

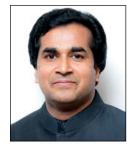
EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

📵 EMOTIONAL 🕑 PHYSICAL 🕕 INTELLECTUAL C CULTURAL 🍮 SPIRITUAL

NOVEMBER 202'



PRINCIPAL'S MESSAGE

You can make hell out of heaven and heaven out of hell.It's all in the mind."John Milton

Dear Children,

Welcome to the November edition of EPICS. In this edition, let us discuss how to make a day good and beautiful.

Every morning begins with a sunrise and it is an individual decision whether to make it a glorious or a miserable one. It is essential to tune up one's mind to an optimistic approach for a successful, productive day and mind is the key to this tuning up process. A new day should not stem up from the leftovers of yesterday nor on the possibilities of tomorrow. Each day is unique as it is our perspective that makes the day good or bad.

Let us try to understand how to attune our perspectives to fill in positivity to our daily life and turn a good day in.

Each day is special, so we should wake up to welcome it with an open heart, enlisting all the good deeds we plan for the day. Good morning wishes and uplifting smiles trigger positivity to a large extent as a smile is a parachute that opens up the mind and builds up a positive environment. Make sure that the scales are tipped with positive deeds that are both enriching and compassionate. Energise your body and mind - good food, positive thoughts and pleasant environment can significantly create lots of positive vibes. Calm your mind with soothing music or meditation. Be prepared for the day, Groom up well, appreciate yourselves in the mirror and reaffirm that 'I can & I will'. So, dress up, smile and out to conquer the day with a clear mind .

Face the day realistically - accept the appreciations and criticisms with the right attitude; remind yourselves that nothing or nobody can spoil the day for you . Be honest and sincere in your work and approach. Be mindful of each and every moment, enjoy the day, feel the positive energy around you and always try to be around people with a positive mind set. Thus, when you become an energetic, positive and honest person you will start attracting more positivity which in turn will brighten up your day. Remember, being self centered is different from being confident: a confident person puts his peers at ease and will readily lend out a helping hand. The inner peace emanating from the sense of well-being will also enable one to make quick and smart decisions. With meticulous planning and careful execution it is easy to accomplish most of the tasks required for a day.

'Little acts of kindness and little deeds of love 'make the world a better place and add to the feeling of self satisfaction. The sense of satisfaction at the end of the day to help a fellow human out of misery will undoubtedly redouble one's happiness quotient.

So learn to live in the present, stay focused, appreciate, enjoy and be mindful of each moment of the day.

At the end of the day you introspect and look into your list of accomplishments, it is not an over accomplished list that gives you happiness but rather, a well accomplished list will give you immense satisfaction and pride. Self congratulation is an essential ingredient to happiness. Do not be hard task masters, feel the joy of accomplishments however minor they are; Don't panic or get depressed at the small failures, you always need to look ahead as more glorious sunrises are awaiting for you.

טענייטנו נטנו

02

EDITORS' NOTE

03

SELF GOVERNANCE DAY

05

" AZADI KA AMRIT MAHOTSAV "

08

BEST STUDENTS -OCTOBER

10

APPRECIATION CORNER

12

BIRTHDAY ARCADE -NOVEMBER

14

EPITRAVEL -AUSTRALIA

18

DISCOVER OF INDIA -NAGALAND

20

EPHILATELY

22

WORLD IN A NUTSHELL













SCAN THE QR CODE AND FIND OUR UPDATES ON



EDITORS' NOTE

Dear children,

Greetings from the editorial board. I know that all of you are immersed in studies for your Term 1 examination. Here's an anecdote to cheer you up.

Back bencher Entrepreneur & Dilemma of a class teacher.

A teacher was once at the corona treatment facility run by the state government. The phone rang and she picked it up.

The firm male voice introduced himself, Good day Madam I am Souji Gopal Krishna calling from Dubai. The teacher was curious about who would that be. Madam few years ago, You were my class teacher when I was in class 10!. The teacher couldn't place him. She said I am admitted at the hospital with Covid 19. Souji said, Madam I came to know about your illness from Subbu, the class topper of batch 1995. The teacher said, well I know subbu quite well, but I am unable to place you. Madam, Souji interrupted; hope you would recollect the tall dark boy who was your biggest headache. I was at the back bench!. The teacher thought; the back benchers!

Madam, Souji said , when I came to know that you are hospitalised, I thought of organising a conference call with all the available friends of the class of 1995 . We just called to wish you a speedy recovery. The teacher was suddenly fumbling for words , after a long pause she asked , now tell me about you. Where are you ? Souji continued .

Madam, I run my own business of logistics. I came here in search of a job and finally ended up as a successful entrepreneur. There are about 2000 people at my establishment.

When we were in class 10 , you generously extended support and instilled confidence to the most noisy and unruly fellows at the back bench . All those experiences helped me later in life. I am applying those lessons in my life and business. Madam, Whatever I am today I owe it to you . The teacher was finding it difficult to speak .

Alone at the Covid 19 isolation ward, the teacher was in tears. Happiness swelled her heart and tears were streaming down her cheeks. She thought, here is a boy who applied all his skills out of syllabus and out of class lessons in real life! So dear children, learning is the sum total of life experiences we share in school, with peers, our family and our surroundings

This story is inspired by a real life episode of Ms.Seema Kanakambaran, a high school Principal.

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

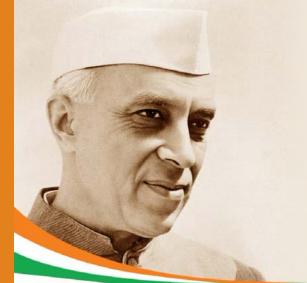


Mrs. Susan George





Mrs. Merine Joby



PANDIT JAWAHARLAL NEHRU

Children's Day is celebrated across India to increase awareness of the rights, care and education of children. It is celebrated on 14 November every year as a tribute to the birthday of India's First Prime Minister, Jawaharlal Nehru. Pandit Nehru, the first Prime Minister of India after independence, laid the foundation of a modern nation. He focused on industrial development,



RYAN HENRY DIAS

science and technology and reviving rural India. The various states in the country, were woven into a Republic. A Constitution was adopted on 26th January, 1950. Pandit Nehru had strong faith in parliamentary democracy.

Nehru managed India for 17 years after independence. He has always been highly respected and revered, not merely in India, but also globally. Educated in England at Harrow School, Trinity College, Cambridge, he became a barrister and practiced at the Inner Temple. He led the various, non-violent agitations and satyagrahas in the cities, streets, and villages. Nehru was imprisoned nine times by the British Government. He spent 3,259 days in prison, which are 10 years of his life. However, he remained undaunted in his quest for India's independence. He represented Gandhiji and India in the negotiations with the British, for the freedom of the country.

After becoming the Prime Minister, Nehru laid a solid foundation of democratic institutions in the country. India was a poor country at the time of independence. Pandit Nehru realized that to propel the country forward it would be necessary to modernize rapidly.

Indian agriculture went through a metamorphosis during Nehru's era. Agricultural universities were established in many states, to focus on augmenting food production. Chachaji as he is fondly called, kept India away from global tensions and focused on economic and social development. Nehru ensured that India remained secular. He realized that India was home to Hindus, Muslims, Christians, Buddhists. Jains, etc. With his modern, western exposure in his youth, he realized it would be perilous to have a state religion. Thus, secularism was enshrined in the Constitution of India, to ensure that all religions coexist peacefully.

The policy of secularism has paid rich dividends in India. Temples, mosques, and churches coexist next to each other in every village and town. Citizens of all religions work in the government, armed forces, police, etc. Government recruitments are based on competitive examinations. The public and private sector companies recruit on merit and not religion. Secularism has laid the foundation of a strong India.

Nehru loved India passionately. He loved its people, mountains, rivers, etc. After he passed away, his ashes were scattered across India to merge with its soil and seas, according to his wish.

ICSK's Senior, Senate Members and Students of Std XII take the lead on 'SELF GOVERNANCE DAY'

"Teachers inspire hope, ignite imagination and instil the love of learning." by Brad Henry



The Indian Community School has continuously supported and encouraged its students to take up responsibilities. It has always helped in developing students core skills. The SENATE-2021 of The Indian Community School, Senior, led the 'SELF GOVERNANCE DAY' on 20th October 2021, which immensely contributes to the development of important skills such as organizational, communicative and leadership qualities among the students.

