



📵 EMOTIONAL 🕑 PHYSICAL 🕕 INTELLECTUAL 🕲 CULTURAL 💲 SPIRITUAL

FEBRUARY 2018



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the February edition of EPICS. In this edition let us discuss about certain things to be learnt from our experiences. There may be moments in our life in which we have had many regrets. But as we grow older, we learn how to deal with such

regrets through our own experiences and personal growth. How can we change our perspectives and mindset to enhance our experiences of life for the better?

1. Be Present In the Here and Now

Don't spend too much of your time going over what happened in the past or planning for the future as it will stop you from forgetting to experience and enjoy the present moment. Keep your mind focused on what is happening to you right now and remember that happiness can only exist in the present moment. The past is gone and the future is yet to come, so the present is all we have.

Our minds have a habit of running at a hundred miles per hour which stop us from rarely just being in the here and now. So, if you notice your mind is racing with thoughts, stop and look around you. See what is happening around you right now. Be mindful of where you are in this moment or simply be aware of your breathing. When you do this, your mind will start to open up and appreciate all that you have right now. Doing so will help you feel like time is no longer slipping away.

Stop limiting yourself because of other people's expectations. You only need to live your life, no one else's. Be in the present and do the hard work to achieve the goal with a true belief in you.

2. Don't Make Things Bigger Than They Are

In some instances, our minds can work against us, and as a result, fears may take over. Most of our problems appear to be a lot bigger than they actually are. Think about something you were recently upset about. At the moment it may have seemed like a big deal, but a day, week or month down the line it may not be something we think about anymore.

The mind would like to focus on worries and problems, blowing them

out of proportion. So next time you find yourself in this situation take a moment to ask yourself: realistically, will I still be thinking about this tomorrow, next week or next year? Most of the time, your answer will likely be 'no'. This should help you to eliminate all the unnecessary worries you put yourself through.

3. Face Your Fears More

We all have fears, but not all are justified, yet these fears may grow, taking a lot out of us. But in order to take our lives back, we need to face our fears. Many of the fears that we hold are simply a product of the mind. They don't actually exist.

Upon realizing this, you will learn to find things less frightening and scary and they will actually become easier. Another bonus is that facing your fears will always never feel as scary as your mind thinks it is going to be.

4. Stop Assuming What Other People Are Thinking

How often do you make assumptions about what other people are thinking or whether they are judging you for something you did or said before? The world doesn't revolve around you. Bear in mind that everyone is dealing with their own problems, worries, and insecurities and most likely, they're not paying much attention to you as you may think. So, stop worrying about what other people will think and stop assuming what they are thinking

5. Appreciate Everything in Your Life

This important lesson is something that we often take for granted. Appreciate others and cultivate that habit and spread that to others as well. Once we learn to establish this habit early on, life becomes easier because the true key to happiness is gratitude and appreciation.

Learn to integrate the art of appreciation into your everyday life and always be thankful for what and who makes your life feel good. Learn to appreciate the small things too. They could be as small as taking a shower in the morning, appreciating the nature around you, loving your parents, so on and so forth. Appreciation will transcend into the rest of your life, helping you to establish the positive mindset needed to live a happy and healthy life. Wish You All The Best And Success.

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ICSK GIRLS FRONTRUNNERS @CBSE CLUSTER BASKETBALL TOURNAMENT



ICSK's rendezvous with victory at CBSE Kuwait Cluster was once again achieved in basketball tournament. The Indian Community School, Kuwait, has always aimed to be a pioneer at the holistic balance between

academics and sports, flaunting an array of accomplished student athletes.

The girls basketball team of the Indian Community School, Kuwait obtained a fair position at a the recently concluded CBSE Kuwait Cluster Basketball Tournament. ICSK won the second place trophy under the coaching of Dr.Nins Peter and Mrs. S.Rajam. The credit of ICSK team goes to the Under-17 girls which include students of classes seven, eight, nine, ten and eleven.

The invincible stars of ICSK of category championships for Under 17 Girls are Disha G Shenoy, Riona Fernandes, Evelyn Cisal, Rinkle Kalpesh, Jessylyn sara Varghese, mahillyaa Mohan, Beneeta Ann Jacob, Melissa Shanty, Elithia Corda, Nissi benny Joseph, Swati sajeev and Yusra Nasser. The ICSK Principal, management and staff applaud these position holders for their hard work and for their exhilarating performances.

EDITORS' NOTE

SELF REALIZATION: The Monkey & The Fish

The fish loved the river. It felt blissful swimming around in its clear blue waters. One day while swimming closer to the river banks it hears a voice say, "hey, fish, how is the water?".

The fish raises its head above the water to see who it was. It sees a monkey seated on a branch of a tree extended over the water.

The fish replies, "The water is nice and warm, thank you".

The monkey feels jealous of the fish and wants to put it down. It says, "why don't you come out of the water and climb this tree. The view from here is amazing!"

The fish feeling a little sad, replies, "I don't know how to climb a tree and I cannot survive without water".

Hearing this the monkey makes fun of the fish saying, "you are totally worthless if you cannot climb a tree!"

The fish starts thinking about this remark day and night and becomes extremely depressed, "yes, the monkey is right", it would think, "I cannot even climb a tree, I must be worthless."

A sea-horse sees the fish feeling all depressed and asks it what the reason was. Upon knowing the reason, the sea-horse laughs and says, "If the monkey thinks you are worthless for not being able to climb the tree, then the monkey is worthless too cause it cannot swim or live under water."

Upon hearing this the fish suddenly realized how gifted it was; that it had the ability to survive under water and swim freely which the monkey never could!

A few days later, news comes to the fish that the monkey had slipped accidentally and fallen into the water and reached its demise as it could not swim.

The fish feels thankful to nature for giving it such an amazing ability.

This story takes from Einstein's quote, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid".

It's easy for many of us to start believing that we are actually less gifted than others. But the reality is far from it.

The fish in the story attains self-realization. It realizes what its true power was thanks to its friend. In a similar way, the only way to realize our true potential is to become self-aware. The more awareness we bring into our mind and body, the more we realize our true potential.

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





Mrs. Susan Rajesh Mrs. Tintu Wilson

STUDENT EDITORIAL

THE REAL PURPOSE BEHIND EXAMINATIONS

In recent weeks, students across high school have been breathing sighs of relief. Exams are officially over, and celebrations have begun. For many students, exams seem a necessary evil. Time-consuming yet inevitable. But are exams really necessary? And are they evil?

