he lit the gun powder stored in the ship by mistake. This led to a big fire. For this mistake Juan was to be punished. So, he was put in a boat and left in the middle of the

ocean. The boat followed the ocean currents and reached a land. According to Martinez he was unconscious when he was in the boat and when he woke up he was surrounded by people. He thought that they were going to kill him but he was not instead they covered his face with a black cloth and brought him to a place where the cloth was removed. Martinez saw a whole palace made with gold. Martinez couldn't believe his eyes. And when he saw below, instead of sand it was fine grains of gold. There was also a king inside the palace. This city, in the Amazon forest, were not exposed to the outside world. Their identity was not known by the outside world. The city was said to be well-developed with well-built roads and buildings. Martinez stayed there for 7 months and was treated very well. He wrote this whole incident in one of his books. Nobody could find that place. Another important fact was that even the small tribal groups in Columbia frequently used gold in plates. According to them gold did not have much value. El Dorado is not actually the name of the man rather than a name of the city. The city's name was Manao. It was a big civilization. There gold was not given so much value instead it was considered sacred. The king was known as El Dorado. People still believe that such a civilization still exists. What do you think? Is it a myth? Is there such a city?



KITTU · 10B

CAPTAINS & VICE CAPTAINS - APRIL

CLASS 12A



AAKANKSHYA



TAHA KASSIM



AMALENDU ANIL



SHANIA M. RODRIGUES



AAYAN FAYAZ



TIMOTHY THOMAS



ANUSHKA VIJAYKUMAR



KAUSHIK K.



AHALYA NARAYAN



RALPH REMEDIOS

CLASS 12B

CLASS 12C

CLASS 12D

CLASS 12E

CLASS 12F

CLASS 12G

CLASS 12H

CLASS 12I

CLASS 12J



SARA JAMES



LUKE ANDERSON



LUBNA ABDUL



MUSTAFA



ALEENA NAYEEM



GLORIA SABU



MOHAMMED USMAN



OSAMA DILAWAR



RAHUL R.



ZAINAB K. JOHER

CLASS 12K

CLASS 10A

CLASS 10B

CLASS 10C

CLASS 10E



SURYA KARTHIK



SULAIMAN MOHAMMAD



ANNA NIXON



DARIUS LAL



NISHINTH V.



SAGAMA JAMIL



SANJANA KIRAN



SHUBHALAKSHMI



MERLIN RIYA



ZEHRA FATEMA

CLASS 10F

CLASS 10G

CLASS 9A

CLASS 9B

CLASS 9C



ABDULLAH ALAM



UMAR YAKUB



SIHAM MOHD.



HAMZA MOHAMMED



SUDEV V. SIJU



JANICE FERNANDES



AYESHA BATOOL



PRAISY OLIVIA



MAHIMA THANKAM



ADITHYA RAMESH

CLASS 9D

CLASS 9E

CLASS 9F

CLASS 8A

CLASS 8B



SANJANA MEGHANI



AFHAM NANETHAN



BURHANUDDIN M.



YUNUS MOHD.



DITZA ANN SHIBU



ABUZAR AIJAZ



NATHAN JOHN



HANA THOMAS



MAZIN MAHIR S.



SAKINA ANIS

CLASS 8C

CLASS 8D

CLASS 8E

CLASS 8F

CLASS 7A



YASHILA VEERAMANI



SURYA PRAKASH



RITAJ



AARON JOE



ABIALI AI HUSAIN



ILHAM IQBAL RAUT



K. JATHIN VENKATA



AMATULLAH



ANGELA SARA



YUNUS ASLAM

CLASS 7B

CLASS 7C

CLASS 7D

CLASS 7E

CLASS 7F



JASPREET KAUR



PRAJITH DAMODAR



AVANI VINOD



DEEPAN RAJA



GAURIKRISHNA G.



ABHINAV RAJ



SUNNY THOMAS



SAMAIRAH ISMAIL



GURLEEN KAUR



KUPPALA RAMYA

CLASS 6A

CLASS 6B



PUNEETH



SENAN AFTAB



NAFISA MOIZ



RICK EMMANUEL

Orientation Programme for students and parents of NIOS



“ At the end of the day the most overwhelming key to a child’s success is the positive involvement of parents.” With this thought in mind, ICSK arranged an orientation programme for the parents and students of Class X and XII of NIOS on 23rd March 2019 . Dr. V . Binumon, Principal and Senior Administrator oriented the programme. He stressed on the fact that open lines of communication between the parent, student and teachers are the key to promoting an educational climate that is conducive to learning.

