



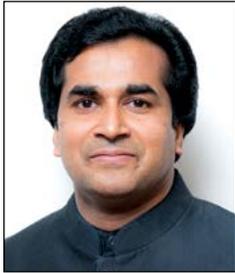
EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

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

JANUARY 2022



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the January edition of EPICS. I know that you are busy with periodic examination, where you should achieve good marks for that you need better focus. Always remember your focus determines your success. In this edition, let us discuss about FOCUS. If you're reading this, I assume you are an ambitious person. You see that there is abundance in this world and understand that you are worthy of having it in your life.

What do you think is the biggest obstacle that people do not get what they desire? - Not enough money? Actually, there's plenty of money. - Not enough time? Actually, all have the time you need. - Not enough motivation? You have to search for it.

The biggest obstacle is: DISTRACTION. - We live in the age of distraction. Especially in this covid time, mobile phone is the main point of distraction. Everywhere is Distraction - that takes our focus, our productivity and that means loss.

We are much, more productive when we focus on one thing. If you want to become successful in any area of life - then priority number one is to take control over your distractions. when you focus - You are more creative - more effective - more fulfilled - motivated - and inspired.

Sometimes your goals are so big that you take no action at all. At that time break those goals into small -goals. Then focus all your attention on the small -goal. Something magical will happen. Small -goals give you the opportunity to reach your big goal.

Focus is like a muscle. The more you work on it, the

stronger it'll get. Now that you understand why focus is so important, take a look at the term what Distraction is? what are the biggest distractions that pull you out of that mode?

To keep your brain focused, your energy levels up, and your emotions on an even keel, make sure you don't delay or skip meals. Try to balance lean protein, complex carbohydrates, and healthy fats to stay fuelled. Snack on fresh fruits, veggies, nuts, or seeds, if you get hungry between meals, and be sure to keep yourself hydrated with plenty of water.

A 2008 study at The British Institute of Psychiatry showed that checking your email while performing another creative task decreases your IQ at that moment by 10 points. The same is with facebook and WhatsApp. Yet we willingly put ourselves in a state by distractions while we do a work! Therefore, when you are working, you need to completely immerse yourself in the task at hand. Control those distractions of facebook or WhatsApp or Instagram.

Say to yourself, "after doing an hour of work or few hours of work, I give permission to myself to respond to - facebook or whatsapp or Instagram or socialize with friends."

Disengaging is vitally important because how you spend your free time is just as important as how you spend your working time - That you refresh and energise. If you have to do some work for long hours, disengaging during free time is even more important. It's essential for peak performance.

In this first month of 2022 let's take a pledge that, this year I will Focus more and will develop the power of Focus and achieve my goals.

Wish you all the best dear children!

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EDITORS' NOTE

Dear Children,

Dear children,
Greetings from the editorial board . Wishing all of you a happy and prosperous New year.
Here's something I found interesting....

Another year ends another year begins We take stock of our losses and feel grateful for the wins

People we lost to misunderstandings to death Opportunities we lost to despair lack of zest

The hearts we hurt
The hearts we won
The hearts we touched like the warmth of the sun

The dreams we built
The dreams we killed
Dreams foolish and fantastic
Dreams conviction-filled

As a matter of habit we reflect, we contemplate only to realize every moment is a new slate

The endings and beginnings of days, months and years are irrelevant and insignificant if we give up regret and fear

Regret over what doesn't materialize as we hope
Regret over people who walk away as we mope

Fear of failing not succeeding as we plan
Fear of being lost due the insecurities that we fan

If we built the muscle of not judging ourselves at all and celebrate each rise after each time that we fall

If we leave the race that is meant for the rats pay no heed at all to who bowls and who bats

If we played the game of life just for fun and with joy we will know the end of 2021 is just another day to enjoy

The beginning of 2022 is a continuation of life one day to another a mix of ease and strife

GOOD WISHES FOR 2022.

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



Mrs. Susan George



Mrs. Tintu Wilson



Ayurveda and yoga reinigorating lifestyle

It is not how long... but how well you have lived. It is not how we live in the light that enlightens us, it is how we live in the dark.....



NEHA ANN MANOJ
-10B

This pandemic has changed and is still changing all in ways that we could ever imagine, making it inevitable for us the adopt and adapt to the new normal. It has forced us to rethink about the priorities of our lives, our lifestyles and most importantly, our health.

How strong is our immune system to fight the enemy on the loose. The Covid-19.

The Covid-19 affects the physical system for sure but the Covid-19 crisis has had a devastating impact on the mental health of an individual. The stress of living with fear of being infected carrier, worrying about the health of the health of the loved ones, putting our mental health in jeopardy.

Ayurveda is one of the oldest, most intricate and elaborate forms of traditional medicine in the world. Ayurveda is the science of life and it has a very basic, simple kind of approach.

Ayurveda works on the principle that uncongested breathing is important to ensure the proper flow of 'Prana'. Yoga has always focused on prana and respiratory health. The ancient practice of Hatha Yoga which is a combination of asanas and Pranayama provides a sense of equilibrium to the body, mind and soul. This is vital for the smooth functioning of the respiratory system.

The Ayurvedic science has enormous potentials to provide learning and clinical studies with proper documentation. In India, several initiatives have been taken to utilize the potential of Ayurveda in this pandemic. The ministry of Ayush, a nodal ministry of complementary and alternative medicine has released a set of guidelines for boosting the immunity and measures of self-care by using Ayurvedic principles. Recently, there has been a surge in the demand of Ayurvedic medicines. AYUSH system, across the country has also been put on alert for being called anytime to serve the nation.

Ayurveda teaches us to cherish our innate nature. We have to love and honor who we are. Sometimes Ayurvedic remedy looks as simple as grandma's kitchen remedy.

Life is not merely to be alive...but to be well.

INVIGORATING & EXHILARATING ACRYLIC PAINTING WORKSHOP AT ICSK SENIOR



Vincent Van Gogh once said. "If you hear a voice within you say you cannot paint, then by all means paint, and that voice will be silent." It is with this resonating thought that The Indian Community School, Kuwait embarked on a journey to hone the latent creative abilities in each budding artist. A four-day Acrylic Painting Workshop was organised by ICSK Art Department which gave hands-on experience to the students to go beyond their horizons to explore and create something new. The workshop was conducted from 27th to 30th December 2021 at ICSK Senior Branch under the able guidance of Mr. Mukundan P.(HOD, Department of Arts), Mrs. Mumtaz Firoz (Art Teacher, ICSK Khaitan) and Mrs. Suma Suresh (Art Teacher, ICSK Junior).

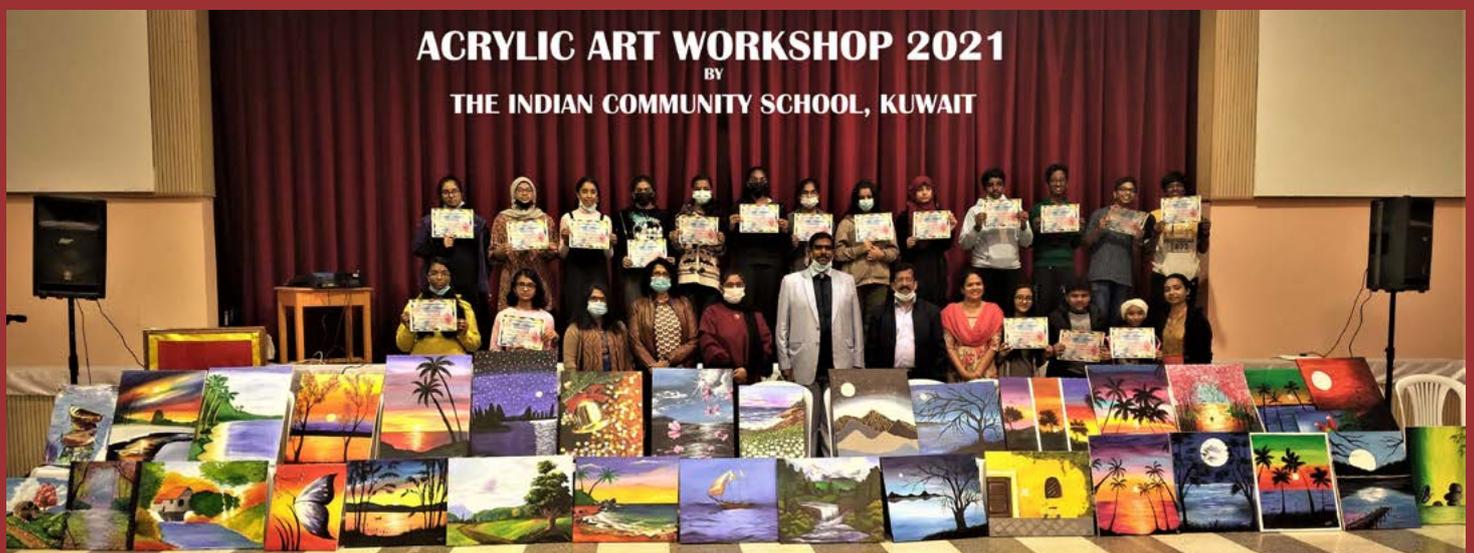


Deputy Vice Principal- ICSK Senior. A large number of students had participated. Each student was given an opportunity to create two canvas paintings. Students were taught a wide range of skills -pencil shading, canvas painting, colour mixing and many more.

K. Gangadhar Shirsath, Principal-ICSK Khaitan. Best canvases will be displayed in the school. A carefully designed curriculum ensured that the students not only learned basics of Art and Craft but were able to express themselves freely. The event served as a platform for young minds to transcend the boundaries of their inherent aesthetic potential.