Exams aim to provide a balanced, fair evaluation of each student. It also enables teachers to be confident in the accuracy of their judgements about each student. Exams enable schools to accurately test students' breadth of understanding of topics.

Also, Exams are harder to cheat on. There is evidence that both studying for and sitting exams deepens learning. Studying is like exercising. When one exercises, the muscles in use grow stronger. Likewise, the process of searching through one's memory and retrieving the relevant information strengthens that memory.

Research show that learning is particularly strong when students "self-test". Rather than passively reading and remembering by rote, you should study by forming appropriate questions, searching memory for relevant responses, and knitting this information together into an appropriate answer.

Being successful in today's world, as we all now recognize, requires more than an ability to think quickly and recall facts on command. Tests aren't just a part of education but can actively shape what teachers teach and what students learn.

So, friends let us celebrate examinations as they come our way, so that, we might have that cutting edge as individuals in today's competitive world.



Time is one of our most valuable possesions, Use it wisely, Remind yourself often that things that matter most should not be left to the mercy of things that matter the most

69[™] REPUBLIC DAY OF INDIA IS PROUDLY MARKED @ ICSK SENIOR



"Where the mind is without fear, the head is held high" Rabindranath Tagore's, 'Gitanjali' rightly echoes the proud patriotic feelings of India from the day it was announced a free Republic sixty nine years ago.

Saluting the supreme glory of the mother land on the proud occasion of the sixty ninth Republic Day of India, a fabulous assembly was held at ICSK Senior Salmiya by the students of VIII C. With the Indian National flag proudly flying high, the students recounted upon the importance of the Republic day and of the Constitution that came into force on the day. Owing their allegiance and patriotism to mother India, children took the oath to be its worthy citizens making the home land proud.



A heart touching patriotic song was also rendered by the students creating a serene atmosphere inspiring the young minds to salute their motherland.

Throughout the assembly, the dignified glory and colourful unity of the country was enhanced upon with immense pride. The Principal Dr.V.Binumon addressed the gathering and recounted a brief history of pre-republic India. He also wished all the students and faculty of ICSK Senior School a happy Republic Day. The students offered intense reverence to the occasion of pride, by decorating and adorning the school with the tricolor flag and numerous charts recounting the proud heroes' martyrs and stories of sacrifices which led India on to the dais of being a republic.





National Science Day is celebrated all over India with great enthusiasm on 28th of February every year in order to commemorate the invention of the Raman Effect in India by the Indian physicist, Sir Chandrasekhara Venkata Raman on the same day in the year 1928. For his great success in the field of science in India, Chandrasekhara Venkata Raman was awarded and honored with the Nobel Prize in the Physics in the year 1930. 28th of February, 1928 was the great day in India when an invention in the field of Indian science was completed by the famous Indian physicist, Sir Chandrasekhara Venkata Raman. He was a Tamil Brahmin and first one in the science, who had researched such invention in India. To commemorate and honor this event always in the future, 28th of February was asked to the Indian Government to designate as a National Science Day in India by the National Council for Science and Technology Communication (NCSTC) in the year 1986.

From then, the national science day was started celebrating all across the India as a great event in the field of Indian science. It is celebrated every year by students, teachers, scientists and researchers in all the schools, colleges, universities, educational institution including scientific, academic, medical, technical and research institutions of India. On the first celebration ceremony of the National Science Day in India, the National Council for Science and Technology Communication had declared the institution of the National Science Popularization awards in order to recognize an excellent and wonderful endeavor in the field of science communication and popularization.

HOW NATIONAL SCIENCE DAY IS CELEBRATED

National science day is celebrated as one of the main science festivals in India every year during which students of the schools and colleges demonstrates various science projects as well as national and state science institutions demonstrates

their latest researches. The celebration also includes public speech, radio-TV talk shows, exhibitions of science movie, science exhibition based on themes and concepts, watching night sky, live projects and researches demonstration, debates, quiz competitions, lectures, science models exhibitions and many more activities. It is celebrated every year with immense passion at the Giant Metrewave Radio Telescope (also called GMRT) at Khodad which is a worldwide famous telescope getting operated at low radio frequencies by the NCRA (National Centre for Radio Astrophysics) established by the TIFR (Tata Institute of Fundamental Research).

Variety of activities is organized by the NCRA and GMRT at the ceremony of national science day celebration in order to recognize their leading research activities in the field of radio astronomy and astrophysics. Variety of programmes is also held for the common public and student community to popularize the science and technology in the country. The minister of science and technology give a message through his speech at this day to the students, scientists, researchers and general public of the nation.

CAPTAINS & VICE CAPTAINS - FEBRUARY 2018

CLASS 12L

CLASS 10F





RAYAN KAISER



CINTHIL AVIN PAULUS JANNADHUL RIFANA





S. ABDUL HAMID







CLASS 10A

CLASS 9A

HUSSAIN MUSTAFA



JESSICA ANNAMALAI





SAYED YASIR ASHRAF **7UHA FATIMA**





FATEMA

CLASS 9D



BRIAN





CLASS 8A



JEWELLA D'SILVA



AHMED AIJAZ K. CLASS 8B



SAMREEN FATHIMA MOHAMMED SAAD



CLASS 9C



AHMED ALJAZ ESSA FAISAL RABBANI **CLASS 8D**



SHAYAAN **CLASS 7A**





ASMA JAVED





ZOYA DEEPAK



CLASS 7C



LEAYA ELSA VARGHESE RACHEL GIJU GEORGE



CLASS 7D







AMAN SRIVASTAVA AYESHA BATOOL





SIMON GLADWIN





ANNA SHEJU





















later is the most important resource in the world. Here are some amazing facts about water that you may not know.

WATER METRICS"

68.7% of the fresh water on Earth is trapped in glaciers

30% of fresh water is in the ground

7% of the world's water is frozen and therefore unusable

Water can dissolve more substances than any other liquid including sulfuric

The freezing point of water lowers as the amount of salt dissolved in at increases. With average levels of salt, seawater freezes at -2 °C (28.4 °F)

About 6,800 gallons of water is required to grow a day's food for a family of four.

70% of the human brain is water

Water weighs about pounds a gallon



It takes 120 gallons of water for one egg.

