



# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

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

NOVEMBER 2019



## PRINCIPAL'S MESSAGE

Dear Children,

First let me congratulate each one of you for the active participation in Gyanotsav 2019. Keep it up!

This positive spirit and creativity exhibited now must be your life-long spirit! The information gained from books is not the real knowledge, but when this information is connected to real life situations, by applying your skills, then it will take you to the next level of real knowledge enhancement. Knowledge and skills are very much required for your personal development. Be smart and positive in all your life- situations.

In this edition of EPICS, let us discuss about -How to be optimistic around negative people. If you think you're an in-born pessimist and there is no hope of ever changing your mind-set, then -hold on, think again! Mental health experts point out that it is possible to turn you into a cheerful person. Dear Children, just follow these words of Karson McGinley, to help you be optimistic in your life.

### 1. Think More Positive

As obvious as it sounds, it is helpful if you start noticing your negative thinking and try on positivity for a change. What do you tend to complain about? Imagine how an optimist would handle your situation, and fake it until you make it. This not only helps you shift perspective on that specific situation, but it also trains your brain to start reacting to situations in more positive and productive ways in the future. Imagine you are in the traffic every morning on your way to school, try looking at that time as a gift, when you can do some revision on your plans, or you can read notes, or you can visualise your future ambitions. Thus create positivity from negativity.

### 2. Laugh More

Brighten your outlook by improving your sense of humour. Train yourself to laugh when things don't go your way. It can illuminate the creativity of the universe and snap you out of your neutral attitude. Example: You are getting insulted before people, then make it a joke, and laugh it off! Not only does it break the tense situation, it also reveals that you don't take yourself too seriously.

### 3. Befriend Someone Who Can Provide a Healthier Perspective

Do you have a positive person in your life who can help bring you down to earth when you feel like the world is crumbling around you?. Negativity is contagious. Surround yourself with people who lift you up and help you look on the bright side, and you will become more resilient to life's curveballs.

### 4. Focus on Solutions

Pessimists tend to focus on the problem, while optimists focus on the solution. When you're faced with a challenge, train your brain to work toward coming up with creative ways to solve your problem. The more energy you give to the problem itself, the more you amplify it. By looking for ways to solve your problems, you keep your momentum moving forward, rather than getting lost in negativity.

### 5. Look at the Silver Lining

Every cloud has a silver lining. Look at the bright side of a bad situation by acknowledging that it could have been worse. When bad things happen, pessimists tend to internalize the negativity, while optimists recognize its positive aspects. An unexpected accident has deprived you of a leg but not your life. It could have been worse if it had taken both your legs. Such thinking not only lightens your heaviness of heart, but it also increases your empathy for others who do encounter those "worse" situations.

### 6. View Your Setbacks as Temporary

Failures are only stepping stones to success. Try and try again. We learn only from our mistakes. While everyone faces challenges in life, optimists view their setbacks as temporary, while pessimists tend to view setbacks far more dramatically, and usually see their conditions as permanent.

### 7. Expect the Best

Optimists reduce their mind-created suffering by choosing to expect that things will work out for the best. Optimists also try not to take other people's actions personally. By recognizing that everyone has their own story, and the world is not out to get you, you will start to release over thinking and experience a deeper sense of peace. Today is an excellent day to try to bring more positivity into your life, but it all starts with you. Believe that you can change your habits of thought, then you will. Just a few shifts in your perspective can make all the difference on the road to a happier, healthier life.

**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



ICSK -The Indian Community School, Kuwait



ICSK -The Indian Community School, Kuwait



# EDITORS' NOTE

Welcome to the new edition of EPICS...

We are pleased with the variety of mind boggling creative articles, paintings and stories shared by our students. EPICS is a subtle celebration of our students inner thoughts and feelings. It is enriched with valuable literary taste in the field of arts, science and culture.

Hope you are all in a relaxed mood after Gyanotsav. Your team work and active spirit has paid well . Another epic achievement of ICSK! So dear children here are some tips to relax your mind and body. Over thinking is very stressful for our mind. We must control our thoughts through various relaxation methods like diverting our attention to something productive and creative. Examples: cooking favorite dishes, painting, gardening, writing, reading books, listening to music, moving out and watching various living creatures etc. ie. DEFOCUSSING.

"An idle mind is the devil's den". It says, "Man is a bundle of thoughts". Thinking is a sign of exploration and prosperity. But, over thinking leads to mental disorders It hurts our mind. An unhealthy mind can make our body. The reason for over thinking is the lack of activities. If we sit idle without doing anything, our mind starts diverting in different directions, which leads to hurting our own feelings. Leave all matters to natural course. Don't feel anxious on the matters that are not in our hands....

Meditation is a good way to calm your mind and feel less stressed. It helps us to stay focused, productive and confident in whatever you do. Most importantly never allow any negative emotion to control you. Learn to live in a hostile world .

Where your thought directs, it will reflect your attitude and control the situations. Be happy in adverse situations. It makes us relax our mind, body and brain. Be patient and surrender to the Almighty.

RELAX YOUR MIND TO RELAX YOUR ANXIETY...

Send your valuable contributions to [epicseditor@icsk-kw.com](mailto:epicseditor@icsk-kw.com)



Mrs. Susan George



Mrs. Tintu Wilson

# INTERNATIONAL TOUR

Three separate International tours were arranged to NASA , Dubai and France from ICSK . The idea behind such tours is to give an exposure to the children about the lifestyles and culture of other countries. The children found the tour to be quite different from the cliché way of grasping information that helped them experience and explore things visually.



# THE INDIAN COMMUNITY SCHOOL DRIVES TO A HEALTHY BODY AND A HEALTHY MIND



With great hope and pride the ICSK School, Salmiya has introduced a new venture aptly named as the "BIO-BREAK", that ensures the fact that all children, all staff [teaching and non-teaching] mandatorily carry forward and execute the concept of leading healthy lives. The most prominent objective behind this concept is to entirely transform the lifestyle and culture of the children and adults within the campus.

The kids in the current generation are more into the consumption of junk food and the working adults don't have time to cook wholesome food at home.

The school took up the initiative, taking into consideration the climatic conditions and general lifestyle in Kuwait. It is very much essential to consume fruits, vegetables and water for a balanced and healthy body as the vitamins and minerals are required for the proper functioning of the body, as it is rightly said, "Health is like money, we never have a true idea of its value until we lose it."

According to the statistical survey, 40 percent of the population suffer from lifestyle health issues due to leading unhealthy and

improper lifestyle. The aim is to develop a healthy generation and a healthy nation. Consumption of junk food can invite a lot of serious health issues which could be life threatening at times.

Keeping all this in mind, The Indian Community School has taken a step ahead with the introduction of BIO-BREAK, in order to train children and spread awareness about healthy lifestyle.

As a drive to keep the children hydrated and healthy, Bio-Break was introduced with effect from 28th October 2019, which comprised of two extra breaks apart from the general break, one for the consumption of water and the other for consumption of fruits or vegetables.

The allotted time for the consumption of water is 8.50 am to 8.55 am. The time for fruit break is 11.45 am to 11.55 am.

During these specific breaks the children are encouraged to drink a lot of water and freshly chopped fruits and vegetables which

they are asked to carry in a separate snack box along with a fork [as their hands would be dirty], and have it at school during the allotted breaks. Simultaneously, soothing instrumental music is played in order to create a comfortable and joyful environment.

According to the concept in Ayurveda, medicines do not show their results in the patient's body as long as the patient does not consume them confidently and happily.

The children in the classes are excited and enjoy both the breaks effectively wherein they consume water and fruits during the stipulated breaks. Better late than never, they are gradually able to realize that their health is their true wealth.

This drive is successful by all means, as it has the whole hearted support, cooperation and consent of the parents and it is a collective effort of the school and its parents.