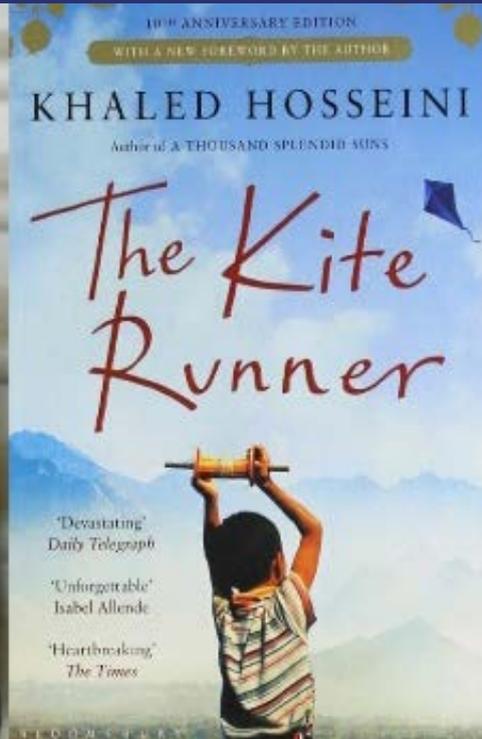
The first day of the workshop was inaugurated by Mrs Susan Rajesh Pothan, Vice Principal- ICSK Senior and Mrs Mini Shaji Joseph,

On the last day of the workshop, certificates were distributed to the participants by Mr.



ACRYLIC ART WORKSHOP 2021
BY
THE INDIAN COMMUNITY SCHOOL, KUWAIT

EPITOME OF SUCCESS KHALED HOSSEINI



Runner”, “A Thousand Splendid Suns”, and “And the Mountains Echoed”, have been published in over seventy countries and sold more than 40 million copies worldwide. With his first novel Hosseini had wanted to give a Western public assailed with media images of war-torn Afghanistan, firstly during the Soviet occupation. A glimpse of the country he remembered from childhood and to dispel some of the misconceptions that some of his adopted countrymen had about it. It is the role of women that Hosseini had chosen to explore in his second novel “A Thousand Splendid Suns”.



SAKINA ANIS
BANDUKWALA - 10E

In September 2007, Hosseini visited and witnessed the horrendous conditions of the refugees that returned to their homeland, Afghanistan. In result of which he established The Khaled Hosseini Foundation in hopes to make a meaningful and enduring difference. In 2009, the foundation collaborated with UNHCR and funded the building of shelter homes for 71 homeless families in north-eastern Afghanistan. He is currently serving as a Goodwill Envoy for the UNHCR.

Khaled Hosseini is a master storyteller with profound depth and compassion. His illustrations of the time during the Afghanistan wars are tremendous and heartbreakingly beautiful. With that he proves to be an incredibly humble human being who, values culture and traditions and inspires us to never lose touch with our roots.

Khaled Hosseini - The Goodwill Envoy

Good authors possess the ability to make you forget your surroundings and take you to a whole new and exciting world of endless possibilities. One such author renowned for his incredible work is Khaled Hosseini.

He was born in Kabul, Afghanistan, in 1965. His father was a diplomat in the Afghan Foreign Ministry and his mother taught Farsi and History at a high school in Kabul. Hosseini graduated from high school in 1984 and enrolled at Santa Clara University, where

he earned a bachelor’s degree in biology in 1988. The following year he entered the University of California, San Diego, School of Medicine, where he earned a medical degree in 1993.

In March 2001, while practicing medicine, Hosseini began writing his first novel, “The Kite Runner”, which was published by Riverhead Books in 2003. His debut went on to launch one of the biggest literary careers of our time. Today, Khaled Hosseini is one of the most recognized and bestselling authors in the world. His books, “The Kite

A MAN WITH A LAMP



Once upon a time, there was a small town. There lived a man by himself who couldn’t see. He was blind. Yet, he carried a lighted lamp with him whenever he went out at night. One night as he was coming home after having a dinner outside, he came across a

group of young travelers. They saw that he was blind, yet carrying a lighted lamp. They started passing comments on him and made fun of him. One of them asked, “Hey Man! You are blind and can’t see anything! Why do you carry the lamp then?”

The blind man replied, “Yes, unfortunately, I am blind and I can’t see anything but a lighted lamp which I am carrying is for the people like you who can see. You may not see the blind man coming and end up pushing me. That is why I carry a lighted lamp”.

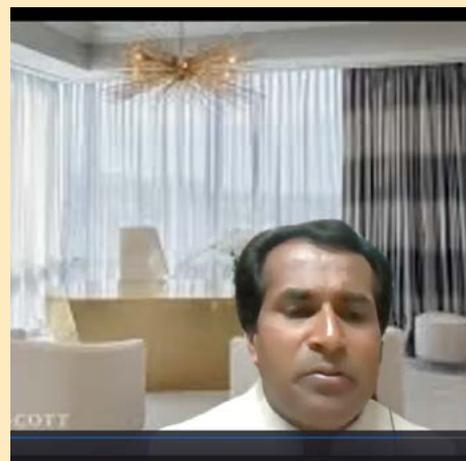


SHAIKH AYESHA
- 9E

The group of travelers felt ashamed and apologized for their behaviour.

Moral: We should think before judging others. Always be polite and learn to see things from others point of view.

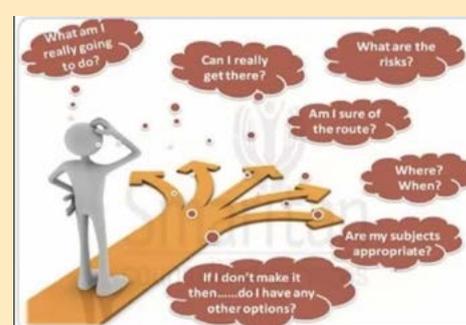
ICSK conducts an Informative Career Awareness and Guidance Seminar for its students



ICSK not only educates a child theoretically but also helps to hone the talent and capabilities in each child. At ICSK care is taken that each student selects the right stream and subjects after completion of class 10, so that they have a bright and fruitful future. A Career Awareness and Guidance Seminar was conducted through a webinar on 23rd December, 2021 for the students of classes 9 and 10 by Dr. V Binumon, Principal and Senior Administrator ICSK Senior. The Seminar was graced by Hon. Members of Board of Trustees, Dr. V. Binumon, Principal and Senior Administrator ICSK Senior, Vice Principal, Mrs. Susan Rajesh, Deputy Vice Principal Mrs. Mini Shaji, Academic

Supervisors, HOD's, teachers, parents and students.

Dr. V. Binumon emphasized on the phrase 'good to great'. In order to motivate the students, he defined the 4 'P's - Purpose, Passion, Possibilities and Power and elaborated on them. He stressed on the need to believe in the power of one's dreams and have a purpose in life. He stressed on following one's dreams with passion after which possibilities would open! He briefed the students on the different streams and courses available under each stream. As he reached the conclusion of his session, Dr. V Binumon advised the students and parents



to wisely decide the stream and subjects.

Mrs. Susan Rajesh, Vice Principal took over to propose the Vote of Thanks and expressed that the session provided an all-round aspect of selecting the stream and subjects for the next academic year.

INTER BRANCH MOCK PRESS COMPETITION

As part of National press day, Department of mass media studies organized a inter branch Mock Press Competition on 20th December, 2021 at 10:00 A.M, with the objective of helping students showcase their research, innovation and communicative skills. Students attempted to exhibit their oratory skills over trending topics and personalities. The contestants answered all the questions raised by the audience and jury members. Following the questionnaire round, the jury members, Mr. Tanveer Khan, Mrs. Kamalam Nandhakumar and Mrs. Surekha gave their feedback about the participants and the competition. They also encouraged other

students to participate in such competitions. Theertha Balakrishna of ICSK Khaitan bagged the first position, Irin Claris Jaise of ICSK Senior secured the second prize and Shivani Menon of ICSK Amman won the third prize. The winners were awarded certificates.



CHARITY CONVENERS - JANUARY



SUBITH SUJITH
- 12A



BHALDAR TAMANNA
- 12B



DANICA WILONA
- 12C



SUHA UROOJ
- 12D



ASHNA ANILKUMAR
- 12E



SHIJON SAIJU
- 12F



RILLA MAHIMA
- 12G



MOHAMMED
- 12H



DINAH BIJU
- 12I



BILALIDDIN
- 12J



ISLETA SYLVIA
- 12K



HIBBA KHAN
- 11A



SARA SAIF
- 11B



WHETVIN
- 11C



AYAAN ISMAIL
- 11D



SURABHI SHAH
- 11E



TAHER ABBAS
- 11F



SIDHAN
- 11G



SHABBIR HUSSAIN
- 11H



SIMRAN SUKUMAR
- 11I



JEO ROY
- 11J



SANJANA
- 10A



ERIN SHENNI
- 10B



SAAD MOHAMMED
- 10C



ADNAN ABBAS
- 10D



SAIF ALI
- 10E



SAKINA
- 10F



SHAUN JACOB
- 9A



ABRAHAM
- 9B



NAINA SAHIB
- 9C



RIDHA AMANULLA
- 9D



ABDUTTAIYEB
- 9E



BILAL ASHFAQ
- 9F



JEHOSHEBA
- 8A



ATIFA SHABBIR
- 8B



ARON KURIAKOSE
- 8C



TAHER KAEED
- 8D



YOUKTA
- 8E



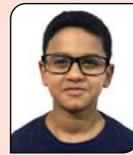
SANJIT VELU
- 8F



IDRIS MAZAHIR
- 8G



DARSHANI
- 7A



ZAYAN ZIDIK
- 7B



BURHANUDDIN
- 7C



MOHAMMED AZIM
- 7D



ANUGRAHA MARY
- 7E



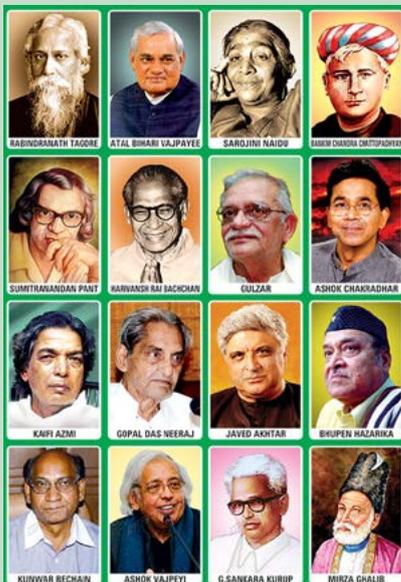
NAKSHATRA NISHAD
- 7F



DHANYA SEJA
- 6A



ALIYA MALAYANOOR
- 6C



INDIAN POETS

Poetry was used to communicate to the world and convey stories through just a few stanzas. A Poem in its sense was created for the hidden voices to be heard and the undiscussed topics to be discussed. It was an effective and powerful weapon used to pledge resistance against the opponent forces during Civil wars all across the world. Poems have a way of taking its spectators back and forth in time. In India particularly, there existed an era when the streets thrummed under the voices of the minstrels who travelled around singing poems and ballads in praise of their rulers and Indian mythologies. These troubadours were seen as a source of information since the communication system was purely based

on word-to-word interactions back then.