A jellyfish and a cucumber are each 95% water

Water expands by 9% when it freezes.

780 million people lack access to an improved water source.

In just one day, 200 million work hours are consumed by women collecting water for their families.

ICSK SENIOR SPORTS TEAM PARTICIPATE IN CRICKET ACADEMY MATCHES

The Indian Community School, Kuwait believes and lays continuous emphasis on the overall development of the students through sports' activities which form an integral part of the curriculum. The school has initiated a Cricket Coaching Academy at Salmiya – Junior Branch & Khaitan Branch with the intention of identifying the best cricket players and training them. As a part of this, ICSK conducted Cricket Tournaments for senior and junior players of the Cricket

Academy in Boulevard, Salmiya, on 18th January 2018 from 5.00pm to 8.00pm. Junior teams Team A & Team B fought a highly competitive match in which Team A emerged victorious. Team A won the toss and elected to bat scoring 48 runs all out whereas Team B scored 38 runs all out in 10 overs.

In the senior section the teams ICSK & MG7 Warriors vied with each other for victory.MG7 won the toss and elected

to bat and scored 148 runs in 12 overs. ICSK team scored 112 runs with the loss of 8 wickets and MG7 Warriors emerged victorious in this hard fought match by 36 runs. The matches were organized for selecting the U-14, U-16 & U-19 Kuwait's best players and to identify the future national team members. The top performers scoring runs with consistency and taking wickets can be a part of Kuwait cricket Team in the future.

WORLD CANCER DAY IS OBSERVED ON FEBRUARY 4TH



World Cancer Day is an international day marked on February 4 to raise awareness of cancer and to encourage its prevention, detection, and treatment. World Cancer Day was founded by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration, written in 2008. The primary goal of the World Cancer Day is to significantly reduce illness and death caused by cancer by 2020.

A truly global event taking place every year on 4 February, World Cancer Day unites the world's population in the fight against cancer.

It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action. World Cancer Day targets misinformation, raises awareness, and reduces stigma. Multiple initiatives run on World Cancer Day to show support for those affected by cancer. One of these movements is #NoHairSelfie, a global movement to have "hairticipants" shave their heads either physically or virtually to show

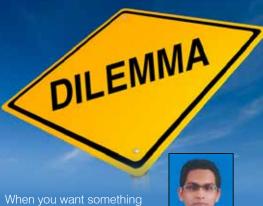
a symbol of courage for those undergoing cancer treatment.[4] Images of participants are then shared over social media. Local events also take place.

Taking place under the tagline 'We can. I can.', World Cancer Day 2018 will explore how everyone – as a collective or as individuals – can do their part to reduce the global burden of cancer.

Just as cancer affects everyone in different ways, all people have the power to take various actions to reduce the impact that cancer has on individuals, families and communities.

World Cancer Day is a chance to reflect on what you can do, make a pledge and take action. Whatever you choose to do 'We can. I can.' make a difference to the fight against cancer.





When you want something it runs away from, when something wants you come closer, you run away to the river of infinity......... Life; a dilemma!

MELVIN MANOJ MATHEW - XII G

Some flashes beyond your thoughts and some lights bright before your eyes.... Too bright that your eyes can't recognise and Too dark that your eyes can't make out....... Life; a dilemma!

you into the bushes of wildness and arrongance to achieve it......
Later your compassion extinguishes the fire in you and starts a lake of unknown and unwanted reality!!

Don't know either a way out nor a way in..... waiting for the day when my life would meet its purpose......
An absolute solution to the Dilemma of life.