So many people spend their health gaining wealth, and then they have to spend their wealth to regain their health.

## Indian Community School Senior, Celebrates Self Governance Day



A teacher puts her heart and soul to mould the children as better citizens. To make the children realize the worth and value of their teachers, ICSK Senior, shaped a self-governance day for the children of class 12, wherein the class 12 children of all streams



took up the charge of every subject teacher for a day and played their roles. They went to the respective classes from 6 to 11, according to the periods that were exclusively allotted for them and taught the lessons to their juniors. Self-governance day, as rightly named is

a platform for the children to self govern themselves in all aspects of that of a responsible human being. The tenderfoots of class 12, displayed an incredible sense of responsibility, humility, discipline and character.

# Exam stress:- Enemy or Energy?



Exam stress is a feeling of pressure that many young people feel during exams. It usually occurs during the revision period before exams and immediately before the exams. Stress is defined as an individual's response to pressure. In this article let's see the merits and demerits of exam stress as well as the steps to avoid them

## Exam stress as a source of Energy:-

- A little stress around exam time can be a good thing, as it motivates you to put in the work.

When you become stressed, the sympathetic branch of the autonomic nervous system gets switched on. It is the activation of this system that releases the neurochemical adrenaline – and this stimulates you to get going and focus on your work

## Exam stress, An enemy:-

- When you become stressed, the sympathetic branch stays permanently on, pouring adrenaline into the body and keeping you on high alert. This causes you to worry more, experience anxiety, depression and lose sleep.
  - \* it makes you forgetful, irritable, overwhelmed, exhausted and feel out of control
- It can lead to a permanent disruption on your health and mind

## Causes of Exam stress:-

- **External Pressure:-** You want to do your best work so you do not let anyone down with your performance, including yourself. This pressure to do well can further heighten exam stress.

- **Internal Pressure:-** The pressure to perform well and succeed can come from yourself, which makes you put stress on yourself.



JOVEN JOSE  
- 10 C

- **Lack of preparation:-** When you know that you have not studied the course material adequately, feelings of nervousness and anxiety may sweep over you as you walk into the exam room.

## Methods to fight against the Enemy side of Exam stress :-

- **Be flexible.** While having a revision timetable is one of the best tools in your arsenal for exam success, don't be too hard on yourself if you don't stick to it
- **Get some sleep.** The virtues of a good night's sleep during exam season should not be underestimated.
- **Keep active.** Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.

Moreover, my dear friends, Praying to The Almighty God, believing that he is the creator of the whole universe is important, will he not help you out in your exams? The Peace and confidence you receive for this meditation can't be obtained from anywhere else. Think positive and hope for the best!!

## ICSK TEAM B BAGS THE JIMMY GEORGE VOLLEYBALL TOURNAMENT



The ICSK team B won the U-19 boys category Jimmy George Volleyball tournament 2019 which was held at Indian Central School on 11th October 2019. The ICSK Team A were the runners up. It is the third consecutive time that ICSK has won the tournament.

## TICK TOCK EXAM IS NEAR!

Tick tock time shock  
Oh dear exam is near  
Brain freeze no ease  
Paper in front mind blunt  
No clue feel blue  
What to do?



KAAVYA VAIDYA-  
NATHAN - 11G

Pen stops jaw drops  
Lot of stress it's a mess  
No luck now struck  
Results aint fair we don't care  
All done time for fun  
No pressure all leisure

Oh no! Not again!  
Exam once more time to score  
Can't quit, got to split  
Once again  
Here is the pain  
Tears like rain  
Tick tock, time shock  
Oh dear exam is near.

# BEST STUDENT - OCTOBER



JOHN HARSHITH  
- 12A



JOHANN LAJI PHILIP  
- 12B



ADNAN ABDULLA  
- 12C



MERLIN MARY SAJI  
- 12D



YOUSUF FAISAL  
KAZI - 12E



BINIL BABY THOMAS  
- 12F



KAMALAKSHANA  
SATHISH - 12G



RIDHA NAHAS  
- 12H



MUBARAKA  
- 12I



AKHIL JO MATHEW  
- 12J



LUBNA  
- 12K



EMILY ANN  
- 11A



ALMA TRISA SUNIL  
- 11B



RUTVIK VENKATA  
- 11C



MUSTAFA MOHD  
HUSSAIN - 11D



KHUSHI NAGA RAJ  
- 11E



DANIELLE HANNAH  
- 11F



MARIYAM N. S.  
- 11G



TIASHA MAJUMDAR  
- 11H



BADUL FAKHRUDDIN  
- 11I



HANI ABDUL HAFEEZ  
- 11J



VAISHNAV RAJEEV  
- 10A



MUHAMMED SWALIH  
- 10B



SHAIKH YOUSUF  
- 10C



LAKSHMI PARVANA  
- 10E



MOHAMMED JAHID  
- 10F



M. SHRUTHIKA  
- 10G



AARON SAM  
ABRAHAM - 9A



RINKLE KALPESH  
- 9B



TAHA RAFIK CHIKITE  
- 9C



MIR ZAMAAN  
- 9D



HUSAIN SARFRAJ  
- 9E



MOHAMMED SAAD  
- 9F



ALETA JOHNSON  
- 8A



MANMEET SINGH  
- 8B



CHANDLER  
- 8C



MUSKAAN FAROOQ  
- 8D



HANNA THRESIA  
BIJU - 8E



NUZAH V.  
- 8F



AEKAS GUPTA  
- 7A



JOEL JOSE  
- 7B



AAVANI  
- 7C



MAHEK MOHAMMED  
- 7D



JOANN SHERLYN  
- 7E



GURLEEN KAUR  
- 7F



RAYYAN ISMAIL  
- 6A



SURAJ VAIBHAV SHAH  
- 6B

## ICSK SENIOR, ORGANIZES YOUTH LEADERSHIP PROGRAMME TRAINING SESSION



*"Leadership is not a position or a title. It is action and example."*

In order to inspire and train the children, ICSK Senior, organized a Youth Leadership orientation session on 12th October 2019 in the school auditorium. There were around 150 enrolments from the school for this session. The distinguished guests for the training session were, DTM Ms. Wafa Salman [the



District Director, Toastmasters International], DTM Mr B. Balakrishnan [President Mace Spring Toastmasters Club], DTM Ms. Alka Kumra [District Club Growth Director], TM Ms. Tabasum Ali [Area Director], DTM Gayatri Ravindran [Immediate Past Area Director] DTM Dr. Mohammad Makhlob [Past District Director] and DTM Ms. Alifiya Lakdawala [Immediate Past Division Director]. The parents of the enrolled candidates were also

invited for the orientation session.

The Toastmaster International Organisation has around 16, 800 clubs in over 143 countries worldwide. The core values of Toastmasters are Integrity, Respect, Selflessness and Excellence. Their vision is to empower people about how to communicate better.

YLP focuses on working with others to overcome challenges, build self-confidence, develop problem solving skills, learning to help others and above all how to become a leader, not because of their power but because of their ability to empower others. The first session of YLP started on 25th October, 2019 in the school auditorium. It was an interactive session wherein the trainers and trainees introduced themselves and talked about self confidence.

# INTERESTING FACTS ABOUT SPACE



HERE ARE SOME FACTS ABOUT SPACE THAT WILL BLOW YOUR MINDS!!

## 1. Space is completely silent

Sound waves need a medium to travel through. Since there is no atmosphere in the vacuum of space, the realm between stars will always be eerily silent

## 2. The Apollo astronauts' footprints on the moon will probably stay there for at least 100 million years

Since the moon doesn't have an atmosphere, there's no wind or water to erode or wash away the Apollo astronauts' mark on the moon. That means their footprints, rover prints, spaceship prints, and discarded materials will stay preserved on the moon for a very long time.