Along with many of the laws and systems brought in by the East India Company, they did not fail to influence our Indian literature and poetry. The poems that we hear and read today has a block of English influence in them. But what made Indian poetry especially unique before its invasion? The oldest records of poetry that emerged from India dates back to the Vedic periods beyond 4000 years.



ANJALI NAIR
- 12D

BEST STUDENTS - DECEMBER



SAFA SAMIR
- 12A



JOVEN C JOSE
- 12B



ABHISHEK
- 12C



KITTU SHAN
- 12D



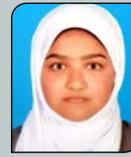
AYAN ISMAIL
- 12E



RICK
- 12F



ABHISHEK
- 12G



KHADIJA
- 12H



SARANGI SMITHA
- 12I



OLIVIA
- 12J



SALINA MUNIR
- 12K



SIHAAM
- 11A



SARATH
- 11B



VIGNESH
- 11C



ANEEQA
- 11D



STAN DAY
- 11E



KARTIK DINESH
- 11F



SWETHA
- 11G



KEZIAH ELSA
- 11H



DEONNA ELSA
- 11I



ABBAS ADNAN
- 11J



NATHAN LAJI
- 10A



HANNAH KURIAN
- 10B



ILHAM IQBAL
- 10C



NEZLA NIYAS
- 10D



JUSTIN SAMUEL
- 10E



MAHAD
- 10F



AABIDA RAFIK
- 9A



AYMAN JAVID
- 9B



SUNNY THOMAS
- 9C



GUNEET KAUR
- 9D



RAYHAN JABIR
- 9E



DWAYNE ETHAN
- 9F



PRATHIKSHA
- 8A



SARA KHAN
- 8B



KUNJ DEVANGBHA
- 8C



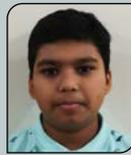
MARYAM OMER
- 8D



ALI ZAKIR
- 8E



JOSEPH IAN
- 8F



SYED ABDUL
- 8G



JOVINA
- 7A



OLIVIA ANN
- 7B



SARRA MUSTUFA
- 7C



TARANJOT
- 7D



RIYA MERIN
- 7E



NAKSHATRA
- 7F



TEJU BUCHIREDDY
- 6A



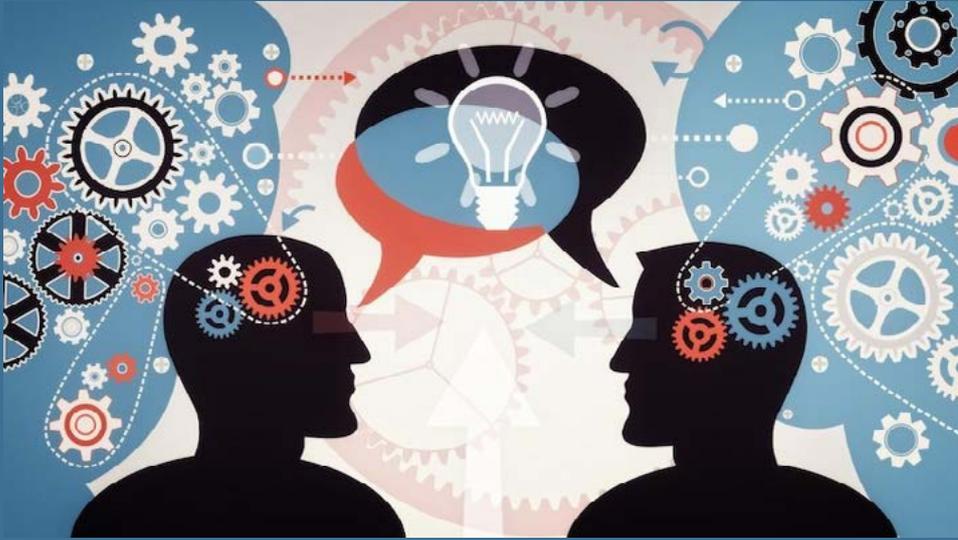
SYED ABDULLAH
- 6C

ICSK'ites reap their first harvest !!



The staff and students of ICSK, Senior have reaped their first harvest of fresh organic vegetables of this season. For the last couple of years, the staff and students are successfully cultivating vegetables in the open spaces in the courtyard of the school. This year the first harvest was reaped which was really a joyous moment for all those who had spent their time helping in the entire process. A basket of mixed vegetables was collected and put out for auction. Mrs. Nigy Jacob, Teacher from the Biology department was the highest bidder and received the first produce. The amount collected from the sale would be contributed to the Charity fund.

Importance of Communication Skills



Communication is very important for all beings. Animals and humans, alike, use their own separate languages to communicate with one another, because no one can survive without communicating. Communication skills are a part of the spoken and written language. These are the extra factors, which complete a communication process.

Communication refers to the exchange of thoughts and ideas with the intention of conveying information. Communication is a two way street that includes vocalization as well as gesticulation. The purpose of communication is to convey one's beliefs, ideas, thoughts or needs with clarity so as to reach a consensus or a mutually acceptable solution.

The importance of communication skills cannot be underestimated. It has been known, that long before when language was yet to be invented, people used hand

gestures, body language etc to converse with one another. Good communication skills are necessary in all walks of life. The lack of effective communication skills has a negative impact on the personal as well as professional life of a person.

Good communication skills are a prerequisite for professionals, in all walks of life. For example: Ineffective communication, rather than incompetence, precludes the doctor from conveying to the patient that the former has the best interests of the patient in mind. For instance, a doctor may be knowledgeable and may have considerable expertise in his area of work. However, a patient may feel neglected or ignored if the doctor is not particularly good at communicating. The disillusioned patient may also consider getting a second opinion. A simple miscommunication, especially when a one is ill, makes one feel awful. A good health care provider, who is able to

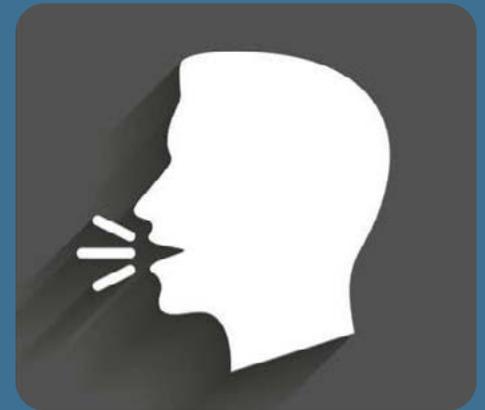
put patients at ease with a few comforting gestures and words, will definitely be an asset to any hospital.



AAFIYA ASIF
-9E

A teacher, who is able to communicate well with students, can inspire them to learn and participate in class. Workplace communication can be improved by participating in a facilitated workshop. A workshop facilitator needs to be able to communicate. Without effective communication, even the goal of workshop facilitation cannot be realized.

So, effective communication skills are very important, for sustaining in the society. Most people judge another person on the basis of his/her body language and form an opinion based on their perception. Hence, effective communication skills are as important to humans as, growling is to a dog, to communicate and express himself. What the spoken language fails to express, is easily expressed with certain hand and facial gestures.



DID YOU KNOW?

- The bumblebee bat is the world's smallest mammal.
- No word in the dictionary rhymes with the word orange.
- The shark is the only known fish that can blink with both eyes.
- Frogs drink water through their skin.
- Octopuses have blue blood and nine brains.
- Scotland has 421 words for snow.
- Armadillo shells are bulletproof.
- No number before 1,000 contains the letter A.
- Sloths have more neck bones than giraffes.
- Bees can fly higher than Mount Everest.



ANDRIYA PIGREZ
-10B

APPRECIATION CORNER

NATIONAL LEVEL ELOCUTION COMPETITION

INTER BRANCH MOCK PRESS COMPETITION



IRIN CLARIS JAISE

Irine Claris Jaise of 8 F secured the second position in the Inter branch Mock press competition organized by the department of Mass Media Studies.



JOHANN PREMJIITH

Johann Premjith of 10 B secured the first position in the National level Elocution competition in the senior category conducted by THE Dr. A P L Abdul Kalam International Foundation.

QUIZ COMPETITION



SABAH FAEZ

Sabah Faez of 12 F won the third position in Quiz competition conducted by Rajagiri college of Social Sciences.



KALA KUWAIT PAINTING COMPETITION – NIRAM 2021



Sarangi Smitha Sunil 12 I



Harini Mahadevan 11 A

Sarangi Smitha Sunil of 12 I won the first prize and Harini Mahadevan of 11 A won the third prize for Clay Sculpture .

Students harvesting fresh vegetables from our school garden





ALWAYS FOLLOW YOUR HEART



As a child, Monty Roberts was the son of a horse trainer and moved from stable to stable, from ranch to ranch, training horses. The boy's schooling was constantly interrupted. One day, when he was a senior, his teacher asked him to write about what he wanted to be when he grew up. He did not hesitate and wrote

a seven page paper about his aim to be an owner of a horse ranch. It was a detailed paper with the location of buildings, stables and even a house plan. Two days later he received his paper back with a grade 'F' on the front page. After class he asked his teacher why he received such a low score.

The teacher told him, "This dream is unrealistic for a boy like you, who has no money, no resources and who comes from an itinerant family. There is no possibility that you will reach this goal."