Birthday Arcade - February



NAYANA RUDRA 10A - FEB 1



MOSES REJI CHANDY 11A - FEB 1



YUSRA NASSER 11F - FEB 1



DAWOOD BANKODA ZENAB K. DARUWALA FIRDAUS SALIM PARKAR MATHUSHAN MOHAN SOHAIL MANOJ KANOJIA YUNUS MOH'D SHAFI 11H - FEB 2



11H - FEB 2



12F - FEB 2



12K - FEB 2



7B - FEB 3 7B - FEB 3



SREYA MATHEW 8A - FEB 3



SHAIKH ADAM 9B - FEB 3



MOH'D JASIM 9D - FEB 3



KYRA RODRIGUES 11J - FEB 3



FATHIMA NIMRA 12K - FEB 3



REEBA SUSAN THOMAS FAHMIDA MUKHTER 9A - FEB 3



8C - FEB 4



NIHA ANN SAM 12G - FEB 4



TAHA IMAM 7D - FEB 5



AKBER ALI MOIZ PALESHA E. FERNANDES 10E - FEB 5



11J - FEB 5



GLADSON CRASTA PRONOY SIMON THOMAS 12D - FEB 5



7A - FEB 6



K.SRILAKSHMI 9A - FEB 6



SHELDON ALDRIGE 10E - FEB 6



ADNAN 11H - FEB 6



JOSH SONY 7A - FEB 7



AKSHAY GIRISH KUMAR 11E - FEB 7



VALANY RASHA 12K - FEB 7



RISHON D'SOUZA 8C - FEB 8 12F - FEB 8



AMEENA HAMZA 7F - FEB 8



SHOAN T. OOMMACHAN 10B - FEB 8



MANHA SYED 8B - FEB 9



JOHANN LAJI PHILIP 10C - FEB 9



SYED ABDULLA 10E - FEB 9



8A - FEB 10



VALENTEENA LOBO SANTHOSH KUMAR ADNAN JAVID MOH'D 11M - FEB 10



11B - FEB 10



NAFISA BEGUM RACHEL LOURDES F. 11G - FEB 11 11M - FEB 11



HARSHIT G. 7F - FFB 11



11F - FFB 11



12G - FFB 11



9A - FFB 12



SHAMEELA HAFEEZ PRIYADARSHINI V. ANDREW P. THOMAS RAKSHITA A. GANJA 10B - FFB 12



AKHIL MENON 12A - FFB 12



ANUPAMA DILIP 12A - FFB 12



10B - FFB 13



AKSHAY NANDU LAL 12H - FFB 13 12J - FFB 13



DANISH S. KUMAR



NOLAN THOMAS 7A - FEB 13



9A - FEB 13



12C - FEB 14

ADNAN KUTBUDDIN AHALYA N. KUTTY BURHANUDDIN MURTAZA

10C - FEB 22



STEFAN MATHEW KURIAN ANGELA ANN ALEX ARJUN RAJASEKHARAN 12C - FEB 14



JOSEPH ALEX 12F - FEB 14



10A - FEB 14



9D - FEB 14



MELAN VARGHESE SHAIKHA ABDUL KADER SIDHARTH MURALI SHARON JUDITH LOBO 11I - FEB 15 11B - FEB 16



DHRUV RAMESH SHETTY 9A - FEB 16



RUKAIYA ASGAR 12G - FEB 16



STEVE SUNNY SUGEL PRESTON SHANNON 7E - FEB 16



MARIA KUKSHI 11J - FEB 17



AIBIN THOMAS 12C - FEB 17



ABBAS TAIYEB ALI 12F - FEB 17



DELWIN MORAS 7E - FEB 17



FIRAS JAVID 12B - FEB 17



12J - FEB 18

BENNY MATHEW 12C - FEB 18



JERRY SAM JOSE 8B - FEB 18

HIBA HAMEED

9A - FEB 21



7B - FEB 22

JOHN MARSHAL 12L - FEB 19 7D - FEB 19



RASHIDA BAKRIWALA SANIYA JAVED SURTI 9A - FEB 19

9D - FEB 22



12C - FEB 19

SONA ADHITHI

9D - FEB 22



JUSTIN K. PAUL

11D - FEB 26



SARAH THOMAS

11D - FEB 20

BURHANUDDIN YUSUF SIMRAN KUMAR 12F - FEB 27



12L - FEB 27



RUHI FAISAL

8C - FEB 21

9B - FEB 27



11C - FEB 21





SYED YUSHA NADEEM 7F - FEB 27



RILLA MAHIMA 9A - FEB 28 12K - FEB 28



8A - FEB 28





ABDUL SATTAR BURUD MOHAMMED BADRI KHALID MOHAMMED ADITHYA N. RAJESH 7A - FEB 28 12C - FEB 29























- FFB 2

MRS.ANNIEF MATHEW MR.JOEL JOHN - FFB 4

- FFB 5

- FFB 7

- FFB 10

MRS.SICY ABRAHAM MRS.SUSAN RAJESH MRS. NAGESWARI MRS. TINTU WILSON DR. NAVJOT KAUR - FFB 10

- FFB 13

MR. JAYESH - FFB 18

SARATH - FFB 20 - FFB 20

MRS. MANJUMITHRA MRS. SEEMA JAYAPRAKASH MRS. SABHARWAL - FFB 26

HOW TO IMPROVE YOUR SELF-ESTEEM



Our self-esteem is how we value and perceive ourselves. If you have low self-esteem you may feel:

- like you hate or dislike yourself
- worthless or not good enough
- unable to make decisions or assert yourself
- like no one likes you
- you blame yourself for things that aren't your fault
- guilt for spending time or money on yourself
- unable to recognise your strengths
- undeserving of happiness
- low in confidence.

Having little self-belief can stop you from living the life you want to live. If you think your low self-esteem is impacting on your life, take a look at our tips on improving your selfesteem:

- Think about what is affecting your selfesteem
- Avoid negative self-talk
- Connect with people who love you
- Learn to be assertive
- Set yourself a challenge
- Focus on your positives
- Take care of yourself
- Get support if things get too much

Is low self-esteem a mental health problem?

Having low self-esteem isn't a mental health problem in itself, but the two are closely linked.

Some of the experiences of low self-esteem can also be symptoms of mental health problems, such as:

- feeling hopeless
- blaming yourself unfairly
- hating yourself
- worrying about being unable to do things.

If lots of things are affecting your self-esteem for a long time, this may lead to a mental health problem, such as depression or anxiety. Having a mental health problem can cause you to have low self-esteem, which can make it more difficult to cope or take steps to increase your self-esteem.

It's that critical voice inside my head that makes me second-guess everything; what I've said, what I've done, how capable I am.

GOODWILL AMBASSADORS



11F



9A





ICSK CAMPUS TURNS EFFERVESCENT AND ZESTFUL AT THE 15TH MEGA CARNIVAL





The Indian Community School, Kuwait, set another milestone in its memorable history as it hosted the 15th Mega Carnival on Friday, 19th January, 2018. The most eagerly -awaited event among the Indians in Kuwait, the Mega Carnival drew huge crowds during the day-long event which spoke volumes about the popularity of the event as all roads seemed to lead to ICSK.

Mr. Abdulkarim Alsayegh, Chairman Royal Enfield Group, Kuwait who was also the Chief Guest of the occasion inaugurated the event. The Chief Guest appreciated the objective of the carnival, as hundreds of underprivileged children get opportunity for the free education in ICSK through the proceeds collected. The Guest of Honour, Shri. Sanjeev Saklani - Attache (Consular/Education) lauded the school for its altruistic efforts and offered his best wishes for the programme. Dr. V. Binumon. Principal and Senior Administrator welcomed the august gathering. Mr. Shaikh Abdul Rahman, Honorary Chairman, Board of Trustees ICSK honoured the guests. He also launched the Campus 360 Mobile App which is the first one in Kuwait schools, for better interaction with parents. The other members of the ICSK Board of Trustees; Mr. Vinukumar Nair, Honorary Vice Chairman, Mr. Amer Mohammed Honorary Secretary, Mr. Agnello Antonio Sebastio Fernandes, Honorary Jt. Secretary and Mr. S.N. Raju, Honorary Treasurer also graced the occasion. The Principals and Vice-Principals of all the branches of ICSK were







present for the ceremony. Renowned singer Master. Vaishnav Girish released the Carnival Souvenir on the occasion.

The inauguration ceremony opened with an extraordinary band display of ICSK that captivated the hearts of all. Swaranjali, the ICSK musical band enthralled the audience with their rendering of 'Atithi Devo Bhava' and the young talents of ICSK Amman & Junior shared their talents to enrich the inaugural function. Mr. Rajesh Nair, Principal, ICSK Amman delivered the Vote of Thanks.

The mega carnival kept the visitors enthralled throughout the day with a thick assortment of activities like games and competitions, on-the-spot questions, talent shows etc. The ICSK Salmiya campus was transformed into a interesting land that charmed all the age-groups. The excitement continued throughout the day as all the branches had varied entertainment programmes lined-up. The toddler fashion show undoubtedly created an amazing impact. It was absolutely a rare opportunity for the community to enjoy the





varieties of artistic events such as Lebanese Dance, Tanura Dance, Shingari Melam with the participation of the Students of ICSK, Dandiya Dance, Andhra Dance, Rajasthani Dance, Various classical dances, Fashion show and Bhangra dance all interspersed with the bingo games ensured a hearty family outing.