The entire program was conceptualized and conducted by the Senate Members with

the involvement of the students of STD XII, who took on the responsibility as student-teachers for the day and took classes for students of Std VI to XI through online mode. Thereafter the Senate Members conducted a 'Special Assembly' from the school, through online mode for the teachers to express their gratitude and appreciation. A well-defined agenda was streamlined so that the student-teachers could take classes. The student-teachers showed great enthusiasm in taking classes and were very innovative in their teaching which reflected the teaching methods used by their actual subject teachers.

After a fun-filled day of teaching by the student-teachers, a 'Special Assembly' was presented by the Senate Members. The function was graced by the presence of Dr. V. Binumon, Principal and Senior Administrator ICSK Senior, Vice Principal, Mrs. Susan Rajesh, Deputy Vice Principal, Mrs. Mini Shaji, Senate Advisor Mrs. Deepa

Biju, Academic Supervisors, Subject HOD's and teachers. Omaira Farhan, the Senate President welcomed the gathering. She thanked the school for entrusting the Senate with responsibilities that would help them build leadership qualities. Fun filled games like Escape Room, and Liar Liar were led by different house captains. All the teachers enthusiastically took part in the games. The program concluded with the Vote of Thanks by Ameena Hamza, the Senate Vice President.



ICSK, OBSERVES VIGILANCE AWARENESS WEEK "A FIGHT AGAINST CORRUPTION"

"Integrity, transparency and the fight against corruption have to be an integral part of our culture and has to be taught as Fundamental Values."

ICSK believes and advocates the 'faith in democracy and bureaucracy', and continuously strives to create awareness among the citizens to fight the cancer of corruption that eats away the democratic ideologies of a country. In continuation a Vigilance Awareness Week was observed from 26th October 2021 to 01 November 2021 on the theme 'Independent India @ 75: Self Reliance with Integrity' to promote anti-corruption awareness and for stressing the vision of a vigilant India. A variety of programs was conducted both online and offline for the students.

A General Assembly was conducted in the school as part of Vigilance Awareness Week. Dr. V Binumon, addressed the gathering with his inspiring words and quoted "A corrupt nation not only denies the right of its citizens but also poses a threat for the life of its entire people. So, it is the responsibility of everyone to stand against this." To affirm that all present were standing in unison to fight against corruption, an 'Integrity Pledge'



was taken by all to express their solidarity in this battle and also it would continuously resound in every one's mind and hearts reminding them of their moral duty towards their country.

The school had organized various activities which witnessed a huge participation of more than a thousand students under various categories. A student outreach activity in the form of an "online quiz competition" was conducted as a "Series" from 26 October to 28 October. The Quiz was conducted based on the topics of "Vigilance Week and India@75 self-reliance and integrity".

An Intra-School Poster Making Competition for classes 6, 7 and 8 was held on 30 October 2021 via online mode. The budding artists of



ICSK designed powerful posters on the topic "Corruption Free India".

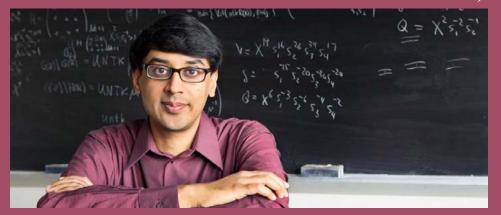
An online English Essay Writing Competition for classes 9, 10, 11 and 12 was conducted. The theme of the competition was "Eradication of Corruption is the Responsibility of Every Citizen".

An online lecture was delivered by the Head of Social Science Department, Mrs. Kamalam Nandakumar. The main objective of the programme was to create awareness among the students about the guidelines and laws made to check corruption at every level.

"Progress is impossible without a change and those who cannot change their minds cannot change anything."



EPTOWE OF SUCCESS MANJUL BHARGAVA



Manjul Bhargava is a Canadian- American Bhargava was born to an Indian family in Hamilton, Ontario, Canada, but grew up and attended school primarily in Long Island, New York. His mother Mira Bhargava, a Mathematician at Hofstra University, was his first Mathematics teacher. Manjul enjoyed Mathematics from a very young age. He triggered his imagination. Once he grew curious about the number of oranges required to construct a pyramid of a given height. His parents encouraged him to work it out by himself, and so he started playing with the oranges to get the right number and subsequently gave the precise Mathematical argument for his answer.

He completed all of his high school math and computer science courses by age 14. He is the Brandon Fradd, Class of 1983. He attended Plainedge High School in North Massapequa, and graduated in 1992 as the class valedictorian. He obtained his AB from Harvard University in 1996. For his research as an undergraduate, he was awarded the 1996

Morgan Prize. Bhargava went on to pursue graduate studies at Princeton University, where he completed a doctoral dissertation titled "Higher composition laws" under the supervision of Andrew Wiles and received his Ph.D. in 2001, with the support of a Hertz Fellowship. He was a visiting scholar at the Institute for Advanced Study in 2001–02, and at Harvard University in 2002-03. Princeton appointed him as a tenured Full Professor in 2003. He also holds Adjunct Professorships Research, the Indian Institute of Technology Bombay, and the University of Hyderabad. He is known primarily for his contributions to number theory. Bhargava was awarded the Fields Medal in 2014, the highest award in the field of Mathematics, Hasse Prize from the MAA in 2003, the Clay Research Award in 2005, and the Leonard M. and Eleanor B. Blumenthal Award for the Advancement of Research in Pure Mathematics in 2005. Bhargava is the third-youngest full professor in Princeton University's history, after Charles Fefferman and John Pardon. He was named one of Popular Science magazine's "Brilliant 10" in November 2002.

In 2008, Bhargava was awarded the American Mathematical Society's Cole Prize. The citation reads: "Bhargava's original and surprising contribution is the



JOHANN PREMJITH

discovery of laws of composition on forms of higher degree. His techniques and insights into this question are dazzling, even in the case considered by Gauss, they lead to a new and clearer presentation of that theory".

In 2011, he delivered the Hedrick lectures of the MAA in Lexington, Kentucky. He was also the 2011 Simons Lecturer at MIT. In 2012, Bhargava was named an inaugural recipient of the Simons Investigator Award, Mathematical Society in its inaugural class of fellows. He was awarded the 2012 Infosys Prize in Mathematics for his "extraordinarily original work in algebraic number theory, which has revolutionized the way in which National Academy of Sciences. In 2015, he was awarded the Padma Bhushan, the third-highest civilian award of India. In 2017. Bhargava was elected as a member of the American Academy of Arts and Sciences. In 2018 Bhargava was named as the inaugural occupant of The Distinguished Chair for the Public Dissemination of Mathematics at The National Museum of Mathematics.

This is certainly not the end, this prodigious Mathematical talent of Indian origin, Manjul Bhargava will continue to scale several peaks in his Mathematical journey.

Are you INTERNET safety savvy?



Bullies and mean girls have been around forever, but technology now gives them a whole new platform for their actions.'

The Internet gives new possibilities for offensive behaviour. People can publish online gossip, photos, or other kinds of personal information, or send malicious messages anonymously on behalf of others. Modern cell phones open new possibilities, not only for entertainment but also for misuse. Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person. The effects of

bullying can be devastating, leaving you to feel helpless, humiliated, angry, depressed, or even suicidal. And technology means that bullying is no longer limited to schoolyards or street corners.



JAN ERINJER - 12 D

Young people today are using the Internet more than ever. Therefore, I believe it is you who can help yourself to be 'Internet Safety Savvy'.



" Azadi ka Amrit Mahotsav "











set up at the memorial site.

CBSE notification ICSK Senior conducted paragraph writing about places related to

As India celebrated its 75 years of glorious

Independence, the Students of The Indian

Role of Amritsar in India's struggle for freedom

Anecdotes of the freedom struggle covered by the dust of time might appear hazy, yet the fire in them is still afresh. As India celebrates and the mammoth mass movement which stimulated individuals of different ideologies into action bringing down to knees a mighty colonial realm.

Army Commander, was the man behind this cruellest human slaughter as he ordered his violent protestors and Baisakhi Pilgrims that ground. The Jallianwala Bagh Massacre was an example of the inhuman act of the British Government and its officers. The Jallianwala unarmed citizens of the country. April 13th is considered as one of the darkest days in the freedom struggle. Jallianwala Bagh was no less than a turning point for India's fight

Calcutta- freedom struggle of India

founded in Kolkata by Surendranath Banerjee India's freedom. It was the fear of growing Khudiram Bose, Subhas Chandra Bose and

Significant Places of India's Freedom Struggle

of various freedom fighters, who sacrificed their own lives to gain freedom for the citizens of India. However, there are many important places as well, where people fought for the places is the Red Fort in Delhi. The Red Fort famous for being the place where the Father of the Nation, Mahatma Gandhi, began the famous Dandi March on the 12th of March, Lots of other places were also significant in Barrackpore in West Bengal, Jhansi in Uttar

Places related to Freedom Struggle

India did not get independence overnight. It was a struggle of almost 200 years. The everyone contributed in every possible way

freedom movement. Mahatma Gandhi, the father of the nation made it his home in 1915. JalliawalahBagh, a place that was rocked by the shrieks of hundreds of innocent people trying to escape the indiscriminate firing by

The Andaman and Nicobar Island of India is where the cellular Jail or Kala pain of imprisoned the freedom fighters who were fighting for India's independence. Bangalore Bihar is famous for being the site of the first satyagraha in India. Bombay (now Mumbai), foundation of the Indian national congress in in 1942 by Mahatma Gandhi, the city played

These are only some of the places where the brave hearts of India fought for the freedom of the country. In every corner of the country, Millions of unsung freedom warriors fought for the freedom of the motherland.