Then the teacher offered him the opportunity to rewrite the paper with a more realistic attitude. The boy went home and asked his father how he should respond.

His father told him, "This is a very important decision, so you must come to your own conclusion."



**NATHAN JOHN
JIBI - 10A**

"After several days, the boy brought the same paper to his teacher. No changes were made. He told his teacher, "Keep the grade 'F' and I will keep my dream."

Monty Roberts went on to own a 4000 square foot house in the middle of 200 acre horse ranch. He framed the paper he wrote and hung it over his fireplace.

Always remember to follow your heart and never listen to those who do not believe in your ability to achieve your dreams.

CHRISTMAS CELEBRATED AT ICSK, SENIOR



Christmas is a season not only for rejoicing but for self-introspection

Christmas was celebrated at ICSK on 23rd December. A general assembly was organised to commemorate the beginning of the festive season by the students of class 8-A. A refreshing and melodious programme was conducted through online mode.

The program was graced by Hon. Members of Board of Trustees, Dr. V. Binumon, Principal

and Senior Administrator ICSK Senior, Vice Principal, Mrs. Susan Rajesh, Deputy Vice Principal Mrs. Mini Shaji, Academic Supervisors, HOD's, teachers and students from class 6 to 12. The story of Santa Clause was beautifully depicted through a video presentation. Can you imagine Christmas without carols – No. Melodious Christmas carols were sung by the class. Christmas and cakes are synonymous A pre-recorded video on the step by step method of preparing and baking a lip smacking X'Mas cake was



shared. Dr. V Binumon then addressed the gathering. He complimented the efforts made by the students of class 8-A for their spontaneous performances and the way in which they conducted the assembly.

Birthday Arcade - January



EIDEEN KHAN
9F - JAN 1



GRACE HANNAH
11H - JAN 1



CHRISTOPHER
8B - JAN 1



AASHITA UPADHYAY
8D - JAN 1



ABDUL SAMAD
7F - JAN 1



ASMA JAVED QADRI
12A - JAN 1



ATIYAH
11B - JAN 1



HATIM FAKHRUDDIN
8G - JAN 1



KANAK ANAND
11D - JAN 1



MANSHI BHAGAT
12G - JAN 1



SANIYA SARA BIJU
11C - JAN 1



SHAIK FARAH
11B - JAN 1



SYED HAIDER
12F - JAN 1



VIVIN THOMAS
11I - JAN 1



ZUBIN FAAZAL
8A - JAN 1



AFRIN FATHIMA
9F - JAN 2



ELAINE ROSE
9F - JAN 2



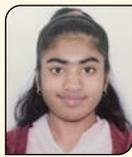
JOEL JOSE
9A - JAN 2



AASHNA RAM
7D - JAN 2



AMOGH RASTOGI
8E - JAN 2



ANSIA NAZIR AHMED
11A - JAN 2



HATIM
11J - JAN 2



MEENA SELVAM
11J - JAN 2



MOHAMMED ALEEM
12J - JAN 2



NIRAN NEBU ALEX
11B - JAN 2



DARIN BIJU KOLETH
12J - JAN 3



FAIZAN YOUSUF
10C - JAN 3



LENA SARA MANOJ
8B - JAN 3



MICAH PRINCE RINU
12G - JAN 3



MOHAMMED
12C - JAN 3



MUNIRA ABDUL
8D - JAN 3



NATASHA PEREIRA
11B - JAN 3



SANJANA VENKATESAN
10A - JAN 3



ELIZA MARY TIBU
11H - JAN 4



MOIZ MANSOOR
10C - JAN 4



JEHOSHEBA SARAH
8A - JAN 4



ANANYA LOBO
12B - JAN 5



ANUJ DEEP
12D - JAN 5



HUSAIN PHALASIYA
7D - JAN 5



JOEL JOSHUA
12E - JAN 5



RUQAIYA ABDUL
11E - JAN 5



RYAN MATHEW
7A - JAN 5



AZMINA ISMATH
9C - JAN 6



EDWIN ELDHO
7C - JAN 6



HUSSAIN
8E - JAN 6



MARYAM OMER
8D - JAN 6



ALAN BOBBY
8A - JAN 7



AMARIS LESLIE
8B - JAN 7



HANNA TREASAMARY
7E - JAN 7



JARENA DEVA AMBLI
8C - JAN 7



JENNIFER MARIAM
7B - JAN 7



JOSHUA ANUB
8C - JAN 7



MUNIRA ABBAS
12G - JAN 7



ANGEL ALEENA
7D - JAN 8



GURLEEN KAUR
8C - JAN 8



KAREN SUSAN REJI
10A - JAN 8



MUSTAFA ANTRI
11J - JAN 8



SHIFRAH
7A - JAN 8



ASHNA ANILKUMAR
12E - JAN 9



AFIFA MANSOOR
10D - JAN 9



ASHFAQ AMAN SHIJU
10E - JAN 9



RACHEL SUZEN
12E - JAN 9



SHABBIR HUSAINI
8E - JAN 9



SHREYA ANN
11H - JAN 9



AJAY CHANDRASEKARAN
11C - JAN 10



JEREMIAH MATHEW
12E - JAN 10



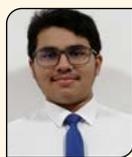
KISHORE RAMESH
7D - JAN 10



MOHAMMED
11J - JAN 10



SABAH FAEZ
12F - JAN 10



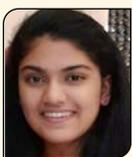
YOUSUF KHALID
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ALETA JOHNSON
10A - JAN 11



GURLEEN KAUR
9F - JAN 11



JAHNAVI ANJANA
11C - JAN 11



SENAV AFTAB
8E - JAN 11



AMINA SHAJI SAJNA
11J - JAN 12



DEVAPRIYA
11A - JAN 12



MOHAMMED AFNAN
10C - JAN 12



NATHAN GEORGE
8A - JAN 12



NIKHIL STALIN
10E - JAN 12



S SNEHAL PANWAR
11E - JAN 12



C. B. JOHN BAMISHA
10B - JAN 13



FATEMA
12B - JAN 13



MADHAV J
8E - JAN 13



MUHSIN AHAMED
7A - JAN 13



RIYA MERIN STEPHEN
7E - JAN 13



S G D NAYANJITH
12H - JAN 13



SANA SUDHIR
9D - JAN 13



AHAMMED MALAYAM
11G - JAN 14



BURHANUDDIN
6C - JAN 14



SHARON GRACE
10E - JAN 14



ALI ZAKIR HUSSEIN
8E - JAN 15



CHARU AJIT KUMAR
8C - JAN 15



FATEMA SAIFEEBHAJ
7D - JAN 15



PRANAV SUBRAMANI
7A - JAN 15



SHAURYA SABHARWAL
7C - JAN 15



ABIAH JIJI
7B - JAN 16



ASHLY PHILIPOSE
12A - JAN 16



BIJOSH BABU
9A - JAN 16



BILAL AHMED
8B - JAN 16



DHANYA SEJA MALLA
6A - JAN 16



ABDUTTAIYEB
9E - JAN 17



ASHWINDEV MADHU
11C - JAN 17



PUNEETH
8E - JAN 17



SUNNY THOMAS BIJU
9C - JAN 17



UMMEHANI FIDA
12H - JAN 17



ADIL PALACKAL ASIF
11I - JAN 18



ADITYA HALDER
10C - JAN 18



ELITA MEGAN
12B - JAN 18



SAKINA
8F - JAN 18



AIYANA MARTIN RAO
9B - JAN 19



HATIM SADKE
8E - JAN 19



LIYANA OMAR
7B - JAN 19



ADINATH KANICHERIL
10A - JAN 20



AMMAR SABIR
7C - JAN 20



AVNI SRINIVAS BYNDLA
9E - JAN 20



HANNAH THOMAS
8A - JAN 20



MOIZ HANAN MAMU
12E - JAN 20



RENO REJI
12F - JAN 20



ROHAN ELDDHO
12C - JAN 20



TAHA FIDA HUSSAIN
7D - JAN 20



AAREFA ABIZAR
7D - JAN 21



ABHISHEK
12G - JAN 21



ALLEN JACOB ALEX
12B - JAN 21



CHACKO JOSE
12G - JAN 21



DANIELLA RAINA
8C - JAN 21



FAHAD MOHAMMED
12D - JAN 21



JEFFREY SAM RICKY
12B - JAN 21



NIKITA KINGSLEY
8A - JAN 21



SARRA KURBAN
10D - JAN 21



YUNUS ASLAM
9B - JAN 21



DEONNA ELSA
11I - JAN 22



JERLIN ANN JACOB
7B - JAN 22



NEVAN CAEL
8F - JAN 22



RIDA IMRAN
7B - JAN 22



SHUBHALAKSHMI
12A - JAN 22



ANAMIKA ANUP
9B - JAN 23



GOWSHIK
11C - JAN 23



JOSEPH STANLY
12G - JAN 23



MAVLEON
9F - JAN 23



RICHELLE MERLIN
10A - JAN 23



SAMEER RAFIK
11E - JAN 23



SNEHA MARIA SUJO
10E - JAN 23



ANUSKA PRATAP
11H - JAN 24



MARYAM KHAN
10D - JAN 24



MOHAMMED
11D - JAN 24



THAMEEM SALMA
10A - JAN 24



TIANA RAHMAN
12K - JAN 24



ABDUL KADAR
8D - JAN 25



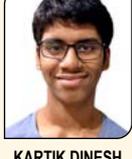
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11A - JAN 25



ANDREA JENNIFER
11E - JAN 25



FAJAR NISMA
9E - JAN 25



KARTIK DINESH
11F - JAN 25



LIYA JOHNNY
7B - JAN 25



OMEGA WILLIAM
9B - JAN 25



ADRIEL JOSEPH
10B - JAN 26



BURHANUDDIN
10D - JAN 26



CELINE ANNA
9C - JAN 26



HANOCH LUTHER
9C - JAN 26



JOANNA ANN MANOJ
12D - JAN 26



LENA ELEZABETH
12B - JAN 26



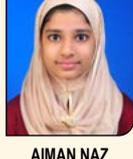
NAWAL AZHAR
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ROHAN EASO
11C - JAN 26