## 3. 99 percent of our solar system's mass is the sun

Our star, the sun, is so dense that it accounts for a whopping 99 percent of the mass of our entire solar system. That's what allows it to dominate all of the planets gravitationally. When the sun dies, it will become a red giant and envelop the Earth and everything on it. But don't worry: That won't happen for another 5 billion years.

## 4. More energy from the sun hits Earth every hour than the planet uses in a year

The use of solar energy has increased at a rate of 20 percent each year for the past 15 years. According to Yale Environment 360, the world added 30 percent more solar energy capacity in 2017, meaning that 98.9 gig watts of solar energy was produced that year.

Despite seemingly large number, this amount of energy only accounts for about 0.7 percent of the world's annual electricity usage.

## 5. One day on Venus is longer than one year on Earth

Venus has an extremely slow axis rotation that takes about 243 Earth days to complete one full cycle. Funny enough, it takes Venus even less time in Earth days in order to complete one revolution around the sun — 226 to be exact. Furthermore, the sun rises every 117 Earth days, which means that the sun will rise only two times during each year, which is also all technically in the same day. Since Venus also rotates clockwise, the sun will rise in the west and set in the east.

## 6. One million Earths can fit inside the Sun.

The Sun makes up 99.8% of the entire mass of the whole Solar System. One million Earths

would be needed to be the same size as the Sun.



NANDA KRISHNA  
10 C

## 7. You become taller in Space.

Another change to the human body in micro-gravity is that spine straightens out, as gravity is not pushing you down. In fact you can be up to as much as 5cm taller in the Space Station.

## 8. You can cry in space but your tears don't fall

On-board the International Space Station, water floats like bubbles or spheres. However the water will cling to a surface until it is dislodged. This means that tears start to form bubbles around your eyes as the weightless environment is not causing your tears to fall. This sounds really cool but it can be dangerous. ESA astronaut Luca Parmitano suffered a space suit leak whilst on a spacewalk. The water leaked into his helmet covered his eyes and ears, but thankfully he made it back into the Space Station unharmed, but if not he could have drowned in space.

## 9. In space metal sticks together

In a vacuum like space, when two pieces of metal touch each other, they bond together. This is a process called cold welding. On the Earth because of the oxygen in our environment this does not happen naturally but it is used during some manufacturing processes.

## 10. It rains diamonds on Jupiter and Saturn.

Hailstones made of diamond form when lightning storms turn methane into soot (carbon) which as it falls hardens into chunks of graphite and then diamond. The largest diamonds are about one centimeter in diameter.

## ICSK SENIOR ORGANIZES SPARSH



ICSK Senior, had initiated a very unique programme called SPARSH in the school campus with an objective to sensitize the children towards their society. The idea behind such an initiative is to make the children learn to be humane, to empathize and be kind to people. As a part of this initiative, an activity was given to children to do some social work during the summer vacation and capture their actions in the form of a video. The activity was conducted in the form of a competition wherein the participants displayed their presentation and spoke about it for a few minutes. The same was judged and awards were given for the best video presentation.

Such kind of activities are very much essential for developing the sense of moral obligation amongst children that would help us to mould them into better citizens.



# SCHOLARS -1 TERMINAL EXAMINATION



GAUTAM PRAKASH  
(SCIENCE) - 12A



ADVIKA MITTAL  
(COMMERCE) - 12F



ASHWATHY MATHEW  
(HUMANITIES) - 12H



MAHILLYAA MOHAN  
(SCIENCE) - 11A



KHUSHI NAGARAJ  
(COMMERCE) - 11E



TIASHA MAJUMDAR  
(HUMANITIES) - 11H



ASHTON SFFOS  
- 10A



TAHA RAFIK CHIKTE  
- 9C



LAVNYA NAIR  
- 8A



AABIDA RAFIK  
CHIKTE - 7A



NIRANJAN GIRISH  
- 6B

## DIWALI CELEBRATED IN ICSK SENIOR WITH COLOURS



The staff and children of ICSK Senior, celebrated Diwali, the colour of lights, on 23rd October 2019 with full zeal and zest.

A Rangoli making competition was organized on this occasion. Children of classes 6 to 12 made flamboyant and exquisite rangolis in their classes. The children presented unique rangoli designs. It was an eventful and cherishing day for the school.

## INDIAN COMMUNITY SCHOOL, SENIOR OBSERVES VIGILANCE AWARENESS WEEK



*"Eternal vigilance is the price of liberty; power is ever stealing from the many to the few."*

The ICSK Senior, school observed the vigilance awareness week on 31st October 2019, in the school. The Principal and Senior Administrator of ICSK Senior, Dr. V Binumon shaped an oath taking ceremony in the school.

All children from classes 6 to 12 along with their teachers took the pledge that was administered to them by the Vice Principal of ICSK Senior, Mrs. Susan Rajesh in their respective classes.

The awareness week was observed with an intention to impart the sense of responsibility and integrity amongst the children. All the staff and students zealously took the pledge and celebrated the week with intense respect and self discipline.

## CELEBRATE LIFE WITH GRATITUDE

### LOOKING BACK

I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."

### TOGETHERNESS

As my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."

### AFFECTION

I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.

