

# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

JULY 2021



## PRINCIPAL'S MESSAGE

Dear Children,

Greetings to you!!!

How do you spend your time during the summer vacation. Are you spending your time effectively or simply wasting it. Remember dear children, only 'The Present' is in our hands, so

utilize your time effectively. On a daily basis keep a specific time for reading and exercise. Try to build positivity around you by keeping friendship with positive people. Negativity will create problems in your life. In this edition let us discuss how to handle negativity in our life.

The best way to deal with life's challenges is to take a good look at ourselves and take responsibility for what we think, feel and do. Never blame others for what you have or don't have, what you feel or don't feel. Once you do so, you'll become a victim of circumstances, and instead of using your time and energy to beat life's challenges, you'll sink into a dark and miserable state.

### 1. Give up complaining.

Make sure you take responsibility of your feelings and mood. Don't complain that other people's negativity is affecting you, because it will only create more negativity. Take responsibility for your thoughts, feelings and actions and see what you can do to make yourselves feel better and change the existing situation.

### 2. Similarity Attracts

Good begets good and bad begets bad. Without noticing, we attract into our lives events, situations and people that reflect our internal state. Ask yourselves: "How am I feeling inwardly? How am I looking outwardly? Am I happy, excited, thankful and calm? Or am I anxious, frustrated and judgmental?" If by any chance you are feeling the latter, you should self- introspect yourself. You will notice that it was you who has attracted and accepted the negativity of others around you which in turn has started making you feel miserable and you too start releasing negative energy in your surroundings. Remember, your outer self is in fact a reflection of your inner self.

### 3. Don't believe everything you think.

This is definitely one of the hardest things to learn. Closely observe the negative people in your life. What is it about them that gets you going? Why and how do they affect you so much? Is what they are doing really that bad or is your brain playing games with you? Remember, the brain is configured to look for trouble, and once it focuses on someone's negative qualities or thoughts, it'll be very

difficult to see the positive side of things. .

### 4. Focus on the good in people.

Ask yourselves: "Am I ready to find the 'good' in people? Am I able to notice their good qualities?"

Let the answers come naturally, make sure you are being honest with yourselves. If you feel you're insistent and won't change the way you are looking at people, don't give yourself a hard time. Training yourself to see the good in people takes time and patience, and when you are ready, you'll notice the change in your own thought process. You will be able to accept others as they are and be rational in your behaviour towards them and most important - you will be able to see the good in everyone. This quality of acceptance will assist you in spreading positivity around you. Remember, we all have 'good' in us.

### 5. Don't make others problems your problems.

For your own good, make sure you are not adopting others problems. If you allow others problems to affect your thought process you will start harbouring negativity, either against the person whose problems you have adopted or towards the people who have been the cause of the others problems. Overthinking others problems has an adverse effect on your entire thought process. In order to cure negativity - help a person having a problem by focusing on solutions to his/her problems rather than igniting the problem any further.

### 6. Taking ownership.

Instead of being a victim and a judge, blaming and passing criticism - you need to take full responsibility for your thoughts, feelings and actions. Don't waste your time obsessing and thinking: "They are ruining my energy, making me miserable, their negative energy is infecting my own..." Instead, say to yourselves: "How can I use this for my advantage? Is there something wrong I'm doing? How can I improve the situation and increase my positive energy to be stronger than their negative energy?". The answer to this is - "Take ownership of all your thoughts, feelings and actions"

### 7. Come with your own positive energy.

Focusing on negative energy cannot create positive energy, and vice versa. Emphasize on making yourselves happy which in turn will generate great positive energy in you. By doing this you will be able to drive away all the negativity harbouring within you. How to build positive energy? First and foremost focus on the positive aspect present in everyone especially in people towards whom you are harbouring negative feelings. Secondly focus on things you love about yourself, life and the world around you. Think of your loved ones, of things and situations that make you happy. In this way, you will increase the positive energy exponentially.

Wish You All the Best!!!

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# EDITORS' NOTE

Dear children,

Greetings from the editorial board.

Hope you all are relaxing and enjoying your vacations . Here's some good thoughts for you to ponder.

## How To Live & Die

What one has to do in order to achieve happiness..

1. First and foremost is good health. If you do not enjoy good health, you can never be happy. Any ailment, however trivial, will deduct something from your happiness.
2. Second, a healthy bank balance. Living on credit or borrowing is demeaning and lowers one in one's own eyes.
3. Third, your own home. Rented places can never give you the comfort or security of a home that is yours for keeps.
4. Fourth, an understanding companion, be it your spouse or a best friend. If you have too many misunderstandings, it robs you of your peace of mind.
5. Fifth, stop envying those who have done better than you in life - risen higher, made more money, or earned more fame. Envy can be corroding; avoid comparing yourself with others.
6. Sixth, cultivate a hobby or two that will fulfill you—gardening, reading, writing, painting, playing or listening to music. It's important to concentrate on something that keeps you occupied meaningfully.
7. Seventh, every morning and evening devote 20 minutes to meditation or introspection. In the mornings, 10 minutes should be spent in keeping the mind absolutely still, and for listing the things you have to do that day. In the evenings, five minutes should be set aside to keep the mind still and 10 to go over the tasks you had intended to do.
8. Above all, when the time comes to go, one should go like a Person without any regrets in life.

Hope these points are valuable in your future. Enjoy the creative skills of your friends

Happy reading.....

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



Mrs. Susan George



Mrs. Tintu Wilson



Mrs. Merine Joby

# Shortbread Cookies Recipe



Preparation Time-35 minutes



MARYAM SIDDIQUI  
- 8F

This shockingly easy, crisp, melt in your mouth shortbread cookies recipe comes together with five ingredients you probably have in your pantry! The cookies keep for weeks when stored properly and you can make the dough well in advance for on demand treats!

## Ingredients

- 10 tbsp unsalted butter unsalted butter, at room temperature 142g
- 1/2 cup confectioners' sugar
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups all-purpose flour 180g
- 1/2 teaspoon kosher salt optional

## Instructions

1. In a stand mixer fitted with a paddle attachment, beat butter and vanilla extract until creamed.
2. Add confectioners' sugar and salt; mix until combined.
3. Scrape bowl down and add flour while beating on low. Scrape bowl once more and mix until combined.
4. Shape the dough into a rectangular prism, wrap in plastic and chill until firm. At least an hour.
5. Preheat oven to 350F (177C). Use a sharp knife to cut 1/2-inch-thick slices
6. Place slices, spaced at least an inch apart onto a baking sheet lined with a silicone mat or parchment paper.
7. Use a fork or skewer to indent a pattern onto the top.
8. Bake for about 10 minutes, rotating baking sheet in the oven halfway through.
9. Transfer to a wire sheet to cool.



# ICSK ORGANIZES ONLINE SUMMER CAMP - SUNSHINE LIVE 2021

Sunshine Live 2021, the Virtual Summer Camp conducted by The Indian Community School Kuwait, has been one of its kind all over Kuwait. When the current pandemic came as a hurdle towards our annually planned and successfully executed Summer Camp, instead of abandoning the plans, ICSK decided to execute the online Summer Camp, Sunshine Live 2020 last year.



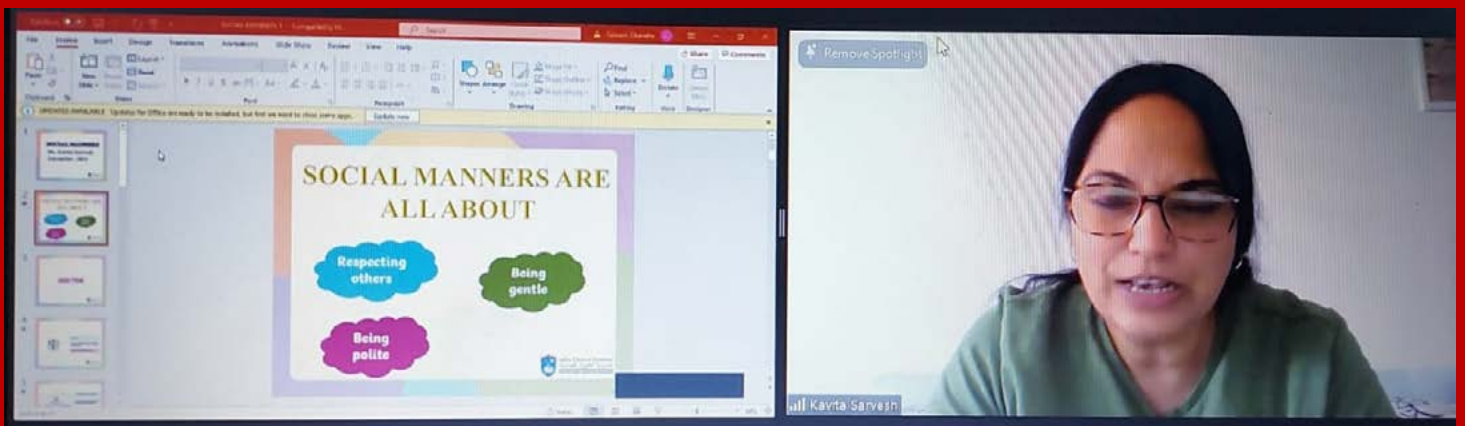
Due to the overwhelming response from the parents and students, with wholehearted support and guidance from the ICSK Management, Dr. V Binumon, Senior Administrator and Principal, ICSK Senior, Team Sunshine Live lead by Dr. Mary Isaac, Vice Principal, ICSK Amman, Virtual Summer Camp ventured for yet another year 2021. Participants from classes LKG to class 8 were divided into 3 age-based categories, Sunny Smiles, Dreamers and Dazzlers.

