

EPICS



📵 EMOTIONAL 🕑 PHYSICAL 🕕 INTELLECTUAL C CULTURAL 💲 SPIRITUAL

MAY 2016



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the new edition of EPICS. You may be comfortable now because of the first term. But children, through out the year you should be with confidence and belief. To make that always keep a three letter word in your mind. That three letter word is CAN..... that determine your life's direction. Being positive or negative are habits of thoughts that have a very strong influence on life. Positive and negative are directions. Which direction do you choose? Positive thinking is expecting, talking and visualizing with certainty what you want to achieve, as an accomplished fact. Riches, mediocrity and poverty begin in the mind. Reality is the mirror of your thoughts. Choose well what you put in front of the mirror. The mind is the decisive factor in your life, but who decides for the mind?. A positive attitude brings strength, energy and initiative. To think negatively is like taking a weakening drug. When you say, "I can't" and expect the worst, you become weak and unhappy. When you say "I can", and expect success, you fill yourself with confidence and happiness. Being resolute, decisive and courageous in small matters and in big ones is being positive.

You can close the windows and darken your room, and you can open the windows and let light in. It is a matter of choice. Your mind is your room. Do you darken it or do you fill it with light? Positive thinking and negative thinking are attitudes. They are points of view, and show the way people handle their affairs. Suppose you stand at a crossroads, one way leads to a desert and the other one to lush meadows, which way do you choose? Clear thoughts produce clear results. Positive thinking evokes more energy, more initiative and more happiness. Train your mind to think in terms of 'possible' and 'can be done'. When you have control over your thoughts, you have control over your life. Happy thoughts attract happy people into your life. Happy thoughts fill your life with happiness. When you change your habitual thoughts, it is like changing the direction of a train. Affirm the positive, visualize the positive and expect the positive, and your life will change accordingly. When there are difficulties and you feel down, this is the time to visualize, think and expect the positive. Do not let circumstances influence your thoughts and moods. By rising over them mentally, you will eventually rise over them materially. Fill your mind with light, happiness, hope, feelings of security and strength, and soon your life will reflect these qualities. Reading inspiring quotes uplifts the mind. Repeating inspiring quotes during the day, helps to better cope with every situation that arises. The power of positive thinking is like a car with a powerful engine that can take you to the summit of a mountain. Finally let me wish the new EPICS editorial members the very best.

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WORLD IN A NUTSHELL

Horizons Expand with EPICS Editorial Board

ICSK can unquestionably boast of a painstakingly diligent editorial board that has enjoyed bringing new writing and creativity to the forefront, through its monthly – EPICS. This board collects articles, poems, artwork and campus news from the students, and prepare them for publishing.

The vestiges of classroom-confined learning have long become defunct, and ICSK has rolled down its windows to let Inspiration flood its hallways and strategically dispatch visions in the lives of the students. The talent of the students breaks out through the gateways of EPICS, carpeting a wide variety of subjects. School magazines teach students the value of cooperation and encourage healthy competition.

The EPICS editorial board, usually comprised of 2 teachers, is now extending its scope to include student members

from grades 9 to 12. This will provide students with the opportunity to evaluate features of writing and develop a critical eye for details. This will also increase students' self-awareness in a positive way.



Sitting : Mrs. Priya Ashok Kurup, Dr. V. Binumon, Dr. Sam T. Kuruvilla, Mrs. Sicy Abraham Standing : Mohammad Mishal, Sreeja, Gayathri Nair, Vrischika V. Nair , Abel Chris, Haritha Gnanasegar, Sharon Manoj, Sidharth Sudheer

EPICS

EDITORS' NOTE

"BE a hand that reaches out, be a smile for those that have no reason to smile, be a light for those who live in darkness" – Anonymous

A mother, wishing to encourage her son's progress at the piano, bought tickets to a performance by the great Polish pianist Ignace Paderewski. When the evening arrived, they found their seats near the front of the concert hall and eyed the majestic Steinway waiting on the stage. Soon the mother found a friend to talk to, and the boy slipped away.

At eight o'clock, the lights in the auditorium began to dim, the spotlights came on, and only then did they notice the boy - up on the piano bench, innocently picking out "Twinkle, Twinkle Little Star." His mother gasped in shock and embarrassment but, before she could retrieve her son, the master himself appeared on the stage and quickly moved to the keyboard.

He whispered gently to the boy, "Don't quit. Keep playing." Leaning over, Paderewski reached down with his left hand and began filling in the bass part. Soon his right arm reached around the other side and improvised a delightful obbligato. Together, the old master and the young novice held the crowd mesmerized with their blended and beautiful music.

In all our lives, we receive helping hands - some we notice, some we don't. We ourselves have countless opportunities to provide helping hands - sometimes we would like our assistance to be noticed, sometimes we don't. Little of what we all achieve is without learning from others and without support from others and what we receive we should hand out.

Children, please remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; One for helping yourself, and the other for helping others.

You can mail us: epicseditors@gmail.com

Mrs. Sicy Abraham Mrs. Priya Ashok Kurup





PLASTIC-EATING BACTERIA

Till now PET has been one of the most stable compounds man has ever created. If it wasn't so, the plastic bottle in your hand wouldn't stay the same way it was a few moments back. PET (polyethylene terephthalate) is used to make a lot of things including disposable cups, spoons bottles etc. Since its creation in the 1940s there



Karthikeyan Suresh - XI C

hasn't been a possible way to break it down until now. In March 2016, a team of Japanese scientists has found a species of bacteria that eats the type of plastic found in most disposable water bottles. The bacteria, Ideonella sakainesis, uses two enzymes to break down the PET. After adhering to the PET surface, the bacteria secrete one enzyme onto the PET to generate an intermediate chemical. That chemical is then taken up by the cell, where another enzyme breaks it down even further, providing the bacteria with carbon and energy to grow. The researchers report that a community of Ideonella sakaiensis working this way could break down a thin film of PET over the course of six weeks if the temperature were held at a steady 86 degrees Fahrenheit. Many scientists have termed this discovery as a breakthrough. The researchers at the Kyoto institute of technology trying to find out a way to isolate the bacteria from the wild and release it to decompose the plastics.