# Birthday Arcade - November



AAHIL ASHRAF  
10F - NOV. 1



ADITTHYA RAMESH  
9C - NOV. 1



C.G. ANJALI  
12D - NOV. 1



MANSOOR MANNAN  
10E - NOV. 1



SHREE HARI  
7E - NOV. 1



YASH GIANANI  
6A - NOV. 1



AASHKA ESTHER  
7C - NOV. 2



AMAR MOHIDEEN  
11J - NOV. 2



BENHANN THOMAS  
8B - NOV. 2



HASHEER ISMAIL  
10F - NOV. 2



SUMAIYA ABDUL RAZZAK  
9D - NOV. 2



ZOYA DEEPAK  
10A - NOV. 2



KURIAN ALEX  
9A - NOV. 3



SARAYU MURUGASWAMY  
11C - NOV. 3



ADVAIT VINOD  
12D - NOV. 3



SHIHAB MOHAMMED  
11J - NOV. 3



YAQOOB MOHAMMAD  
7E - NOV. 3



PRIENEL S. ABREU  
9B - NOV. 4



RAJARATNAM KUMAR  
8F - NOV. 4



SAAD MOHAMMED  
8B - NOV. 4



SIMRAN KAUR  
6A - NOV. 5



DANUSH PRIYAN -  
10A - NOV. 5



OMAIMA MOHD ANWAR  
10G - NOV. 5



NISI MARIAM PHILIP  
11A - NOV. 5



PARTHRAJ P  
12C - NOV. 5



FATEMA ALIASGAR  
8E - NOV. 6



RAAFIYA  
11D - NOV. 6



NIDHI MYTHILY GIRISH  
9A - NOV. 7



DIYA MARIA OOMMEN  
11H - NOV. 7



YUSUF MOHAMMED  
6A - NOV. 8



SARA ELENA SAJI  
9A - NOV. 8



HARSIMAR KAUR  
9B - NOV. 8



MAYSA RODRIGUES  
11H - NOV. 8



SYED MHD KAIF  
11I - NOV. 8



SHERON DIMOTH PERERA  
12E - NOV. 8



ASHWATHY MATHEW  
12H - NOV. 8



AKHILA SOPHIYA PHILIP  
12I - NOV. 8



NIKITA GIGI GEORGE  
11C - NOV. 8



SAYIDAH MARIYAM  
11E - NOV. 8



MARIYAH  
7A - NOV. 9



ABDUL AZIZ  
7E - NOV. 9



ASMI MAHESH  
8D - NOV. 9



DANIEL VARGHESE  
9C - NOV. 9



AKSHAYA G KRISHNAN  
11B - NOV. 9



KRISHNA KARTHIK  
12C - NOV. 9



AAYUSH VAIBHAV  
7D - NOV. 10



JEHAN SHARUKH  
12C - NOV. 10



HATIM KASAM  
12K - NOV. 10



ABBAS K SARKAWALA  
9D - NOV. 11



BATOOL AKHTAR  
10G - NOV. 11



ALISHA NAGEEM  
11B - NOV. 11



ROXANNE ANITA  
11B - NOV. 11



MATHEW DILEEP  
11E - NOV. 11



BLESSEN REJU  
11F - NOV. 11



AADITYA KUMAR  
12C - NOV. 11



KAMALAKSHANA S  
12G - NOV. 11



CHARLES PUTHUR  
7C - NOV. 12



ETHAN RODRIGUES  
10G - NOV. 12



SYED FURQAAN  
11C - NOV. 12



RAYYAN KAZI ABDUL  
12I - NOV. 12



ALLEN CHACKO ROY  
10F - NOV. 13



ASMA MOHAMMED  
11I - NOV. 13



ANNS ANNA BOBY  
6A - NOV. 14



ADONA VINU MATHEW  
7A - NOV. 14



AISHWARYA GOPUKUMAR  
8B - NOV. 14



RIS RICHARD  
11I - NOV. 14



YASH SAINI  
10E - NOV. 14



BLESSY KAVUTURU  
11C - NOV. 14



SAKSHE SAVLA  
12H - NOV. 14



AARON MANOJ  
9A - NOV. 15



GOKUL SREENIVASAN  
9B - NOV. 15



JANANI SREENIVASAN  
9C - NOV. 15



FATEMA BAZARWALA  
11A - NOV. 15



AMATULLA JHINA  
11I - NOV. 15



SAYEM ABUL KASHEEM  
12K - NOV. 15



JANICE AVENA  
9A - NOV. 16



HANNAH ELSA GEORGE  
10B - NOV. 16



ESTHER THOMAS  
10C - NOV. 16



SONYEL DISOUZA  
11C - NOV. 16



LOYSON SALDANHA  
8C - NOV. 17



ELISHA ANN PETER  
9A - NOV. 17



YASOOB ABBAS  
11J - NOV. 17



TAHER KAEED ZOHER  
6A - NOV. 18



JEREMAI COLACO  
7B - NOV. 18



MOHAMMED SAAD  
9F - NOV. 18



ANJALI NAIR  
10A - NOV. 18



ASWANTH GANI  
12A - NOV. 18



SHIFAD HAZRAT  
12J - NOV. 18



ANGELINA MARIAM  
12H - NOV. 18



BRITNEY JOHN  
6B - NOV. 19





AARON BOBY CHACKO  
7B - NOV. 19



IBRAHIM IMTIYAZ  
7D - NOV. 19



SWETA  
7D - NOV. 19



ALLWYN REMSY  
11H - NOV. 19



YUSUF SHAFI HASHIM  
12F - NOV. 19



GUNEET KAUR  
7D - NOV. 20



BURHANUDDIN G.  
9E - NOV. 20



SOHA MARIYAM KHAN  
9E - NOV. 20



AHMED AJAZ KARDAME  
11F - NOV. 20



MOHAMMED NIHAL  
11I - NOV. 20



NAINA SAHIB VILACK  
7A - NOV. 21



ASHMIT SRIVASTAVA  
9E - NOV. 21



NANDA KRISHNA  
10C - NOV. 21



KHALOUN MUAZZAM  
11F - NOV. 21



JATIN KRISHNAN  
12I - NOV. 21



FARHAN MOHAMMED  
12J - NOV. 21



ALVIN LIAN LIJO  
9B - NOV. 21



MURTAZA MAIMOON  
9C - NOV. 22



MUSTAFA MUFADDAL  
10E - NOV. 22



IBRAHIM SHAUKATH  
11D - NOV. 22



HATIM REJI  
11I - NOV. 22



LEANN G WILSON  
11A - NOV. 23



ABEER ABRAR  
11F - NOV. 23



SHANICE MATHIAS  
12H - NOV. 23



BILALIDDIN S.  
10F - NOV. 24



SHAIKH AYESHA  
7A - NOV. 24



MOHAMMED JAHID  
10F - NOV. 24



FATEMA MOHAMMED ALI  
11F - NOV. 24



MOHAMMED SAAD  
12F - NOV. 24



FATHIMA ZAIBA  
12I - NOV. 24



KEVIN VARGHESE  
10E - NOV. 24



ESSA FAISAL G  
11D - NOV. 25



FAHAD JAVID AHMAD  
12B - NOV. 25



MANMEET SINGH  
8B - NOV. 26



ANOOJ JACOB  
9A - NOV. 26



KEVIN BAIJU KOSHY  
9D - NOV. 26



ABIGALE IRENE  
10A - NOV. 26



VEDANT MAYUR  
10B - NOV. 26



SURYA KARTHIK  
10G - NOV. 26



KRISHMI NIMESHA  
11A - NOV. 26



SAMUEL GLADWIN  
11C - NOV. 26



SARAH ROBERT  
11D - NOV. 26



HUSSAIN ABUJUER  
11I - NOV. 26



ROSHELLE MARY  
12B - NOV. 26



AMIR MUHAMMED  
11A - NOV. 27



RON SHAJU  
11E - NOV. 27



ALEN JOHNSON  
12K - NOV. 27



JEROM THOMAS  
10E - NOV. 27



RAEEF HASSA  
10G - NOV. 28



JAMILA  
11I - NOV. 28



AARON VARKEY  
8B - NOV. 29



HAJRA MOHAMMED  
10C - NOV. 29



ADITYA THOMAS  
11E - NOV. 30



VINOLA LIVEA DSOUZA  
11F - NOV. 30



MELBA MARY ABRAHAM  
11G - NOV. 30



BINIL BABY THOMAS  
12F - NOV. 24



MRS. SRIKALA  
DILEEP - NOV. 1



MRS. THARA ANN  
THOMAS - NOV. 2



MR. SHINOJ  
- NOV. 2



MRS. ANJU LAKSHMI  
- NOV. 8



MRS. K. LAMBA  
- NOV. 9



MRS. NAHEED  
QURESHI - NOV. 9



MRS. JAYABALA  
JAYARAM - NOV. 12



MR. ALI AHMED  
- NOV. 15



MRS. REEBA  
CHACKO - NOV. 19



MR. SURESH PETER  
- NOV. 20



MRS. NAGMA  
- NOV. 25



# BIRTHDAY CUM CHARITY FUND

## BALANCE SHEET FOR THE MONTH OF OCTOBER 2019

INCOME (SEPTEMBER)	KD	EXPENDITURE (OCTOBER)	KD
Balance c/f from September	2929.875	Mr. Mohd Sarfaz Abdul	150.000
		Mr. Radwan Abdalameed	150.000
		Mrs. Maribel Asis Opamil	150.000
		Student accident-contribution	250.000
Balance c/f from September	2229.875		<b>700.000</b>
Contribution from students & Staff (October)	578.425		
Balance in Hand	<b>2808.300</b>		