The Camp began on 13th June with a very colourful Inaugural Ceremony. Mr. Sudhanshu Gupta, Deputy Director, Federation of Indian Chambers of Commerce and Industry was the Chief Guest. The ceremony was attended by all the participants, their parents, resource

persons from Kuwait as well as India. Performances from each of the categories were magnificent.

The ceremony began with Islamic prayer and was followed by welcome dance by the tiny tots of Sunny Smiles, where they welcomed everyone to the camp. The prayers were then followed by a very crisp and yet descriptive welcome address by Dr. Mary Isaac, Vice Principal ICSK, Amman and Coordinator. The foot tapping number by Abhyudai Sjaish was followed, an amazing song sung by Dazzlers. Chief Guest Mr. Sudhanshu Gupta expressed his delight in joining and congratulated everyone present for the event. Dr. V. Binumon, Senior Administrator and Principal, ICSK Senior in his introductory remarks encouraged everyone present to make the most of the current situation and keep themselves positive and updated. He motivated everyone to stay positive and make the most of our possible options.

The wonderful response from the parents and participants encouraged ICSK and Team Sunshine Live to proceed with Sunshine Live Camp 2 starting on 13th July until 16th August 2021. Students are urged to utilize the opportunity of participating in the upcoming creative activities under Camp 2 and make productive use of your vacations in this crisis hour.



## MEERA BHARAT

- Did you know, that as per Indian Panchang system, each year has a specific name? And that each name has a meaning? There are 60 names of years (Samvatsars). Each name replays after 60 years. The year typically begins in mid-April.
- The year 2019-20 was named 'Vikari', that lived up to its name by being a 'repulsive' year!
- The year 2020-21 was named 'Sharvari', meaning darkness, and it did push the world into a dark place!
- Now the 'Plava' year (2021-22) is beginning. 'Plava' means that, which ferries us across. The Varaha Samhita says: this will ferry the world across unbearable difficulties and reach us to a state of glory. And take us from darkness to light!
- The year 2022-23 is named 'Shubhkrut', meaning that which creates auspiciousness.
- We can now look forward and expect to have a better tomorrow!

# How To Be Successful In Life



What is success to you? How to be successful in life?

To some, when they think of success, they imagine wealth; others want power; some just want to make a positive impact on the world.

All of these are perfectly valid, indeed success is a concept that means different things to different people. Though no matter what success is to you, it almost certainly

isn't something that will come easily. There are countless guides and books to being successful, however, as success is personal and unique to each individual. The advice contained in these books can often not be relevant. Therefore following the advice of a single individual can often be unhelpful.

## Here Are Some Of The Tips That Will Give You A Clear Idea

- Find What You Love to Do and Do It.

- Learn How to Balance Life.
- Do Not Be Afraid of Failure.
- Have an Unwavering Resolution to Succeed.
- Be a Person of Action.
- Cultivate Positive Relationships.
- Don't Be Afraid of Introducing New Ideas.
- Believe in Your Capacity to Succeed.
- Always Maintain a Positive Mental Attitude.
- Don't Let Discouragement Stop You from Pressing On.
- Be Willing to Work Hard.
- Be Brave Enough to Follow Your Intuition.



RIDA FAISAL KHAN  
- 9E

If you want to lead a successful life, you need to think with a success mindset. Moreover, no matter what stage of life you're at now, you can still make a difference and pursue success.

## Eggless Chocolate Pudding



### Ingredients:

- 1.5 cup milk
- 2 tbsp (12 grams) cocoa powder
- 2 tbsp (16 grams) corn flour
- ¼ cup (60 grams) sugar
- ½ cup cream
- ½ cup (95 grams) chocolate chip
- 1 tsp vanilla extract
- ¼ tsp salt

### Preparation:

- Firstly, in a large bowl take 1 cup milk and add 2 tbsp cocoa powder and 2 tbsp corn flour.
- Whisk well until the mixture is well combined without any lumps.
- Transfer the mixture to a kadai and add ½ cup milk.
- Cook on low flame stirring continuously.

- Once the mixture is well combined add ¼ cup sugar. if you are looking for slightly sweeter pudding then add ½ cup sugar.
- Stir until the sugar is dissolved completely.
- Further, add ½ cup cream and continue to stir until the mixture turns smooth and silky.
- Now add ½ cup chocolate chip. i have used a milk chocolate chip, you can use dark chocolate for intense chocolate flavour.
- Stir until the chocolate chip melts completely.
- Keep cooking on low flame until the mixture thickens and turns glossy.
- Turn off the flame and add 1 tsp vanilla extract and ¼ tsp salt mix well.
- Transfer the chocolate pudding into small cups and cover with a lid. You can alternatively use cling wrap to cover.
- Rest for 2 hours in the refrigerator to set completely.



MUSKAN NISAR  
- 12D

Finally, enjoy eggless chocolate pudding recipe garnished with chocolate chips.



# WORLD YOUTH SKILLS DAY



In 2014, the United Nations General Assembly declared 15 July as World Youth Skills Day, to celebrate the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship. Since then, World Youth Skills Day events have provided a unique opportunity for dialogue between young people, technical and vocational education and training (TVET) institutions, firms, employers and workers organizations, policymakers and development partners. World Youth Skills Day 2021 will take place in a challenging context, with the continuation of the COVID-19 pandemic resulting in the widespread disruption of the TVET sector. While vaccination rollouts offer some hope, TVET still has a long road to recovery, especially in those countries which continue

to be overwhelmed by the spread of the disease.

Young people aged 15-24 are particularly exposed to the socio-economic consequences of the pandemic. School and workplace closures are leading to learning and training losses. Major life-cycle transitions are made difficult if not impossible, including graduation from general education or TVET at secondary or tertiary level, residential autonomy, and labour market insertion. TVET has a key role to play in fostering the resilience of young people. It is crucial for all stakeholders to ensure the continuity of skills development and to introduce training programmes to bridge skills gaps. Solutions need to be reimagined in a way that considers not only the realities

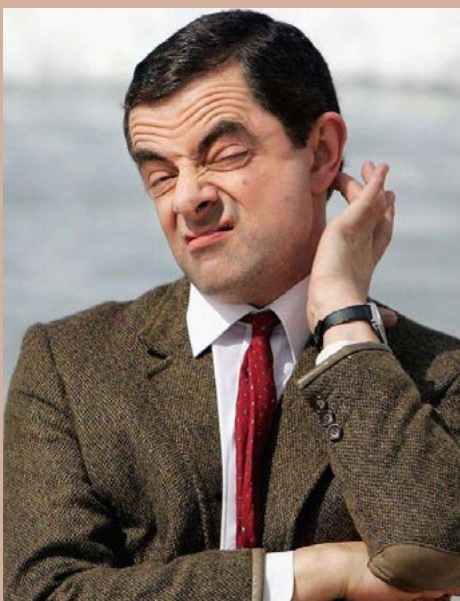
of the present, but also the full range of possibilities for the future.



ASHIMA ELIZABETH  
BOBY - 6A

Rising youth unemployment is one of the most significant problems facing economies and societies in today's world, for developed and developing countries alike. The latest Global Employment Trends for Youth 2020: Technology and the future of jobs shows that since 2017, there has been an upward trend in the number of youth not in employment, education or training (NEET). In 2016 there were 259 million young people classified as NEET – a number that rose to an estimated 267 million in 2019, and is projected to continue climbing to around 273 million in 2021. In terms of percentage, the trend was also slightly up from 21.7% in 2015 to 22.4% in 2020 – implying that the international target to reduce the NEET rate by 2020 will be missed. Designated by the General assembly in 2014, the World Youth Skills Day is an opportunity for young people, technical and vocational education and training (TVET) institutions, and public and private sector stakeholders to acknowledge and celebrate the importance of equipping young people with skills for employment, decent work and entrepreneurship. World Youth Skills Day 2021 will celebrate the resilience and creativity of youth throughout the crisis.

## Mr. Bean



The comedy show, Mr. Bean has always made us laugh. Rowan Atkinson who played this role was always a star in our heart. Atkinson was listed in The Observer as one of the 50 funniest actors in British comedy in 2007 and among the top 50 comedians ever, in a 2005 poll of fellow comedians. He started his career in 1978 as a comedian in the show, "The Atkinson People" which hit his record. Being a wonderful actor, Atkinson was sported in almost twenty films and over thirty film series along with eight television advertisements. Rowan Atkinson was born in a Middle-class family. During his childhood, he faced stuttering which was still a factor in his life. Many of his friends teased and bullied him because of his look.

After completing his master's degree, he

thought to pursue his dream by becoming an actor. He faced a number of rejections from various T.V shows, but yet he didn't give up. He had a graze to make people laugh.

After various rejections, Atkinson reached his dream place. It also made it realize that he could speak much fluently. He used it as an inspiration for his career. He then builds a character called Mr. Bean which made him famous all over the world. He proved that even without a Hollywood face or a heroic face, you can be a loved and respected actor in the world. Today his net worth is \$130 million. And he is one of the finest comedians in the world. Rowan Atkinson's story is always a source of inspiration for us.