HOW I FELT..

Looking back at life; at important situations, Smiling at lovely memories Ignoring all conversations -



MALAIKA SAMUEL - 10A

The first time I was lost Wandering here and there, fear in my heart
Tears in my eyes, I looked everywhere.
I hear my parents call, and then I realized
I just left them outside

Then came the day With a trophy in my hand,
With a great smile, running all the way;
Mom and daddy proud, cheering me whole day...
Full of happiness and full of glee.
The day of achievement - that's how I felt...
Until that day, when I first was hurt,
Heart was broken and mind frozen.
Crying and crying I didn't Know what to do
Consolation and comfort little did it help
Understood life and took a step ahead,
Learning from pain, I had had enough gain,

That's How I felt and it was not in vain.



By identifying barriers to learning, school counselors work with students through difficult issues so that they stay focused in the classroom. At ICSK, we focus on students becoming effective learners, building self-confidence, developing interpersonal skills, respecting self and others, resolving conflicts, and accountability in a safe, healthy and supportive environment. School Counselors work with teachers to reduce classroom disruptions effectively. A small problem can quickly grow into a large issue if not addressed, and can negatively impact learning in the classroom.

School Counselors are always available to students and families with great advice and suggestions. Sometimes, overzealous parents want to protect their children from the smallest discomfort but it's not advisable to shell them from the adversities of life. They have to undergo difficulties so they will have the courage to face the real world.

Being a parent is by far the most difficult job because of the unforeseen challenges at every stage of development. Sharing your concerns with a trained professional may help make better decisions. Teachers and Counselors help children develop their knowledge, attitudes and skills necessary to become competent and confident learners. We all have to realize that the Counselors have an important role in meeting the students' needs through prevention, early identification and intervention. Let us be proactive!

EPICTIONARY

1. Discombobulate: (verb) to throw into a state of confusion;

I was discombobulated by the noisy crowd that I forgot what to say.

2. Abnegation: (noun) the action of renouncing or rejecting something.

Everyone was shocked by Jane's abnegation of the Congressional seat, as she was dedicated social server.

3. Adumbrate: (verb) to produce a faint or vague resemblance of; to foreshadow

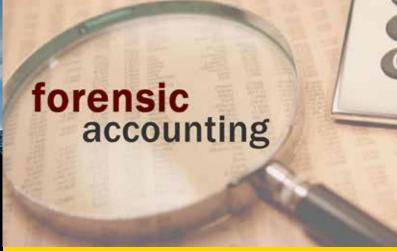
The strife in Kansas during the 1850s adumbrated the Civil War that would follow.

4. Interlocutor: (noun) a person who takes part in dialogue or conversation

Janice served as an interlocutor in the discussion on Gender discrimination.

5. Tangential: (adjective) something that is not part of the whole; of superficial relevance.

During the presentation, Marc rambled off on a tangential topic, making the audience restless.



DEPT. OF COMMERCE

The integration of accounting, auditing and investigative skills yields the speciality known as Forensic Accounting. 'Forensic Accounting', provides an accounting analysis that is suitable to the court which will form the basis for discussion, debate and ultimately dispute resolution. While opening up new avenues of crime in computer hacking, the Internet facilitates a wide range of traditional criminals that include mobsters, drug traffickers, corporate fraudsters, spies, and terrorists.

The critical challenge that cyber-crime imposes is that unlike traditional crime, the physical presence of the criminal at the scene of the crime is not necessary. In the traditional days of bank robbery, the robber had to be present at the heist and took the risk of being caught and dragged away in cuffs. However, in the age of the Internet, a bank robber could commit a crime of much greater magnitude without ever even having to set foot in the bank. They usually operate from remote locations, under the umbrella of legal protection provided by a different jurisdiction than where the crime is being committed. These criminals exploit the weaknesses in internal controls to commit their crimes. The risk they face is that their plans might be thwarted, but usually the identification, prosecution, or incarceration of such criminals is complicated due to the involvement of multiple jurisdictions. According to the FBI, a significant percentage of cybercrimes originate in Romania, but the victims are in the United States or in other western nations. These criminals, formerly employed by the now defunct intelligence apparatus of Romania, have targeted money transmission agencies. Additionally, one type of securities fraud, known as a "pump and dump" scheme, has been traced back to criminals in Latvia and Estonia who hack into accounts of online brokerage companies. Although these crimes originate and are committed overseas, the consequences are felt in the United States and adversely impact U.S. investors.

Consequently, the significant threat encountered by banks and other financial institutions is no longer that of an armed robber engaging in a heist, but that of a cyber-criminal sitting in the comfort of his home at a remote location. The weapon of choice for such criminals is not a firearm as used in traditional bank robberies, but a few keystrokes on their computers. Consequently, the analysis of evidence of such crime doesn't require evaluation of fingerprints or ballistics experts. They require a financial analysis of the money trail and hence the expertise of accountants.

SMEARED

She wiped the mud off her hands, smearing her once white apron; An hourglass, surfeit of sand, Spilling over into flagrance.

JENNY - 12G

VARIETY IS THE SPICE OF LIFE



Life is a stage and we are all actors, but living our lives in routine can be very boring. Without change, our lives would be dull and tiresome. Adding a little flavor to life makes it enjoyable and fun. We wake up every morning, get ready for school, and after breakfast, we head out for another day at school. Returning home, we have our lunch, and after a little rest, get into studies or tuitions. This has developed into a routine. We soon begin to function like robots.

We must infuse a little essence – a little zest – into our lives, to maintain excitement amidst the repetitive humdrum of life. For instance, a little television after school can help us relax a little and energize us. Life is a dish that would be better with a little spice and flavor. If you are a workaholic, life can be a little annoying, as the saying goes, "All work and no play makes Jack a dull boy."

We ought to travel the world! It is an experience that will open our minds and let us learn about new places. Everyone ought to take up a hobby that one is passionate about. It could help us divert our mind and unwind from a heavy day of work. We could organize picnics and social gatherings. Meeting with other people gives us the opportunity to share views and discuss the events of our day-to-day life.