## BIRTHDAY FUND AND CHARITY FUND COLLECTION - OCTOBER 2019

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total	CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	26.145	26.145	8C	-	9.080	9.080
12B	-	45.000	45.000	8D	-	10.730	10.730
12C	-	17.345	17.345	8E	-	12.610	12.610
12D	-	6.220	6.220	7A	-	22.870	22.870
12E	-	7.975	7.975	7B	-	21.945	21.945
12F	-	5.350	5.350	7C	-	9.815	9.815
12G	-	10.870	10.870	7D	-	27.385	27.385
12H	-	17.815	17.815	7E	-	38.100	38.100
11A	-	4.510	4.510	6A	6.000	5.500	11.500
11B	-	15.450	15.450	6B	-	9.080	9.080
11C	-	35.090	35.090		15.750	485.340	501.090
11D	-	19.920	19.920	<b>AFTERNOON</b>			
11E	-	6.280	6.280	VII F	-	1.625	1.625
11F	-	6.975	6.975	VIII F	-	3.110	3.110
11G	-	9.050	9.050	IX F	-	2.620	2.620
11H	-	6.100	6.100	X E	-	4.520	4.520
10A	-	6.200	6.200	X F	-	15.110	15.110
10B	1.000	9.735	10.735	X G	-	3.905	3.905
10C	1.000	9.060	10.060	XI I	-	13.070	13.070
9A	2.750	6.750	9.500	XI J	-	4.500	4.500
9B	-	15.950	15.950	XII I	-	3.335	3.335
9C	-	5.850	5.850	XII J	-	10.475	10.475
9D	4.000	2.655	6.655	XII K	-	5.065	5.065
9E	1.000	9.585	10.585	<b>Total</b>	-	<b>67.335</b>	<b>67.335</b>
8A	-	6.145	6.145	<b>Grand Total</b>	<b>15.750</b>	<b>552.675</b>	<b>568.425</b>
8B	-	6.200	6.200				



# CHARITY CONVENERS - NOVEMBER



CHERISH CHERIAN  
- 12A



AVION ARMANDO  
- 12B



KRISHNA KARTHIK  
- 12C



BENSON  
- 12D



SHADHA KALATHIL  
- 12E



SAGAR MURALI NAIR  
- 12F



RANIYA MEHAK  
MUSTAFA - 12G



SUMMAYYA PARVEEN  
- 12H



FATHIMA ZAIBA  
- 12I



AMATULLAH  
- 12J



RANOL SALIV  
- 12K



IMAD IMTIYAZ  
- 11A



ASHISH V ABRAHAM  
- 11B



ANN RAI JACOB  
- 11C



VISHAL KUKU SHAJI  
- 11D



REUBEN V. RENJI  
- 11E



KHALDOUN MUZZAM  
- 11F



MEEKHA MARY ROY  
- 11G



SANDRA BABU  
- 11H



AMATULLAH  
HUSSAIN - 11I



YASOOB ABBAS  
- 11J



DANUSH PRIYAN  
- 10A



DYLAN SEQUEIRA  
- 10B



HABEEB SAQLAIN  
RAHIL - 10C



MOHD. KUTBUDDIN  
- 10E



SYED HAIDER  
- 10F



HIBA ABDUL GHANI  
- 10G



PREWIL CRASTA  
- 9A



JUSTIN DE SOUZA  
- 9B



LAMIAH HANIF  
PARKER - 9C



SUMAIYA ABDUL  
- 9D



MOHAMMED SABBIR  
- 9E



AYMAN NASUH  
- 9F



RAEBEL SHAJU  
- 8A



FARVA FATHEMA  
MAKNOJIA - 8B



MOHAMED FAYAZ  
- 8C



GLEN LASTER  
CRASTA - 8D



SALWA TANWEER  
- 8E



ASHISH  
- 8F



MARIYA MURTAZA  
- 7A



KRITHIKA MURALI  
- 7B



EMMANUEL RIYAN  
- 7C



AARON CLITUS  
- 7D



MAAZ MUBIN  
- 7E



DEVATHEERTHA S.J.  
- 7F



FATIMA ALTAF  
- 6A



JARENA DEVA  
- 6B

# Beethoven

a great composer and musician of all times.

Beethoven was deaf but it was his physical ear that didn't work. But he was not born deaf and during his childhood and youth he trained his inner ear intensively. Inner ear is just in your mind, but is the most powerful tool a musician can have.

The other very important thing that Beethoven had until the end of his days was his extremely solid understanding of 'harmony, melody, orchestra, piano, and sound itself'.

Maybe he was not the author of the concept of panning, but he was one of the first musicians who experimented with the

position of the instruments considering low and high pitches as well as focus and body.

Beethoven was the loneliest man in the world, condemned to be locked in his own mind, unable to hear his own prodigious creations.

Despite this, Ludwig Van Beethoven was a crucial figure in the transition between the 'classical and romantic eras' in classical music. He remains one of the most recognized and influential musicians of this period, and is considered to be one of the greatest composers of all time.

He was provided with an amazing mind and strength of character which never betrayed him.



AARON MANOJ  
COMMEN - 9A



# EPITravel MEXICO

For this edition of epittravel, we will be taking a look at a country known for its chocolates, tequila, avocados, and pumpkins, Mexico!

## Geographical location of Mexico

Mexico is located at about 23° N and 102° W in the southern portion of North America. From its farthest land points, Mexico is a little over 3,200 km (2,000 mi) in length. Mexico is bounded to the north by the United States (specifically, from west to east, by California, Arizona, New Mexico, and Texas), to the west and south by the Pacific Ocean, to the east by the Gulf of Mexico, and to the southeast by Belize, Guatemala, and the Caribbean Sea. The northernmost constituent of Latin America, it is the most populous Spanish-speaking country in the world. Mexico is the world's 13th largest country, three times the size of Texas.

## The best time to visit Mexico

The times to visit can be broadly classified based on the places you want to visit



### 1. The Mountains

The Sierra Madre mountain range essentially runs the entirety of the country north to south, down the center. The mountains extend approximately 700 miles from northwest to southeast, with summits on average above 6,000 feet and many peaks reaching 10,000 feet.

The climate here typically features cool nights and dry days. There is a rainy season,

from June through October, but the mountain topography tends to mitigate it so that it is less intense than in lower-lying regions.

You should visit the mountains if you're interested in adventure travel, including trekking, climbing, mountain biking and hiking. The best time to visit would be the dry season to maximise the outdoor time, but you're risking lower temperatures.

### 2. The Lowlands :

Visitors to the lowlands will be exploring the jungles of Chiapas and its archaeological sites, such as Palenque or Bonampak, the national wildlife preserve within the state of Campeche or the Mayan sites within the Yucatán or Quintana Roo states. The best time to visit the lowlands are in the winter, when it will still be hot and humid, but much drier compared to the summer.

### 3. The Northwest and the Baja Peninsula

The Northwest is a mountainous plateau that stretches down to the desert region encompassing destinations like San Miguel de Allende, Querétaro, Guanajuato, Copper Canyon and Mazatlán.

The Baja peninsula, across the Sea of Cortez, is a desert-style environment similar to southern California. This region is much cooler, especially in the winter. The best time to visit is June through October, when the destination will be drier. But beware of hurricane season in Baja, which is susceptible to severe storms (think: Hurricane Odile in 2014, which completely ravaged Los Cabos).

### 4. The Coast

Mexico's best-known tourism commodity is the coast. Vacationers flock from the tip of the Yucatán, around to the southwestern coast of Oaxaca and up the entire Pacific Coast of the

country through Acapulco to Puerto Vallarta, to name a few hotspots.

The absolute best time to begin to hit Mexico's coast is after hurricane season, specifically November when the weather switches to the dry season, and lasts until around March or April.

## Mexican Cuisine

Mexican food has some of the most well-known and loved dishes in the world. Mexican cuisine varies by region due to local climate, geography and ethnic differences among the indigenous inhabitants.



Some of the best regarded dishes are : Tamales, Pozole, Mole, Chilaquiles, Tacos El Pastor, Tostadas, and Enchiladas

## Facts About Mexico

Mexico's real name is United States of Mexico (Estados Unidos Mexicanos). The country is divided into 31 states, plus the Federal District. Each state has its own laws, regulations, and police, similar to the United States of America.

2. Everyone seems to love Mexican food, so much so that it was recently classified as an irreplaceable part of the cultural heritage of humanity by UNESCO.