He also advised the parents to maintain a good rapport with their wards so that they could monitor their progress. Parents were told to avoid presenting electronic gadgets to their children which can lead to distraction. The parents truly were left enlightened after the orientation.

Best K-Pop Groups

1. BTS

BTS, also known as Bangtan Sonyeondan or Bangtan Boys, is the hottest name in the K-Pop industry after their recent international recognition on Billboard Music Awards as the Top Social Artist of the Year, breaking Justin Bieber’s 4 years of consecutive wins. The group is also the first K-Pop group to be nominated in on Billboard Music Awards. Their nomination as the Top Social Artist



BTS



EXO

boosted their popularity not only in Asia but also around the world. The group is composed of 7 handsome, talented, and passionate members, with Rap Monster as their leader.

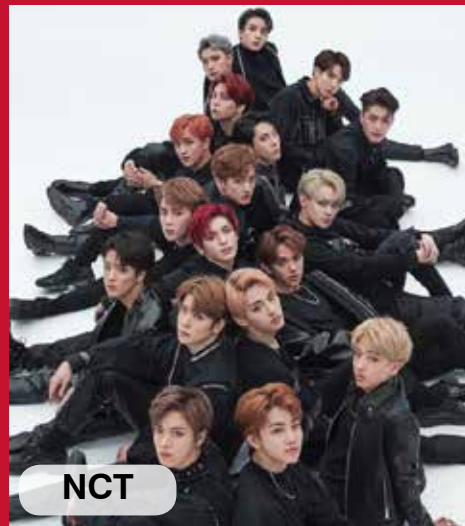
2. EXO

EXO a K-Pop group which debuted with a total blast on 2012, is composed of South Korean and Chinese members under S.M.

Entertainment. They originally debuted with 12 members, and is separated into 2 sub-groups, the EXO-K and EXO-M. Today, the group has 9 members and this year, on April 8, they celebrated their 5th year of musical success.

3. NCT

NCT is a South Korean boy group formed by SM Entertainment. Their name stands for



NCT

the Hallyu localization project Neo Culture Technology, a term coined by SM founder Lee Soo-man to describe the group’s concept of having an unlimited number of members. As of January 2019, the group consists of 18 members

4. Got7

Got7 is another hot K-Pop boy group which debuted in 2014. Since debut, their colorful

and bombastic image gained attraction to many, especially their stage performances which includes martial arts kicking and b-boy, which later become the signature style of the group.



RAKSHITA
- 12F

5. Shinee

SHINee is a popular K-Pop boy group



Got7



Shinee

debuted in 2008. Even before their debut, the label company, SM Entertainment, introduced an upcoming contemporary R&B boy group with its goal to be "trendsetters in all areas of music, fashion and dance." The name "Shinee" is a new coined word and explained as a combination of shine (meaning light), and the suffix -ee, therefore meaning "one who receives the light."



INDIAN PREMIER LEAGUE



league was founded by the Board of Control for Cricket in India (BCCI) in 2008, and is regarded as the brainchild of Lalit Modi, the founder and former commissioner of the league. IPL has an exclusive window in ICC

The IPL is the most-attended cricket league in the world and in 2014 ranked sixth by average attendance among all sports leagues. In 2010, the IPL became the first sporting event in the world to be broadcast live on YouTube. The brand value of IPL in 2018 was US\$6.3 billion, according to Duff & Phelps. According to BCCI, the 2015 IPL season contributed ₹11.5 billion (US\$182 million) to the GDP of the Indian economy. There have been eleven seasons of the IPL tournament. The current IPL title holders are the Chennai Super Kings, who won the 2018 season. The Chennai Super Kings (CSK) are a franchise cricket team based in Chennai, Tamil Nadu, which plays in the Indian Premier League (IPL). Founded in 2008, the team plays its home matches at the M. A. Chidambaram

The Indian Premier League (IPL) is a professional Twenty20 cricket league in India contested during April and May of every year by 8 teams representing 8 cities of India. The

Stadium in Chennai.

The team is captained by Mahendra Singh Dhoni who has led the team to three victories since 2008 and coached by Stephen Fleming. CSK also has the leading run scorer in the IPL history Suresh Raina in the team. The 2019 season of the Indian Premier League, also known as IPL 12, will be the twelfth season of the IPL, a professional Twenty20 cricket league established by the Board of Control for Cricket in India (BCCI) in 2007. On 8 January 2019, the BCCI confirmed that the tournament will start on 23 March and take place entirely in India.