Life is short and has a purpose. We must live to the fullest. Working hard is important, but everything needs to be done in moderation.

TRY, TRY AGAIN

When he was only seven years old , he & his family lost their home - he had to go to work to help pay the bills. When he was nine , his mother died. After years of barely schooling and odd jobs , he lost his job as a clerk at age twenty two. A year later , he invested some money with a friend to start his own business.



Stephania Saji Varghese - 12B

His friend died three years later , and he had to work for years to pay all the depts. For several years he tried to get into politics and ran Congress. He lost. He ran again - and lost . He ran the third time and finally made it , but when he ran for reelection two years later he lost again . He particularly had a nervous breakdown. He married a woman , but the marriage was a struggle from the beginning. When he was forty one , his 4 year old son died. He ran for Land officer and lost. Then he ran for the Senate and lost that. A couple of years later he ran for the vice-presidential nomination and lost. He ran for the Senate one more time and lost again. He had crazy ideas , and most people misunderstood him and labeled him as a dangerous man.

But two years later , when he was fifty one , he ran for President of the United States and won.

He is none other than one of America's greatest heroes due to both his incredible impact on the nation and his unique appeal.- Abraham Lincoln

He could have given up long before he became a president. He had every right to . He failed miserably at almost everything he ever attempted - but he always got back on his feet and tried again . He kept trying until he became one of the greatest men to ever live. Sometimes , though , that seems like the hardest thing to do. You fail a test... You don't measure up to your parent's expectations..... just don't give up .. Sometimes you can learn more through your failure than success. If at first you don't succeed try, try again!!

ICSK CARVES OUT A NICHE IN WORLD AFFAIRS



Students of ICSK had the honour of attending the Model United Nations session conducted by FAIPS-DPS on the 29th and 30th of April. Madhumita Venugopal, Namritha Shankar, Rithika Ragupathy, Shaik Mathar Hassan and David Mathew were selected to be the delegates of Belgium, the U.K., Bangladesh, Cuba and Iraq respectively. A Position Paper by each student was submitted a week in advance to the event. Shaik Mathar Hassan was awarded the prize for Best Delegate and David Mathew the prize for Best Position Paper. The delegates are eager to attend the next MUN session and possibly begin an MUN club at ICSK.



When Mother Teresa was a young woman , she used to sit on the streets of Calcutta , begging passers everyday . She did this not for herself , but for the poor and needy. One day, as she sat begging, a rich businessman walked up to her and spat on her open palms for doing such a shameful thing. She gently wiped the spit off and said to the man," You have given me what I deserve. Now give for the poor." Mother Teresa always had a heart for the less fortunate and did whatever it took to serve those in need. Are we doing the same or has charity become a topic that we conveniently like to leave out because it makes us uncomfortable?

What is charity? Charity is simply an act of kindness, whether it be exhibited in monetary ways or through good deeds. It is our willingness to help and serve others.

There goes a saying "Generosity is a principle - not an amount". I,too, believe giving is a principle that each of us should follow. Helping those who are really in need is a rare and good quality. People are

often reluctant to help others, and they usually only care for themselves or their nearest or dearest. Then there are others that spend huge sums of money on charitable organizations but pay no attention to their own family. A truly charitable person is someone who would look for a need and willingly contribute to it. The right way to cultivate a habit of giving is by learning



Sneha Susain Abraham - 8A

to love unconditionally and give without expecting anything in return.

Why is it important to give to charities? There are multitude of reasons for this. Charities give services to the needy without asking for anything in return. Charities every year help millions of people around the globe with their needs. They help give shelter to the homeless, which get them off the street and on the path of bettering their lives. It also gives them a place to turn to when they have nowhere else to go. Charities make it possible to come up with advanced and new age cures to diseases such as AIDS and cancer. Charities provide education to children that can't afford it. Charities also contribute to making the environment a better place to live in, along with so many other worthwhile causes.

Apart from all this, another important reason to give to charity is that it makes the giver feel better about themselves. Someone once said," A person has not experienced life until they have given one." Imagine how happy it would make you if your contribution helped save a life, or even went to saving the lives of millions! Wouldn't that be a wonderful thing to experience? As students, we may not always have the resources to give much, since we do not earn or make our own money, but we do have time. The saying "Charity begins at home" is an old one and very true. We can start being charitable by helping our parents out at home and spending time with someone that just needs some tender, loving care. Start being a cheerful giver today. And remember, even if you don't always get anything tangible in return, you can go to bed at the end of the day, knowing that you've made someone else's life worth living, and I promise you, there's no better feeling in the world. Let's be kind to someone today and make this world a better place to live in.

ICSK PROFFERS ADULATION ON SHAKESPEARE



To celebrate the history and the cultural achievements of the English Language, UNESCO established April 23rd to be English Language Day – the date of the illustrious bard Shakespeare's birthday. At ICSK, the English day celebrations commenced with a special assembly conducted by the students of 12 – G. A thought-provoking musical called "Inspiration" was performed which emphasized on the value of hard work, individuality and creativity. Iconical writers of the past like Shakespeare, Hugo and Tolstoy were resurrected to inspire their present day counterparts.

To promote Literature, the English department organized a quiz

on the life and works of Shakespeare, followed by a declamation competition and a character interpretation contest. Alma Trisa Sunil (8A), Riya George (10 B) and Manna Achu Alex (10 C) bagged the first, second and third positions from the secondary level for the Declamation contest. Mohammed Mishal (11A), Vrishchika V. Nair (11 D) and Julianna (11C) secured the first, second and third positions respectively in the senior secondary level for Declamation. Chrisle Joseph Charls (12 C), Gayathri Nair (11 J) and Aeisha Anis (11 G) came first, second and third in the character interpretation of the senior secondary category. From the secondary category, Blesson Reji (8 C), Lida Marya George (8A) obtained the first and second place; the third place was shared by two contestants Dheeraj Ramesh (9 C) and Alma Trisa Sunil (8 A).