JESSA JIMMY  
- 7E

# EPITOME OF SUCCESS

## JACINDA ADERN: - A Symbol of Women Power



control after nine years. Jacinda Adern was elected the Deputy Leader of the Labour Party on March the 1st 2017, which was after the resignation of Annette King. Jacintha got elected just five months later, after Labor's Leader Andrew Little's resignation. Let's see her notable works:-

### Navigating the Covid-19 pandemic

Thanks to her strong leadership during the pandemic, a recent poll found that Adern is the country's most popular leader in 100 years. Almost 92 per cent of respondents say they support the measures she has implemented. During a press conference on 11 May, she thanked her "team of five million" for their great efforts and the sacrifices they had made to protect the country's most vulnerable during the outbreak.

### Responding to the Christchurch shootings

On 15 March 2019, New Zealand, for the first time in its modern history, witnessed a dreadful terrorist attack on the Muslim community, in which 51 people lost their lives. Adern, who is agnostic, held a press conference to deliver a message that would bring her country's citizens together, uniting them against hatred. "They are us," she said of the victims.

### Her approach to motherhood and multi-tasking

Adern and her partner, Clarke Gayford welcomed their first child, Neve in 2018. In doing so, she became the first head of government to give birth in office since Benazir Bhutto. She also became the world's first leader to go on maternity leave while in office, returning to work six weeks later. In doing so, she sent out a powerful message about women in leadership roles. "I am not the first woman to multi-task," she said during an interview on Radio New Zealand. "I am not the first woman to work and have a baby – there are many women who have done this before."

### She's improving women's rights

For Adern, achieving gender equality is at the top of her agenda. "All the things left to achieve gender equality are at the top of my list," she said in 2018. She's accustomed to breaking glass ceilings, as only the third female prime minister of New Zealand, the second youngest, and the youngest female prime minister. I would say one word to describe Jacinda Kate Laurell Adern as "Immaculate".



A.V. LAKSHITA  
- 7B

Jacinda Kate Laurell Adern is the 40th Prime Minister of New Zealand and the leader of the Labor Party. Jacinda Adern was born on July 26th, 1980 in Hamilton. She graduated from the University of Waikato in 2001, from then Adern began her career, working as a researcher for former Prime Minister Helen Clark. She later became the President of the International Union of Socialist Youth. Adern was first elected as a Member of Parliament in the 2008 general election when labor lost

## Chocolate Biscuits



1. Preheat oven to 180°C
2. 180g of butter
3. ¾ cup of caster sugar
4. Few drops of vanilla essence
5. Beat for 5 minutes
6. Add an egg
7. Add and beat further
8. 2 cup plain flour
9. ¼ cup coco powder
10. And mix all the ingredients
11. Knead with your hands to a smooth dough
12. Transfer the dough on a flour dusted board and smoothen
13. Roll with a rolling pin to a thickness of 0.5 cm
14. Use 4 cm diameter of biscuit cutter to cut dough
15. Place on a cake tin
16. There should be 3 cm distance between each biscuit dough.
17. Place into the oven and bake for 15 minutes
18. Cook on convection mode on 160°C for 11 minutes
19. Biscuits Are Ready!!!
20. ENJOY!!!



SHAZIA SHAIKH  
- 11A



# GUGLIELMO MARCONI

And the dawn of wireless communication technology



In 1895 Italian inventor Guglielmo Marconi built equipment and transmitted electrical signals through the air from one end of his house to the other, and then from the house to the garden. These experiments were the dawn of practical wireless telegraphy or

radio.

Marconi was born in Bologna, Italy. His father was Italian, his mother, Irish. He was educated first in Bologna and later in Florence. Then he went to the technical

school in Leghorn, where he studied physics.

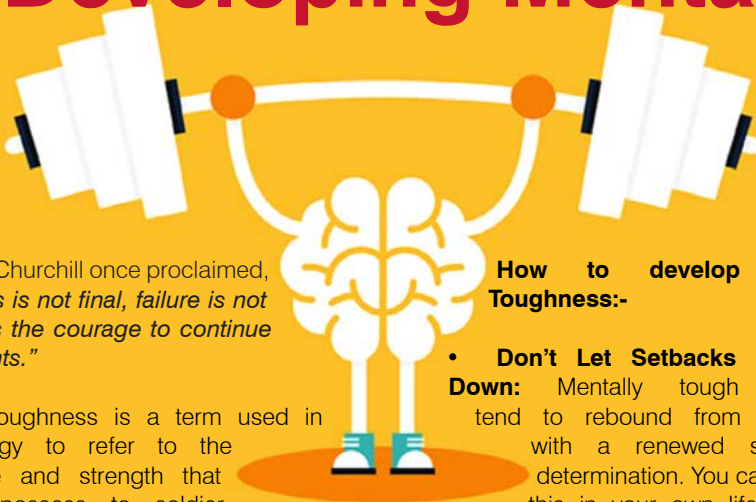


GOKUL SREENIVASAN  
11 A

Following the success of his experiments at home, Marconi became obsessed with the idea of sending messages across the Atlantic. He built a transmitter, 100 times more powerful than any previous station, at Poldhu, on the Southwest tip of England, and in November 1901 installed a receiving station at St. John's Newfoundland. On December 12, 1901, he received signals from across the ocean.

News of this achievement spread around the world, and outstanding scientists, including Thomas A. Edison acclaimed him. Marconi received many honours including the Nobel Prize for Physics in 1909. He was sent as a delegate to the Peace Conference in Paris in 1919, in which capacity he signed the peace treaties with Austria and Bulgaria.

## Developing Mental Toughness



Winston Churchill once proclaimed, "Success is not final, failure is not fatal: It is the courage to continue that counts."

Mental toughness is a term used in psychology to refer to the resilience and strength that people possess to soldier through struggles and succeed. It is this mental toughness that gives some of the world's athletic superstars the ability to push past exhaustion, opposition, and injury to score and to win. It is the same quality that gives even weekend warriors the strength to finish that last mile and power through that final set of reps.

### Components of Mental Toughness:-

- **Challenge:** Viewing challenges as opportunities rather than obstacles
- **Control:** Believing that you are in control of your life and destiny
- **Commitment:** Having the ability to stick to tasks and see them through to completion
- **Confidence:** Possessing strong self-belief in your ability to succeed

### How to develop Mental Toughness:-

- **Don't Let Setbacks Get You Down:** Mentally tough athletes tend to rebound from setbacks with a renewed sense of determination. You can employ this in your own life as well. Rather than becoming discouraged, focus on building the resolve to push through the challenge and achieve your goals.
- **Be Self-Directed:-** Mentally tough people don't let life happen to them - they create the life they want. By setting goals and then taking the initiative to follow through on pursuing these goals, mentally tough people are able to get the things that they want out of life.
- **Believe in Your Ability to Achieve Your Goals:-** Mentally tough people don't just think they might be able to succeed, they know they can. While much of the research on mental toughness relates directly to the world

of athletics and sport, you can apply some of these same principles to other areas of your life.



JOVEN C JOSE  
- 12B

### • Maintain Focus in the Face of Distractions:-

Elite performers are able to stay focused on their goals, even when life throws disruptions their way. You aren't always going to have the perfect setting and support for pursuing your goals. Other things are going to compete for your attentions.

### • Understand That There Will Be Highs and Lows in Life:-

Mentally tough people don't expect life to be sunshine and roses all the time. In fact, they expect adversity, but they have faith in their abilities to survive, adapt, and overcome.

### Habits of people with mental toughness:-

- **Mentally strong people have a growth mind set**
- **Mentally strong people take responsibility**
- **Mentally strong people compete with themselves**
- **Mentally strong people are happy when others succeed**