3. US citizens are The Largest Immigration Group in Mexico

## GOODWILL AMBASSADORS

### MORNING SHIFT



FAHAD JAVID  
AHMAD - 12B



ADIL P. ASIF  
- 9B



NADEEM ISMAIL  
-7E

### AFTERNOON SHIFT



ALI ASGAR HUSAIN  
- 11I



TAWHIDUL ALAM  
- 10F



MOHD FARJAAD UMAR  
- 8F

# 10 ways to fight your fears



## 1. Take time out

It is impossible to think clearly when you're flooded with fear or anxiety. The first thing to do is take time out so you can physically calm down. Distract yourself from the worry for 15 minutes by going for a walk, making a cup of tea or having a bath.

## 2. Breathe through panic

If you start to get a faster heartbeat or sweating palms, the best thing is not to fight it. Stay where you are and simply feel the panic without trying to distract yourself. The

goal is to help the mind get used to coping with panic, which takes the fear of fear away.

## 3. Face your fears

Avoiding fears only makes them scarier. Whatever your fear, if you face it, it should start to fade.

## 4. Imagine the worst

Try imagining the worst thing that can happen. It's just not possible. The fear will run away the more you chase it.

## 5. Look at the evidence

It sometimes helps to challenge fearful thoughts. For example, if you're scared of getting trapped in a lift and suffocating, ask yourself if you have ever heard of this happening to someone.

## 6. Do not try to be perfect

Life is full of stress, yet many of us feel that our lives must be perfect. Bad days and setbacks will always happen, and it's important to remember that life is messy.

## 7. Visualise a happy place

Take a moment to close your eyes and imagine a place of safety and calm. Let the positive feelings soothe you until you feel more relaxed.

## 8. Talk about it

Sharing fears takes away a lot of their scariness. If you cannot talk to a partner, friend or family member

## 9. Go back to basics

Lots of people turn to alcohol or drugs to cope with anxiety, but this will only make matters worse. Simple, everyday things like a good night's sleep, a wholesome meal and a walk are often the best cures for anxiety.

## 10. Reward yourself

Finally, give yourself a treat. When you have made that call you have been dreading, for example, reinforce your success by treating yourself to a country walk, a meal out, a book, or whatever little gift makes you happy.



HUMAIRA SALIM  
PARKAR - 11 B

## ICSK BAGS CHAMPIONSHIP FOR THE 18<sup>TH</sup> CONSECUTIVE YEAR IN THE 21<sup>ST</sup> CBSE KUWAIT CLUSTERS



Amidst huge exultation, the 21st CBSE Kuwait Cluster Meet was organized at the Amateur Athletic Federation Stadium Khaifan on 30th October 2019. A humungous number of around 1300 athletes from 17 schools across the country participated in the meet

comprising of around 56 events including track and field.

The Indian Community School Kuwait, has won the CBSE cluster meet for the record 18th consecutive year with a groundbreaking

lead score of 428 points. 35 gold, 16 silver and 4 bronze medals achieved by the skillful children of ICSK

The ICSK Under-14 girls 'created a new meet record in 4x100 m relay in this meet and 7 ICSK athletes bagged individual championships also. The athletes who created the record are Jazlin Gafoor, Esther D'sa, Melisa Vinod, Riya Teresa and Nuha. The ICSKians who won the individual championships are Arnold Jerome under-17 boys, Benin Gibi Varghese under-17 boys, Azam Kunchammed under-19 boys, Noel George under-19 boys, Archana Srinivas under-19 girls, Dinah Stephen under-19 girls and Disha Shenoy under-17 girls.

The management of ICSK, congratulates the members of the Physical Education Department for the new feat.

## Quote Garden

- All that we are is the result of what we have thought. - Buddha
- I have no special talent. I am only passionately curious. - Albert Einstein
- If you judge people, you have no time to love them. - Mother Teresa
- The most courageous act is still to think for yourself aloud. - Coco Chanel
- The greatest wealth is to live content with little. - Plato

# CAPTAINS & VICE CAPTAINS - NOVEMBER

## CLASS 12A



RISHIKA SANTHOSH



ASHWANI GANI



PRANOITHI PRASHANTH



TAHA ATTARI



MADIHA FAISAL



MOHAMMED SAIFUDDIN



ANAGHA NILESH



VANESSA JENNIKA



JENAB HAKIM



SAKINA KOTHARI

## CLASS 12F



MARIA



ALLEN ANESH



ANGEL VEENIE



JITHISH KUMAR



FATEMA BURHAN



AISHA AKBAR ALI



RHODA CHRISALYTE



AKHILA SOPHIA



MISHAL J.



BRIAN

## CLASS 12G

## CLASS 12H

## CLASS 12I

## CLASS 12J

## CLASS 12K

## CLASS 11A

## CLASS 11B

## CLASS 11C

## CLASS 11D



SULAIMAN MOAHMED



PRESTON SHANNON



JEROME SAM



OSCAR PEREIRA



ZION ROBINSON



SYED HUSAIN MEHDI



JOSH THOMAS



JANET JOHNSON



ERVIN CASTELINO



ANIKETH CHARUKETH

## CLASS 11E

## CLASS 11F

## CLASS 11G

## CLASS 11H

## CLASS 11I



JITESH SESHAN



HANNA JOSEPH



ALEFIYA GHEEWALA



SHEREEN FATHIMA



SHAIKHA ABDUL



PAVANI MARATHU



NAQUIA HABIB



ZAHRA ALIASGAR



HATIM SHABBIR



ANFAL ASHRAF

## CLASS 11J

## CLASS 10A

## CLASS 10B

## CLASS 10C

## CLASS 10E



HIBA ARSHAD



MANU JOSEPH



VALENTEENA LOBO



NIYANTH VENKATESH



VEDANT MAYUR



ASHWALA ANUJ



ZOHAIB MOHAMMED



HAIDER ALI ASGHAR



AALIYA IRSHAD



YASH SAINI

## CLASS 10F

## CLASS 10G

## CLASS 9A

## CLASS 9B

## CLASS 9C



HASHEER ISMAIL



MOHAMMED UMAR



AYESHA AMANULLAH



MOHAMMED ASHFAQ



AARON MANOJ



DEVI AJAYAKUMARAN



GOKUL SREENIVAS



RACHEL ANNAMALAI



BERIL MAHIBA



MAHIKA MALHOTRA

## CLASS 9D

## CLASS 9E

## CLASS 9F

## CLASS 8A

## CLASS 8B



ADNAN KUTBUIDDIN



AYESHA KHAN



DEENA MUSHATAK ALI



ASHMIT SRIVASTAVA



MOHAMMED AAMIR



BHUMI ALPESH



HARDIK PANCHAL



C.B. JOHN BAMISHA



JOHANN PREMJIITH



LAMIAH TARIQ

## CLASS 8C

## CLASS 8D

## CLASS 8E

## CLASS 8F

## CLASS 7A



VIRAJ BATHINA



SARAH ELIZABETH



TYRONE PEREIRE



NEHA ANN JINS



AURELIA SHABI



ETHAN SANJAY



SHEIKH HUSSAIN



KUPPLA NARASIMHA

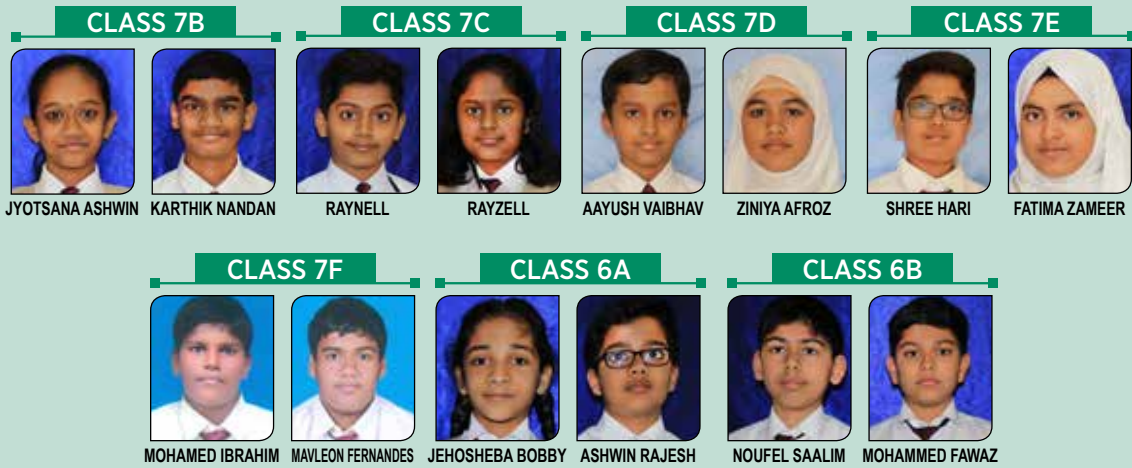


ANSIYA BABU



EBEN BAIJU KOSHY

# CAPTAINS & VICE CAPTAINS - NOVEMBER



## Laziness - The Key to Creativity

Psychology Says: A Lazy Mind Will Often Lead To Creativity.