DALANGE GILLET FOR THE MORTH OF GOTOBER 2021						
INCOME (JULY 2021	KD	EXPENDITURE (OCTOBER 2021)	KD			
Balance c/f from July 2021	2733.425					
Contribution from students (October)	46.915					
Contribution form the parents of Leann Wilson and Yohan Wilso	50.000					
Balance in Hand	2830.340					

BIRTHDAY FUND AND CHARITY FUND COLLECTION - OCTOBER 2021

DIITTIDAT I OND AND SHARITTI O					
CLASS / SEC	Birthday Fund	Charity Fund	Sub Total		
11A	-	0.500	0.500		
11 B	-	1.500	1.500		
11 D	-	1.250	1.250		
11 E	1.010	-	1.010		
11 F	-	0.450	0.450		
11 G	-	2.700	2.700		
11 H	2.055	-	2.055		
9A	-	0.175	0.175		
9 B	-	0.250	0.250		
9 C	-	11.000	11.000		
9 D	-	0.690	0.690		
9 E	-	0.100	0.100		
8A	-	6.650	6.650		
8 B	-	0.415	0.415		
8 C	-	3.250	3.250		
8 D	3.900	-	3.900		

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total		
8E	-	1.885	1.885		
8 F	-	1.500	1.500		
7A	-	0.660	0.660		
7 B	-	0.600	0.600		
7 C	-	0.250	0.250		
7 D	-	0.100	0.100		
7 E	-	1.000	1.000		
6A	-	1.250	1.250		
	6.965	35.925	42.890		
AFTERNOON					
10 F	2.025	-	2.025		
12 J	-	1.500	1.500		
12 K	-	0.500	0.500		
TOTAL	2.025	2.000	4.025		
GRAND TOTAL	8.990	37.925	46.915		

Physically Active Everyday



We have always heard the word 'fitness' and 'health'. We use it ourselves when we say phrases like 'fitness is the key' and 'health is wealth'. The word health means the idea of 'being well'. When a person functions well physically as well as mentally, we call that person healthy and fit.

A healthy lifestyle demands regular exercise, and it is an integral part of being fit.

Study after study has shown us the various benefits it can have. Not only does regular exercise help you reduce the risk of developing diseases and manage your

weight, but it can also help prevent and treat mental health problems. Exercise is a great way to unwind from the stress of life and can boost your wellbeing and mood. Not only does



regular exercise help you reduce the risk of developing diseases and manage your weight, but it can also help prevent and treat mental health problems. No matter what one's age, everyone benefits from regular exercise. To instil healthy habits that may last a lifetime, one makes their kids active from an early age. Being active is a huge benefit for senior citizens.

Exercise helps in the stimulation muscles development, joints and bones, as well as the lungs and heart. It helps children maintain a constant healthy weight. Daily exercise also provides kids with the opportunity to make friends and interact with other people.

CHARITY CONVENERS - NOVEMBER



FARHAAN YOUSUF - 12A



SNEHA KUNNAKKATTU JESU JOEL GEORGE - 12B



- 12C



ABIGALE IRENE 12D



SHAIKH UMAR - 12E



MOHAMMED BADRI - 12F



MOHAMMED - 12G



S.G.D.NAYANJITH - 12H



SAKINA YUSUF BANIYAN



IBRAHIM ABDUL - 12J



HAMZA MOHMED - 12K



MURTAZA MAIMOON



ALONA ANN



MITHRA SUSAN



MOHAMMED - 11D



ARWA AZIZ



YUNUS MOHAMMED



JOEL MATHEW - 11G



ADITHYA - 11H



AZEEZ ABIZAR - 111



TULIKA UPPAL - 11J



BRYAN - 10A



SIDHARTH - 10B



TYRON - 10C



LAMIAH - 10D



ABHINAV - 10F



NETHANIEL - 10F



JOEL JOSE - 9A



CALEB



THILOCHAN - 9C



GUNEET KAUR



MUHAMMAD - 9E



KUPPALA RAMYA



- 8A



- 8B



SRI RAM - 8C



RAIYAN



ISHAQ



HUZAIFA



BHANU - 8G



AMMAR



STEVE



FARUHA



JEREMY - 7D



NOFL



ABDUL SAMAD SOLANKI - 7F

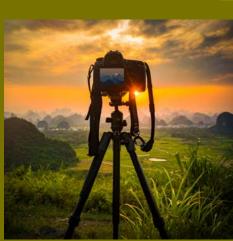


SHAMEEN 6A



ALIYA MALAYA-NOOR - 6B

Photography



Photography is the art of capturing light with a camera, usually via a digital sensor or film, to create an image. With the right camera equipment, you can even photograph wavelengths of light invisible to the human eye, including UV, infrared, and radio.

Amateur photographers take photos for personal use, as a hobby or out of casual interest, rather than as a business or job. The quality of amateur work can be comparable to that of many professionals.

Amateurs can fill a gap in subjects or topics

that might not otherwise be photographed if they are salable.





ELMER CURTIS -12D

generally done with an advertising agency, or with an in-house corporate design team. Making wildlife photography involves capturing images of various forms of wildlife.

BEST STUDENTS - OCTOBER



AISWARYA SUNIL - 12A



SUHFERA MUJEEB - 12B



NISHINTH VEN - 12C



RONAL SHOEY - 12D



MASRURAH NAFEES IMAN FAWAZ MOOSA - 12F



- 12F



NANDINI PANGASA - 12G



- 12H



K.M. CHARYA NUMAYA - 12I



DARIN BIJU - 12J



ERIC -12K



MURTAZA MAIMOON - 11A



EBENEZER NELSON - 11B



JOEL MANOJ - 11C



AYAAN ISMAIL - 11D



AKASH RENJI - 11E



JYOTSSANA DHYANI - 11F



JOEL MATHEW - 11G





AYISHA REYAKKATH



JEO ROY



CHRISTINA



LENA LUKOSE



AMATULLAH AKBAR



MARYAM IRFAN



SALWA TANWEER



ACELIN



ALISHA THEJES - 94



SWETA - 9R



ARYA NAIR



SANA SUDHIR - 9D



NEEDA KHALID



ANTONY JAISON



ZUBIN FAAZAL - 84



SHAZA SABEER



ARAINA DSOUZA - 8C



ALI ZOHAIR



HUZAIFA ZOHAR - 8E



ARSHA ANIL



AISWARYA



JONAH GEORGE



SHANAYA MARTIN



ANAND ARJUN



ANGEL ELISA JOE



LOVIS LIZA POTHEN



NAKSHATHRA NISHAD - 7F



AFIA SHAIKH - 6A



SYED ABDULI AH SAJID ALI - 6C

Nurturing Mental Health



1. Eat well. Eating better is a long process that entails patience & discipline, so remember to be kind to yourself as you figure it out.

2. Get moving. Studies have suggested that

- exercising lift your mood and provides for a healthy source of energy.
- Sleep well. Your mental health is nonnegotiable and so is your sleep.
- 4. Give yourself a mental health day. Busyness does not equate to productivity.
- 5. Practice mindfulness. It reduces the effect of anxiety and helps you in taking care of your mental health.
- 6. Stay connected no matter how tempting or how it was feel like it is for the best, never isolate yourself. Human beings need interactions, connections and warmth.

People suffering depression and anxiety, remember that you're not alone.

If you don't find comfort in



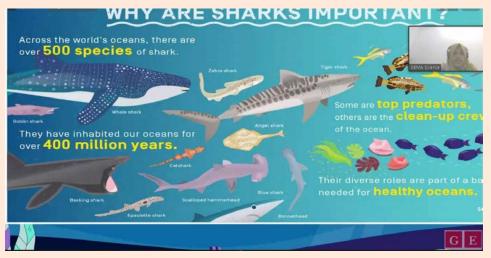
ANEEQA

your family or friends, then seek help from your Lord. He is always there for you.