# Birthday Arcade - JULY



SHARON ANGEL  
7B - JUL 1



SEANNA ANTHONY  
10F - JUL 1



DARIS BASHEER  
7A - JUL 1



SAKINA NASIR  
11G - JUL 1



VISHNU NARAYANAN  
12C - JUL 1



ARUN SUNIL KUMAR  
11F - JUL 2



ROSHNI VIVEKANAND  
7B - JUL 2



HASNAIN ALI KHAN  
8E - JUL 2



TYRON BERNAROINO  
10C - JUL 2



MALIHA TANWIR  
11D - JUL 2



SAMEEKSHA SHIJU  
11H - JUL 2



NITUNA ISHI  
10A - JUL 3



RAJ KUMAR  
12H - JUL 3



NAMITH VINUKUMAR  
8D - JUL 4



ZOYA SUHEB  
7C - JUL 4



AKSA SARA JUI  
9A - JUL 4



FAISAL KHAN  
11M - JUL 4



ASHTON AFFOS  
12D - JUL 4



NISHITA BAG  
7E - JUL 5



JOHANN JACOB  
9B - JUL 5



NARISSA AZAVEDO  
9B - JUL 5



HUZAIFA ELLYAS  
10C - JUL 5



NABIA HANIF  
10C - JUL 5



MARIA ROBERT  
12A - JUL 6



AISHA NAZNIN  
12F - JUL 7



MILAND JACOB  
12C - JUL 7



BENNY DIEGO  
12E - JUL 7



DARSHAN PARAN  
12E - JUL 7



EMAAN MOHAMMED  
11H - JUL 8



MUHAMMAD ZOHAIR  
7D - JUL 8



ATHER YOUNUS  
10A - JUL 8



LAMIAH TARIQ  
10D - JUL 8



MUSKAN NISAR  
12D - JUL 8



FARVEEN BEGUM  
12J - JUL 8



LESLIE VARGHESE  
7B - JUL 9



AYIDA ASIF ALI  
11B - JUL 9



ANNA JAMES  
11F - JUL 9



MUSTAFA BURHANI  
11G - JUL 9



JUHI SRI MOLLETI  
7C - JUL 10



GAYATHRI SENTHIL  
7E - JUL 10



MUNIRA YUSUF EZZY  
8F - JUL 10



RISA MARIA BABU  
10B - JUL 10



RON PHILIP IDICULLA  
11D - JUL 10



IRIN CLARIS JAISE  
8F - JUL 10



SRADHA RAJ  
11E - JUL 11



HOZEFA HATIMALI  
12C - JUL 11



RUTH LISA THOMAS  
12G - JUL 11



SHREYA ACHARYYA  
10E - JUL 11



BURHANUDDIN K.  
9F - JUL 12



ALAN MATHEW  
6A - JUL 12



SARA MARIAM SUNIL  
10B - JUL 12



SYED AKBAR  
10C - JUL 12



ABUZAR AJAZ  
11I - JUL 12



ASHISH C  
10F - JUL 12



NAISA MARIAM  
8A - JUL 12



DEEPSHIKHA KALSI  
7C - JUL 13



FATHIMA BADRUDEEN  
8F - JUL 13



ANN MARY SAJI  
9A - JUL 13



JOHAN PLAMMOOTTEL  
9D - JUL 13



GLEN JOSHY PALLAN  
11I - JUL 13



MUSTANSIR MAZAHIR  
11J - JUL 13



REUBEN RENJI  
12G - JUL 13



VAASU JINDAL  
12D - JUL 13



CAREN MARIAM BIJO  
7B - JUL 14



DIYA ANN CHACKO  
9A - JUL 14



NIDA ABDUL HAMEED  
12G - JUL 14



TALHA ABDUL  
12J - JUL 14



FATIMAH QAZI  
7C - JUL 15



FALAK ZAMEER  
11A - JUL 15



TAWHIDUL ALAM  
12H - JUL 15



TOBY GEORGE  
12I - JUL 15



SAMEER MOHAMMED  
12J - JUL 15



ADNAN  
11I - JUL 15



AMAAN JAVED  
7C - JUL 16



NICOLE PINTO  
11B - JUL 16



THEAJUS PRAKASH  
11C - JUL 16



DANNY THYMANNIL  
11G - JUL 16



AGASTYA RAJAN  
7B - JUL 16



KELLY BRIEN  
7D - JUL 17



ALI ZOHAIR ALI  
8D - JUL 17



ABDUSSALAM KHAN  
10A - JUL 17



FATEMA KUTBUDDIN  
10C - JUL 17



SYED HAIDER ABBAS  
10D - JUL 17



MARIAM KADIRI  
11B - JUL 17



VINEETA ANISH  
11D - JUL 17



SAYEEDA FATMA  
11F - JUL 17



SHAARON VARGHESE  
12I - JUL 17



ARUSH HONAMALLAPA  
7E - JUL 17



JESSA MARY JIMMY  
7E - JUL 18



FIONA JANE JOSHUA  
9B - JUL 18





KISHORE PONNA  
9F - JUL 18



INAS MOHAMED  
11B - JUL 18



FATIMAH ADNAN  
11D - JUL 18



TANISHA RICHARD  
11E - JUL 18



TASNEEM MUFAZZAL  
11G - JUL 18



ADITYA KUMAR  
11A - JUL 18



AARON  
9F - JUL 19



TEJU BUCHIREDDY  
6A - JUL 19



DAANYAAL JUNAID  
7C - JUL 19



NEIL PINTO  
9A - JUL 19



SHEIK NOMAAN  
10C - JUL 19



SAAD ASIF DAKHWAY  
11C - JUL 19



MOHAMMED MAAZ  
12B - JUL 19



AKASH SRINIVAS  
9B - JUL 20



RENA ANN BABU  
7B - JUL 20



ZAYAN ZIDIK  
7B - JUL 21



QUNOOT NADEEM  
9F - JUL 21



SWETHA ACHUTHAN  
10C - JUL 21



ANEEQA MUJEEB  
11D - JUL 21



SYED ASHFAQ  
12D - JUL 21



KRISHNA CHILLIRICKAL  
11A - JUL 21



ANJO  
11F - JUL 21



SANDRA BIJU  
9A - JUL 22



STAN DAY PHILIP  
11E - JUL 22



MANO JOSE  
10F - JUL 22



ALI HAIDER MAKNOJIYA  
8B - JUL 23



ZAHRA SAYED ALI  
12A - JUL 23



ALISAR SHARMA  
12B - JUL 23



ZENAB HAKIM  
12F - JUL 23



KARTHIK SAJIKUMAR  
9B - JUL 24



MISHAL SHANAVAS  
10A - JUL 24



SARATH SUBRAMANI  
11B - JUL 24



ROHIT KRISHNAN  
11D - JUL 24



ALEENA MARY ANIL  
12C - JUL 24



MELBA ELSA JOE  
12D - JUL 24



ZAINAB MOHAMMAD  
11A - JUL 24



YOHANN NOEL  
11J - JUL 24



INSIYA SIYAHI WALA  
9D - JUL 25



LOKESH CHELLIBOINA  
8D - JUL 26



SURAJ VAIBHAV  
8D - JUL 26



ABHIMANYU. K. ANIL  
9F - JUL 26



SAHAL MUHAMMED  
11D - JUL 26



GOPIKA PRAMOD  
11M - JUL 26



ALEENA MANU  
12B - JUL 26



MOHAMED AARIZ  
12D - JUL 26



RIYADH FAIYAZ  
11J - JUL 26



PIYUSH DEVADAS  
10C - JUL 27



SARRAH MOHAMMEDI  
11G - JUL 27



ERICA GRETTEL  
12A - JUL 27



ALVITA RAYNA D  
12F - JUL 27



TELVISH  
12F - JUL 27



BURHANUDDIN  
12G - JUL 27



MOIZ FIDA HUSSAIN  
10C - JUL 28



JOANNA K.K. BENOY  
11A - JUL 28



IRENE MARY KURUVILLA  
11H - JUL 28



ALEENA TIJO  
7C - JUL 29



MARIA HAKIMUDDIN ALI  
9D - JUL 29



SANVI SURESH  
10A - JUL 29



ENOCH POSNETT  
11C - JUL 29



ANN MARY BIJU  
11M - JUL 29



RHEA SANTOSH NAIR  
12E - JUL 29



GANGAKRISHNAN  
10F - JUL 29



JAI GIRISH MEHTA  
9C - JUL 30



KRITHIKA MURALI  
9D - JUL 30



ABIALI ALI HUSAIN  
10C - JUL 30



CRYSTAL MERIN  
12A - JUL 30



DYLAN SEQUEIRA  
12E - JUL 30



JULIA SUSAN ALEXANDER  
12F - JUL 30



KEITH IGNATIUS  
7E - JUL 31



JYOTSNA ASHWIN  
9A - JUL 31



SMRITI JASVINDER  
9A - JUL 31



NIHAL KATTUPARAMBIL  
9C - JUL 31



SMIT KUBAL  
9D - JUL 31



JOSHUA CHELLE  
7C - JULY 9



INSIYA ALI ASGAR  
8E - JULY 27



MRS. ANITHA P.  
1 JULY



MRS GURPREET  
KAUR - 14 JUL



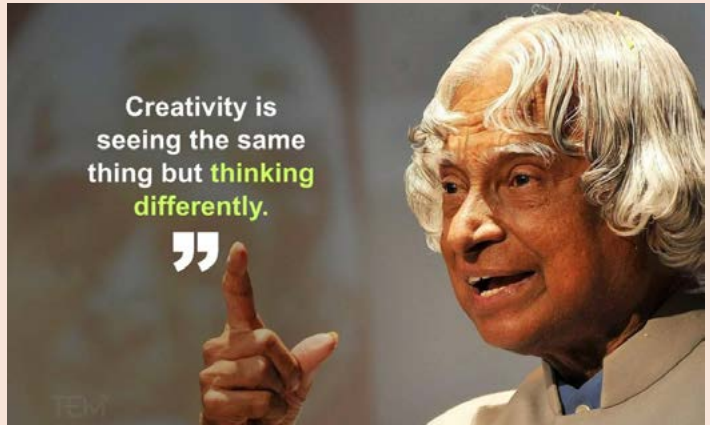
MRS. SHIRLY T.C  
20TH JULY



MRS. NEETU  
BHARGAVA - 20TH JULY



MR. DAS SHYAM  
SUNDER - 26TH JULY



Creativity is  
seeing the same  
thing but **thinking**  
differently.

”



# EPITravel JAPAN



## CAPITAL: TOKYO

**GEOGRAPHICAL LOCATION:** Japan is an island country in East Asia, located in the north-west Pacific Ocean. It is bordered on the west by the Sea of Japan, and extends from the sea Okhotsk in the north toward the East China Sea and Taiwan in the south.

In Tokyo, the summers are short, warm, muggy, wet, and mostly cloudy and the winters are very cold and mostly clear. The temperature typically varies from 36 F to 87 F and is rarely below 31 F or above 93 F.

## The Japanese Yen is the official currency of Japan.

Japan's unique culture developed rapidly during the Heian era [794 – 1185]. The imperial court turned out enduring art, poetry etc. The Samurai warrior class developed at this time as well. Samurai lords, called "Shogun," took over the government in 1185, and ruled Japan in the name of the emperor till 1868

The best time to visit Japan is during spring [March to May] and autumn [September to November]. This is when Japan is at its most vibrant with delicate cherry blossom or bright red leaves adding contrast to the scenery.