NISHINTH
-10 B

FIRST MATCH OF IPL 2019 IS BETWEEN Chennai Super Kings and Royal Challengers and is held in M.A.Chidambaram Stadium, Chennai at 5:30 Kuwait standard time. Everyone don't forget to see this season of Indian Premier League

ICSK Cloud Meeting



A meeting was conducted in ICSK on 18th March to discuss about the functioning of icloud in our school and making it more user friendly.

Dr. Binumon, Principal & Sr. Administrator elaborated the benefits of ICSK cloud app. He highlighted that ICSK is widely appreciated for this initiative of inducing technology

in to the education system. He touched upon the issues raised in last ICSK cloud meeting and the steps taken to resolve them. Hon. Chairman, Mr. Shaik Abdul Rahiman spoke about the benefits of using this app. He advised the Icloud in charge to look into the issues raised by school and parents and make necessary changes in the app at the earliest to reap maximum benefits of the app. He also stressed on the importance of Payroll and Finance module that would help generate valuable reports on time and without errors.

Branch coordinators also shared their points on the benefits and issues faced while using the app. They put forward suggestions and modification requests on the app and web portal to make it user friendly.

SUPERSTITIONS



The number 13, black cats, breaking mirrors, or walking under ladders may all be things you actively avoid if you are from that category of superstitious people.

If not from the above, then at least saying "bless you" when someone sneezes is one superstition that you must be following.

Superstition is a pejorative term for any belief

or practice that is considered irrational or supernatural.

Here are some of the most astounding and interesting superstition from around the world.

1. Horseshoes: The luckiest of all good-luck charms is the horseshoe. The horseshoe's design is believed to be sacred: the U-shape is associated with the crescent moon, historically seen as a symbol of fertility, new beginnings, and good fortune.
2. The Number 13: Fear of the number 13

is one of humanity's most enduring superstitions.

3. If your left palm itches money will come to you: This a funny one.....If a person's left palm starts itching, it is a good sign as it is believed money will come to you. But if the other palm starts itching, the result will be opposite and you will be soon losing money.
4. No cooking or eating during eclipse: Taking a shower after the eclipse is also believed to be good, as it washes away the sins.



KHADIJA KAEED
ZOHER - 10B

A CROW AND GARUDA



Once a Crow, holding on to a piece of meat was flying to a place to sit & eat.

However, a flock of Eagles were chasing it. The Crow was anxious and was flying higher and higher, yet eagles were after the poor crow.

Just then "Garuda" saw the plight and pain in the eyes of the crow. Coming closer to the crow, he asked:

"What's wrong? You seem to be very

"disturbed" and in «stress»?..

The crow cried "Look at these eagles!! They are after me to kill me".

Garuda being the bird of wisdom spoke "Oh my friend!! They are not after you to kill you!! They are after that piece of meat that you are holding in your beak". Just drop it and see what will happen.

The crow followed the instructions of Garuda and dropped the piece of meat,

and there you go, all the eagles flew towards the falling meat.

Garuda smiled and said "The Pain is only till you hold on to it" Just Drop" it.

The crow just bowed and said "I dropped this piece of meat, now, I can fly even higher.."

There is a message for us from this story too:

1. People carry the huge burden called "Ego," which creates a false identity about us, that we create for ourselves saying "I need love, I need to be invited, I am so and so.. "etc..." Just Drop
2. People get irritated fast by "others actions" it can be my friend, My parent, My children, My colleague, My life partner... and I get the fumes of "anger ..."Just Drop....
3. People compare themselves with others.. in beauty, wealth, life style, marks, talent and appraisals and feel disturbed... We must be grateful with what we have.

HOW THE INDIAN STATES GOT THEIR NAMES?

TRIPURA



Derived from two kokborok words 'TUI' means water and 'PRA' means

UTTARAKHAND



'UTTAR' means North and 'KHAND' means Land

UTTAR PRADESH



Uttar Pradesh means Northern province

Student Name:

Class : Section: Roll No:

Serial No.



ACKNOWLEDGEMENT

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

Signature: Date:

Name:

WORLD in a Nutshell

MARCH 2019



Roger Federer wins 100th career title: The 20-time Grand Slam champion became the second male tennis player to win 100 tour-level tournament titles in the professional era when he beat Stefanos Tsitsipas 6-4, 6-4 in the final of the Dubai Championships



DRDO chairman wins missile systems award: The American Institute of Aeronautics and Astronautics (AIAA) has selected G. Satheesh Reddy, the Secretary of India's Department of Defence R&D and Chairman of the Defence Research and Development Organisation (DRDO) as the co-winner of the 2019 Missile Systems Award.