For the quiz, Riya George (10 B) and Sidharth Suresh (10 A) were the winners by securing the maximum points and with Clifton George (10) and Alita Annet (10) in the second position. For the secondary level while Sara Johnson (11) and Shabbir (11) obtained the first place in the senior secondary level; Vineeth (12 A) and Mohammed Basil (12 C) secured the second position.

The objective of the activities was to emphasize language learning as an art which requires skill, patience and discipline and to perceive language as an extension of the heart.

BIRTHDAY GALLERY APRIL



DANIELLE RODRIGUES 8C - 1ST APR



JOSHUA EDWIN 8A - 1ST APR



MOHAMMED A S. 11F - 1ST APR



MUSTAFA SHABBIR 11E - 1ST APR



UMER MOHAMMAD 11K - 1ST APR



JUWERIYA KHAN 11F - 1ST APR



AFREEN AKBER S. 10E - 2ND APR



MOHAMMED OWAIS B. 9A - 2ND APR



NANDITA M. THOMAS 11G - 2ND APR



HAKIMUDDIN KURBAN 12D - 3RD APR



AISHA NISAR MUKADAM 11B - 4TH APR



MANISHA M. 11F - 4TH APR



MIRIA JOHNSON 11A - 4TH APR



MUSKAN SINGH THAPA 8A - 4TH APR



ALIASGAR SAYA. 10F - 5TH APR



BENSEN DANIEL C. 9B - 5TH APR



KRIPA ANN MATHEW 8A - 5TH APR



PRIYA BABU 11G - 5TH APR



ABISHEK NATHAN 8B - 6TH APR



OMKAR SURESH P. 8A - 6TH APR



RABAB YUSUF K. 12F - 6TH APR



SANJANA S. B. 11G - 6TH APR



VAIDEHI NAIR K 8B - 6TH APR



ZAYNEB MUSTAFA 10B - 6TH APR



PARINAZ SHARUK 10C - 7TH APR



TASNIM ABDEALI 12D - 7TH APR



ALFIYA ISMAIL 12C - 9TH APR



KEVIN MATHEW T. 12C - 9TH APR



SHABBIR MURTAZA 11D - 9TH APR



ARDULLA FAWAZ 11F - 10TH APR



ANANIA SARAH C 11A - 10TH APR



FATEMA SHABBIR 12E - 10TH APR



OMAR RAWOOT 12B - 10TH APR



11J - 10TH APR



9C - 10TH APR



NAMRATA SUNAND 12D - 11TH APR



COLIN CHARLES 11B - 12TH APR



NOELA LUIS 12D - 12TH APR



AARON BABY T. 11B - 13TH APR



ADRIEL LUIS GOMES 12C - 13TH APR



AEISHA ANIS M. 11G - 13TH APR



11C - 13TH APR



11E - 13TH APR



CHRISTI MARIAM C. 9B - 15TH APR



HASAN HABIBULLAH 11B - 15TH APR



KEVIN MATHEW T.



AKSHAY YADAVA 12F - 16TH APR



ANGELINE SARA S 9B - 16TH APR



NASIF AMIN S 8A - 16TH APR



VEDHIKA KAI PESH G. 9A - 16TH APR



JASKIRAT PAL SINGH 12A - 17TH APR



AFRAH MOHAMMED R. 11C - 18TH APR



ADHUL RAMDAS 11E - 19TH APR



LEANDER GEORGE 10C - 19TH APR



AZRA AMANULLAH 11J - 20TH APR



FARIDA SAIFUDDIN 12F - 20TH APR



FREDDY PAUL 12A - 20TH APR



11A - 20TH APR



LIONEL PINTO 8A - 24TH APR



AMAL ROY

LORINE GIGLM. 12G - 24TH APR



SAKINA MUFADDAL

11F - 21ST APR

SWATHI N. KUMAR 11F - 24TH APR



AKBAR HOSSAIN

11L- 22ND APR

BASSAM 9C - 25TH APR



MUSKAAN RANJAN S.

11F - 25TH APR



ZAHBIYA

10B - 25TH APR



ZUHA FATEMAH



QUSALZOHAR EGEY

11D - 25TH APR



CHRISTINE S. SHINE









ΑΥΙSΗΑ SΗΔΗΜΑ 10E - 27TH APR



BIRTHDAY GALLERY APRIL



JUDITH M. RODRIGUES AKILA P. KRISHNAN 12E - 29TH APR



12B - 30TH APR



ELIZA KURIAN 12K - 30TH APR



DISHA HARISH SHETTY HUDA ABDURAHIMAN SUHAIB ABDUL SAMAD 11G - 30TH APR



9C - 30TH APR



8C - 30TH APR



MRS. POORNIMA S 2ND APR



MR. SILAMBARASAN, M 3RD APR



MRS. RAJAM 4TH APR



MR.A.VARGHESE MATHEW 9TH APR



MRS. SHEHNAZ D. 9TH APR



MRS. JESHA P. ALEX 10TH APR



MR. GEE VARGHESE 15TH APR



15TH APR



DR. V. BINUMON 27TH APR

HARVEST: ICSK's Fields Yield Hope



The fraternity of the Indian community school, Senior witnessed an exceptional assembly on the occasion of World Health Day on 7th April 2016. It was a thought provoking event when the nature club of the school harvested varieties of vegetables which were cultivated by the energetic members of Nature club. Indubitably, this gave an impetus to the student community of the magnitude of consuming organic food that is free from chemicals.

The vibrant students and zealous staff of the school enthusiastically



came forward to participate in the auction to acquire the fresh produce gathered from ICSK garden. Dr.V Binumon - the Principal, ICSK Senior - expressed his eagerness to expand the club for the new academic year and also appreciated the incredible effort of the members of Nature Club headed by Mrs. Indira Radhakrishnan and Mrs. Ayesha Fhamy.

The whole amount collected from the auction was contributed to charity to fund cancer patients residing in Kuwait.