Tokyo, Kyoto, Takayama, Furano, Shirakawa-go, Sendai, Akihabara etc. are some of the tourist attractions in Japan.



The traditional cuisine of Japan is based on rice with Miso soup and other dishes; there is an emphasis on seasonal ingredients. Side dishes often contain fish, pickled vegetables, and vegetables cooked in broth. Sea food is common, often grilled, but also served raw as sashimi or in sushi.

The heritage of Japan is a collection of stories that weave together. The unique

characteristics and histories of various regions. Japanese culture is intertwined with sport, whether it be kendo and kyudo, originally developed for hunting and combat, judo, a combat sport with the philosophical aim of perfecting one's character or the must see, cultural sport experience, sumo, the ancient Shinto ritual that has represented Japan as a national sport.



ASHIMA ELIZEBATH BOBY - 6A





# READING - A BENEFICIAL BEST FRIEND



Books not only give us an insight into the world but they are truly our best friends.

Reading fills the mind with information and ideas which inspire and provide for further thought and lead to new ideas. Reading books benefits both your physical and mental health, and those benefits can last a lifetime. Here's a brief explanation of how reading books can change your brain and your body.

## Memory Improvement

When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember, but brains

are marvellous things and can remember these things with relative ease. Amazingly enough, every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods.

## Stress Reduction

No matter how much stress you have, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.

## Increases your ability to empathize

And speaking of sensing pain, researches has shown that people who read literary fiction - stories that explore the inner lives of characters - show a heightened ability to understand the feelings and beliefs of others. Researchers call this ability the "theory of mind," a set of skills essential for building, navigating, and maintaining social relationships.



RUHAANEE SINGH  
- 7A

## Reading strengthens your brain

A growing body of research indicates that reading literally changes your mind. Using MRI scans, researchers have confirmed that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated.

## Vocabulary Expansion

The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary. Being articulate and well-spoken is of great help in any profession, and knowing that you can speak to higher-ups with self-confidence can be an enormous boost to your self-esteem.

Francis Bacon rightly said: Reading maketh a full man; conference a ready man and writing an exact man. Only because of my parents' guidance and the Great God I fruit fully spend time with my best friends, my books! You to must try!



The first Sunday of May is celebrated as World Laughter Day and this year, it is being observed on May 2nd. Celebrated since 1998, World Laughter Day is an annual event celebrated to raise awareness about laughter and its many healing benefits.

Humor is also a way to increase retention of information in academic or professional settings because of the higher number of mental connections between the information and emotional responses.

The first celebration was on May 10, 1998, in Mumbai, India, and was arranged by Dr Madan Kataria, founder of the worldwide Laughter Yoga movement.



SHEBA RACHEL  
SONY - 12E

Its popularity has grown exponentially with that of the Laughter Yoga movement now counting thousands of Laughter Clubs in more than 105 countries which is now celebrated worldwide.

The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up global consciousness of brotherhood and friendship through laughter. It is most often celebrated by gatherings of people in public places with the sole purpose of laughing.

# EPItainment **BTS**



BTS (Bangtan Sonyeondan), also known as the Bangtan Boys, is a seven-member South Korean boy band that began formation in 2010 and debuted in 2013 under Big Hit Entertainment.

Formed by producer Bang Si Hyuk, the septet's lineup includes RM (Kim Namjoon), team leader and rapper; Jin (Kim Seokjin), singer; Suga (Min Yoongi), rapper; J-Hope (Jung Hoseok), rapper and choreographer; Jimin (Jimin Park), singer and choreographer; V (Kim Taehyung), singer; and Jungkook (Jungkook Jeon), singer, rapper, and choreographer. In addition to production and composition, the members of BTS also write their own lyrics, which tackle topics like mental health, self-acceptance, and empowerment. With their youthful blend of club-worthy dance anthems, stirring love ballads, and aggressive rapping. They deliver an energetic blend of dance-pop and hip-hop with deeply introspective lyrics that helped them build a devoted global following while also making them one of the most successful Korean exports in the world. Debuting early with their

School trilogy, they steadily expanded their audience until breaking into the mainstream consciousness with the Love Yourself series. After the platinum-certified Love Yourself: Tear became their first number one effort outside of their home country, the compilation Love Yourself: Answer found them topping charts in Canada and Japan. By 2020, international fervour reached a peak with their fourth release, Map of the Soul: 7, which topped the charts in over 20 countries.

ARMY or A.R.M.Y is BTS's official fandom name. It was officially established on July 9, 2013 after the first recruitment closed. A.R.M.Y" stands for "Adorable Representative

M.C. for Youth" and it carries quite some meaning behind it, given that «Army» is associated with the military, body armor, and how those two things are always together, the fandom name basically means that fans will always be together with BTS.



NISHMA MANNURU  
- 11B

In February 2021, BTS performed an MTV Unplugged set, which featured stripped-down takes on songs from Be ("Dynamite", "Telepathy", "Blue & Grey" and "Life Goes On") as well as a faithful rendition of Coldplay's "Fix You." Months later, the group returned with the Jungkook-penned single "Film Out" from their Japanese-language compilation BTS, The Best. By the time summer rolled around, the boys were ready with a new English-language single, "Butter." Released in May, the track broke a streaming premier record after amassing over 20 million views in an hour.

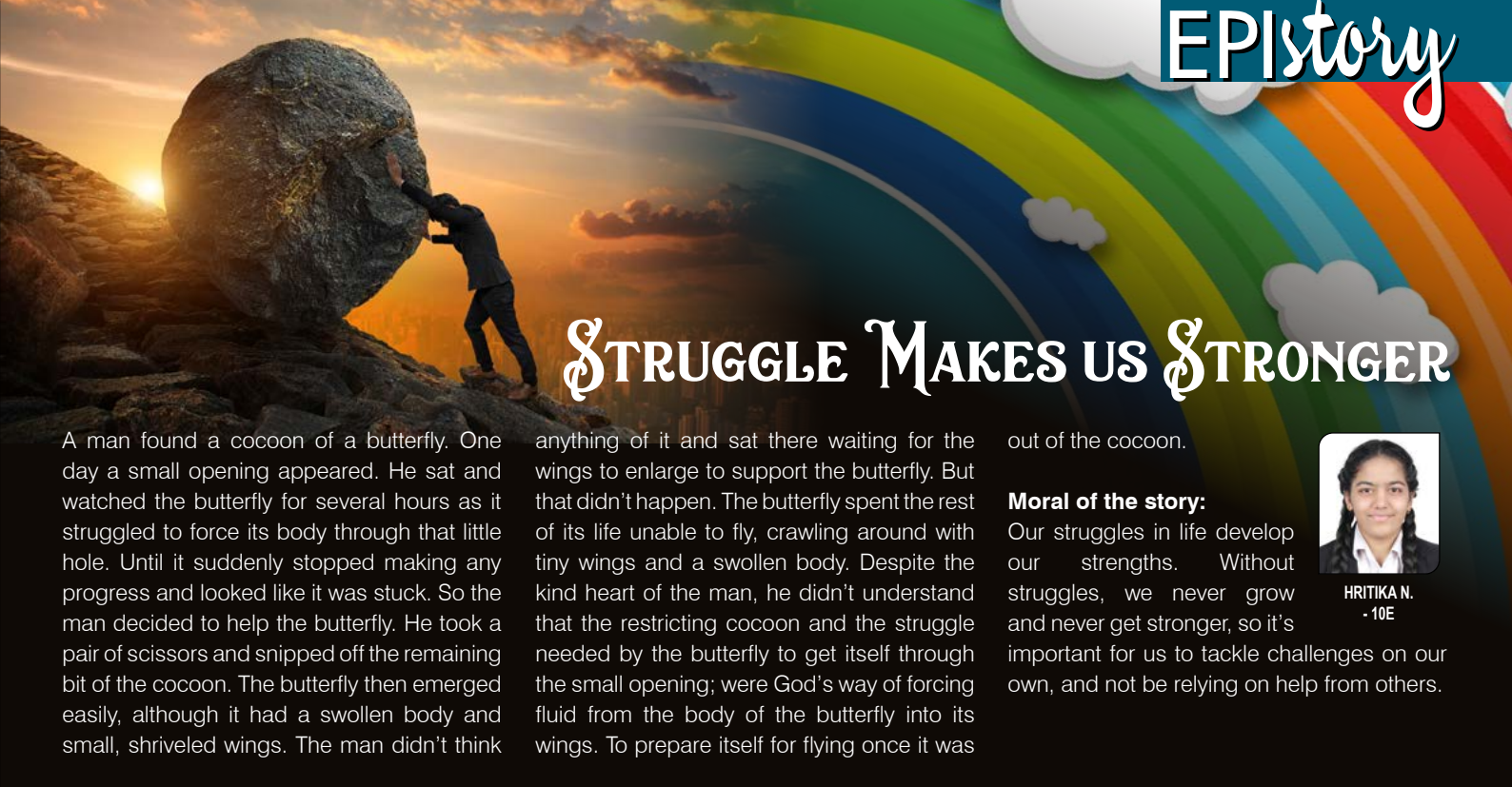


## BIRTHDAY CUM CHARITY FUND

### BALANCE SHEET FOR THE MONTH OF JULY 2021

INCOME (JUNE 2021)	KD
Balance c/f from June 2021	2483.425
Contribution from Mr. Kavuturu Chandra Mohan - parent of Class 12 student (2020-21)	250.000
<b>Balance in hand</b>	<b>2733.425</b>





## STRUGGLE MAKES US STRONGER

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings. The man didn't think

anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body. Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening; were God's way of forcing fluid from the body of the butterfly into its wings. To prepare itself for flying once it was

out of the cocoon.