There is no comfort or peace in this world except in His remembrance, our souls need to be connected to their creator. Please take care of yourself!

Science Shark Tastic workshop for the students of ICSK Senior

Life depends on its continuation....Let's be more responsible!!!

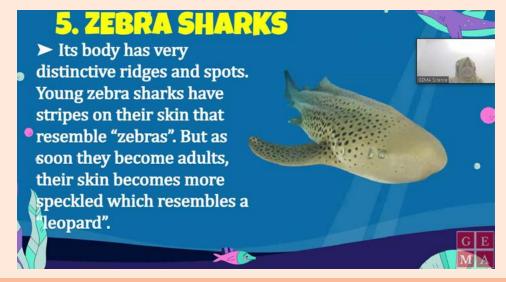




The ICSK group of schools considers it, its moral responsibility to nurture and conserve the environment and the ecosystem of our planet. Together with this it also helps the students to enhance their knowledge and be updated on the various aspects and information pertaining to plant and animal life. An online workshop was conducted on 'Science Shark Tastic' by 'GEMA' on 5th November, 2021 for the students of classes 6 and 7. Nearly 150 students with their parents got a chance to participate in this very informative and interactive workshop.

The webinar 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, teachers, parents and students. The workshop was led by Mrs. Nazneen. The students were given a deep insight into the lives of sharks through videos, power point programs, and talks. A

segment of the work shop focused on the killing and finning of sharks which created an awareness among the students about conservation of sharks. At the end an interactive session with students and parents was conducted by Mrs. Garima, Counsellor at GEMA.





- South Sudan is the youngest country in the world.
- The Canary Islands are named after dogs, not birds.
- Japan is the world's most earthquake-prone country.
- The best place in the world to see rainbows is in Hawaii.
- Indonesia is home to some of the shortest people in the world.
- Copenhagen, Denmark, is the most bike-friendly city in the world.
- New Zealanders have more pets per household than any other country.
- Only two countries use purple in their national flags Nicaragua & Dominica.
- There are only two countries with names that begin with "The" The Gambia & The Bahamas.
- It's estimated that Sweden has more islands than any other country (221,800 islands).



APPRECIATION CORNER

WINNERS OF INTER SCHOOL SINGING AND BEATBOXING COMPETITION ORGANIZED BY FAIPS (DPS)



Micah Prince - 12 G Solo Singing (2nd position)



Raynelle Fernandes - 9C **Duet Singing** (Certificate of participation)



Mireille Victoria Fernandis - 12 F **Duet Singing** (Certificate of participation)

BUDDING CRICKETER OF **KUWAIT**



Saud Sadath is the Captain of Champs Cricket Academy for U16 & U19 Category. A Kuwait national probable cricketer studying in ICSK Sr. School in XI Division F. He is rewarded as the best batsman & best Bowler in U16 category for the T10 summer league presentation held on 17th Sep'21 at KC Sulabiya Cricket Ground. He is the highest run scorer with 204 runs in the T10 summer league tournament in 2021 with highest number of boundaries 21 (4s) 6 (6s) and six wickets. Saud is a right-hand aggressive batsman and with a unique leg spin bowling action, makes him the best in Kuwait.

ICSK family is proud of your achievements and wishes you the very best in future.

If you believe it'll work out, you'll see opportunities . If you don't believe it'll work out, you'll see obstacles

THE INDIAN COMMUNITY SCHOOL, KUWAIT **Extends** its Heartiest Congratulations to NATIONAL ELIGIBILITY CUM ENTRANCE TEST [NEET (UG) 2021] This meritorious accomplishment of securing the top marks SPECIAL CONGRATULATIONS FROM THE ICSK FAMILY.. Best wishes for a bright future!



ACHIEVEMENTS!!!!

Sustaining the pinnacle of our efforts, two more of our class 12 Commerce students under the ACCA program have successfully completed the ACCA diploma from "Association of Chartered Certified Accountants", London, UK.

Master Adithyan Anandi Satheesh and Miss Nandini Pangasarajah your ambition is so inspiring!!

Congratulations on your well- deserved success!!!





Adithyan Anandi





ARABIC HORSES

One day, an Arab businessman comes to the court of Maharaj Krishnadeva Rai to sell his horses. He convinces Maharaj Krishnadeva Rai to buy all the horses. Now there are so many horses that there is no place to keep them, so at the behest of the Maharaja, many horses are given to the common citizens of Vijayanagara and some people of the royal court for three months. Each caregiver is given a gold coin per month for horse rearing expenses and training.

Like all the citizens of Vijayanagar, clever Tenali Rama was given a horse. Tenali Rama took the horse home and tied it up in a small field behind the house and fed him a small amount of fodder every day. Others also began to discharge the responsibility entrusted to them. Fearing that the Maharaja would get angry, everyone cut off their stomachs and started feeding the horse by buying good fodder.

Three months pass by. On the appointed day, all the citizens gather before Maharaj Krishnadeva Rai with horses, but Tenalirama comes empty-handed. Rajguru asks for the reason. Tenali Rama says that the horse has become very dangerous and he does not want to go near the horse. Rajguru says that Tenalirama is lying. Maharaj Krishnadeva Rai sends Rajguru to find out the truth. Tenali Rama says to Rajguru with great conscience, "Sorry, I am not a scholar like you. Please look at the horse first from the window and only then step inside the stall."

As Rajguru peeks inside through the window, the horse grabs his beard. People start gathering. The hungry horse does not leave Rajguru's beard even after making a lot of effort. Finally breaking the hut and cutting off the beard of Rajguru with a sharp weapon, he is freed from the clutches of the horse. The troubled Rajguru

and the clever Tenali Rama reach the king with the hungry horse. Seeing the slender condition of the horse, Maharaj Krishnadev Rai asks Tenali Rama the reason for this. Tenali Rama



REVA KANTARIA

says that I used to give only a little fodder to the horse every day, and due to less facility than required, the horse became more distressed and spoiled. Just like your subjects were plagued by the burden of handling the horses, apart from the responsibility of rearing the family.

The king must protect the subjects. Don't put too much burden on them. Horses have become strong due to the order given by you, but your subjects have become weak. Maharaja Krishnadeva Rai understands this point of Tenali Rama and rewards him.

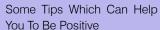
Positivity in Life



What Is Positivity for you? For some it may be found in luxury shopping, food etc. But what does it really mean??

Definition – If you are positive about things,

you are hopeful and confident and think of the good aspects of a situation rather than the bad ones. Be positive about your future by living a normal and happy life. How can we achieve our goals while being happy?





SHAIK AYESHA

- 1. Remember that Life is temporary
- 2. Help others
- 3. Do not take everything too personally
- 4. Get enough sleep and rest
- 5. Repeat affirmations like I can , I will, I am etc.
- 6. Bring more positivity in your life
- 7. Exercise your body and learn to meditate
- 8. Do your favourite hobbies
- 9. Spend Time with family
- 10. Don't dwell on negativity