Apart from the jollity that was observable among the audience near the center-stage, high-spirited crowds thronged the diverse stalls that offered a vast variety of food items, array of interesting games, world currency exhibition, face-painting, hair-colouring, hair-styling etc. The Mega Carnival also featured many a sizzling food kiosk. Indian, Chinese, and Arabic food stalls were visited by gourmets much to the satisfaction of their taste buds. Many items of interest like traditional ethnic colourful Indian clothes, books, bags etc. were also put up for sale. The usually serious campus was magically turned into a merry land and the school premises was transformed into a fairytale palace filled with fun, laughter, merriment, games, and what not!

The crowd went in a rhapsody as Vaishnav Girish, the Indian Idol fame took the stage and sang some hit songs. Kuwaitisinger Mubarak also entertained with his mesmerizing voice. The fun filled day drew to a close with the raffle draw with the Board members, Principals, Vice Principals. The zest and zeal exhibited by an enthusiastic crowd of visitors and participants made the Mega Carnival 2018 a memorable one.





COINS AND CURRENCY GALORE!! NUMISMATICS EXHIBITION AT ICSK SENIOR



"Let's travel the world without a passport". The exhibition with the theme 'Travel the World without Passport' was ventured in collaboration with Kuwait National Exchange at the Senior school campus. It was held on 22nd January, 2018 in the auditorium. Currencies are precious and invaluable symbols of each nation and the ancient currencies of 193 countries around the



alobe were displaved

Each country had its own unique style of design, picture and shape. Some currency notes even depicted glimpses of the customs and forte of their countries like, their clothing style, national animals, famous monuments etc. The currency notes were dated back from

the mid-nineteenth century to the twenty-first century. It was an educational and interesting experience, yet was fascinating to see the whole world at one place.

The students were in great awe to witness the multifarious denomination Polymer currency notes, bimetallic coins, vertically printed notes, notes which hold a special place in Guinness book of world record, talking coins from Liberia, all provided an educational value of numismatics. The exhibition was a nice platform for budding collectors to learn about the hobby. It was a splendid display which not only benefitted the students but was an inspiration to all.

MISS MERIL SUSAN CLINCHES POSITION AT INTERSCHOOL ESSAY COMPETITION held by MMF



Meril Susan Sam , a student of class twelve from the ICSK senior branch has proved her linguistic mettle at the interschool essay competition where she won the second prize. The competition saw the participation of many candidates from the Indian school in Kuwait. It was held on November the 18th and organized by the Malayali Media Forum (MMF) Kuwait. The competition saw a stifling race for the prize as both girls and boys energetically portrayed their thoughts on the topic for the essay contest.

MMF is an association of Keralite expats who are

employed in the media industry in Kuwait and which had this contest held as part of its 10th anniversary celebrations. Nominated studenst from different schools of classes 9, 10, 11 and 12 had to share their thoughts on the topic "Demonetization in India Merits and Demerits". The four winners will be awarded their prizes at the annual conference of the MMF.

The event was presided over by General Convener of the MMF T. V. Hikmat. The ICSK is proud of studenst like Merin who employ their skills abroad and which were horned at the campus.

THE SEVEN QUESTIONS OF SIDDHARTHA GAUTAMA BUDDHA



- What is the sharpest thing in the world? Someone said, 'Sword'.
 Buddha said, 'The sharpest is the human tongue. Through the tongue, the humans easily slander people, hurt the heart and feelings.'
- What is the most distant from us in the world?Someone replied, 'Space, the moon and the sun.'

Buddha said, 'Past. Whoever we are, however rich we may be, we cannot go back in time. Therefore, we must make good use of today and of the days that will come.'

- What is the biggest thing in the world? Someone said, 'The Mountains.' Buddha said, 'Lust. Many humans become wretched because they indulge their lusts. Lust is a dangerous thing...!'
- What weighs the most in the world?
 'Steel, iron and elephant', replied someone.
 Buddha said, 'Promises. It is easy to say, but hard to keep.'
- What is the lightest thing in the world? Someone replied, 'Cotton, wind, dust and leaves.'

Buddha replied, 'The lightest thing in the world is forgetting and leaving. People chase wealth and position. Little do they realize that they take nothing with them when they leave this world.'



SRILAKSHMI NNAPURNA 9A

- What is the closest thing to us in the world?
 - Someone replied, 'Parents, friends and relatives.'
 - Gautama said, 'The closest to us is death. It is sure, and can happen any moment.'
- What is the easiest thing to do in the world?
 - Someone said, 'Eating, sleeping...and doing nothing.'
 - Buddha said, 'The easiest, is sharing your knowledge with others.'

BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF JANUARY 2018

INCOME (DECEMBER)	KD	EXPENDITURE (JANUARY)	KD
Balance c/f from (December)	3051.100	Mr. Hagos Negasi Jeferi	150.000
		Mr. Rathod Vishnukumar	150.000
		Mrs.Sultana Lovely	150.000
		Mr.Sainuddeen Abdul Sadeq	150.000
		Mrs.Evelyn Agtang	150.000
		Mr.Kamel Ahmad	150.000
			900.000
Balance from (December)	2151.100		
Contribution from students (January)	398.18		
Contribution from Nature Club (January)	84.000		
Contribution from Staff & Well Wisher (January)	309.250		
Miscellaneous	213.250		
Balance in hand	3155.780		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - JANUARY 2018

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
XI A	-	3.000	3.000
XI B	-	5.525	5.525
XI C	-	8.450	8.450
XI D	-	3.980	3.980
XI E	10.000	15.500	25.500
XIF	-	4.730	4.730
XI G	-	12.150	12.150
XI H	-	3.840	3.840
ΧII	-	26.000	26.000
XI J	3.000	6.920	9.920
ΧA	-	2.295	2.295
ХВ	-	9.340	9.340
ХС	-	4.495	4.495