ICSK REJUVENATES WITH 'YOGA FOR HARMONY AND PEACE'



The Indian Embassy in Kuwait organized the 'Yoga for Harmony & to 10:00 am, in association with Al Shaheed Park, Isha Foundation, The Art of Living, Samaj Marg Meditation, Yoga House and Artistic



Practising Yoga has many physical and mental benefits.

with an awareness of the ancient wisdom as stepping stones to an

CAPTAINS & VICE CAPTAINS - MAY 2016

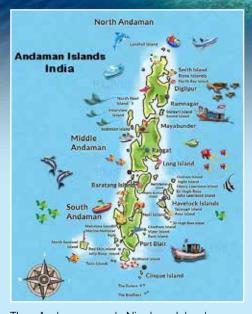


STUDENTS BRING LAURELS TO ICSK

The 30th of April proved to be a great day for the young photographers of ICSK. An Interschool photography competition was conducted by FAIPS (DPS) and all the participants of ICSK participated with great enthusiasm. A spot photography competition was held, in which Fathima Rishada of 12th grade bagged 3 certificates. She is the runner up for the best photographer award as well. Abhijith Satheesh of 10 C was acknowledged as the best spot photographer and was awarded a Nikon camera. This certainly shows that ICSK does not lack flair proven by the cocktail of talents in ICSK.



ANDAMAN NICOBAR



The Andaman and Nicobar Islands, one of the seven union territories of India, are a group of islands at the juncture of the Bay of Bengal and Andaman Sea. The territory is 150 km (93 mi) north of Aceh in Indonesia and separated from Thailand and Myanmar (Burma) by the Andaman Sea. It comprises two island groups, the Andaman Islands and the Nicobar Islands, separated by the 10°N parallel, with the Andamans to the north of this latitude, and the Nicobars to the south. The Andaman Sea lies to the east and the Bay of Bengal to the west. The territory's capital is the Andamanese town of Port Blair. The total land area of these islands is approximately 7,950 sq. km. The capital of Nicobar Islands is Car Nicobar.

The Andaman and Nicobar Islands, home to a number of aboriginal tribes and to the only known Paleolithic people, the Sentinelese people, who have no contact with any other people. There remain approximately 400-450 indigenous Andamanese in the Andaman Islands. the Jarawa and Sentinelese particular maintaining a steadfast independence and refusing most attempts at contact. In the Nicobar Islands, the indigenous people are the Nicobarese, or Nicobari, living throughout many of the islands, and the Shompen, restricted to the hinterland of Great Nicobar. More than 2,000 people belonging to the Karen tribe live in the Mayabunder tehsil of North Andaman district, almost all of whom are Christians. Despite their tribal origins, the Karen of Andamans have Other Backward Class (OBC) status in the Andamans.

The Andaman Islands are home, lie in the Bay of Bengal, approximately 1,220 km southeast to the coast of West Bengal and 1,190 km east of Chennai. The main islands in the Andamans are Land Fall Island, Middle Andaman, South Andaman, Port Blair and Little Andaman. Nicobar, lying to the south, comprises Car Nicobar, Great Nicobar, Chowra, Teresa, Nancowrie, Katchal and Little Nicobar. The two groups of islands, Andaman and Nicobar, are separated by a deep ten degree channel. 12 of the islands, particularly Car Nicobar in the north, are inhabited, while Great Nicobar, the largest and southernmost island in the group, is virtually unpopulated.



It was after 1850 that the Andamanese and the Nicobarese came in contact with the outside world. But, during the British rule, the islands became notorious as the 'Kalapani', where convicts with life sentences were imprisoned. But today, Andaman and Nicobar Islands are among the most coveted destinations in Indian tourism. India has been developing defence facilities on the islands since the 1980s. The islands now have a key position in India's strategic role in the Bay of Bengal and the Malacca Strait.

2004 Tsunami

On 26 December 2004 the coasts of the Andaman and Nicobar Islands were devastated by a 10 m (33 ft) high tsunami following the 2004 Indian Ocean earthquake. More than 2,000 people lost their lives, more than 4,000 children were orphaned or suffered the loss of one parent, and a minimum of 40,000 people were rendered homeless. The worst affected Nicobar Islands were Katchal and Indira Point; the latter subsided 4.25

Capital : Port Blair

Government : Indian Union Territory [UT]

Currency : Indian rupee (INR)
Area : 8.249 km2

Population : 380,500(2012 estimates)

Language : English Official

Regionally Spoken : Nicobarese, Bengali,

Hindi, Tamil, Telugu

Coordinates (Port Blair): 11.68°N 92.77°E Location : East India Established : 01-11-1956

Districts : 3

Area : 7,950 sq.km.

metres and was partially submerged in the ocean. The lighthouse at Indira Point was damaged but has been repaired since then. The territory lost a large amount of area which is now submerged.

While locals and tourist of the islands suffered the greatest casualties from the tsunami, most of the aboriginal people survived because oral traditions passed down from generations warned them to evacuate from large waves that follow large earthquakes.

The Andaman and Nicobar Islands have a tropical rainforest canopy, made of a mixed flora with elements from Indian, Myanmar, Malaysian and endemic floral strains. So far, about 2,200 varieties of plants have been recorded, out of which 200 are endemic and 1,300 do not occur in mainland India.

The South Andaman forests have a profuse growth of epiphytic vegetation, mostly ferns and orchids. The Middle Andamans harbours mostly moist deciduous forests. North Andamans is characterised by the wet evergreen type, with plenty of woody climbers. The North Nicobar Islands (including Car Nicobar and Battimalv) are marked by the complete absence of evergreen forests, while such forests form the dominant vegetation in the central and southern islands of the Nicobar group. Grasslands occur only in the Nicobars, and while deciduous forests are common in the Andamans, they are almost absent in the Nicobars. The present forest coverage is claimed to be 86.2% of the total land area comprises of 12 types of forests.