India-U.S. looking to develop unmanned aerial vehicles: Pentagon: India and the U.S. have identified small air launch unmanned aerial vehicles(UAV) and a lightweight small arms technology project along with aircraft maintenance for defence collaboration.



Vice Admiral Karambir Singh appointed next Navy Chief: The government on Saturday appointed Vice Admiral Karambir Singh as the next Chief of the Naval Staff (CNS). With the announcement, the government has for the second time overlooked the seniority principle in service

chief appointments.



3 astronauts on Soyuz craft successfully reach ISS: A Russian cosmonaut and two US astronauts arrived at the International Space Station aboard a Russian Soyuz spacecraft, five months after the failed launch of a rocket carrying two of the passengers.



Narendra Modi announces success of Mission Shakti, India's anti-satellite missile capability: Prime Minister Narendra Modi on Wednesday announced that India had demonstrated anti-satellite missile capability by shooting down a live satellite, describing it as a rare achievement

that puts the country in an exclusive club of space super powers.



IIT-M to help Afghanistan develop online courses: The Indian Institute of Technology - Madras, will assist Afghanistan's higher education department to set up its own online courses platform. The collaboration would allow the sharing of the Indian

government's Study Webs of Active Learning for Young Aspiring Minds (SWAYAM), which offers free online courses, with Afghan students and academicians. The agreement would allow Afghans to access the National Digital Library of India (NDLI), virtual labs and tutorials developed by the IITs.



India excluded again from student visa relaxation list: India is, once again, not included in an expanded list of countries from where students applying for visas will be subject to less stringent documentation requirements. The government has also updated its rules governing a fast-track visa scheme for wealthy investors – which has been used by many Indians.



Indian Army to undergo major reforms: In a major move, Defence Minister Nirmala Sitharaman has approved the first batch of reforms in the Army which include relocation of 229 officers from the Army headquarters,

creation of a new post of Deputy Chief for Military Operations and Strategic Planning, and setting up new wings for vigilance and human rights issues.



Oceania nations, including Australia, to compete at 2022 Asian Games: Oceania nations, including sporting powerhouse Australia, have been invited to compete

in Olympic team events such as football and basketball at the 2022 Asian Games for the first time. The decision came at a meeting of the Olympic Council of Asia in Bangkok, with Australia welcoming the move as "a very positive outcome".



President confers Padma awards on 47 'inspiring' personalities: Forty-seven prominent personalities, including Malayalam actor Mohanlal, former Foreign Secretary S. Jaishankar, Akali Dal leader

Sukhdev Singh Dhindsa and renowned journalist Kuldip Nayar (posthumous), were conferred the Padma awards by President Ram Nath Kovind.

*Many Relation come into our life like Rain on Ocean
but only some can take the best place like a Drop which
fortunately becomes a Pearl.*