D CHARITT FUND COLLECTION			
CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
IX A	8.500	25.925	34.425
IX B	2.000	8.570	10.570
IX C	-	5.105	5.105
VIII A	-	19.290	19.290
VIII B	9.000	14.895	23.895
VIII C	1.500	1.320	2.820
VII A	-	14.180	14.180
VII B	-	6.255	6.255
VII C	-	5.750	5.750
VII D	1.500	7.855	9.355
VIIE	-	16.920	16.920
	35.500	232.290	267.790

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
AFTERNOON			
VI A	-	1.815	1.815
VII F	1.400	-	1.400
VIII D	-	10.165	10.165
IX D	-	67.030	67.030
X E (NIOS)	-	7.725	7.725
X F (NIOS)	-	10.030	10.030
XI M	-	2.000	2.000
XII J (S)	-	3.545	3.545
XII K (COM)	-	16.570	16.570
XII L (COM)	-	10.110	10.110
	1.400	128.990	130.390
Grand Total	36.900	361.280	398.18













CHARITY CONVENORS - FEBRUARY



ABISHA



JANNADHUL RIFANA



MIR AZAM HYDER



JAYAKRISHNAN



OSAMA



AKSHITHA SATYAN



HUSSAIN IMTIYA



MUBARAK HUSSAIN



GREGORIOUS A.



ASHBINN M. SATEES



CONROY JOSEPH



BECKHAM RODRIGUES - 9



CAROLINE FERNAND



SAPAN SRINIVA BYNDI A - 8B



AAHIL ASHRAF



SANJNA REDI



VENKATA DHARMITHA - 7A



ADNAN



NIDHI MYTHILY GIRESH - 7C



RASHIDA BAKRIWA



TAMANNA SANTHO



MOHAMED SAAD SURESH - 7F



ANIYA SARFA

EXEMPLARY ACT OF KINDNESS ADDS A FEATHER TO ICSK SENIOR CHARITY CAUSE



"The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service" Henry Wadsworth Longfellow

As the saying goes charity begins at home but should not end there, the Indian Community School Senior witnessed an extension of its exemplary influence on its society on the morning of January 19nth. Mr. Abdulkarim Alsayegh, who is the Chairman of Royal Enfield in

Kuwait and was benignly present for the school carnival as its chief guest. Upon learning of the charitable activities undertaken by students of the school, he has extended a plentiful support to the same cause and has donated an amount of KD 300/ to the same.

The school has been accepting monthly donations by students in the form of micro denomination such as 10 fils, 25 fils, 50 fils and 100 fils. This programme is the initiative of the Principal Dr. V. Binumon who has instilled this charity drive which has seen its fruits in the form of donations of KD 150/ to needy cancer patients in Kuwait. The school has received its support from hospitals around Kuwait to identify the needy cancer patients. The school has also received public acclaim in this benevolent act of which Mr. Abdulkarim Alsayegh the honourable chief guest who saw the need and the cause for charity, has also backed the same with his generous contribution. ICSK Senior looks forward to imbibing such values in the generations to come with the support of the Indian diaspora at large.

"Every good act is charity. A man's true wealth hereafter is the good that he does in this world to his fellows." Moliere

HOW MEGHALAYA GOT ITS NAME



MEGHALAYA (N.E.India) means "the abode of clouds" in Sanskrit. The capital of Meghalaya is Shillong. It was nicknamed the "Scotland of the East". English is the official language of Meghalaya. Other principal languages -Khasi, Pnar, Hajong, Tiwa, Rabha, Garo & Biate.

Meghalaya has follows a matrilineal system where the lineage and inheritance are traced through women; the youngest daughter inherits all wealth and she also takes care of her parents.

The state is the wettest region of India. About 70% of the state is forested. Meghalaya is also famous for its large variety of orchids.

BEST STUDENTS - JANUARY



CHUNG FUKH KIM - 12J



SAKINA ABBAS - 12K



-12L



FATHIMATHUL RAZA MOSES REJI CHANDY - 11A



ALITA ANNET - 11B



LEANDER GEORGE - 11C



SARAH THOMAS - 11D



PARINAZ SHARUKH - 11E



RITAJ FARROQ - 11F



JOHN ALEX



FAVIAN SHAUN



MOSES KURIEN



RANIA



JEANICE VIJAY KRIPA - 11J



ALVIN MANOJ - 10A



ABBAS - 10B



JOHANN LAJI - 10C



VIKRAM RAVI



KAASHISH - 10F



ANFAL UZMA D.



IRENE M. JOHNSON - 9R



BRAHMLEEN KAUR - 9C



FATHIMA HANNA - 9D



VAISHNAV RAJFEV - 8A



MAY SMITH JAMES - 8R



FUAD FARHAN - 8C



ALFENA PAULY - 8D



JEEVAN VARGHESE



ANAGHA VIJU



ANOOJ JACOB



GOKUL SREENIVASAN - 7D



RINKLE KALPESH



DHYANI MITESH - 7F



SANIYA SARFARAZ



BTS, also known as the Bangtan Boys, is a seven-member South Korean boy band formed by Big Hit Entertainment. BTS (Bangtan Sonyeondan) consists of 7 members: RM; Rap Monster (Kim Nam Joon), Jin (Kim Seok Jin), Suga (Min Yoon Gi), J-Hope (Jung Ho Seok), V (Kim Tae Hyung), Jimin (Park Ji Min) and Jungkook (Jeon Jeong-guk). They debuted on June 13, 2013 with the song "No More Dream" from their first album 2 Cool 4 Skool. Known for their large social media presence, BTS were listed by Forbes as the most retweeted artist on Twitter in March 2016.

Following that, Twitter launched its first ever K-pop Twitter emoji featuring BTS. In 2017, BTS broke the Guinness World Record for most Twitter engagements for a music group. In 2017, BTS won a Billboard Music Award for Top Social Artist. In June 2017, Time magazine named the band one of the 25 most influential people on the internet.

BTS' achievements have also led the group to be ranked number five on Forbes Korea Power Celebrity list for 2017, a list ranking South Korea's most powerful and influential celebrities. Their fans are now officially called A.R.M.Y which stands for Adorable Representative M.C for Youth. They also explained the significant meaning behind it. ARMY is military in English, the body armor and military are always together, so it means



RAKSHITA AMARNATH - 10B

that the fans will always be together with the Bangtan Boys'.