Laziness is something that some people have to tackle to a much, much bigger extent. We are used to considering it as bad. However, what if laziness actually helps to become more successful? Let's be honest, lazy people cannot be successful when they do not want to expend their energy on anything. It just doesn't add up. But part of the problem might have to do with how we view laziness itself; it's very possible that the things we associate with laziness are actually not so indicative of laziness at all.

Bill Gates often said, "I always choose a lazy person to do a hard job, because a lazy person will find an easy way to do it." So hiring a lazy person is not the worst idea after all. They are likely to be strategic thinkers who can come up with smart shortcuts, ways to solve problems, save time and contribute new, innovative ideas to the company.

If we think about it, we will come to realize that the great scientist Charles Darwin was an incredibly lazy person. Often he fell asleep

right at the middle of the lessons in class. Even when he got into science, he didn't rush things and spent years writing his work.



DAANYA B NAIDU  
- 10B

Another example is Sir Isaac Newton. It was while lazing around and sleeping under a tree when an apple suddenly fell over his head and you know the rest. Afterward he became a great physicist. Many other great people were said to be incredibly lazy including Einstein, Churchill, Picasso and others. Nevertheless, they managed to achieve unbelievable success and become well-known all over the world. That proves lazy people can go far and laziness can be of a great advantage.

If you are looking for good ways to solve your problem of laziness, try approaching an art project, read books, and there are many more ways in which you can try and not waste your time throughout the day. Because when your brain is free to wander from its responsibilities and given the opportunity to think beyond - a world of creative thought opens up!

## ICSK CLOUD MEETING



The cloud meeting was conducted on 12th October, 2019 for the teaching and non-teaching staff of ICSK, Senior in the school auditorium. The meeting was presided over by the Principal and Senior Administrator of ICSK. The cloud coordinators Mr. Nicky and Mrs. Tintu Wilson cleared all the queries and concerns of the teachers for the smooth functioning of the web portal and teacher app.

# BEST CLASSES- OCTOBER

## Category 1



FIRST - 7E

## Category 2



FIRST - 9B

## Category 3



FIRST - 12B



SECOND - 7A



SECOND - 10A



SECOND - 12A



THIRD - 7D



THIRD - 10C



THIRD - 11C

## AFTERNOON



FIRST - 10F (Category 1)



FIRST - 12K (Category 2)



## Winners of Bhavans Model United Nations (MUN)



ICSK Senior showcased an exemplary performance at the Model United Nations held in Indian Educational School (Bhavans).

## ICSK SENIOR CELEBRATES THE BIRTH ANNIVERSARY OF SARDAR VALLABHAI PATEL

The staff and children of ICSK Senior commemorated the 144th birth anniversary of Sardar Vallabhai Patel on 31st October 2019.

In connection with the celebration, certain documentaries pertaining to the life of Sardar Vallabhai Patel was shown and shared with children in their class rooms. The children of classes 6 to 12 were enlightened about the history and life of Sardar Vallabhai Patel.

As a part of observing the Rashtriya Ekta Diwas and celebration of the birth anniversary of Sardar Vallabhai Patel, the documentary, SARDAR VALLABHAI PATEL – THE IRON MAN OF INDIA was shown to the children in order to educate them about the importance of our Indian leaders.



## PLANT GOODNESS WHEREVER YOU GO



In England in 1920 there was a graduation ceremony for a batch of new doctors.

It was attended by the British Prime Minister of that time. During the ceremony, the dean who was in charge of that batch, gave the necessary advice to these new graduates. He told them the following incident which happened with him sometimes back: "It was after midnight, and I heard a knock on my door.

It was an old lady, and she said to me: My child is sick and in a very serious condition, so please do something to save him. I

rushed out to follow her to her house without worrying what will happen. Because it was a stormy night, and very cold. The rain was pouring down very heavily. I did not fear for my life.

Her house was on the outskirts of London, and after a difficult journey, we reached her house. She lived in a small room with her son. When I entered the room, I saw her son at the corner of this room groaning and deeply in pain.

After I did my duty towards the sick child, the mother gave me a small bag with money.

I refused to take this bag and I told her gently that I can't accept that payment, because I felt sorry for their situation.

Then I promised her that I will take care of her child until he gets better. As soon as the head doctor finished his speech, the Prime Minister jumped out of his seat and headed to the podium. "Permit me Sir, to kiss your hand. For twenty years I am looking for you. I am the child you mentioned in your story just now. Oh, my mother will be happy now and she will rest in peace. Her only wish was for me to find you and to reward you, for that goodness you did for us at the time we were living in poverty"

That poor child who became the Prime Minister of England was: "Lloyd George" Plant goodness wherever you go, even if it is not on your place\*. Because it will never get lost wherever you will plant it. It is even more nice if your goodness lasts longer. Because no one shall harvest that goodness except the one who has planted it.

**Doing goodness to others will always purify your heart, and it will fight any kind of evil which comes your way. May God Make us among the people who always do good to others.**

## ICSK SENIOR EXTENDS A GRAND WELCOME TO THE INDIAN VOLLEYBALL LEGENDS



As a part of promoting the Volleyball sport, three eminent volleyball players were invited to ICSK Senior on 9th October 2019. Indian men's Volleyball team captain Mohan Ukrapandyan, Naveen Raja Jacob

and Ashwal Rai were the eminent players. Mohan Ukrapandian is the current Indian men's national volleyball team Captain and the intelligent setter. Currently he plays for Kochi Blue Spikers in Pro Volleyball League.

Naveen Raja Jacob is an integral part of current Indian men's national volleyball team. He currently plays for Chennai Spartans in Pro Volleyball League. Ashwal Rai is an integral part of current Indian men's national volleyball team and he currently plays for Black Hawks Hyderabad in Pro Volleyball League.

The meeting was followed by an interactive session of the guests with the players of ICSK. The guests emphasized on the importance of discipline and dedication and the relevance of lifestyle pattern to be followed.

Student Name: .....

Class : ..... Section: ..... Roll No.: .....

Serial No.



### ACKNOWLEDGEMENT

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

Signature: ..... Date: .....

Name: .....



**Gandhiji's favourite bhajan 'Vaishnava Jana To', now in Sanskrit:** As a tribute from Assam to Mahatma Gandhi on his 150th birth anniversary on October 2, the first Sanskrit version of Vaishnava Jana To, his favourite devotional song penned by 15th century Gujarati poet Narsinh Mehta, is released.



**Justice SA Bobde appointed as 47th Chief Justice of India:** Justice Sharad Arvind Bobde has been appointed as the 47th Chief Justice of India. The official warrant for the appointment was signed by President Ram Nath Kovind on October 29, 2019. SA Bobde is at present the

second senior-most judge of the Supreme Court.- Presently, he is also holding the position of the Chancellor of Maharashtra National Law University, Mumbai and Nagpur's Maharashtra National Law University.