Birthday Arcade - November



AAHIL ASHRAF ZAIN 12F - 1



ADITHYA RAMESH 11E - 1



SHREE HARI 9E - 1



YASH GIANANI 8E - 1



YOUKTA SADVI 8E - 1



YUSUF HABIB 7E - 1



AASHKA ESTHER 9B - 2



ADWAITH ANCHANA BENHANN THOMAS 12F - 2



HASHEER ISMAIL 10E-2 12F - 2



HATIM HAKIMUDDIN 11J - 2



SUMAIYA ABDUL 11B - 2



THARUN 7A - 2



ZOYA DEEPAK 12F - 2



YAQOOB MOHAMMAD 9A - 3



NAISHA RAJESH 12A - 3



SRINIKETHAN 8F - 3



VYSHNAV SATHIS 12K - 3



PREINEL SILFORD 11F - 4



RAJARATINAM 10D - 4



SAAD MOHAMMED 10C-4



SAM THOMAS 7F - 4



OMAIMA MOHAMMED 12J - 5



IDRIS BOHRA 8D - 5



YOHAN LIONEL 11B-5



RAMALAKSHMI 6A - 5



FATEMA ALIASGAR 10C-6



NAKSHATHRA 8A - 6



SHIFA ABDUL 7B - 6



AARON RAJISH 8B - 7



AARON JOSEPH 10F - 7



NIDHI MYTHILY 11D - 7



SARA YASIN KHAN 10D - 7



SHABBIR 11H - 7



HARSIMAR KAUR 11G - 8



KRITI DINESH MENON 121 - 8



MUHAMMED UMAR 7E - 8



SARA ELENA SAJI 11C - 8



YUSUF MOHAMMED 8D - 8



9D - 9



ASMI MAHESH 10D - 9



DANIEL VARGHESE 11G - 9



MARIYAH 9D - 9



SHAZIA SHAIKH 11A - 9



AAYUSH VAIBHAV 9E - 10



AYRA AQTHAR 6A - 10



ALINA FAHAD 121 - 10



DANA MARIAM 12F - 10



MEGHANA VARMA ABBAS KUTBUDDIN 12D - 10 11G - 11



GHANASHYAM



KEZIAH ANA KOSHY



HANNAH MARIAM 12C - 12



ETHAN STEVE 121 - 12



ALLEN CHACKO 12J - 13



FATEMA MUSTAFA 12G - 13



AISHWARYA 10B - 14



ANNS ANNA BOBY 8A - 14



AUSTIN VINU 7B - 14



NIBIN PHILIP 12B - 14



UMESH KUMAR



YASH SAINI 12H - 14



ADONA VINU 9B - 14



AARON MANOJ 11D - 14



ARON REJI KOSHY 11F - 15



GOKUL SREENIVASAN 11A - 15



RAGHURAM 6A - 15



JANANI SREENIVASAN 12K - 15



NAFISA SHABBIR **ESTHER THOMAS** 11E - 15 12A - 16



HANNAH ELSA 12H - 16



JENESSA AMY 8C - 16

9E - 18



7B - 16

7E - 18



11C - 16

11D - 18

ANGEL BIJU ANGELINA ANN



11A - 17

ELISHA ANN PETER LOYSON SALDANHA RENET SUSIL JOHNS

TAHER KAEED

8D - 18

11F - 17

ULPENGHE DON 121 - 18

10B - 17

111 - 17

ANJALI NAIR 12D - 18



AARON BOBY

9B - 19



AMALIA ROSE

6A - 18









IBRAHIM IMTIYAZ 9E-19



KHADEEJA IMRAN 7C - 19



KYRA DEBRIS D 8C-19



SHANTEL ANN SOJI 11A- 19



SWETA



GOPINATH 8C-19



GURWINDER GILL 111 - 19



BURHANUDDIN 11D-20



AISWARYA 8G - 20



SHAIK UMAR BASHA 12E-20



GUNFFT KAUR 9D - 20



HARGUN KAUR 11C-20



KIARA MII ANIA 11H - 20



SOHA MARIYAM 11J- 20



SYFD ABDULLAH 6C- 20



ALVIN LIAN LIJO 11C - NOV 21



ASHMIT SRIVASTAVA 11C- NOV 21



NAINA SAHIB 9C - NOV 21



11E - NOV 21



SAI NITHISH KUMAR HEGDE SHRADDHA 11F- NOV 21



ADLINE BENNITA 6A - NOV 22



JESEL JOSE 7B - NOV 22



MURTAZA MAIMOON 11A - NOV 22



MUSTAFA 12H - NOV 22



DHYAN THOMAS 8B - NOV 22



MOHAMMED 8D - NOV 23



CHELSEA DINA 11H - NOV 23



BAASIM MUSTAKHUSEN 8F - NOV 24



BILALIDDIN 12J - NOV 24



KEVIN VARGHESE 12J - NOV 24



LEON JOHNY 8A - NOV 24



MOHAMMED JAHID 12H - NOV 24



SHAIKH AYESHA 9E - NOV 24



ATIFA SHABBIR 8B - NOV 25



ESHA MARIAM 12A - NOV 25



RAYYAN MOHAMMED SHIBANI KARTHIKA 8A - NOV 25



7B - NOV 25



SHYAM 7A - NOV 25



ABIGALE IRENE AFRA ANSARI 12D - NOV 26 12J - NOV 26



ANOOJ JACOB 11E - NOV 26



KEVIN BAIJU KOSHY 11B - NOV 26



10C - NOV 26



MANMEET SINGH MUHAMMAD MOHAMMED 7D - NOV 26



SURYA KARTHIK 12J - NOV 26



VEDANT MAYUR 12D - NOV 26



JEEVAN SHAJU 11G - NOV 27



NAKSHATRA 8B - NOV 27



GARY MALOWNEY 7A - NOV 27



ABEL MATHEW 7E - NOV 28



ADARSH RAKESH 12A - NOV 28



CHRISTIN 7B - NOV 28



JEROM THOMAS 12H - NOV 28



RAEEZ HASSAN 12K - NOV 28



RISHONA STACY D 7E - NOV 28



WHETVIN LEON 11C - NOV 28



ROSANNE MARIA 8B - NOV 28



AARON VARKEY 10B - NOV 29



10A - NOV 29



ALWINS MATHEWS BHAVISHYA MANISH 8E - NOV 28



12H - NOV 29



HAJERA MOHAMMED KARTHIK NARAYAN 8D - NOV 29



REMAS FATHIMA 8D - NOV 29



RUHAANEE SINGH 7A - NOV 29



MOHAMMAD 8E - NOV 30



NAVYA JOR 11I - NOV 30



PARVAN PRASANTH 10E - NOV 30



- NOV. 8



















Australia, officially the Commonwealth of Australia, is a sovereign country comprising the mainland of the Australian continent, the island of Tasmania, and numerous smaller islands. It is the largest country by area in Oceania and the world's sixth-largest country

1. Sydney

Sydney, capital of New South Wales and one of Australia's largest cities, is best known for its harbourfront Sydney Opera House, with a distinctive sail-like design. Massive Darling Harbor and the smaller Circular Quay port are hubs of waterside life, with the arched Harbor Bridge and esteemed Royal Botanic Garden nearby. Sydney Tower's outdoor platform, the Skywalk, offers 360-degree views of the city and suburbs.

2. Melbourne

Melbourne is the coastal capital of the southeastern Australian state of Victoria. At the city's center is the modern Federation Square development, with plazas, bars, and restaurants by the Yarran River. In the

Southbank area, the Melbourne Arts Precinct is the site of Arts Centre Melbourne – a performing arts complex – and the National Gallery of Victoria, with Australian and indigenous art.



3. Brisbane

Brisbane, capital of Queensland, is a large city on the Brisbane River. Clustered in its South Bank cultural precinct are the Queensland Museum and Sciencentre, with noted interactive exhibitions. Another South





Bank cultural institution is Queensland Gallery of Modern Art, among Australia's major contemporary art museums.



4. Perth

Perth, capital of Western Australia sits where the Swan

Australia, sits where the Swan River meets the southwest coast. Sandy beaches line its suburbs, and the huge, riverside Kings Park and Botanic Garden on Mount Eliza offer sweeping views of the city. The Perth Cultural Centre houses the state ballet and opera companies, and occupies its own central precinct, including a theatre, library and the Art Gallery of Western Australia.



5. The Great Ocean Road (Victoria)

The Great Ocean Road is an Australian National Heritage listed 243-kilometre stretch of road along the south-eastern coast of Australia between the Victorian cities of Torquay and Allansford.

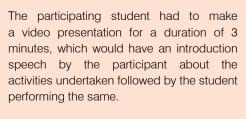


'Sparsh' a Summer Vacation Activity for students by ICSK SENIOR

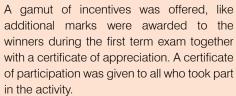
Life skills are an art of living which helps us to draw a personal and professional sketch of life!!!

'Sparsh' is a value-based activity initiated by ICSK in 2015 to build emotional and intellectual values in our children by instilling empathy and compassion. This year too, during the summer vacations the students had the privilege to participate in Sparsh. Due to the pandemic situation the activity was conducted as an in-home activity so that the children could strengthen their moral values and also benefit them inculcate the importance of helping at home or developing a skill which would help them grow as useful individuals both for the family and society. The students could participate by choosing a total of four pre-listed activities. The students were divided into three categories as per the class in which they study.









There was a huge participation of nearly 300 students. The judging of Sparsh activity took

place for class 6 &7, on 17th, class 8, 9 and 10 on 18th and class 11 & 12 on 19th of October respectively. The participants had to present their videos online to the audience and was judged by a panel of judges. Mrs. Jisha Alex was the co-ordinator of 'Sparsh-2021'.

WALKING - THE BEST FORM OF EXERCISE



Walking can offer numerous health benefits to people of all ages. It may also prevent certain disease and even prolong your life. Just 30 minutes everyday can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Walking is low impact, requires minimal equipment, can be performed at your own place. Walking is a

great way to improve or maintain your overall health. Walking for fun and fitness isn't limited to strolling by yourself around local neighborhood streets. There are various venues and strategies you can use to make walking an enjoyable and social part of lifestyle.