### Moral of the story:

Our struggles in life develop our strengths. Without struggles, we never grow and never get stronger, so it's important for us to tackle challenges on our own, and not be relying on help from others.



HRITIKA N.  
- 10E

## Who is a DAD?

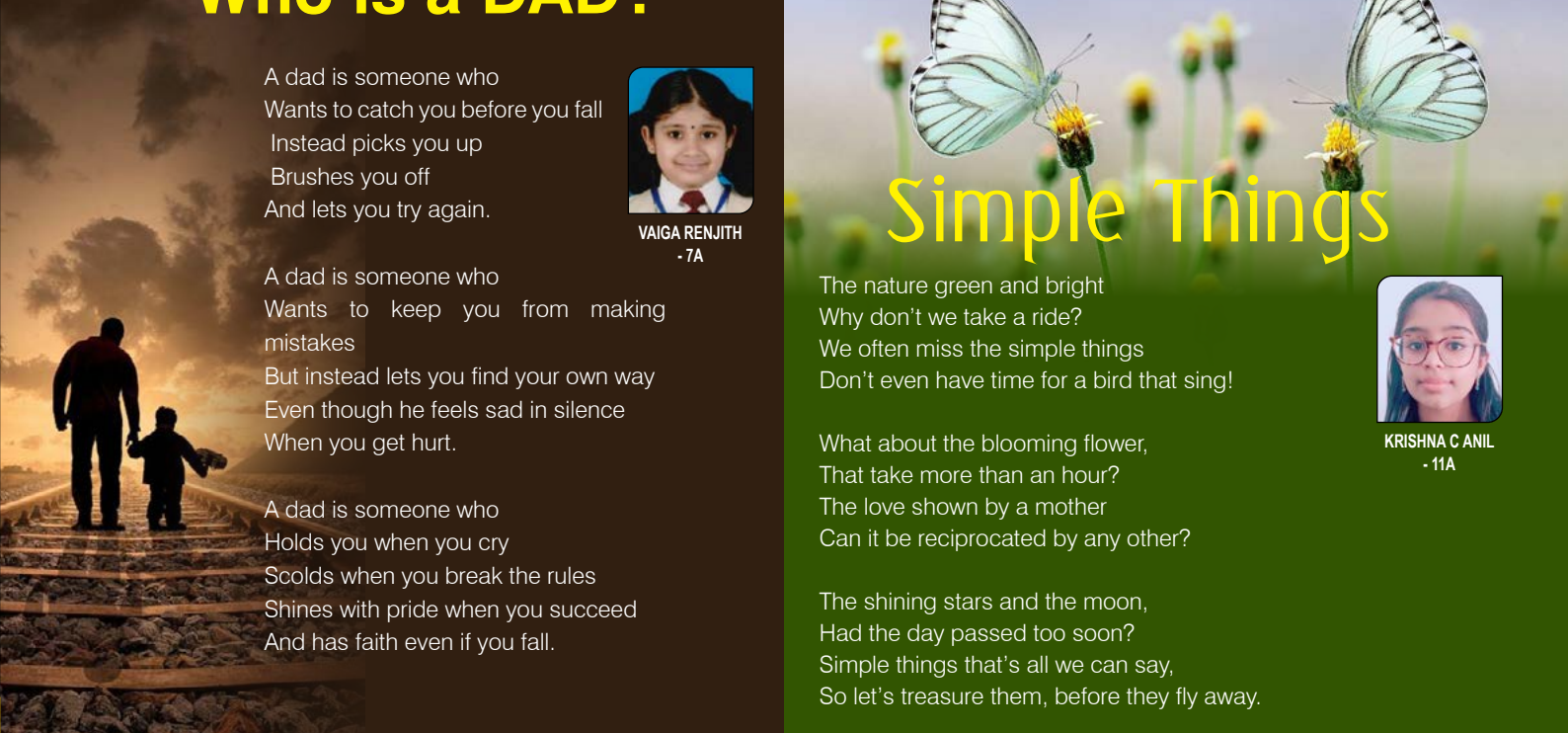
A dad is someone who  
Wants to catch you before you fall  
Instead picks you up  
Brushes you off  
And lets you try again.



VAIGA RENJITH  
- 7A

A dad is someone who  
Wants to keep you from making mistakes  
But instead lets you find your own way  
Even though he feels sad in silence  
When you get hurt.

A dad is someone who  
Holds you when you cry  
Scolds when you break the rules  
Shines with pride when you succeed  
And has faith even if you fall.



## Simple Things

The nature green and bright  
Why don't we take a ride?  
We often miss the simple things  
Don't even have time for a bird that sing!



KRISHNA C ANIL  
- 11A

What about the blooming flower,  
That take more than an hour?  
The love shown by a mother  
Can it be reciprocated by any other?

The shining stars and the moon,  
Had the day passed too soon?  
Simple things that's all we can say,  
So let's treasure them, before they fly away.

## Quote Garden

- You Don't Always win, but every time you lose, you get better - Ian Somerhalder
- Even though you are growing old, you should never stop having Fun – Nina Dobrew
- One of the greatest gifts in life is giving time and giving love. It helps to stay grateful and happy – Claire Holt
- The only failure, is not to try – George Clooney
- No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind – Taylor Swift
- Work hard in silence let your success be your noise – Frank Ocean



ASHIMA ELIZABETH BOBY - 6A



# DISCOVER india JAMMU & KASHMIR



Jammu & Kashmir is the northernmost state of India and is also known as the crown of India. Due to the impeccable natural beauty, Kashmir is called the Paradise on earth. Kashmir has everything to offer to a nature-lover, from snow-capped mountains, to gushing streams, to lakes and lush green gardens, Kashmir has it all.

## 1) Yusmarg

Yusmarg or Yousmarg (meaning 'Meadow of Jesus') is a hill station in the western part of Kashmir Valley in the Indian union territory of Jammu and Kashmir. It is situated 47 km (29 mi) south of Srinagar the capital of the state. Yousmarg provides space for beautiful landscapes, young pine nurseries, green pastures and heart touching lotic and



lentic water bodies. Nature has bestowed Yousmarg with pleasant flora and fauna. Among fauna, locals claim that they often sight wolves, bears, apes, cats, aves of various types (flight as well as flightless

## 2) Vaishno Devi

Vaishno Devi is a temple town that's home to the famous Vaishno Devi Mandir. Vaishno Devi is a manifestation of the Hindu Goddess Durga. Located in Trikuta hills, 13 kms from Katra this renowned shrine allures millions of devotees from all over the world. It is believed



that during the pooja and aarti, Goddesses arrive at the Holy cave to pay their respect to Mata Rani. Devotees believe goddess herself calls the devotees to reach here.

## 3) Amarnath

Amarnath, located in union territory of Jammu and Kashmir is one of the most important pilgrimage in India for the worshippers of Lord Shiva. The Amarnath cave has an enshrined Shivaling formed naturally with ice, which resembles Lord Shiva.



Amarnath is visited by millions of tourists every year from all across the world for a challenging mountainous trek called 'Amarnath Yatra'. Legend has it that, this place is regarded to be the same cave where Lord Shiva revealed the secret of life and eternity to Goddess Parvati.

## 4) Pahalgam

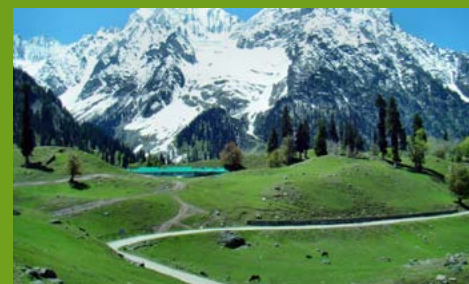
Situated in the Anantnag district of Jammu & Kashmir Valley, Pahalgam is a beautiful hill station and a popular tourist attraction. With untouched and gorgeous natural beauty, Pahalgam is a feast to the eyes and senses. Submerged in lush greenery and alluring Himalayan ranges, Pahalgam is situated on the banks of the Liddar River and is popular for adventure activities like hiking, trekking, fishing. Pahalgam serves as the base of one of the most important pilgrimages in India - the Amarnath Yatra. Pahalgam offers a lot of recreational outdoor activities among which the most popular is the adventurous trekking activities. One can embark on trekking journeys to Kolhoi Glaciers via a beautiful village named Aru. The long stretches of rivers in Pahalgam are the perfect site for people who enjoy trout fishing.

## 5) Sonamarg

Sonamarg is a picturesque hill station in Jammu and Kashmir, located 80km north-east of Srinagar. At an elevation of around 2800 km from sea level, Sonamarg is known for its snow-laden fields, surrounded by majestic glaciers and serene lakes which casts subtle spells on the travellers. Sonamarg is enveloped by the great Himalayan glaciers - Kolhoi Glacier and Machoi Glacier - and gives rise to the famous Three Sisters of Kashmir Valley. Towering over this charming hill town are the peaks like Kolhoi Peak, Amarnath Peak, Machoi Peak and Sirbal Peak which makes Songamarg a popular place for adventure sports tourism. Sonamarg acts as the base camp for the trekking routes which leads to the mountain lakes such as Gangabal, Vishansar, Gadsar, Satsar and Kishansar.