**Smart City Mission 2.0 likely in 2020:** The ministry of housing and urban affairs, the nodal department for Smart City Mission, is set to roll out smart city 2.0 mission in 2020. The central government's second version of the smart city initiative will be rolled out across the country, said a government official.



**India, Saudi Arabia form highest-level strategic partnership council:** India and Saudi Arabia firmed their strategic partnership by signing an agreement to form a council headed by Prime Minister Modi and King Salman. This is a major development since Saudi Arabia is now

only the fourth country with whom India has an inter-governmental mechanism headed by the prime minister. Germany, Russia and Japan are the other three.



**1-in-3 young children undernourished or overweight:** UNICEF: A third of the world's nearly 700 million children under five years old are undernourished or overweight and face lifelong health problems as a consequence, according to a grim UN assessment of childhood

nutrition released (Oct 15). "If children eat poorly, they live poorly," said UNICEF executive director Henrietta Fore, unveiling the Fund's first State of the World's Children report since 1999.



**Nobel Prize in Economics:** The 2019 Nobel Prize in economics has been awarded to three economists -- Abhijit Banerjee, Esther Duflo and Michael Kremer - "for their experimental approach to alleviating global poverty". The award is not a surprise as it was widely expected

that Banerjee and Duflo will get the economics Nobel. The 2019 award makes Duflo the youngest economics Nobel laureate and the second woman recipient after Elinor Ostrom. Banerjee and Duflo are also the first couple to jointly get the award.



**India's 'Missile Man' Abdul Kalam remembered on birth anniversary:**

Prime Minister Narendra Modi paid tributes to late President A.P.J. Abdul Kalam, also known as the country's 'Missile Man' on his birth anniversary. Modi shared a 1.21 minute video on

Twitter and said Kalam dreamed of an able and capable India of the 21st century and made his own special contribution in this direction."Kalam's birth anniversary is also celebrated as World Students' Day.



**Jammu and Kashmir transitioned from a state into two union territories: Jammu and Kashmir, and Ladakh.**

This is for the first time that a state is converted into two UTs, the two new entities taking the total number of UTs to nine and bringing down the number of states in India to 28. The process of transition begins with the swearing-in of the two newly-appointed Lieutenant-Governors in Srinagar and Leh. Former Defence Secretary RK Mathur was sworn-in as the first Lieutenant Governor of the Union Territory of Ladakh earlier this morning. IAS officers Girish Chandra Murmu will be appointed as Lieutenant Governor of the Union Territory of Jammu and Kashmir



**Margaret Atwood and Bernardine Evaristo joint winners of Booker Prize:**

Judges tore up the rule book awarding the prestigious Booker Prize for Fiction jointly to Canadian author Margaret Atwood for "The Testaments" and Anglo-Nigerian author Bernardine Evaristo for "Girl, Woman, Other".

Atwood becomes only the second female author to win the award twice, sharing the £50,000 (Dh231,447) prize at the 50th anniversary ceremony at London's Guildhall.

Peace of mind is a beautiful gift which we can give to ourselves by expecting nothing from anyone.

When MIND is weak situation is a PROBLEM. When MIND is balanced situation is CHALLENGE. When MIND is strong situation becomes opportunity

# Art Gallery



AKASH SRINIVAS PRABHU - 7B



ISAAC MATHEW THOMAS - 7D



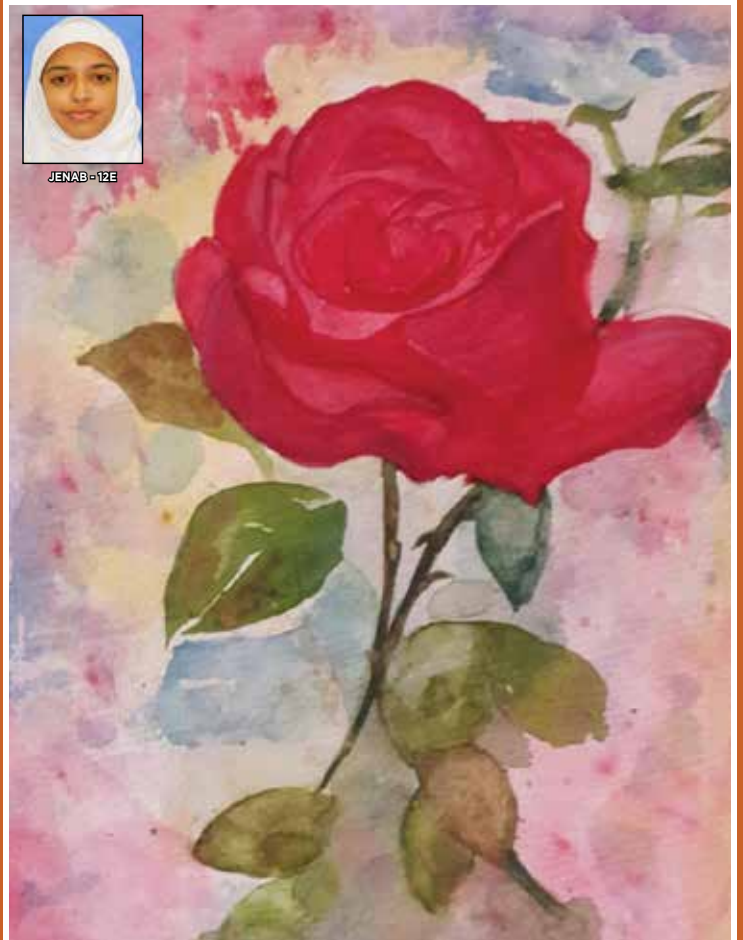
RISHIKA SANTHOSH - 12A



SALINA FATAL - 6A



SANDRA BABU - 11H



JENAB - 12E



THAARINI MALAGA - 8A



# EPIctionary

- 1. Pacifism:** Meaning: the belief that any violence is unjustifiable, and that it should never be used.

Used in a sentence: Jeremy believes in pacifism, and doesn't think violence should be used even to save the lives of other people.

- 2. Accustomed:** Meaning: familiar with; used to.

Used in a sentence: The wealthy woman wasn't accustomed to preparing her own food, so she had a hard time finding her way around.

- 3. Bestow:** Meaning: to give as a tribute or gift.

Used in a sentence: The billionaire has plans to bestow a large monetary gift to his alma mater.

- 4. Centennial:** Meaning: the hundredth anniversary of an event or happening

Used in a sentence: The centennial celebration of the railway was held in Lincoln Nebraska, with much pomp and glamor.

- 5. Decipher:** to read something that appears impossible to be read.

Used in a sentence: There was no way I could decipher my doctor's handwriting.

- 6. Ebullient:** cheerful and full of energy

Used in a sentence: Jack always felt ebullient after drinking his morning coffee.

- 7. Feasible:** to do without too much difficulty.

Used in a sentence: Driving with your eyes closed is not feasible.

- 8. Meliorism:** Meaning: the idea that human effort is the key to making the world a better place.

Used in a sentence: As a believer in meliorism, the activist felt that every small effort he made had a positive effect on the world.

- 9. Seamless:** Meaning: smooth and without interruption.

Used in a sentence: Pulling off a seamless event, the new producer was proud of the party's success.

- 10. Exogenous:** caused by outside factors.

Used in a sentence: A decrease in demand for honey worldwide led to an exogenous overflowing of honey in the company's warehouses.



21<sup>st</sup> CBSE Kuwait cluster Basketball Under 17 girls runners up



21<sup>st</sup> CBSE Kuwait cluster Basketball Under 19 girls runners up

## Forthcoming Events



- IX & X Examination
- Enrichment classes
- Sports day
- Medical camp for ICSK staff
- Inauguration of school cabinet
- Blood Donation camp
- Gavels club
- Supportive class
- Explore 2019
- School Field Trip
- Fire Drill Disaster management



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