If it's too difficult to walk for 30minutes at one time, do regular small bouts (about 10 minutes) three times per day and gradually build up to longer sessions. Try to make

walking a routine - for example try to walk at the ever if your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You



can still achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves. Pedometer measures the number of steps you take. You can use it to measure your movement throughout a day and compare it to other days or to recommended amounts. This may motivate you to move more.

Regular brisk walking can help you:

- · Maintain a healthy weight and lose body fat.
- · Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes.
- · Improve cardiovascular fitness.
- Strengthen your bones and muscles.
- Improve muscle endurance.
- · Reduce stress and tension.



DHEERA RAGESH ESTHER THOMAS







MOHAMMED MAAZ





ROHAN ELDO



MUSKAN NISAR



EFREM JOSEPH













IBRAHIM KHOZEMA

CLASS 11A



FATIMA HASEER



MOHAMMED OMAR



ELEORA ELISHA







CLASS 12K











ROBEN JOSE









CLASS 11D







AADIL MOHAMMED BATUL HASAMUDDIN



CLASS 10A







SAMEEKSHA





CLASS 10D











ALETA JOHNSON







































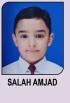




NATHAN GEORGE

ALONA





MUNIRA ABDUL





DANIYA ALIM

















CLASS 6A









CLASS 7F













The Metaverse, Explained Ready Player One but IRL



If you're into tech, crypto, and NFTs or you closely follow the likes of Zuckerberg, chances are you've heard of the Metaverse. But what is the Metaverse? And why are all the bigshots talking about it?

First popularized by Neal Stephenson's sci-fi novel Snow Crash, the modern-day Metaverse is a virtual world (or worlds) that you can exist in as a virtual character.

Many new to the Metaverse call it yet another

rendition of or Fortnite or Club Penguin, but it is not to be confused with a game.

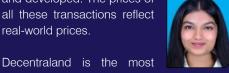
To put this into better perspective, think of real people doing things in the real world, but online. People in the Metaverse work real jobs, earn real money and socialize with real people. They spend their money on virtual museums and arcades, virtual clothes, and virtual concerts performed by real artists. Plots of land (which are NFTs or Non-Fungible Tokens) are also purchased

and developed. The prices of all these transactions reflect real-world prices.

used

monthly active users.

widely



Metaverse **JOELLA PEREIRA** platform. It possesses its own cryptocurrency Mana and has 80,000

As the name suggests, it is decentralized. A central authority does not control it. Its users are its authority. People can vote and have a say in how it is managed. In such a world, where one can do what they want freely without fearing censorship, possibilities are seemingly endless.

All in all, the Metaverse has gathered mixed feelings. Some consider it to be a utopian waste, some see it as a step in the right direction for start-ups, and some, like Mark Zuckerberg, view it as a business opportunity.

There is a possibility that one day this augmented reality will be a new normal with virtual schools, professions, sports, but for now, it is a work-in-progress.





Be kind, for whenever kindness becomes part of something, it beautifies it. Whenever it is taken from something, it leaves it tarnished.



- A beautiful life begins with a beautiful mindset.
- The only thing you cannot recycle is wasted time

DISCOVER TO CONTRACTOR MANAGEMENTS

Nagaland is a mountainous state in northeast India, bordering Myanmar. It's home to diverse indigenous tribes, with festivals and markets celebrating the different tribes culture. Its capital city of Kohima suffered heavy fighting in World War II, commemorated by memorials at the Kohima War Cemetery. The Nagaland State Museum exhibits ancient weaponry, a ceremonial drum and other traditional Naga cultural artifacts.

Five most beautiful place to visit in Nagaland.

1) Dimapur

Reckoned to be the entry point of the state, Dimapur officially welcomes you to Nagaland. It is a well-connected town that boasts excellent road conditions and scenic landscape. The town offers ample of opportunities to nature and history lovers. The 13th century Kachari Ruins is amongst the most attractive places in Dimapur, while the ruins here are the evidence of Ahom invasion. For nature aficianados Dimapur opens a wide door and takes them on an unforgettable journey. Nichuguard Village, Kuki Dolong Village, Chumukedima, Seithekima Village and Medziphema are some of the places that are known for their spectacular landscape beauty. Ruzaphema is a one stop shop in Dimapur for shopping; located about 5 kms from Kohima, this place is famed for exhibiting some of the finest artefacts of Nagaland.



2) Mokokchung.

Reckoned to be the most beautiful and a lively district in Nagaland, Mokokchung is the home of the Ao tribe. Known for its hospitality, rich traditions and festivals, Mokokchung is gradually becoming a hotspot for tourism in Nagaland. It is often said that

one of its destinations named Longkhum is a paradise for nature enthusiasts. Its hillocks are adorned with Rhododendron and its pristine environment is worth falling in love with. Longkhum is also known for its ethnic handloom and handicraft and a sect called Limapur that practice animist religion. Ungma is considered to be a living museum of the Ao tribe. You may also be interested in visiting Chuchuyimlang, which is a tourist village and is often referred to as festival village. This village is known for the celebration of festivals of Ao Nagas like Moatsu festival (celebrated in the month of May). Mokokchung District Museum, Changtongya and Mokukchung Park.



3) Mon.

The land of Konyak Nagas, Mon is an interesting land to visit in Nagaland. Famed for warriors with tattoos on face, head hunting prowess and blackened teeth people, Mon is a fascinating place to be in Nagaland. The Konyaks call themselves the descendants of Noah and practice agriculture; it is believed that they have the finest harvest in the state. Around Mon, a traveller can have a number of interesting encounters, for instance if you happen to be in Longwa (the biggest village in Mon district), which shares border of Myanmar, you can actually have the opportunity to have half of your body in India and other half in Myanmar. The chief's house, where the chief resides with his 60 wives, is also a major attraction in Longwa. The large number of trophies made of animals' skull



in the residence is some unforgettable sight.

4) Meluri.

Snuggled amidst green rolling hills, Meluri is a part of Phek district of Nagaland.



JESLYNE SARA SHYJU - 8A

This small village is situated halfway on the important route to Mt. Saramati in Kiphire district. Meluri is the land of the Pochury tribe, who are known for their excellent hunting skills. For a traveller in Meluri, the major attraction is the interesting rock formations. Meluri is also known for its two lakes namely, Dzudu and Shilloi. These lakes are believed to have supernatural powers and were avoided by human for a very long time; however, with the passage of time, one of the two lakes (Shilloi Lake) has become a popular tourist place and is used for angling.



5) Kiphire.

Kiphire can be reckoned as an awe-inspiring district in Nagaland. Offering resplendent landscape views to visitors, Kiphire is also an ideal place for adventure enthusiasts as they can indulge in activities like trekking, rafting and canoeing. In Kiphire lies the highest peak of Nagaland called Saramati (3841m), where a trekker can enjoy a 3 day trek that passes through a beautiful Rhododendron forest. Kiphire is dotted with scenic villages like Pungro, Salumi and Mimi. Amongst which, Mimi and Salumi are believed to be virgin lands. These villages house a number of caves and waterfalls that further add to the charm of this already gorgeous destination.



Screen Light Damages Brain Cells



Even if it never reaches your eyes, Prolonged exposure to blue light from phones, computers, and household fixtures could be affecting your longevity—even if it's not shining in your eyes. The experimental study with fruit flies found blue wavelengths produced by light-emitting diodes damage cells in the brain as well as retinas.

Blue Death: Published in Aging and Mechanisms of Disease, the study involved a widely used organism, Drosophila melanogaster, the common fruit fly, an important model organism because of the cellular and developmental mechanisms it shares with other animals and humans. The study looked at how flies responded to daily 12-hour exposures to blue LED light - similar

to the prevalent blue wavelength in devices like phones and tablets - and found that the light accelerated aging. Flies subjected to daily cycles of 12 hours in light and 12 hours in darkness had shorter lives compared to flies kept in total darkness or those kept in light with the blue wavelengths filtered out. The flies exposed to blue light showed damage to their retinal cells and brain neurons and had impaired locomotion—their ability to climb the walls of their enclosures, a common behavior, was diminished.

Some of the flies in the experiment were mutants that do not develop eyes, and even those eyeless flies displayed brain damage and locomotion impairments, suggesting flies didn't have to see the light to be harmed by it.