The meaning behind the new logo of BTS is protecting youths from prejudice. They are moving forward, chasing their dreams instead of settling for reality. The design language shows ARMY meeting BTS at the doors. The new logo represents the boys walking through the doors from the present towards an improved future. The two logos were meant to represent a harmony between the past and the present.

"We defined and visualized the universal combination of BTS's album concepts and activities throughout time in a futuristic concept."

- Big Hit Entertainment

Built on Solid Stone:Dwayne "The Rock" Johnson



Forbes ranked him the highest paid actor in Hollywood, Hulk Hogan and John Cena have remarked him as the best superstar WWE has ever had, and Harvard Business school has even conducted a case study on him. He's a producer, entrepeneur, actor ... but I've always known him as the most electrifying man in sports entertainment , The Rock. He has been immortalised in the WWE Hall of Fame , but he has finally achieved his biggest milestone in his film career , earned a star in the Hollywood Walk of Fame. He was known for his physique in the 1990's and now for his iconic roles in Hercules, The Scorpion King, San Andreas, Jumanji, G.I.Joe and many

Dwayne Johnson's path hasn't been easy. It was a long and hard road for The Rock before he burst into wrestling. He was born in 1972 to legendary wrestler Rocky Johnson and Ata Maivia , daughter of Peter Maivia who was another wrestler in his time. He was of Samoan descent, and of the famous Anao'i family of which Roman Reigns, the Usos , Rikishi , Umaga, Yokuzuna were part of. From ayoung age, Dwayne understood the world of wrestling, given his height of 6 feet weight

of 180 lb when he was thirteen. He opted for a football scholarship and joined the Miami Hurricanes. Later he went to the Stalgary Stampeders in Canada.

In his book 'The Rock Says..'(2000), he says he was a hardworking footballer and was a natural at it. He also added that he suffered several injuries to which he guit football and switched to wrestling. Dwayne knew he had a hard and vigorous path ahead of him. But he was adamant and was ready for what he was going to face . Persistence really pays off. He began training and eventually met Vince McMahon and made his wrestling debut. He defeated The Brooklyn Brawler in his first match but lost his second. He won his first championship, the Intercontinental Championship, by defating Hunter Helmsley. He was also the sole survivor of the 1996 Survivor Series by eliminating Crush and Goldust single-handedly. He defended hid championship against Mankind, Hunter Helmsley,the Undertaker, Stone Cold,etc.He finally lost his championship against Savio Vega.

After losing his title, he was booed by 20,000 fans at Wrestlemania. Twenty Thousand fans started chanted 'Rocky Sucks'. And a few weeks later, he had torn his right leg tendon and had to take a three month break. He said,"I thoughtfans were booing at me, but they were not . There were booing at someone who weren't being themselves". Couple weeks later, he came out again on live TV and said. "The Rock may be a lot of things. but sucks isn't one of them". After a month, he was the new hotshot of the wrestling federation. During the Attitude Era, he had several disputes between Chris Jericho, Hulk Hogan and his biggest one with Stone Cold. He even won the Royal Rumble 2000 by last eliminating Big Show. Vince McMahon, who had been supporting Johnson against Triple H and Stephanie, had betrayed him in Wrestlemania and cost him his championship in the Fatal 4-Way match. He even lost to Angle for the Intercontinental Championship

and Brock lesnar for the WWE championship, but he never lost his edge. In his final matches, He defeated Stone Cold and Hulk Hogan in 2 Wrestlemanias.



RIITVIK V V - 9 A

After his first retirement in 2004, he decided to concentrate on his film career. During this period of time, he had starred in his iconic movies such as G.I.Joe, The Scorpion King, etc. On March 29, 2008, The Rock inducted his father, Rocky Johnson, and his grandfather, Peter Maivia, into the WWE Hall of Fame. During his induction speech, he roasted wrestlers John Cena, Santino Marella, Chris Jericho, Mick Foley, Shawn Michaels, and Stone Cold Steve Austin. During the next ten years, he made on and off appearances. Finally, he was announced the host of Wrestlemania 27. He several feuds with John Cena and the Miz before wrestlemania. After costing Cena his championship at the event, the match of the ages was ste up between both of them at wrestlemania the next year. He defeated Cena in the match and won the WWE championship few months later only to beak the record of most championship wins. After Cena won the Rumble in 2013, both had been set a rematch for Wrestlemania XXIX. The Rock lost his title in this match and earned Cena's respect. At this event, a record breaking 90,000 attendance had come to see this match.But it didn't end there.He wnt on to pin Erick Rowan in 2016, within a recordbreaking 6 seconds.

The People's Champ had made few more appearances in the following years. He suffered a triple power bomb from The Shield and had the pleasure of meeting Stephanie McMahon. Johnson's ever lying legacy has been very inspiring. By being yourself you can do so much more than you can. By starting from scratch and coming from a well reputed family, he had created so much more of himself.



- "I don't' love studying. I hate studying. I love learning. Learning is beautiful." -Natalie Portman
- "Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." Bil Keane
- "Peace is the beauty of life. It is sunshine. It is the smile of a child, the joy of a father, the love of a mother, the togetherness of a family. It is the advancement of man, the victory of a just cause, the triumph of truth. -Menachim Begin
- "There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self." Hindu Proverb



WERLD in a Nutshell



Secretary.

Vijay Keshav Gokhale, China and East Asia expert, is next Foreign Secretary: The government has announced the name of Vijay Gokhale, an officer with formidable experience on China and the East Asian neighbourhood, as its next Foreign



Historic Iron Church in Istanbul reopens after restoration: Turkey's President and the Bulgarian Prime Minister have unveiled the historic Iron Church in Istanbul after a seven-year restoration project. In opening ceremony, Turkish President Recep Tayyip

Erdogan said the 120-year-old Sveti Stefan Church remains the "single example" of a church built on an iron skeleton. The cross-shaped Bulgarian church was built on the banks of Istanbul's Golden Horn in 1898 with 500 tons of prefabricated iron components shipped from Austria.



Indian-American woman Aruna Miller to run for U.S. Congress: Indian-American politician Aruna Miller has filed nomination papers to run for the U.S. Congress from a Congressional seat in Maryland.Ms. Miller, 53, is currently a member of the Maryland

House of Delegates for which she first elected in 2010.