SUHA AHMED
12A - JAN 26



AIMAN NAZ
8F - JAN 27



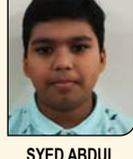
JOTHAN JOHN
9B - JAN 27



KRIS BENNY
11J - JAN 27



NAILA NAJEEBUDDIN
7E - JAN 27



SYED ABDUL
8G - JAN 27



TASNEEM FIROY
12E - JAN 27



JOEL MANOJ
11C - JAN 28



KRISHNA PRIYA
12A - JAN 28



MONESHA BASKER
12A - JAN 28



SAMEER SALIM
10E - JAN 28



DELIA D. MELLO
11A - JAN 29



HASIB HASSAN
11G - JAN 29



RAED RIZWAN
7C - JAN 29



ALLEN IYPE EAPEN
12I - JAN 30



SHAIK ABDUL
8G - JAN 30



SHAOLIN THOMAS
8C - JAN 30



AYESHA MUNIR
11A - JAN 31



LEON VARKEY
12B - JAN 31



YUSUF PARVEZ
9E - JAN 31



MR. BABY THOMAS
- JAN 1



MR. MERGIN XAVIER
- JAN 8



MRS. MEHERUNISA
MAPILAI - JAN 10



MR. ANURAG NARAIN
- JAN 22



MRS. APARNA
KULKARNI - JAN 22



MRS. SHAMEENA K.
- JAN 28



MR. YUSUF SHABBIR
- JAN 29



EPITRavel

RUSSIA



Russia or the Russian Federation, is a country spanning Eastern Europe and Northern Asia. It is the largest country in the world, covering over 17,125,191 square kilometres and encompassing one-eighth of Earth's inhabitable landmass. Russia extends across eleven time zones, and has the most borders of any country in the world, with sixteen sovereign nation. The nation's capital is Moscow.

MOSCOW

Moscow is the capital and largest city of Russia. The city stands on the Moskva River in Central Russia, with a population estimated at 12.4 million residents within the city limits, over 17 million residents in the urban area, and



over 20 million residents in the metropolitan area. The Moscow International Business Center is one of the largest financial centres in Europe and the world, and features some of Europe's tallest skyscrapers. The city is home to several UNESCO World Heritage Sites, and is well known for its display of Russian architecture, particularly its historic Red Square, and buildings such as the Saint Basil's Cathedral and the Moscow Kremlin, of which the latter serves as the seat of power of the Government of Russia.

SAINT PETERSBURG

Saint Petersburg is the second-largest city in Russia. Saint Petersburg is the fourth-most populous city in Europe, the most populous city on the Baltic Sea, as well as the world's northernmost city with over 1 million residents.

Saint Petersburg has three skyscrapers: Leader Tower (140 m), Alexander Nevsky (124 m) and Atlantic City (105 m) all far from the historical centre. Regulations forbid the construction of tall buildings in the city centre. The 310-meter (1,020 ft) tall Saint Petersburg TV Tower is the tallest completed structure in the city.



LAKE BAIKAL

Lake Baikal is a rift lake located in Russia situated in southern Siberia between the federal subjects of Irkutsk Oblast to the northwest and Buryatia to the southeast. Lake Baikal is rich in biodiversity. It hosts more than 1,000 species of plants and 2,500 species of animals based on current knowledge, but the actual figures for both groups are believed to be significantly higher. Generally, Baikal has two top tourist seasons. The first season is ice season, which starts

usually in mid-January and lasts till mid-April. During this season ice depth increases up to 140 cm that allows safe vehicle driving on the ice cover



SOORYA SUNIL KUMAR - 10B



MOUNT ELBRUS

Mount Elbrus is the highest and most prominent peak in Russia and Europe. It is situated in the western part of the Caucasus and is the highest peak of the Caucasus Mountains. The dormant volcano rises 5,642 m (18,510 ft) above sea level; it is the highest stratovolcano in Eurasia, as well as the tenth-most prominent peak in the world. The mountain stands in Southern Russia, in the Russian republic of Kabardino-Balkaria



DREAMS – MESSAGES OR IMAGINATIONS



A lot of us love spending time sleeping. It is the best way to relax, and get lost in our world of imaginations – dreams. What are dreams? Are they just a person's imaginations, or, some messages? Dreams are a succession of images, ideas, emotions and sensations that occur involuntarily in the mind during certain stages of sleep. Do you know that humans spend about two hours dreaming per night and each dream lasts around 5 to 20 minutes? The scientific study of dreams is called 'oneirology'. It remains to be one of the most interesting fields.

Everyone dreams, including babies and animals. But even though dream is such a common phenomenon, no one fully understands the reason behind them. The father of psychoanalysis, Sigmund Freud, had written a famous book interpreting dreams, but there's still so much that needs to be answered.

Dreaming and sleep are intertwined. Dreams occur mainly in the Rapid Eye Movement (REM) stage of sleep - when brain activity is high and resembles that of being awake. Since REM sleep is detectable in many species, and because research suggests that all mammals experience REM, linking dreams to REM sleep has led to conjectures that animals dream. However, humans dream during non-REM sleep, and not all REM awakenings elicit dream reports.

Dreams can be of many types. Common are nightmares and lucid dreams.

Nightmares: A nightmare is an unpleasant dream that can cause a strong negative emotional response from the mind, typically fear or horror, but also despair, anxiety and sadness. The dream may contain situations of danger, discomfort, psychological or physical terror. Sufferers usually awaken in a

state of distress and may be unable to return to sleep for a prolonged period of time.



ANAGHA AJITH
MENON - 12A

Lucid dreaming: Lucid dreaming is the conscious perception of one's state while dreaming. In this state the dreamer may often have some degree of control over their own actions within the dream or even the characters and the environment of the dream.

Another common type of dreaming, which we all experience, is daydream. A daydream is a visionary fantasy, especially one of happy, pleasant thoughts, hopes or ambitions, imagined as coming to pass, and experienced while awake. There are many different types of daydreams, and there is no consistent definition amongst psychologists. While daydreaming has long been derided as a lazy, non-productive pastime, it is now commonly acknowledged that daydreaming can be constructive in some contexts. There are numerous examples of people in creative or artistic careers, such as composers, novelists and filmmakers, developing new ideas through daydreaming.

Do you know that most of your muscles become paralyzed during REM sleep to prevent you from acting out your dreams? That is why some people experience sleep paralysis, which is the inability to move when you're in a state between sleep and wake. Another fact: you're more likely to remember your dreams on weekends because each episode of REM sleep is longer than the last. Try to remember your dreams during weekends. Good luck!

A list of strenuous activities that do not require much physical effort:

- 01) Beating around the bush...
- 02) Jumping to conclusions...
- 03) Climbing up the wall...
- 04) Swallowing your pride...
- 05) Passing the buck...
- 06) Throwing your weight around...
- 07) Dragging your heels...
- 08) Pushing your luck...
- 09) Making mountains out of molehills...
- 10) Hitting the nail on the head...
- 11) Wading through paperwork...
- 12) Bending over backwards...
- 13) Jumping on the bandwagon...
- 14) Balancing the books...
- 15) Running around in circles...
- 16) Eating crow...
- 17) Blowing your own horn...
- 18) Climbing the ladder of success...
- 19) Pulling out all the stops...
- 20) Adding fuel to the fire...

CAPTAINS & VICE CAPTAINS - JANUARY

CLASS 12A



SHUBHALAKSHMI



SUHA AHMED



ESHA BALRAM



NAWAL HOSSAIN



KEVIN TOM



RITHWIK GUPTA



ABIGALE



VEDANT MAYUR



ROHITH RAM



AARON JACOB

CLASS 12F



MIRELLE VICTORIA



KIRAN SAJEEV



JOESPH STANLY



BATUL ZEHRA



AREEJ FATIMA



SAKINA



SHAIK NADIYA



ABEL GEORGE



FARVEEN BEGUM



AFRA ANSARI

CLASS 12K



SARAH DORA



DILON FRANCIS



PRANAV AJAY



GOKUL



DIYA JAY



ISAAC THOMAS



TAHA RAFIK



ZIYAD ZUBER



BURHANUDDIN



HUDA

CLASS 11E



BEULA BIJO



GEETHIKA



ALEFIYA GULAM



JUSTIN GEORGE



DANNY T



JOEL MATHEW



ELIZA MARY



KIARA MILANIA



GURWINDER GILL



SAYED MOHAMMED

CLASS 11J



HETAF PARVEZ



AMINA SHAJI



ALWINS MATHEWS



RACHEL ANN



EVIN ROBY



FAIZAAN



TEPHIN DANIEL



MUHAMMAD



MARYAM KHAN



HAMEEDUL

CLASS 10E



ABRAR AHMED



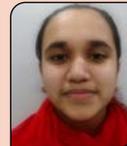
ARYAN MENON



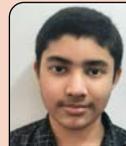
BURHAN MOHAMMAD



REUBEN



SMRITI JASVINDER



BIJOSH BABU



ADVAITH RAMESH



AKASH SRINIVAS



SANJAIKUMAR



SHRUTHIKA

CLASS 9D



JAMILA SHAMOON



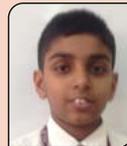
SREEHARI



AAYUSH VAIBHAV



INSIYA SAIFEE



ABHIMANYU K.