Expresses Stress Genes: "The fact that the light was accelerating aging in the flies was very surprising to us at first," a researcher in the Oregon State University College of Science, who



JOVEN C JOSE

studies biological clocks, and professor of integrative biology. "We'd measured expression of some genes in old flies, and found that stress-response, protective genes were expressed if flies were kept in light. We hypothesized that light was regulating those genes. Then we started asking, what is it in the light that is harmful to them, and we looked at the spectrum of light. It was very clear cut that although light without blue slightly shortened their lifespan, just blue light alone shortened their lifespan very dramatically." Natural light, is crucial for the body's circadian rhythm—the 24-hour cycle of physiological processes such as brain wave activity, hormone production and cell regeneration that are important factors in feeding and sleeping patterns. And with the prevalent use of LED lighting and device displays, humans are subjected to increasing amounts of light in the blue spectrum since commonly used LEDs emit a high fraction of blue light.

Flies Know The Best: Flies if given a choice, avoid blue light. In the meantime, there are a few things people can do to help themselves that don't involve sitting for hours in darkness. Eyeglasses with amber lenses will filter out the blue light and protect your retinas. And phones, laptops and other devices can be set to block blue emissions.



When we speak about Environment, We think about the adjustment. That human beings have to make, At the environmental stake.

Today, about nature when we talk, We mean nature in a garden or park. Because, elsewhere we do not see, Flowers, bushes or sometimes even a tree.

Why should we make any effort, To see mere greenery. Whence earlier all the towns and forests, Consisted of beautiful scenery.

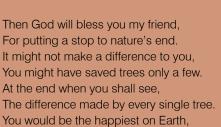
This is all because of the ways of man,

Who's destroying God's beautiful plan.
When if he wants he can very

Prepare a place for Nature as

After all its a truth, that nature and

Man have to go hand in hand. So get up, arise and make a decision, Let saving tree be your final conclusion.





Helping nature live with your effort.

AMMAR SABIR

EPHILATELY

Kasturba Gandhi (11 April 1869 - 22 February 1944)

Kasturba Mohandas Gandhi, born Kasturba Mohandas Kapadia was an Indian political activist. Kasturba Gandhi first involved herself with politics in South Africa in 1904 when, with her husband and others, she established the Phoenix Settlement near Durban. In 1913 she took part in protests against the ill-treatment of Indian immigrants in South Africa, for which she was arrested and on 23rd September 1913, was sentenced to hard labor. The majority of her time was dedicated to helping out and serving in ashrams. Here, Kasturba was referred to as "Ba" or Mother, because she served as mother of the ashrams in India. In 1942, she was arrested again, along with Mohandas and other freedom fighters for participating in the Quit India movement. She was imprisoned in the Aga Khan Palace in Pune, where she died aged 74.



Bhikaiji Cama (24 September 1861 – 13 August 1936)

Bhikaiji Rustom Cama or simply as, Madam Cama, was one of the prominent figures in the Indian independence movement. She was born in Bombay (now Mumbai) in a large, affluent Parsi Zoroastrian family. She came in contact with Shyamji Krishna Varma, who was well known in London's Indian community for fiery nationalist speeches he gave in Hyde Park. Through him, she met Dadabhai Naoroji, then president of

the British Committee of the Indian National Congress, and for whom she came to work as private secretary. Together with Naoroji and Singh Rewabhai Rana, Cama supported the founding of Varma's Indian Home Rule Society in February 1905. In her appeal for human rights, equality and autonomy from Great Britain, she unfurled what she called the "Flag of Indian Independence". Cama's flag, a modification of the Calcutta Flag, was co-designed by Cama, and Vinayak Damodar Savarkar, and would later serve as one of the templates from which the current national flag of India was created.



Jhalkari Bai (22 November 1830 – 4 April 1858)

Jhalkari Bai was a woman soldier who played an important role in the Indian Rebellion of 1857. She served in the women's army of Rani



Lakshmibai of Jhansi. She eventually rose to a position of a prominent advisor to the queen, Rani of Jhansi. At the height of the Siege of Jhansi, she disguised herself as the queen and fought on her



SHREYA NARAYAN

behalf, on the front, allowing the queen to escape safely out of the fort. In her youth she is claimed to have stood her ground when attacked by a tiger and killed it with an axe. She reportedly once killed a leopard in the forest with a stick she used to herd cattle.

Begum Hazrat Mahal (c. 1820 – 7 April 1879)

Begum Hazrat Mahal, born Muhammedi Khanum, also known as the Begum of Awadh, was the second wife of Nawab of Awadh Wajid Ali Shah, and the regent of Awadh in 1857-1858. She is known for the leading role she had in the rebellion against the British East India Company during the Indian Rebellion of 1857. After her husband had been exiled to Calcutta and the Indian Rebellion broke out, she made her son, Prince Birjis Qadr, the Wali (ruler) of Awadh, with herself as regent during his minority. However, she was forced to abandon this role after a short reign. She finally found asylum in Nepal in Hallaur, and she died in 1879 in Nepal. Her role in the rebellion has given her the status of a heroine.



Doja Cat:The Quintessential Gen Z Pop Star





Throughout 2021, Doja Cat has been transforming more and more of Planet Earth into inhabitants of Planet Her. The foundation has been there for years, but with Planet Her, Doja has firmly planted herself in the current class of pop music A-listers. On July 4, the LP became Doja's highest-charting project on the Billboard 200 albums chart (No. 2), while marking the biggest opening-week sales total of her career yet, and the biggest opening day for a female rapper in Spotify history. If dominating the previous year with the Billboard Hot 100-topping "Say So" wasn't enough, the resounding success of Planet Her and its singles have unequivocally solidified Doja Cat as one of the defining pop stars of this era.

Although the masses are finally catching up, Doja proved her star power from the moment "Mooo!" went viral in August of 2018. The winkingly meme-driven novelty song expertly tapped into the specific brand of self-deprecation and intricate webs of online inside jokes that make up Gen Z humor. The star power established from Doja's history of producing multiple simultaneous hits from the same album is what buoyed the stability of Planet Her. Since the album's release, it has remained in the Billboard 200's top 5. with at least 55,000 equivalent album units moved each week.

"Streets," the final single from Hot Pink, started taking off on TikTok, along with the Silhouette Challenge, in late January -- around the same time that Doja and her team were deliberating what Planet Her's lead single would be.

The track 'Kiss Me More' debuted at No. 7 on the Billboard Hot 100, eventually peaking at No. 3 and becoming the third Top 10 hit for both Doja and SZA. Above all, the song was a duet between two of the brightest new additions to pop music's royal court.

While Doja's rule over TikTok has helped characterize her as a new-school pop star, she hasn't completely rejected the lessons and rules of previous generations.



In fact, with her acclaimed GOPUKUMAR-10B awards show performances, Doja has actively embraced parts of what constituted an old-school pop star. Due to the rise of streaming and a focus on quick hit singles over genuine artist development, the level of performance skill amongst the new guard of pop stars often pales in comparison to their predecessors. Doja, however, has utilized her background in dance and her naturally animated personality to build herself into one of the most exciting and anticipated performers in recent years.

Doja Cat is a pop star who will spend more time tweeting memes and trolling her fans than sending out links to her new music and videos. A pop star born of the Internet Age with the knowledge of an old-school blueprint that she bends to her will, Doja Cat is well on her way to becoming the quintessential pop star of this generation.

THE GREAT CONSPIRACY AGAINST JULIUS CEASAR



gaining too much power, would you try to stop him? Even if that man was one of your closest friends and allies? These were the question haunting Roman Senator Marcus Junius Brutus in 44 BCE, the year Julius Caesar would be assassinated. Opposing unchecked power was a personal matter for Brutus. He claimed descent from Lucius Junius Brutus who had helped overthrow the tyrannical king known as Tarquin the Proud. Instead of sizing power himself, the elder Brutus lead the people in a rousing oath to never again allow a king to rule. Roman became a republic based on the principle no

one man should hold too much power. Now, 450 years later, this principle was threatened. Julius Caesar's rise to the powerful position of consul had been dramatic.

Years of military triumphs had made him the wealthiest man in Rome. And after defeating his rival Pompey the Great in a bitter civil war, his power was at its peak. His victories and his initiates such as distributing land to the poor had made him popular with the public. More importantly the title of dictator, meant to grant temporary emergency powers in war time, had been bestowed upon Caesar several times in succession. All of this was too much for the senators who feared a return to the monarchy their ancestors had fought to abolish. A group of conspirators calling themselves the liberators began to secretly discuss plans for assassination. Leading them was Gaius Cassius Longinus and his friend Brutus. Joining the conspiracy was not an easy choice for Brutus. Even though Brutus had sided with Pompey in the ill-fated civil war, Caesar had personally intervened to save his life, not only pardoning him but even

accepting him as a close advisor. Brutus was hesitant to conspire against the man who had treated him like a son, but in the end Cassius insistence and Brutus's own fear of Caesar's ambitions won out.