INCOME (MARCH)	KD	EXPENDITURE (APRIL)	KD
Balance c/f from March	3740.705	Mrs. Priya Lanu Priya	150.000
		Mrs. Amaliya Kolanthus	150.000
		Mrs. Sithie Saleh	150.000
		Mr. Jahangir Mansur	150.000
			600.000
Balance from March	3140.705		
Contribution from students (April)	414.885		
Contribution from Staff & Well Wisher (April)	81.000		
Contribution from Nature Club	27.100		
Balance in hand	3663.690		

BIRTHDAY AND CHARITY FUND FOR

	APRIL:	2016	
XII A	-	8.065	8.065
XII B	0.500	19.500	20.000
XII C	5.000	39.385	44.385
XII D	7.000	16.715	23.715
XII E	8.000	8.800	16.800
XII F	5.000	4.360	9.360
XII G	-	3.040	3.040
XII J		3.995	3.995
XII K	-	-	-
XI A	5.000	28.380	33.380
XI B	-	10.830	10.830
XI C	-	10.555	10.555
XI D		4.710	4.710
XI E	5.000	11.180	16.180
XI F	5.250	8.130	13.380
XI G	5.750	12.500	18.250
XI H	-	6.160	6.160
ΧII	-	5.390	5.390
XI J	-	10.320	10.320
XI K	1.000	2.600	3.600
ΧA	1.000	20.590	21.590
ХВ	5.000	10.825	15.825
ХС	3.000	8.520	11.520
ΧE	-	5.150	5.150
ΧF	-	6.320	6.320
IX A	3.000	11.240	14.240
IX B	1.250	8.830	10.080
IX C	3.000	17.600	20.600
VIII A	1.000	7.575	8.575
VIII B	1.500	20.770	22.270
VIII C	2.000	14.600	16.600
Total	68.250	346.635	
Sub Total			414.885







CHARITY CONVENORS - MAY 2016



LEAH MARIAM



RAYYAN ABUBACKER 12B



BIJOY SAM SAMANTHA SUNIL



A SUNIL MARIA



ABIN BUSKUTTY



SHEJIN CHRISTO



ROOSFIDA



ANANIA SARAH CHERIYAN - 114



MUSTAFA BURHANI BANKODA - 11B



MOHD HISHAM - 11C



ABDULLAH ABDUL QAIYOOM - 11D



KHADIJA NIHAR - 11E



MOHAMMED SHSHPURWALA - 11F



ALISTAIR DIAS



IRWIN PAUL



HUSSAINA HOZEFA - 111



AMBER PIMPHYLIA



ABDUL SATTAR



HUSAIN FAKHRUDDIN - 11L



JOEL JOHN SHAJI - 10A



RIYA GEORGE 10B



KABILA GNANASEGAR-10C



THEEKSHANA NILUPUL - 10E



BRIAN CECIL JENILY - 10F



RAKSHITA A.G



ASWANTH GANI



SANDRA SHAJAN



TEPHY CHANDRA KUMAR - 8A



SHARON BABY THOMAS - 8B



DHRUV RAMESH SHETTY - 8C

NAP, WHILE YOU CAN!

Before you read any further, go catch some shut eye. You can read this later.

As a child we hated them; they ate up valuable play time. But as we grew up, we wait eagerly for them. We all love naps. What we do not know are the valuable arguments that justify napping more often. When it comes to napping its Science 1 – Nagging parents 0

We all come back from school tired but do not usually consider taking a nap because of tuitions, lunch, errands and the usual rush. We go through the rest of the day without sleep and begin the same cycle the next day. How do we catch up on lost sleep? Some of us sleep through the weekends while others just adjust to a sleep deficient timetable. Both solutions do us more harm than good. Guess what an expert would suggest? Afternoon naps!

Apparently, all mammals are natural nappers; they sleep often during the day. Humans are the only mammals who deliberately stay awake when sleepy. A NASA study on sleepy military pilots and astronauts found that a 40-minute nap improved usually around midday performance by 34% and alertness by 100%. Naps work better than caffeine in boosting our cognition. And of course, they're free.



Mohammad Mishal

In countries like Japan, napping at work is a matter of pride because it means the employee has worked hard enough to fall asleep from fatigue. People are known to fake naps there to build reputations!

The naps should not be too long though; naps that last longer than 30 minutes can impact our regular sleeping schedule and cause sleep inertia. That apart, hit the hay whenever you get the opportunity. Even five minutes naps can boost the functioning of your immune system. Anticipating a forthcoming nap can reduce blood pressure! Anything to do with naps is good for you.

You would've been better off if you'd used the time reading this to take a nap. What are you still doing here? Close your eyes already!

COMMUNICATION EXPLOSION

When I visit my grandparents, I come across these little rectangular paper covers with a small icon stuck in the corner, containing a hand-written message. These little things were called letters and I realized with a heavy heart that these letters were 'trendy' in my grandparents' days.

Letters are a thing of the past now. It has only been a few years since Microsoft Corporation came up with the electronic mail at the onset of the World Wide Web. Soon, the Personal Computer followed which was soon overtaken by the laptop and ultimately, a smaller device to access the internet – the ubiquitous smartphone. With the recent boom of social media, contacting a distant relative – which would takes weeks earlier – is possible within seconds, at the tap of a button.

The idea of this shrunken world is debatable. Some pundits would say that it has brought people closer, while critics vehemently oppose the idea of isolating people

with a six inch screen. Today, over 1 billion people log onto a social media site every minute – we have invariably become hooked to the communication industry which is the fastest growing economic sector. Major Tech companies compete with each other, mass-producing newer and newer models of the same Smartphone prototype.



OMAR ISMAIL 12

My childhood was built up with Lego bricks and the scintillating chase of Monopoly or Clue. Unfortunately, my younger siblings miss out on the tangible feel of the yellow blocks that whiled away many afternoons, growing up.

At the end of the day, it is our ability to push our boundaries, to evolve rather than simply exist. We need to reassess how things operate and learn to adapt better.

7 STEPS TO ATTITUDE **CHANGE**

Any fact facing us is not as important as our attitude towards it, for that determines our success or failure -NORMAN VINCENT PEALE

Attitude is the foundation of success. Here are 8 tips to build and

1. FOCUS ON THE POSITIVE

Problems will constantly arise. It is, therefore, important that we face life with a positive attitude and with good will and enthusiasm.