JESLYN SARA SHYJU - 8A



## 6) Jammu

Jammu is the southernmost-part of the union territory of Jammu and Kashmir which sits proudly on the magnificent Shivalik mountain ranges. The Winter Capital of Kashmir, Jammu is a holy and peaceful city known for its majestic temples, religious shrines, glittering "shikhars", and cultural heritage. Since it is also the starting point to the hugely popular Vaishno Devi Temple and Amarnath Yatra, it is visited by tourists from far and wide. Nestled against the backdrop of the snow-capped Pir Panjal Mountains, Jammu forms part of the transition between the Himalayan range in the north and the dusty plains of Punjab in the south. The Shivalik hills cut across the area from the east to the west while the rivers Ravi, Tawi and Chenab cut their way through the region.



# THE LEGEND WHOSE FAN FOLLOWING TRANSCENDS BORDERS A TRIBUTE TO SHRI DILIP KUMAR



Shri Dilip Kumar is Bollywood's First King Khan. He is Bollywood's original method actor. His acting style inspired several generations of actors. He was born on 11 December 1922 in Peshawar's Qissa Khwani Bazaar in Peshawar's Home of Storytellers in Pakistan. His father was a fruit merchant and the family soon moved to Crawford Market in Bombay to expand their business.

A chance meeting led him to Bombay Talkies owner Devika Rani who, was impressed by

this articulate young man. Here, he met actor Ashok Kumar who taught him the basics of acting and method acting. At age 25 the success of Jugnu made him an overnight star. The heartbreaking fate of his characters in Andaz , Deedar earned him the moniker of Tragedy King. In 1952, at age 30 he starred in Aan, India's first film to be in colour and first film to be released in Europe. He won the first-ever Filmfare Award for Best Actor for Daag in 1954. After acting in an array of tragedies he opted for medical help and

was advised to do lighter films as his intense roles were making him depressed. He was regarded as the TRUE METHOD ACTOR, who drank himself into a stupor for Devdas, who learnt to play the sitar for Kohinoor. At age 38, he played Prince Salim in director K Asif's grand epic Mughal-e-Azam, a historic role which would be remembered for posterity. In 1961, he produced and starred in dacoit-crime drama Gunga Jumna which later inspired Amitabh Bachchan- starrers Sholay and Deewar. By now, he had fans in both India and Pakistan. As he got older, as audiences evolved and as actions films got more popular his career began to wane. After over five decades in Bollywood, his last film was Qila but the film wasn't a commercial success. He was 76 when he became the only Indian to be conferred with Nishan-e-Imtiaz, Pakistan's Highest Civilian Award. In 1999, at the onset of the Kargil War, PM Vajpayee asked him to speak to Pakistani Prime Minister Mr.Nawaz Sharif who was his fan. At age 78, he was nominated to Rajya Sabha by the Congress party, a seat he retained for the next 6 years. HE IS MOHAMMAD YUSUF KHAN. HE IS DILIP KUMAR

The legendary star of Indian Cinema whose fan following transcends borders.



JOHANN PREMJI  
- 10B

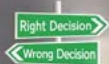
**DID YOU KNOW?**



1. Bubble wrap was originally invented as wallpaper.
2. The longest place name in the world is 85 letters long.
3. Shakespeare has invented more than 1,700 words.
4. Einstein's brain was stolen when he died and the pathologist who did so could find a special element in his brain, which no normal human could have.
5. Antarctica is covered in a sheet of ice that's 7,000 feet thick.
6. The only letter that doesn't appear on the periodic table is J.
7. The first movie ever to put out a motion-picture soundtrack was Snow White and the Seven Dwarfs.
8. At birth, a baby panda is smaller than a mouse.
9. The tongue is the only muscle in one's body that is attached from one end.
10. Standing around burns calories. On average, a 150-pound person burns 114 calories per hour while standing and doing nothing.



SHEBA RACHEL  
SONY - 12E



Do not Follow the majority.  
Follow the right way.



# EPHILATELY

Stamps issued to commemorate Indian Industrialists.

## GODREJ CENTENARY

Date: July, 11, 1998



When a young man named Ardeshir Godrej gave up law and turned to lock making in the year 1897, a legend in the field of Indian industry was born. The word "Godrej" etched into the metal of his Anchor Brand locks became a symbol of self-reliance in the years that followed. He also made a scientific discovery by making soaps from vegetable oil instead of animal tallow. These stamps were released to commemorate the centenary of the Godrej industrial group. It features Ardeshir and Phirojsha Godrej, against the backdrop of graphics depicting science, technology and entrepreneurship.

## JRD TATA

Date: November 29, 1994



J R D Tata stood out as one of the great personalities of India in the twentieth century. Born in Paris in 1904 he was appointed the chairman of Tata Sons Ltd at the age of 34. With his charismatic and forward-looking leadership, Tata, in a career spanning well over half a century, not only led the Tata Group to new heights of achievement but also set standards for Indian industry as a whole.

## GD BIRLA

Date: June 11, 1984



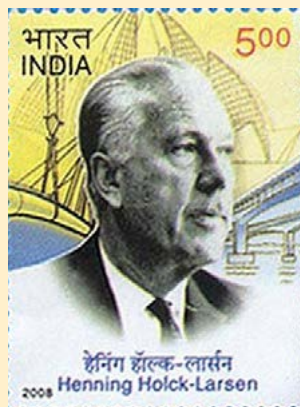
Well known for his role in the freedom movement, he started life as a trader. After setting up his first jute mill, he expanded into cement, chemicals, rayon, and steel tubes. He was dedicated educationist and founded at Piloni the Birla Education Trust and Birla Institute of Technology and Science. He was offered knighthood, which he declined.

## HARAK CHANDH NAHATA

Date: February 28, 2009



His family was one of the oldest traders and distributors in north-east and Kolkata. Nahata emerged as a leading social leader and philanthropist, associated with more than 60 socio-religious organisations. He was also the first person to start road transportation in the difficult and inhabitable terrain of Tripura that helped in two way traffic and boost economic development in the area.



## HENNING HOLCK-LARSEN

Date: June 12, 2008

This Danish engineer, along with his schoolmate Soren Kristian Toubro,

started the most prominent engineering and infrastructure company of the country - Larsen and Toubro - in 1938. Both of them were strongly committed to develop India's engineering capabilities.



AARAV DODEJA  
- 10 C



The topper of the class  
is a happy Homemaker.  
Back bencher of the lot.  
is an Entrepreneur.

The flambouyant fashionista.  
Became a dreaded Lawyer.  
Often ignored Joe.  
turned a well known Writer.

The one who faded in math paper.  
is a Fashion Designer.  
And one who often got to stand outside  
the class. is a respected Army Officer.

The reunion taught me.  
How people come with many layers.  
And told me why we should never Judge  
a book by its cover.

Each child out there has a  
different success story!!!

Enjoy these moments now  
because they don't last  
FOREVER





# Art Gallery - Secondary







**Honeywell joins hands with Cambridge Quantum Computing to form a new company:**

Multinational conglomerate Honeywell said it will combine with Cambridge Quantum Computing in a bid to form the largest standalone quantum computing company in the world. According

to Honeywell, the merger will be completed in the third quarter of 2021 and will set the pace for what is projected to become a \$1 trillion quantum computing industry over the next three decades.



**Iran approves first homegrown COVID-19 vaccine:** Iran's state TV is reporting that the country has approved an emergency use of its first domestically developed coronavirus vaccine that could bring the hardest-hit country in the Middle East closer to inoculating its citizens

against COVID-19. The emergency authorisation was approved after the country faced with problems from importing enough vaccines.



**World's First Wooden Satellite Aims to Reach Space by End of 2021:** Finnish company Arctic Astronautics is sending the world's first wooden satellite into space by the end of this year. The satellite, WISA Woodsat, is a cube-shaped nanosatellite made up of birch plywood and has sensors

developed by the European Space Agency. The cube satellite is sized 10cm each in length, height and width. The move is aimed to test if wood as a material can survive the vacuum, cold, heat and radiation in space. Makinen is a co-founder of Arctic Astronautics. His company makes satellite replicas that are fully functional and orbit ready. The replicas are mostly used for education, training and hobby purposes.



**India presents 10 translated books of contemporary Indian literature to SCO:** India introduced English, Russian and Chinese language translations of 10 basic works of contemporary literature written by distinguished Indian authors in several languages to the headquarters of

the Shanghai Cooperation Organisation (SCO). Indian Ambassador to China Vikram Misri introduced the books to SCO Secretary Normal Vladimir Norov on the SCO secretariat right here.



**China certified malaria-free after 70-year fight:** China was certified as a malaria-free country by the World Health Organization (WHO). With this announcement, China joins the growing number of countries that are showing the world that a malaria-free future is a viable goal. China reported 30

million cases of the infectious disease annually in the 1940s but has now gone four consecutive years without an indigenous case. It is the 40th country or territory certified malaria-free by the Geneva-based WHO. China is the first country in the WHO's Western Pacific region to be awarded a malaria-free certification in more than three decades. The only others with certified status are Australia (1981), Singapore (1982) and Brunei (1987).