AFRIN FATHIMA



NADIRA



LEON JOHNY



KEZIA SARAH



LENA SARA

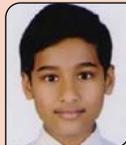
CLASS 8C



JOSHUA ANUB



ROYDEN



ANVIN SHAJI



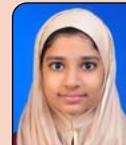
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IDRIS MAZAHIR



REEM MASTAN



AIMAN NAZ



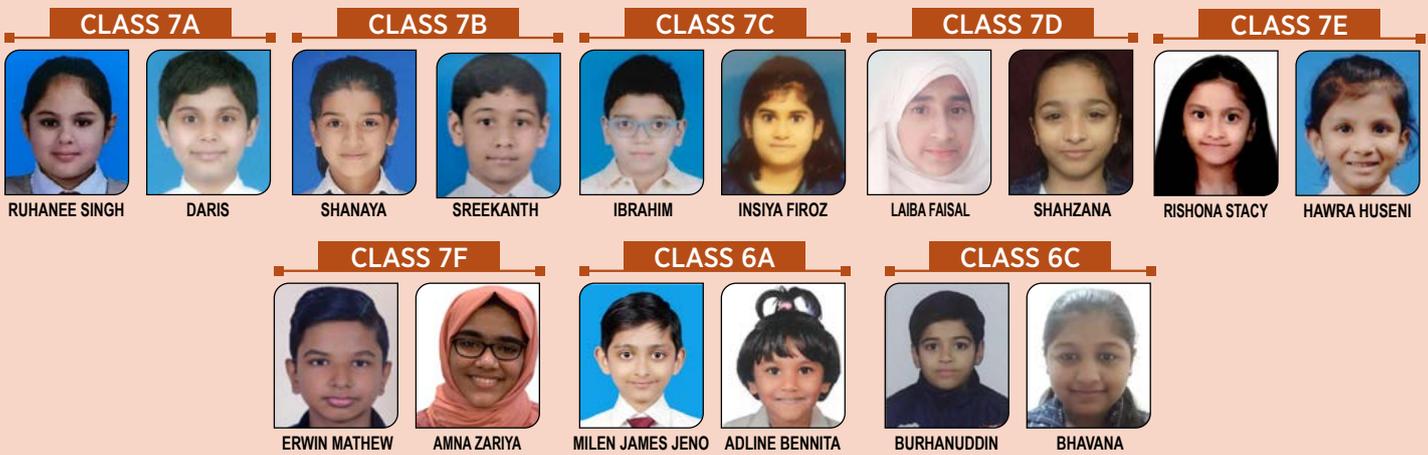
ASHWIN



IRFAN ANZAR



NOUF NADEEM



“KINDNESS”



Kindness is a virtue that many do not possess but they expect it from others. Kindness is valued in all aspects of life no matter how old one is, whether you are 5 or 60 years old. It is an act or a good deed done selflessly. Kindness is a quality one possesses and acts on it by exhibiting behaviors of friendliness, generosity, and being considered. It is a benevolent attitude that one possesses.

Kindness is actually inherent to human beings and we are inculcated with and reminded of it since our childhood. Kindness can be developed through empathy.

Empathy is what one feels when they put themselves in other’s shoes and kindness is how they express that by helping them and making their lives a little bit easier and better. Every living being is deserving kindness. One only needs to have good intentions to be kind, nothing else. When one has good intentions, they lend a helping hand, lend a good ear and listen to other’s problems, help someone in need. When you show respect to your elders it is also an act of kindness. You can also be kind to your friends and siblings, by helping and supporting them in every way. Sharing is the best form of kindness,

sharing things or feelings and problems.

Listening to others, your parents, and teachers and understanding their perspectives is also a kind act. Kindness is not a cowardly act, it is for the brave and the bold. Standing up for the right and helping those in need shows our truth. Kindness truly is a selfless act when one helps others without expecting anything in return. When you are kind you lead a peaceful, happy life and you sleep better at night. A kind act is truly magical when you are kind to someone, they forget all about their problems and even a bad day becomes a good one. Kindness has the power to change the world. The world would be more beautiful if we were a little kinder to each other. Let’s all be kind to one another. Every day, consciously do one act of kindness. Ask yourself, “Was I kind today?”

I would like to end with a beautiful quote- “Be kind, for whenever kindness becomes part of something, it beautifies it. Whenever it is taken from something, it leaves it tarnished.” ~ Prophet Muhammed (pbuh)



RIDA FAISAL KHAN - 9E

Quote Garden

- “Remember that just because you hit bottom doesn’t mean you have to stay there.” -Robert Downey Jr.
- “You were born to win, but to be a winner you must plan to win, prepare to win, and expect to win.” -Zig Ziglar
- “If opportunity doesn’t knock, build a door.” -Milton Berle
- “Shoot for the moon. Even if you miss, you’ll land among the stars.” -Les Brown
- “The more difficult the victory, the greater the happiness in winning.” -Pele
- “Winners are not those who never fail but those who never quit.” -Dr.APJ Abdul Kalam



TEPHIN DANIEL - 10C



The State of Odisha (formerly Orissa) situated in the eastern seaboard (the Bay of Bengal) of Indian subcontinent is endowed with amazing array of incredible tourism sites. Traditionally, famous as a hub of cultural destination, Odisha offer something that is very unique and a tourist visiting to the state get everything on a platter what they want from Odisha. It has a chequered history of temple constructions with stunning temples and monuments, long coastlines of 480 kms, 35% of thick and dense forest cover, Buddhist heritage, 62 ethnic tribes, scintillating Odissi classical dance, largest brackish water lake of Asia-Chilika, the criss-crossed mangroves forest of Bhitarkanika, so many and so forth.

Jagannath Temple

The Jagannath Temple is an important Hindu temple dedicated to Lord Jagannath, a form of Sri Krishna in Puri in the state of Odisha on the eastern coast of India. Jagannath temple is one of the Char Dham pilgrimages in India. It is also well-known for the annual chariot festival or Rath Yatra (Car Festival).



Konark Sun Temple & Ashoka Chakra

Konark Sun Temple is a 13th-century CE Sun temple at Konark about 35 kms northeast from Puri on the coastline of Odisha. It is a UNESCO World Heritage Site, Konark Sun temple is a striking model of ancient artistry and an informative treasury, dedicated to the sun. The idols in the stones are sculpted of the gods of various creatures, serpent and female men.

The 12 stone-carved wheels of the Konark Sun Temple represent the 12 months of a year and the 24 wheels signifies 24 hours of a day and the 8 spokes signifies prahars

(three hour period) of a day, these wheels also show time. The spokes of the wheel form the shape of a sundial. The exact time of the day can be calculated seeing the shadow cast by the wheels.



Daringbadi

Daringbadi is a hill station in Kandmal district of Odisha. Widely known as "Kashmir of Odisha", it is situated at a height of 915 metres, dotted with pine forests and waterfalls. Surrounded by beautiful valleys and plateaus, and dotted with coffee and pepper gardens, the land of one of the most ancient tribes of India "Kutia Kondhas". The series of waterfalls scattering the landscape, some of the popular ones are – Daringbadi waterfall, Putudi waterfall, Dadubaba waterfall and Ludu waterfall.



Nandankanan Zoo

Nandankanan Zoological Park is a 437-hectare zoo and botanical garden in Bhubaneswar, Odisha. Established in 1960, it was the first zoo in India to join World Association of Zoos and Aquariums in 2009. Nandankanan is the first zoo in India with a white tiger safari. A twenty-minute drive through the meandering roads crisscrossing the natural forest in a special protected vehicle takes the visitors straight into the pride of lion in the lion safari. Also visitors can avail opportunity to sight sloth bears in

their natural habitat through safari bus service.

Chilika Lake

Chilika Lake is a brackish water lagoon, spread over the Puri, Khurda and Ganjam districts of Odisha, at the mouth of the Daya River, flowing into the Bay of Bengal, covering an area of over 1,100 km². It is considered to be the largest lagoon in India and counted amongst the largest lagoons in the world. The Lake is a highly productive ecosystem, with rich fishery resources. There is a nice dolphin park. It's a largest sweet water lagoon with Dolphins inside. The migratory birds including northern pintail, gadwall, shovellers, common coot and several others found in the lake.

Udaigiri & Khandagiri Caves

Udayagiri and Khandagiri Caves, formerly called Kattaka Caves or Cuttack caves, are partly natural and partly artificial caves of archaeological, historical and religious importance near the city of Bhubaneswar in Odisha. They have a number of finely and ornately carved caves built during the 1st century BCE. They contain some of the oldest surviving Hindu temples and iconography in India. There are 18 caves in Udayagiri. The Rani Gumpha or the Queen's Cave is the largest, most majestic cave here.



Hirakud Dam On Mahanadi River

Hirakud Dam is built across the Mahanadi River, about 15 kms from Sambalpur in Odisha. It is the longest dam in the world. Behind the dam extends a lake, Hirakud Reservoir, 55 km long. It is one of the first major multipurpose river valley projects started after India's independence.



AYUSHI
AISHWARYA - 10D

REPUBLIC DAY OF INDIA



Freedom in our mind,
Strength in our words,
Purenness in our blood,
Pride in our soul,
Zeal in our hands.

Let us salute our nation...MAA TUJHE
SALAAM

Republic Day celebrates the birth of our constitution. It honors the date on which the Constitution of India came into force on 26th January 1950, replacing the Government of India Act, as the governing document of India. The constitution was adopted by the Indian constituent assembly on 26th November 1949 and came into effect on 26th January 1950.

Do you know why 26th January was chosen as the Republic Day?

This date was chosen because it was on this day in 1930, that the declaration of Indian Independence or the Poorna Swaraj

was proclaimed by the Indian National Congress as opposed to the dominion status offered by the British regime. On 28th August 1947, a drafting committee was appointed to draft a permanent constitution with Dr. B.R.Ambedkar as the chairman. On 24th January 1950, after many deliberations and modifications, a 308 member assembly signed two hand written copies of the documents, one each in English and Hindi. Two days later, it came into effect throughout the whole nation. Freedom fighters like Mahatma Gandhi, Bhagat Singh, Chandrasekhar Azaad, Saradar Vallabhbai Patel, Lala Rajpat Rai, Bal Gangadhar Tilak, Bipin Chandra Pal, fought against the British to make our country free from the colonial reign. We should never forget their valor and sacrifices that they have made and should always respect and honor them.