2. DO NOT PROCRASTINATE

If you want to build positive attitude learn the phrase, "do it now" and stop procrastinating. Utilise every second. Grab every opportunity

The most dangerous words in life are

- It might have been
- I should have
- I wish I had

Never leave till tomorrow, which can be done today -BENJAMIN FRANKLIN

3. DEVELOP AN ATTIUDE OF GRATITUDE

We constantly worry about what we don't have and we forget to be thankful for what we do have. We need to count our blessings and give thanks for everything that happens in our life.



4. BUILD A POSITIVE SELF ESTEEM

Self Esteem is the attitude we have about ourselves. We can build self-esteem by changing the way we think before trying to change the circumstance. The goal of positive thinking is to have a positive self-concept.

5. STAY AWAY FROM NEGATIVE INFLUENCES

Some people lack the courage to say 'No' because of a lack of selfesteem. These negative influences can infuse with our lives and bring down our performance. It is important to learn to say No to negative

6. LEARN TO LOVE WHAT YOU DO

Start by doing what is necessary, then what is possible and then suddenly you're doing something the impossible -St. FRANCIS OF

Enjoy the work you do. Certain tasks may appear unmanageable, but if we learn to love what we do, the impossible becomes possible.

7. START YOUR DAY POSITIVELY

Read or listen to something positive first thing in moring.it sets a tone for the day and puts us in right frame of mind to make a day positive

William James of Harvard University said" if you're going to change your life, you need to start immediately"



People often tell me that I am missing out on a lot, when they hear I'm pure vegetarian. Well, technically, I'm Lactovegetarian. What does that mean? Let me explain. There are different types of vegetarians. Let me start with my type: Lacto-vegetarian: A lacto-vegetarian does not eat meat, seafood, egg, but does eat dairy products, like cow's milk and its derivatives: ice cream, yogurt, cheese, butter and so on.

Ovo-vegetarian: Ovo-vegetarians do not eat meat or dairy products, but they do eat eggs. These people are rare, because a normal vegetarian (like me) doesn't eat eggs.

Pesco vegetarian: They mostly follow a vegetarian diet, but eat a little seafood. Seafood is a healthier choice than most. This is a popular diet followed by most.

Adithya Narayan Rajesh - XIC

Lacto-ovo-vegetarian: They eat no meat including seafood, but eat eggs and dairy products. Their motto is to not eat any meat that is derived from killing an animal.

Vegan: About 1% of the U.S. population is vegans. Vegans do not eat meat, eggs, dairy products, honey or any other animal product. A vegan also avoids refined sugar.

Being vegetarian is fun? Try it. You will feel the difference.

BEST STUDENTS APRIL



ALEENA SAM



YANG - 12B



ANTHONY JUDE CHRISLE JOSEPH



STEPHEN **ROSHAN - 12D**



ALEX JOHNSON



MELROY SYLVESTER - 12F



- 12G



JENNY SARAH ASHIN BABU - 12J JENNIFER DELSY





ZAID ZAFAR WAREKAR - 11B



NILAY PRAEUL KUMAR - 11C



VRISCHIKA V NAIR - 11D



LUAMOL VARGHESE - 11E



ASHLY SHIBU - 11F



ASHITHA ELIZABETH - 11G



JOEL THOMAS





ALI ABBAS - 11I AMAN ALI - 11 J



BOBAN



ALEXANDER - 11K RAGHUPATHY - 10A



SHARON JUDITH **LOBO - 10B**



MAALAVIKA MENON - 10C



RANIYA GHOLISE FEBA STANLEY - 10E



- 10F



EMAN HASHIM DAWRE - 9A



JOEL ANTO



MERLIN MARY



RON SHAJU



RUTVIK VISWANATHAM - 8B ANNAPURNA - 8C



SRILAKSHMI

SINCE ANIMALS DO NOT HAVE A VOICE, YOU WILL **NEVER STOP HEARING MINE**

Christa - 12F

Somebody once asked me what my greatest achievement would be, expecting me to answer "Securing a position at the National level." But, that was far from what I had in mind. My greatest achievement in life would be to rescue and protect God's little creations, abandoned by insensitive and cold-hearted humans.

There was a time when I feared animals, but as I grew, I learned that they were just helpless creatures looking for companionship. Rescuing animals is truly the best feeling in the world. The reason I dedicate myself to helping animals so much is because there are already so many dedicated to hurting them. I have let many animals into my life, taken care of them as my very own. That's when you see their lost spirit come to life. Their eyes are painful to look into, because of the sufferings they've seen. You will see the inner beauty and feel their inner soul.

It has been a year since I began volunteering at the Kuwait Society for the Protection of Animals and Their Habitat (K'S PATH). While there are many tough chores, like cleaning up after the animals and washing their dirty beds, it provides an entertaining channel to interact directly with the animals.

Shelters often run low on basic necessities - like newspapers and towels - and need donations. One does not need to work hands-on at the shelter; there are many other ways to contribute: raising money, soliciting donations, or even helping out at the front desk.

"Rescuing an animal may not change the world, but surely for that one animal, the world will change forever."



This is the world's largest flower. Blooms every 40 years for only 3 days, it is 2 meters tall and weighs 75 kilos.

Name: Cardaverous in Kew **Garden London**

QUOTE GARDEN

- 1. "The greatest pleasure in life is doing what people say you cannot do." - Walter Bagehot
- 2. "Do not go where the path may lead; go instead where there is no path and leave a trail." – Ralph Waldo Emerson
- 3. "Obstacles are those frightful things you see when you take your eyes off your goal." - Henry Ford
- 4. "If you don't like something, change it. If you can't change it, change your attitude. Don't complain." – Maya Angelou
- 5. "The important thing is this: to be able at any moment to sacrifice what we are for what we could become." Charles Du Bos

APRIL 2016

RLD in a Nutshell



Veteran U.S. astronaut Scott Kelly says goodbye to NASA: The veteran astronaut bid goodbye to his illustrious career with the U.S. record for most cumulative time in space - 520 days.