**Sunita Narain appointed to International Advisory Group for environment, climate & biodiversity:**

India's Sunita Narain - Environmentalist, Writer and Director General of The Centre for Science & Environment, has been appointed to an international advisory group for action on

environment, climate and biodiversity launched in connection with World Environment Day. She was appointed by Swedish Minister for International Development Cooperation Per Olsson Fridh.



**A Covid revision for 2022 boards: CBSE plans two term end exams for 10, 12; reduced syllabus:**

The Central Board of Secondary Education (CBSE) has come out with a plan for Class 10 and 12 Board exams for the academic year 2021-2022. Instead of one Board exam at the end of

the year, the academic session has been bifurcated into two terms, with the Board conducting exams at the end of each. In a notification issued, the Board also announced that the syllabus for the year will be rationalised on the lines of what was done in the last academic year when the syllabus was reduced by 30%. The rationalised syllabus will be split in half across the two terms.



**Indian peacekeepers in Sudan awarded UN medals for outstanding performance:**

Recognising the dedicated services of the Indian Army soldiers towards peacekeeping, the United Nations awarded them with Medal. It was a special day for the 135 Indian soldiers on UN Duty, also

known as Blue Berets, as the medal ceremony in Bor, South Sudan, was presided over by Lt Gen Shailesh Tinaikar, UN Force Commander, also an Indian Army officer himself. Indian troops deployed under MONUSCO, a UN peacekeeping mission headquartered in the Congolese city of Goma and bordering Rwanda, earned praises. The troops facilitated smooth evacuation and protection of the civilians of Goma City and the UN personnel in the eastern Democratic Republic of Congo after volcano Mount Nyiragongo erupted molten red hot lava. India has been one of the top troop contributors for various UN missions. At present, there are around 5,500 Indian soldiers serving in eight of the 13 UN Missions. In 2007, India became the first country to deploy an all-women contingent to a UN peacekeeping mission



**WHO lays down guidelines for AI use in healthcare:**

The World Well being Organisation (WHO) has enlisted the important thing ideas that should be adopted whereas utilizing synthetic intelligence (AI) and different rising applied sciences in healthcare. The report titled

'Ethics and governance of synthetic intelligence for well being' is a primary complete handbook of its type, and has been curated by over twenty international specialists over the course of two years. The primary precept is to make sure the usage of AI protects the human autonomy in medical selections. Using AI in well being methods has elevated through the years, from pathology to drug discovery. Nevertheless, unchecked optimism in AI may make issues worse, for instance, by exacerbating the unequal distribution of entry to healthcare applied sciences inside and amongst rich and low-income international locations, the research famous.



# Art Gallery - Senior Secondary



Abdul Samad  
solanki - 12J



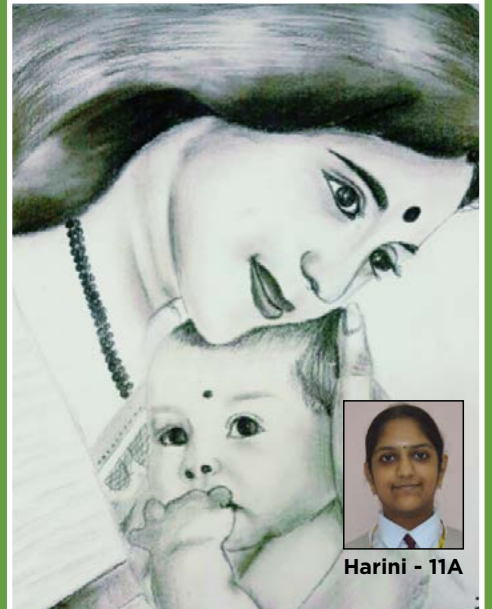
Nadiya  
Adnan - 11B



Aliya Asif  
- 12F



FARVEEN  
-12J



Harini - 11A



Harsimar  
Kaur - 11G



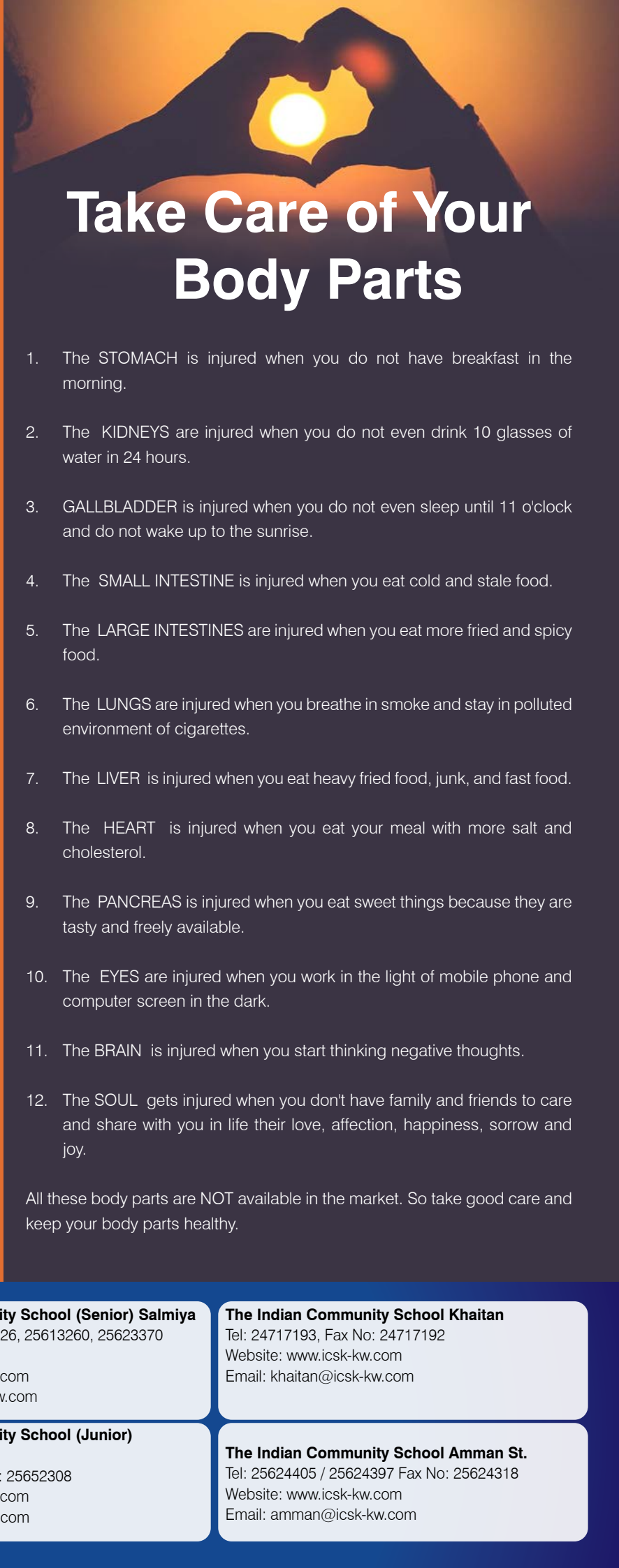
Simran - 11I



Beryl - 11B

# EPIctionary

- 1. Camaraderie** - mutual trust and friendship among people who spend a lot of time together  
Used in sentence: The football players had a sense of camaraderie which made them an unbeatable team.
- 2. Incumbent** - necessary as a duty or responsibility; morally binding  
Used in sentence: It is incumbent upon all of us to make an extra effort.
- 3. Solicitous** - full of anxiety and concern  
Used in sentence: The recent shark attacks give me solicitous reasons about going in the water again.
- 4. Pulchritude** - physical beauty, especially of a woman  
Used in sentence: We gazed in awe at the soaring eagle, who looked so graceful and pulchritudinous
- 5. Promulgate** - state or announce  
Used in sentence: The actor makes use of social media to promulgate the release of his film projects.
- 6. Interlocutor** - a person who takes part in a conversation  
Used in sentence: The music at the party was so loud my interlocutor couldn't understand a word I said during our conversation.
- 7. Ameliorate** - to make better of more tolerable  
Used in sentence: Ameliorate your singing by taking a few vocal lessons.
- 8. Altruistic** - regardful of others; beneficent; unselfish.  
Used in sentence: The billionaire is an altruistic man who gives away millions of dollars every year to various charities.
- 9. Relinquish** - to give up; put aside  
Used in sentence: When you relinquish the desire to control your future, you can have more happiness.
- 10. Cognizant** - awareness or realization  
Used in sentence: He was cognizant of the peculiarities of the case.



## Take Care of Your Body Parts

1. The **STOMACH** is injured when you do not have breakfast in the morning.
2. The **KIDNEYS** are injured when you do not even drink 10 glasses of water in 24 hours.
3. **GALLBLADDER** is injured when you do not even sleep until 11 o'clock and do not wake up to the sunrise.
4. The **SMALL INTESTINE** is injured when you eat cold and stale food.
5. The **LARGE INTESTINES** are injured when you eat more fried and spicy food.
6. The **LUNGS** are injured when you breathe in smoke and stay in polluted environment of cigarettes.
7. The **LIVER** is injured when you eat heavy fried food, junk, and fast food.
8. The **HEART** is injured when you eat your meal with more salt and cholesterol.
9. The **PANCREAS** is injured when you eat sweet things because they are tasty and freely available.
10. The **EYES** are injured when you work in the light of mobile phone and computer screen in the dark.
11. The **BRAIN** is injured when you start thinking negative thoughts.
12. The **SOUL** gets injured when you don't have family and friends to care and share with you in life their love, affection, happiness, sorrow and joy.

All these body parts are NOT available in the market. So take good care and keep your body parts healthy.



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