Our first President Dr. Rajendra Prasad said "We find the whole of this vast land brought under the jurisdiction of one constitution. And since the moment, the Indian constitution

was drawn up, India became the largest democracy.



JOHANN PREMJIITH
- 10B

Republic day is one of the three national holidays in India. Every year 26th January celebration is a big arrangement that take place at the Rajpath in front of the India Gate in New Delhi and this historic event is commemorated with much enthusiasm and joy. The President of India hoists the tri- colored national flag that denotes strength, courage, sacrifice, peace, growth & prosperity. This is followed by the melodious national anthem JANA GANA MANA written by Rabindranath Tagore which expresses peace and unity. The most awaited is the spectacular parade by the Indian Armed Forces and representations from every state and union territories of India. This showcases India's Defence capability, cultural and social heritage.

A chief guest is invited every year for the Republic day celebrations and to fulfill the purpose of the "ATHITHI DEVO BHAVA" as well as to enhance the glory of the occasion. The invitees this year for our 73rd Republic Day will be the Presidents of all the 5 Central Asian Countries, Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan & Uzbekistan.

At the dawn of history India started on her unending quest, and trackless centuries are filled with her striving and the grandeur of her success and her failures. Through good and ill fortune alike, India has never lost sight of that quest or forgotten the ideals which gave her strength.

JAI HIND

ENVIRONMENTAL PROTECTION



Recently the National exhibition on Environmental Protection held at HT, Dadar, Mumbai provided a rare occasion to us to learn about the need of environmental protection. The exhibition displayed posters, charts, models and scientific instruments that highlighted how our environment is under constant threat of pollution from different sources. The leading themes of the exhibition were the protection of our forest wealth; keeping our rivers and lakes clean; degradation of mountains and hills and the hazards of air and noise pollution.

The exhibition was an eye opener and

highlighted the urgent need to protect environment at all costs. Students can play a leading and effective role in creating awareness regarding environmental concerns. The masses must be educated to keep their surroundings neat and clean. General public can be associated in all the activities of controlling pollution, greening, conservation of natural resources like air, water etc., taking care of deforestation, planning urbanization and industrialization. Thus, the cooperation of all sections of society is needed to preserve environment.



SAPAN -
12D

EPHILATELY

Over the years, the Indian Postal Service has printed over 100 stamps that features women. The personalities range from popular to obscure, from glamorous to ascetic and from radicals to professionals. Here, I have taken some stamps that features our Indian women freedom fighters and social reformers who had taken the spotlight too.

SUBHADRA KUMAR CHAUHAN

Subhadra Chauhan was born in Nihalpur village in Allahabad District, Uttar Pradesh. In 1921, Subhadra Kumari Chauhan and her husband joined Mahatma Gandhi's Non-Cooperation Movement. She was the first



women Satyagrahi to court arrest in Nagpur and was jailed twice for her involvement in protests against the British rule in 1923 and 1942. She authored a number of popular works in Hindi poetry. Her most famous composition is Jhansi Ki Rani, an emotionally charged poem describing the life of Rani Lakshmi Bai. The poem is one of the most recited and sung poems in Hindi Literature.

RUKMINI DEVI ARUNDALE

Rukmini Devi Arundale was an Indian dancer

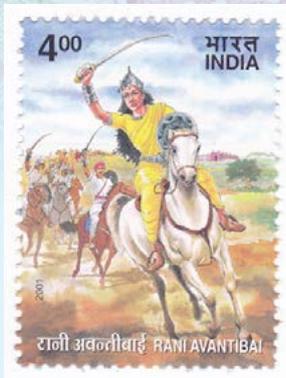


and choreographer of the Indian classical dance form of Bharatanatyam and an activist for animal welfare. She was the first woman in Indian history to be nominated as a member to the Rajya Sabha the upper house of the Parliament of India. The most important revivalist of Bharatanatyam from its original 'sadhira' style prevalent among the temple dancer, the Devadasis, she also worked for the reestablishment of tradition

Indian arts and crafts. She was awarded the Padma Bhushan in 1956.

RANI AVANTI BAI

Avanti Bai was born in 1831 and at the age of seven she was married to King Vikramaditya Lodhi of Ramgarh at an early age. Fiercely independent as a young girl, she was well-trained in sword fighting, archery, cavalry, military strategy, diplomacy and all other subjects of statecraft. This was why, when Vikramaditya fell into ill-health, it was Avanti Bai who rose to the occasion and took over the reins of Ramgarh's administration. Even after the king's death, the Lodhi kingdom continued to flourish under its queen's able guidance.



the titles of Pandita as a Sanskrit scholar and Sarasvati after being examined by the faculty of the University of Calcutta. In the late 1890s, she founded Mukti Mission at Kedgaon village, which was later called Pandita Ramabai Mukti Mission.

RAJKUMARI AMRIT KAUR



She was the first woman in independent India who joined the Cabinet as the Health Minister and remained in that position for 10 years. Before taking up the position of a Health Minister, Kaur

was Mahatma Gandhi's secretary. During these 10 years, she founded the Indian Council for Child Welfare. She also laid the foundation of the All India Institute of Medical Sciences (AIIMS) and Lady Irwin College in Delhi in the following years. Born into the Kapurthala royal family, she was educated in Oxford and returned to India in 1918, and began to be drawn towards the work and teachings of MK Gandhi.

PANDITA RAMABAI

Pandita Ramabai Sarasvati born in was an Indian social reformer, a pioneer in the

education and emancipation of women in India. She was one of the ten women delegates of the Congress session of 1889. She was the first woman to be awarded



NITUNA ISHI
- 10A



the titles of Pandita as a Sanskrit scholar and Sarasvati after being examined by the faculty of the University of Calcutta. In the late 1890s, she founded Mukti Mission at Kedgaon village, which was later called Pandita Ramabai Mukti Mission.



Medicine is Not Always Found In Bottles or tablets

- Exercise is Medicine.
- Fasting is Medicine.
- Nature is Medicine.
- Laughter is Medicine.
- Vegetables And Fruits Are Medicine.
- Sleep is Medicine.
- Sunlight is Medicine.
- Gratitude And Love Are Medicine.
- Friends are Medicine.
- Meditating on the Word of God is Medicine.
- Worship is Medicine.



FANTASTIC BEASTS

AND WHERE TO FIND THEM

EPI tainment

be released as a five-installment series; set between years 1926 and 1945, elaborating on the years before the First Wizarding War and the legendary duel between Dumbledore's and Grindelwald's people. The films are directed by David Yates and produced by Heyday Films. Actors Eddie Redmayne, Katherine Waterston, Dan Fogler, Alison Sudol, Jude Law, Ezra Miller and Mads Mikkelsen are the titular cast, among many others. The plot follows a gripping storyline, with multiple twists and turns waiting at every corner. The trailer for the third installment in the series - The Secrets of Dumbledore; has driven fans into a frenzy.

chilling, with the introduction of many more old and new characters - Albus Dumbledore, Leta Lestrange, Theseus Scamander, Nagini and Yusuf Kama. The film is set in Paris, 1927. It begins with Grindelwald's escape, followed by Newt, Theseus, Jacob, the Goldstein sisters and Dumbledore's search for Credence, believed to be Leta's long lost half-brother Corvus. Credence is shown with Nagini, searching for his birth mother. Tina meets Yusuf, a wizard who is searching for Credence to kill him on account of familial disputes. A lost Queenie finds herself with Grindelwald, who manipulates her to join his forces, in exchange for her being to marry Jacob; he lets her leave with a confused mind, as to join the good or dark side. Tina and Newt break into the French Ministry of Magic in hopes to find Credence's ancestry, and are discovered by Leta and Theseus.



SIVANESAN SRINIVASAN - 10A

Did Albus have another brother (other than Aberforth), whom he never knew about? What's going to happen to Queenie? How does Nagini, quite a benevolent woman as shown in this movie, become Voldemort's aide? Well, all we have to do is to wait until April 8, 2022; to see this epic drama unfold.

The first movie begins in New York in 1926, with Newt and his magically-expanded suitcase filled with magical creatures. In a hilarious attempt to recapture an escaped Niffler from his suitcase at the muggle bank, he meets No-Maj Jacob Kowalski, an aspiring baker. After a mistaken swap of suitcases between himself and Jacob, the latter unintentionally let loose several magical creatures into the city. In the process of finding them, they team up with sisters Tina and Queen Goldstein, both of them being American witches, and then follows an amusing chase for the magical creatures.

The second film, obviously gets darker and

Fantastic Beasts - An Enchanted Prequel

Powerful wizards, magical beasts, timeless spells and an enchanted briefcase: what do they all have in common? The Fantastic Beasts series of course! Set in the 1920s in the Wizarding World, far before the times of Harry Potter; we explore the lives of magizooologist Newt Scamander, Jacob Kowalski, Albus Dumbledore and others, as they come together to fight against the infamous dark wizard Gellert Grindelwald and his army.

The original screenplay was written by J.K. Rowling as a prequel to the Harry Potter books, who has announced that the films will

TOTEM POLES



important events. Therefore, they were used as a way to record historical events and legends of indigenous tribes. Totem poles were also a sign of the owner's wealth because hiring an artist to make one was expensive. The designs on a totem pole were carved to represent human and animal faces. The designs were not Gods to be worshipped. Instead, they represented traits and characteristics each clan embodied. Common figures found on totem poles include the raven (a symbol of The Creator), the eagle (representing peace and friendship), the killer whale (a symbol of strength), the thunderbird, the beaver, the bear, the wolf and the frog.

poles are also raised in honor of the dead and include a small compartment for the ashes of the deceased.



HANNAH KURIAN - 10B

Another interesting type of totem pole is the shame pole. Shame poles are carved to embarrass and ridicule someone who has done something wrong. However, they are taken down once the person has made amends. A famous example of a shame pole is in Cordova, Alaska, which included the face of an oil company businessman whose company caused a major oil spill in Valdez, Alaska.

A totem was believed to be a person's mythical ancestor that helped in gaining power in war, hunting or other activities. Totem poles are sculptures carved from large trees, such as the Western Red Cedar. They are a part of the cultures of many indigenous peoples of Alaska, British Columbia and the Pacific Northwest.