Art Gallery



JYANTIKA
KAUR - 12 D



12 D



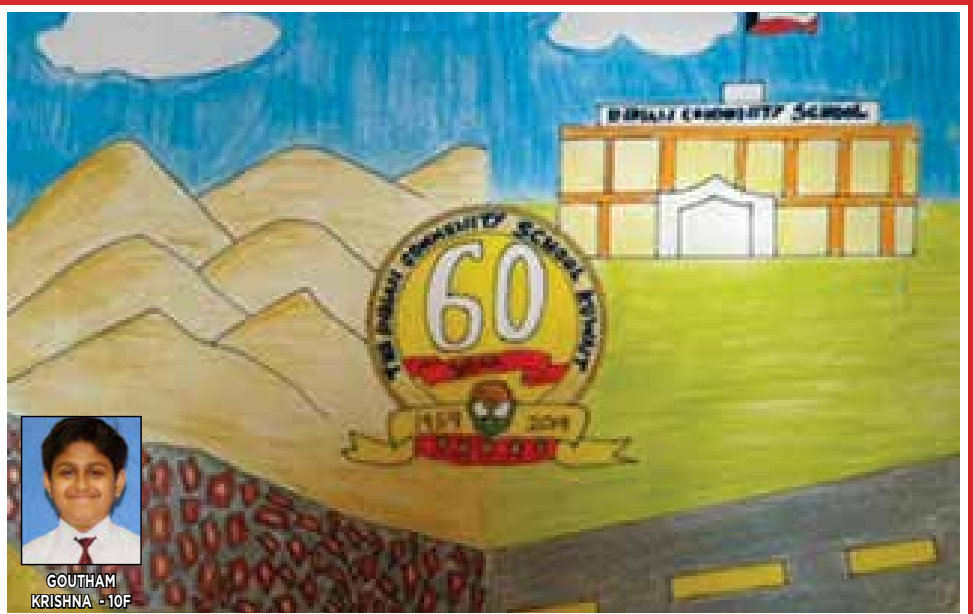
SREEJA
KESHEYY - 11C



YASHILA
VEERAMANI - 7C



ARIPAH KHAN
7A



GOUTHAM
KRISHNA - 10F

EPICTIONARY

- 1. Revealed:** Meaning - make known to others
Used in a sentence: Brenda was forced to reveal Robbie's whereabouts.
- 2. Sleek:** Meaning - smooth and glossy
Used in a sentence: The animals were sleek and their back fur shined in the sunlight.
- 3. Subsides:** Meaning - become less intense
Used in a sentence: I'll wait a few minutes until the storm subsides.
- 4. Protracted:** Meaning - lasting for a long time or longer than expected
Used in a sentence: In the Senate there was a protracted struggle.
- 5. Valet:** Meaning - a man's personal male attendant
Used in a sentence: Mark handed his car keys to the valet, grabbed his suitcase and went to check in at the hotel.
- 6. Monotonous:** Meaning - dull, lacking in variety and interest
Used in a sentence: The monotonous voice of the movement of the train lulled me to sleep.
- 7. Incongruity:** Meaning - inappropriateness
Used in a sentence: She smiled at the incongruity of the question.
- 8. Alleviate:** Meaning - make less severe
Used in a sentence: He put on his sunglasses which did little to alleviate the headache.
- 9. Unanimously:** Meaning - with the agreement of all people
Used in a sentence: The committee was not unanimous and made no report.
- 10. Forensic:** Meaning - technique used to the investigation of crime
Used in a sentence: He is a well-known clinical and forensic psychologist.

MS DHONI : THE ALL TIME FAVOURITE



Mahendra Singh Dhoni ; commonly known as MS Dhoni; born July 7, 1981 is an Indian international cricketer who captained the Indian national team in limited-overs formats from 2007 to 2016 and in Test cricket from 2008 to 2014. An attacking right-handed middle-order batsman and wicket-keeper, he is widely regarded as one of the greatest finishers in limited-overs cricket. He is also regarded as one of the best wicket-keepers in world cricket. He made his One Day International (ODI) debut in December 2004 against Bangladesh, and played his first Test a year later against Sri Lanka.

Dhoni has been the recipient of many awards, including the ICC ODI Player of the Year award in 2008 and 2009 (the first player to win the award twice), the Rajiv Gandhi Khel Ratna award in 2007, the Padma Shri, India's fourth highest civilian honour, in 2009 and the Padma Bhushan, India's third highest civilian honour, in 2018 The Indian Territorial Army conferred the honorary rank of Lieutenant Colonel to Dhoni on 1 November 2011. He is the second Indian cricketer after Kapil Dev to

receive this honour.

Dhoni also holds numerous captaincy records such as the most wins by an Indian captain in Tests, ODIs and T20Is, and most back-to-back wins by an Indian captain in ODIs. Under his captaincy, India won the 2007 ICC World Twenty20, 2007–08 Commonwealth Bank Series, the 2010 and 2016 Asia Cups, the 2011 ICC Cricket World Cup and the 2013 ICC Champions Trophy. In the final of the 2011 World Cup, Dhoni scored 91 not out off 79 balls handing India the victory for which he was awarded the Man of the Match. Dhoni became the first captain to win all three ICC limited-overs trophies. In 2009, Dhoni also led the Indian team to number one position for the first time in the ICC Test rankings. In the Indian Premier League, he captained the Chennai Super Kings to victory at the 2010, 2011 and 2018 seasons, along with wins in the 2010 and 2014 editions of Champions League Twenty20.



ABHISHEK
10A 213261

Forthcoming Events

- Class XI orientation programme
- Gavel club inauguration
- Project on recycling of paper
- ACCA Inauguration
- Dance club inauguration
- Harvest Festival
- Paradigm 2019
- Workshop on Electronic Gadgets Addiction...



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