MICHELLE SAM

At a senate meeting as many as 60 conspirators surrounded him, un-sheathing daggers from their togas and stabbing at him from all sides. Caesar struggled fiercely but when he saw Brutus among his attacker's he covered his face and gave up the fight falling to the ground after being stabbed 23 times. Unfortunately for Brutus, he and the other conspirators had underestimated Caesar's popularity among the Roman public many of whom saw him as an effective leader and the senate as a corrupt aristocracy. Within moments of Caesar's assassination Rome was in a state of panic. The ensuing power vacuum led to a series of civil wars, during which Brutus facing certain defeat took his own life.

W RLD in a Nutshell



Two recycling projects from Assam win global awards: Two waste-based projects in Assam have won an international award for taking their businesses to a higher, greener level. Shree Guru Plastics and Inside Out, two enterprises based in

Guwahati, won euro 10,000 and six months of business mentoring to help make their ideas a reality. They were among the 100 entries from across the world for a zero waste city challenge organised by WasteAid, a U.K.-based international NGO between April and July.



PM Modi launches Ayushman Bharat Health Infrastructure Mission: Prime Minister Narendra Modi launched the Ayushman Bharat Health Infrastructure Mission, one of the largest pan-India schemes for strengthening healthcare

infrastructure, in his parliamentary constituency Varanasi in Uttar Pradesh. Under the scheme, a national institution for one health, four new national institutes for virology, a regional research platform for WHO South East Asia Region, nine biosafety level-III laboratories, five new regional national centre for disease control will be set up.



India rejects net zero carbon emissions target, says pathway more important: India rejected calls to announce a net zero carbon emissions target and said that it was more important for the world to lay out a pathway to reduce such emissions

and avert a dangerous rise in global temperatures. India, the world's third-biggest emitter of greenhouse gases after China and the United States, is under pressure to announce plans to become carbon neutral by mid-century or thereabouts at next week's climate conference in Glasgow. But environment secretary R.P.Gupta told reporters that announcing net zero was not the solution to the climate crisis.



Padma Shri for Bhopal's gritty crusader: Abdul Jabbar, a gas victim, waged a lonely and seemingly neverending battle for the welfare of the survivors of 1984 Bhopal Gas Tragedy. His relentless struggle for over three decades

brought medical and economic rehabilitation to the scores of victims. He will be awarded the Padma Shri posthumously at the Darbar Hall at Rashtrapathi Bhavan.



Intel launches new PC chips, says U.S. supercomputer will double expected speeds: Intel Corp on introduced a new, faster family of processor chips for personal computers and said that the supercomputer it is helping the U.S. government to build will reach double

previously expected speeds. Intel showed versions of its 12th generation of Intel Core chips for PCs, known by their code name of Alder Lake. The company said the product line will eventually include 60 different chips destined for 500 models of PCs from various makers, from thin laptops to larger machines designed for gamers.



Mahatma Gandhi to be commemorated on special UK collector's coin: The life and legacy of Indian independence movement leader Mahatma Gandhi will be commemorated on a British special collectors' coin for the first time. The round

coin, which features India's national flower, the lotus, and a famous quote from Gandhi stating "My life is my message," is part of the Royal Mint's collection to mark the Hindu festival of Diwali.



Indian Oil Corporation announces plan for thousands of electric car charging stations: State-run refiners have announced plans to build thousands of electric vehicle (EV) charging stations to aid the aid the country's netzero carbon

target by 2070.Indian Oil Corporation (IOC) will set up 10,000 electric vehicle charging stations in the next three years and is drawing up plans to cut greenhouse gas emissions from its operations.



China successfully launches satellite to test space debris mitigation technology: China successfully launched a new satellite to test and verify space debris mitigation technologies. It was launched from the Xichang Satellite

Launch Centre in southwest China's Sichuan Province. The satellite, named Shijian-21, was launched by a Long March-3B carrier rocket and it entered the planned orbit successfully. The satellite will be mainly used to test and verify space debris mitigation technologies.



DRDO, IAF jointly test smart anti-airfield weapon: The Defence Research and Development Organisation (DRDO) and Indian Air Force (IAF) have jointly carried out two flight tests of the indigenously-developed smart anti-airfield

weapon. The weapon was launched by an IAF aircraft from Chandan ranges at Jaisalmer, Rajasthan on October 28 and November 3. In both the tests, the intended target was hit with high accuracy. The system is designed for a maximum range of 100 kilometres.



India to highlight achievement in defence R&D at DefExpo-2022 in Gujarat: Gandhinagar in Gujarat will host the 12th edition of India's mega defence exhibition, the DefExpo, from March 11-13 next year. The DefExpo will provide an

overview of what India has been able to achieve in terms of defence research and development, production and application of modern technologies for use by the military.

Art Gallery - Senior Secondary













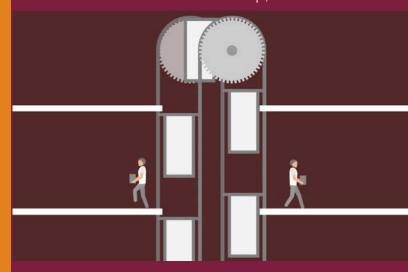
EPletionshy

- Idiosyncratic: something peculiar or individual
 Example: He emerged as one of the great, idiosyncratic talents of the nineties.
- 2. Pejorative: showing disapproval

 Example: Permissiveness is used almost universally as a pejorative term.
- Travesty: distorting facts or imitation
 Example: The absurdly lenient sentence is a travesty of justice.
- **4. Ubiquitous :** omnipresent or existing everywhere Example: His ubiquitous influence was felt by all the family.
- **5. Forbearance :** Self-control, Patience, Tolerance Example: Without forbearance, Ray wouldn't have cleared his house loan.
- **6. Gourmand :** A person who likes and enjoys eating food Example: If you are a dessert gourmand, then you must try Kentucky Chocolate Pie.
- 7. Heterogeneous: Diverse in content or character Example: I gave him heterogeneous ideas for his master's thesis topics.
- 8. Impecunious: Having less money or no money at all Example: After buying a new house, Sam was so impecunious that he couldn't even afford Christmas cards.
- 9. Pellucid: Clear, Easy to understand, comprehensible Example: His pellucid explanation on why he wants to leave the job made higher authorities release him without any conditions.
- 10. Aggrandize: enhance power, wealth or status
 Example: It was an action intended to aggrandize the Frankish dynasty.

Paternoster Lifts

The lifts which never stop, ever!



Have you ever felt very tired and waited for a lift to arrive and they took very long to do so? Or you simply took the stairs when you want to go out since the lift would be stuck at another floor? Well, there's a faster alternative, albeit unconventional and dangerous, if you feel adventurous.



SREENIVASANV - 11A

This is the Paternoster Lift. A Paternoster lift is a passenger elevator which consists of a chain of open compartments (each usually designed for two people) that move slowly in a loop up and down inside a building without stopping. Passengers can step on or off at any floor they like. The name paternoster means "Our Father" in Latin since the lifts resemble beads of a rosary.

Peter Ellis installed the first paternosters in Oriel Chambers, Liverpool, England in 1868. Many more were installed to transport people and goods. Paternosters were popular throughout the first half of the 20th century because they could carry more

passengers than ordinary elevators. Paternoster elevators are intended only for transporting people. Accidents have occurred when they have been misused for transporting bulky items, such as ladders or library trolleys. The risk involved is estimated as 30 times higher than conventional elevators. A representative of the Union of Technical Inspection Associations stated that Germany saw an average of one death per year prior to 2002, at which point many paternosters were made inaccessible to the general public.

So, the next time you feel that waiting for a lift takes too long, remember the paternoster, and admire the modern elevators.



THE INDIAN
COMMUNITY SCHOOL
KUWAIT

The Indian Community School (Senior) Salmiya

Tel: 25629583, 25659126, 25613260, 25623370

Fax No: 25652308 Website: www.icsk-kw.com Email: senior@icsk-kw.com

The Indian Community School (Junior) Salmiya

Tel: 25613344, Fax No: 25652308 Website: www.icsk-kw.com Email: junior@icsk-kw.com

The Indian Community School Khaitan

Tel: 24717193, Fax No: 24717192 Website: www.icsk-kw.com Email: khaitan@icsk-kw.com

The Indian Community School Amman St.

Tel: 25624405 / 25624397 Fax No: 25624318

Website: www.icsk-kw.com Email: amman@icsk-kw.com