Some totem poles represent stories or

There are many different types of totem poles. Genealogy poles are erected in front of a family's home to represent the owner's social status. Memorial poles are carved in honor of a deceased clan member. Mortuary

Though the totem pole has been a part of history for decades, they are still created today. Native carvers in the Northwest continue to carve totems as symbols of their cultural pride and clan kinship.





Indian-origin Ashok Elluswamy was first employee to be hired for Tesla's Autopilot team: Tesla founder and CEO Elon Musk, who has been using social media to recruit people, has disclosed that Indian-origin Ashok Elluswamy was

the first employee to be hired for his electric vehicle company's Autopilot team. Before joining Tesla, Mr. Elluswamy was associated with Volkswagen Electronic Research Lab and WABCO Vehicle Control System. He holds a bachelor's degree in Electronics and Communication Engineering from the College of Engineering Guindy, Chennai and a Master's degree in Robotics System Development from Carnegie Mellon University.



City boy bags UN award: Akarsh Shroff, 21, of Bengaluru and a student of BITS Pilani was conferred the United Nations V-award for his commitment to the welfare of orphans and underserved children. V-Awards is an initiative by the UN Volunteers India which aims to celebrate 10 extraordinary young people under the age of 30 who work to change the lives of communities around them through their act of volunteerism.



Education Ministry urges caution in using ed-tech platforms: The Union government issued a list of dos and don'ts for the public while subscribing to tutorials and courses on various ed tech platforms. The Ministry of Education in an advisory said the decision should be well considered and offers of free services by some companies should be carefully evaluated. The Ministry strictly advised parents to not sign up for loans for paying for content on these platforms. The applications should not be installed on mobile phones without verifying the authenticity. In case the credit or debit is registered with the app, then an upper limit on expenditure per transaction should be set. The Ministry also advised enough precautions in the form of parent consent for any purchases, using OTP-based payment methods and avoiding clicking on pop up screens or any attachments.



IIT Madras tops in Atal innovation rankings: Seven Indian Institutes of Technology and Indian Institute of Science, Bengaluru, are among the top 10 central institutions in promotion and support of innovation and entrepreneurship development, according to Atal Ranking of Institutions on Innovation Achievements (ARIIA). The top rank has been bagged by IIT Madras followed by IIT Bombay, IIT Delhi, IIT Kanpur and IIT Roorkee.



SpaceX launches 52 Starlink satellites from California base: A SpaceX rocket carried 52 Starlink internet satellites into orbit from California. The two-stage Falcon 9 rocket lifted off from coastal Vandenberg Space Force Base at 4:41 am and arced over the Pacific.



Anupam Ray to be India's new permanent representative at UN Conference on Disarmament: Senior diplomat Anupam Ray has been appointed as India's next permanent representative to the UN Conference on Disarmament in Geneva, the Ministry of External Affairs (MEA) said on December 29. Mr. Ray, a 1994-batch Indian Foreign Service officer, is currently serving as a joint secretary in the MEA's headquarters in Delhi.



Biden announces intent to appoint four Indian-Americans to AANHPI Advisory Commission: US President Joe Biden announced his intent to appoint the following leaders as commissioners to the President's Advisory Commission on Asian Americans, Native Hawaiians, and Pacific Islanders. The Commission will advise the President on ways the public, private, and non-profit sectors can work together to advance equity and opportunity for every Asian American, Native Hawaiian, and Pacific Islander (AANHPI) community.



Captain Harpreet Chandi becomes first Indian-origin woman to trek solo to South Pole: Captain Harpreet Chandi, a 32-year-old Indian-origin British Sikh Army officer and physiotherapist, also known as Polar Preet, has created history by becoming the first woman of colour to complete a solo unsupported trek to the South Pole. Capt. Chandi announced her history-making feat on her live blog at the end of Day 40 after travelling 700 miles (1,127 kilometres).



First Cambodian American mayor in US takes office: A refugee who survived the Khmer Rouge's brutal rule has become the first Cambodian American mayor in the United States. Sokhary Chau, a city councilor in Lowell, Massachusetts, was unanimously picked by his council peers to assume the legislative body's top post. He also became the city's first Asian American mayor.



Google doodle honours educator Fatima Sheikh on her 191st birth anniversary: Google on January 9, 2022, honoured educator and social reformer Fatima Sheikh, on her 191st birth anniversary with a doodle on their homepage. Sheikh who according to a statement by Google is regarded to be "India's first Muslim woman teacher," played an instrumental part in co-founding the Indigenous Library alongside Jyotirao and Savitribai Phule in 1848. Sheikh's home served as the place where Indigenous Library—one of the first school for girls in India was born.

Art Gallery



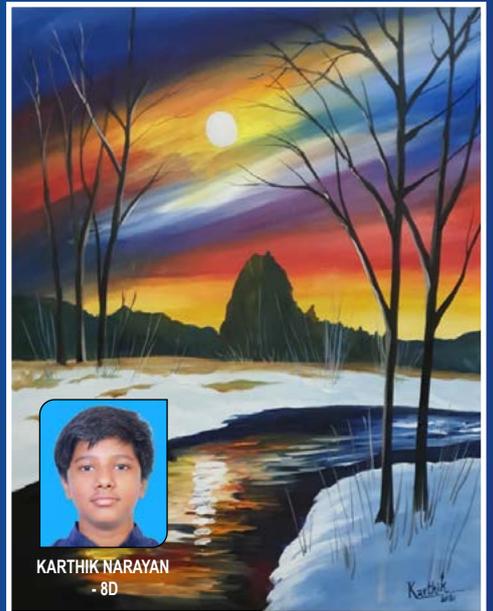
JERONE JACOB
- 6A



AFIYA ASIF
- 9E



SHAZIA SHEIKH
- 11A



KARTHIK NARAYAN
- 8D



BERYL - 11B



ALEENA THEJES
PATHIL - 7A

EPictionary

- 1. Apopemptic:** pertaining to leave-taking or departing; valedictory
Used in sentence: As she bade her farewell her students offered an apopemptic song to her.
- 2. Jabberwocky:** an example of writing or speech consisting of meaningless words.
Used in sentence: Users may then incorporate the created words into their own Jabberwocky-like poems.
- 3. Caduceus:** dropping off very early, as leaves
Used in sentence: Striding back to the kitchen, he deliberately removed the caduceus magnet and centered the picture on the refrigerator door.
- 4. bongga:** extravagant or flamboyant
Used in sentence: I wanted my gift to be extra bongga that year.
- 5. Plethora:** a large quantity excess
Used in sentence: I have a plethora of shirts, so I will donate some.
- 6. sedulous:** showing dedication and diligence
Used in sentence: The young woman was so sedulous that she received a commendation for her hard work.
- 7. mordant:** expressing harsh criticism especially in a way that is funny
Used in sentence: The narrators have a mordant contempt for everyone and everything, including themselves.
- 8. Recalcitrant-** having an obstinately uncooperative attitude towards authority or discipline
Used in sentence: Donkeys are reputed to be the most recalcitrant animals.
- 9. Sagacious-** acutely insightful and wise
Used in sentence: China, as a developing country, choosing the way of economic sustainable development is sagacious.
- 10. Cerulean:** resembling the blue of the sky
Used in sentence: The painting depicts autumnal trees bordering a cerulean lake.

BIG SPACE EVENTS IN 2022

JANUARY – A NEW EYE ON THE SKY

The star of this month will continue to be the JWST. The brand-new space telescope could complete its careful deployment as it moves to its operational orbit 1.5 million kilometers (1 million miles) from Earth. The telescope's structures are getting unfolded as we speak, with the instruments reaching optimal temperature once covered by the large sun shields.



JOVEN C. JOSE
- 12B

MARCH – A GIANT LEAP FOR THE RETURN TO THE MOON

The Artemis Program will see the return of humans to the Moon and to make the journey to the Earth's natural satellite there's the need for a powerful rocket. Enter the Space Launch System, which is expected to be tested this year, no sooner than March.

APRIL – JAPAN'S TURN TO REACH THE MOON

So far only three countries have successfully landed on the Moon. The USSR, the United States, and China. India got really close but didn't stick the landing. Now, JAXA, the Japanese space agency, is planning to become the fourth. JAXA is expected to send its Smart Lander for Investigating the Moon, or SLIM, to the moon in April. The lander will demonstrate pinpoint lunar landing by recognizing lunar craters using technology first developed for facial recognition systems.

MAY – CHINA'S SPACE STATION GETS BIGGER

May will see the launch of a new module for the Tiangong space station, China's "Palace in the Sky". Its first core module, Tianhe was launched last April and it has been visited by Taikonauts already. The next module will be Wentian, a laboratory expected to launch between May and June. It will also serve as a backup core module and the place where future spacewalks from the taikonauts will take place. It will be followed by a second laboratory module, Mengtian, in August-September.

JUNE – INDIA'S SPACECRAFT TAKES ITS FIRST FLIGHT

ISRO, the Indian Space Research Organization, has announced that Gaganyaan (which translates to Sky Craft) will have its first uncrewed flight in June. The craft is planned to be a key vehicle in the Indian Human Spaceflight Program and, all going well in this test, it will be followed by a crewed test next year.

JULY – RUSSIA EYES THE MOON AGAIN

The Moon is clearly dominating exploration this year. Russia wants to go back there too, and it has announced the continuation of its Luna program from the 1960s and 1970s. The program had many successes with landers, rovers, and even sample returns, and Luna 25 is expected to follow in that tradition according to Russian Space Agency, Roscomos.

AUGUST – METAL ASTEROID AND MORE LUNAR MISSIONS

In the Boreal summer, NASA is expected to launch its Psyche mission, which will travel to the Asteroid Belt to study one of the most unique objects in that area of the solar system. The asteroid is a metal-rich world with a diameter of 226 kilometers (140 miles). August will also see the launch of the Korea Pathfinder Lunar Orbiter, a planned lunar orbiter by the Korea Aerospace Research Institute (KARI).



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KUWAIT

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