Nita Ambani most powerful business woman in Asia Forbes: Reliance Industries director Nita Ambani and State Bank of India chairman Arundhati Bhattacharya have been ranked top two in Forbes' "Asia 50 Power Businesswomen 2016" list, which acknowledges the inroads women are making in the business world, despite gender inequalities.



Windies women fourth time lucky: The West Indies women turned in an utterly professional display to stun New Zealand by six runs at the Wankhede.



LIGO project 2 Indian scientists in US excited about possibility of returning home: Nancy Aggarwal and Karan P. Jani, two Indian student scientists who work with the Laser Interferometer Gravitational-Wave Observatory (LIGO) project that recently proved the existence of gravitational waves envisaged by Albert Einstein a century ago, are excited about the possibility of returning to India



Pakistan arrests 59 Indian fishermen:

The Indian fishermen were arrested by the Maritime Security Agency (MSA) on Thursday while they were fishing in the Pakistani limits of the Arabian Sea



T20CricketWorldCup2016:WestIndies beat England as Carlos Brathwaite smashes four consecutive sixes : West Indies' Carlos Brathwaite smashed England's Ben Stokes for four successive sixes to snatch a sensational fourwicket win in World Twenty20 final as the Caribbean side became the first team to win the title twice.



H-1B visa applications exceed cap of 85,000: Amid a raging debate in the U.S on immigration, particularly of skilled workers, applications under the H-1B visa category exceeded the cap of 85,000 fixed for the fiscal year 2017.



175 countries pledge to sign Paris Deal: China and the United States, the world's top producers of greenhouse gas emissions, pledged to formally adopt by the end of the year a Paris deal to slow global warming, raising the prospects of it being enforced much faster than anticipated.



Mother Teresa conferred posthumously: Founders Award Mother Teresa has been posthumously conferred with the United Kingdom's prestigious Founders Award this year which is given to recognise and reward exemplary achievements of people within the global Asian community.



ISRO launches 7th satellite to complete system touted as better than GPS: India completed its landmark mission for a regional navigational system on par with US-based GPS with the successful launch of the seventh and last in the constellation of satellites that make up the Indian



Walk on Mars with Buzz Aldrin: NASA and technology giant Microsoft have teamed up to create 'Destination: Mars', a guided tour of Mars using the HoloLens headset technology that helped scientists plan the Curiosity rover's activities on the Red Planet.



Brussels airport reopens with short flights: to Portugal, Italy and Greece: Brussels Airport reopened to a thin stream of passengers on 3rd April, 12 days after suicide bombers destroyed its departure hall and killed 16 people.

Regional Navigation Satellite System.



Yoga college in China draws thousands: The China-India Yoga College has become a huge success in China, drawing thousands of followers to its free lessons on the ancient Indian physical and spiritual practice.

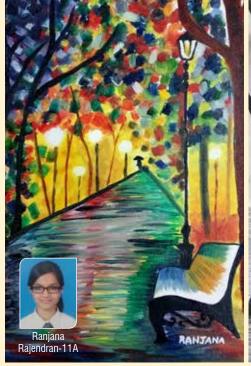


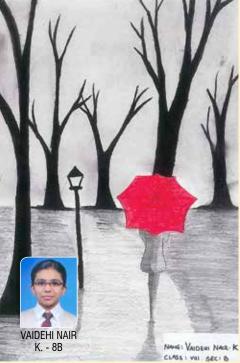
US army lets Sikh captain wear beard, turban: The US military has granted a decorated Sikh-American officer a longterm religious accommodation allowing him to continue serving while maintaining his articles of faith of keeping a beard and wearing a turban.



North Korea tests new ICBM engine: North Korean leader Kim Jong Un supervised a successful test of a new engine for an intercontinental ballistic missile

art gallery

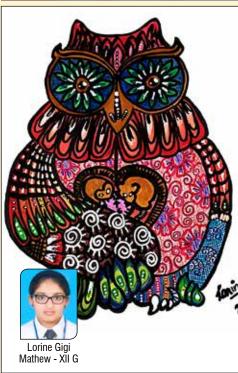












Courd and Nilaman	Serial No.	
Student Name:		
Class:		

3			

ACKNOWLEDGEMENT

I, the parent of						studying in class					section				
hereby,	acknowledge	the	receipt	of	the	Мау,	2016	edition	of	the	ICSK	Senior	Monthly	Magazine,	EPICS.
Signature:											Dat	te:			
Name:															

EPICS

BEST CLASSES

APRIL 2016

Secondary



1st - 8A



1st - 11J



2nd - 10A



2nd - 12B



3rd - 9A



3rd - 12D

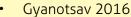
GOODWILL AMBASSADOR

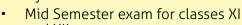


IMAD FAISAL KASIM 10A



VANESSA EMILLA S. 12C





- FA2 Assessment for classes VIII, IX,
- Sparsh Value based Activity
- Declaration of class X and XII result.

ORIENTATION FOR CLASS XI STUDENTS



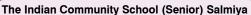
The Indian Community School Senior conducted a dynamic orientation programme for the newly admitted students of class XI on 9th April, 2016 in the school scholastic session. The programme was conducted in two separate sessions to incorporate all 404 students along with their parents. The session began by invoking the divine blessing with the Islamic prayer followed by a poignant rendition of the welcome song by the school choir, Swaranjali.

joint class teachers introduced themselves to bridge the ridges between the teacher and the taught. The Principal, Dr. V.Binumon in his interactive session, exhorted the students to surge forth with enthusiasm along with sixth subject option provided by the school. The students were encouraged to prepare and follow a proper methodology for achieving the academic goal. self study and to imbibe good qualities in order to bring out their brilliance.

Undeniably, the orientation for the students of the new academic year served to prepare students for provided during this session that would support students in their academic vision and help them to make healthy social choices. Sense of community, and associations with their counterparts and staff were reaffirmed in the minds of the students. The session by setting standards and working hard to reach them.

The first and second session concluded with a Blessing ceremony followed by the vote-of thanks by Mr. Jacob secondary and Mr.Sunish Mathew, faculty from English department respectively. Infact, the students along with their parents dispersed with a greater optimism and extended their gratitude to Dr.V. Binumon for the inspiring and informative session.





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