Delhi's Teen Murti Chowk renamed Teen Murti Haifa Chowk for Benjamin Netanyahu's visit: As a symbolic gesture of friendship with Israel, India renamed the iconic Teen Murti Chowk, a war memorial, during the visit of Prime Minister Benjamin

Netanyahu. The new name of the war memorial located in a roundabout near the Teen Murti Bhavan, the official residence of the first Indian Prime Minister Jawaharlal Nehru will be, Teen Murti Haifa Chowk.



All-woman sailboat of Indian Navy docks at UK island: An Indian Navy sailing team out to make history as the first-ever voyage by an all-women crew to circumnavigate the globe is now docked at Port Stanley, the capital of Falkland Islands -

a British Overseas Territory. The six crew of the Indian Naval Sailing Vessel (INSV) Tarini started their maiden voyage on September 10 from Goa and is expected to complete it in about eight months.



Do not donate over ₹2,000 in cash to political parties: Income Tax Department: The Income Tax Department cautioned people against indulging in illegal cash transactions including donating more than ₹2000 to political parties. In a bid to

clean up election funding, the government early this year had notified 'electoral bonds' that can be bought from specified branches of the State Bank of India (SBI) and used to donate money to political parties. According to the scheme, no person should make a cash donation of over ₹2000 to a political party. This is the first public advisory that the department or its policy-making body - the Central Board of Direct Taxes (CBDT) has issued vis-a-vis political donations.



NASA keen on India-made technology for spacecraft: A new thermal spray coating technology used for gas turbine engine in spacecraft developed by a Rajasthan-based researcher has caught the attention of a NASA scientist. Expressing

his interest in the research, James L. Smialek, a scientist from NASA wrote to Dr. Satish Tailor after it was published in the journal Ceramics International and Thermal Spray Bulletin, said S.C. Modi, the chairman of a Jodhpur-based Metallizing Equipment Company (MEC).



Saudi okays India's plan to ferry Haj pilgrims via sea route: Saudi Arabia has given its nod to India's plan to revive the option of ferrying Haj pilgrims via sea route to Jeddah.Officials from both the countries will discuss all the necessary formalities and

technicalities so that Haj pilgrimage through sea route can be started in the coming years. It is said sending pilgrims through ships would help cut down travel expenses significantly and added that it would be a "revolutionary, pro-poor, pilgrim-friendly decision."



President, PM greet troops on Army Day: President Ram Nath Kovind and Prime Minister Narendra Modi greeted the officers and troops of the Indian Army on the occasion of Army Day. Army Day is celebrated on January 15 every year to mark

Field Marshal K M Cariappa's taking over as the first commander-inchief of the Indian Army. Mr. Modi saluted the Army personnel who sacrificed their lives while serving the nation and said every citizen of the country has "unwavering trust and pride" in the Indian Army.



UIDAI to add face verification option for Aadhaar authentication: The Unique Identification Authority of India, the Aadhaar-issuing authority, has decided to enable face recognition as another means of authentication from July 1, 2018. The

decision comes at a time when problems arising due to mismatch of biometrics are being reported about, including those faced by senior citizens with fading fingerprints.



H-1B visa extensions to continue: U.S:The United States has no plans under consideration to discontinue the extension of H-1B visas beyond six years, when beneficiaries wait for permanent residency, or green card, authorities clarified. A flurry of

speculative reporting on the issue over the last 10 days that said lakhs of people will be forced to self-deport from the U.S. as a result of this move had caused panic among Indian Americans who comprise a significant portion of green card applicants. Actual numbers are not available.



WEF 2018: Modi meets Swiss President Alain Berset; Prime Minister Narendra Modi on January 22, 2018, met Swiss President Alain Berset here and discussed ways to deepen bilateral ties on the sidelines of the World Economic Forum (WEF)

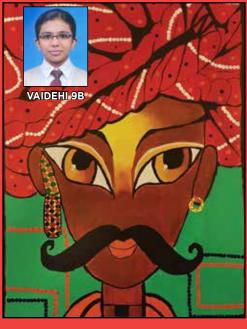
annual summit. Mr. Berset said the discussions marked the meeting of the biggest and the oldest democracies in the world. Thanking Mr. Modi, the Swiss President said he would continue to strengthen "our relations" with India.

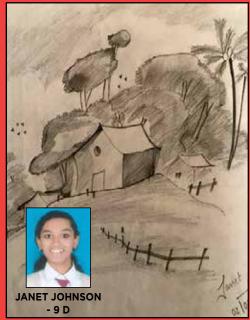
art Gallery













Student Name:	Serial
Student Name:	
Class: Roll No.:	

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ACKNOWLEDGEMENT

I, the parent of	studying in class	section
hereby, acknowledge the receipt of the February, 2018	edition of the ICSK Senior	Monthly Magazine, EPICS.
Signature:	Date:	
Name:		

I FPIC

EPICTIONARY

 mumblecore: a genre of narrative film focusing primarily on the intimate lives of young characters and featuring scenes of ample dialogue and minimal action Greenberg's Florence lives in somewhat

less of a bubble than a lot of mumblecore characters in that she is more or less gainfully employed and interacts with people older than herself.

safe space: a place (as on a college campus) intended to be free of bias, conflict, criticism, or potentially threatening actions, ideas, or conversations

Student volunteers put up posters advertising that a "safe space" would be available for anyone who found the debate too upsetting.

- woo-woo: dubiously or outlandishly mystical, supernatural, or unscientific Energy beams from the eyes certainly sounds like woo-woo stuff.
- 4. conlang: an invented language. Which conlang can be considered best for everyday usage?
- bitcoin: a digital currency in which transactions can be performed without the need for a central bank

The euphoria is what was once considered the provenance of libertarians seeking to create an alternative to central bank system, bitcoin, is bringing to mainstream.



Forthcoming

- PRAYAAN 1 Blessing Ceremony for Class 12 (New Academic Session)
- PRAYAAN 2 Blessing Ceremony for Class 10 (New Academic Session)
- Result declaration for Classes 11 & 9
- "Success At Examinations" Training programme for Board Candidates
- AISSC & AISS Examination

BEST CLASSES - JANUARY

Senior Secondary



FIRST - 11E



SECOND - 11 I



FIRST - 9A

Secondary

SECOND - 8A



THIRD - 11J



SECOND - 8B

HEALTH TRIVIA

When u drink a Coca Cola, within 20 minutes your blood sugar spikes causing an insulin outburst.



THIRD - 9B

AFTERNOON



FIRST - 12J



FIRST - 8D



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