



# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

SEPTEMBER 2022



## PRINCIPAL'S MESSAGE

Dear Children,

'Life is as good as your mind set'. Our perspective in life absolutely determines our reality. Each one's perspective is different from others. A

glass half full or half empty is how you perceive. You can choose to view life as a course of problems to overcome, or challenges and experiences to learn from.

Now, dear children, after the successful celebration of GYANOSTAV the Edu Fair, let's be ready for yet another celebration and ie the celebration of the First Term Exams which are approaching nearby. Keep your perspective clear and positive. Believe you can do your best in upcoming exams and you are halfway there. Let me share with you few guidelines - how to study smarter and more efficiently.

### 1. CHOOSE YOUR BEST TIME

Choose your best time of the day to study. Do not rely on what other people's time to study are. We all are individual people. In your appropriate time, try to study and understand the topics. Tell yourself continuously, that the subjects and topics are easy and interesting to learn, and you can learn them in this specific time limit. This will create a willpower and interest towards studies.

### 2. CHANGE THE SUBJECTS

It's more effective to change the subjects each day than to deep-dive into one or two subjects. The reason is just because you're likely to confuse similar information if you study a lot of the same subject in one day. So as a tip to learn faster, spread out your study time for each subject. The thing is that it is better to prevent boredom and to avoid information overloads you. But sometimes , if you find your mind really enjoying the subjects and you are 'in the flow', you can continue it until get tired.

### 3. Learn TO SAY 'NO'

Learn to say 'NO' to the things you know are bad for you. Put aside anything that distracts you from

studying be it your mobile phone, comics, story books etc. Initially you will find hard to control yourself from all these distractions but trust me, within a week , you will have a better control of your mind and you will find out that your studying is more effective compared to what it was a week ago.

### 4. KEEP GOOD COMPANY

Don't talk to people who give you the wrong idea about life or demotivate you in your quest. Instead if you are not good at learning, find a study partner so that you can discuss and easily memorize. Moreover, you can decorate your room with some motivational pics and sayings of successful people.

### 5. DO IT NOW AND MAKE A PLAN

Plan exactly what you are going to do during the study time you have and stick to it after all time is precious. For example, dedicate 40 minutes to reading a chapter and then another 10 minutes for summarizing it .Use the remaining time to stand up, rest and go and play and talk with your siblings and parents to avoid loss of concentration and even depression.

### 6. LIMIT SNACKS

Another important topic is the problem of snacking. If you snack all the time when you study, you start to associate studying with snacking. Aside from the obvious problem with excess calories you will be consuming, comes the distracting nature of snacking –your mind gets preoccupied with the food instead of textbooks.

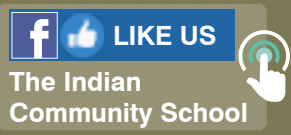
### 7. SOLVE SAMPLE PAPERS:

Solve sample papers forwarded by your subject teachers in the CLOUD. Look at the mark scheme and find patterns in question style, keywords and try to make your own question paper solve the papers. Side by side, take a red pen and check your mistakes. Go through your prepared notes before your exam.

Dear Children, ICSK SENIOR do not conduct exams, we celebrate the exams. Thus, just stay confident and concentrate. Give it your best and success shall be yours.

My best wishes to you all.

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# EDITORS' NOTE

Dear LEADERS

Today's READERS are the LEADERS of tomorrow. Am I right?

Yes dear all, our Monthly Magazine EPICS is a unique and creative idea which aids students in expressing their writing skills, which build competition inside their mind and allow them to become a better LEADER in the future. Through our Monthly Magazine EPICS, ICSK has been nurturing young minds with the belief that: 'The heart of education is the education of the heart'.

We are proud to say that our Monthly Magazine EPICS is a magazine "of the students, by the students and for the students" in its true sense. Our EPICS aims at inculcating creativity in the students and serves as a platform to showcase their amazing artistic skills. This we have kept in mind and tried to include maximum number of creative entries by the students.

"If you want to change the world, pick up your pen and write", said Martin Luther once. I'm happy to witness an array of talents of our students of ICSK. So many different people, so many different ideas and so many different perspectives on one platform. Each issue of the EPICS is actually a milestone that marks our growth, unfolds our imagination and presents a beautiful mosaic of activities in our campus.

Enjoy our SEPTEMBER EDITION and do not forget to give us your feedback. We would always cherish your valuable comments and suggestions.

HAPPY READING!!

Send your valuable contributions to [epicseditor@icsk-kw.com](mailto:epicseditor@icsk-kw.com)



Mrs. Shehnaz Hakim



Mrs. Tintu Wilson



Onam is the festival that brings together all communities in Kerala. On this day, caste, religion or creed is not of importance.



ANAND ARJUN  
- 8D

## Story Behind Onam

The harvest festival of Onam generally begins between August end and the start of September, during the Malayalam month of Chingam. King Mahabali was known for his generosity and strong character. He was very proud of his acquisitions and the prosperity of his kingdom. Lord Vishnu visited his court in the form of a tiny Brahmin. The tiny Brahmin asked the king for three pieces of land that his feet could cover. Seeing the tiny form, the king immediately agreed to this request. It was then that the Lord expanded his form to large proportions. With his first step, he covered the entire Earth; with the second step, he covered the whole sky. When he had no more space left for his third step, King Mahabali recognized the power of the Lord, stepped down and bowed below the Lord, offering his own head for Lord Vishnu's third step. The great ruler attained Moksha and asked permission to visit his kingdom once a year to enjoy looking at the country's prosperity. To celebrate this homecoming of King Mahabali, people celebrate Onam. In some parts of Kerala, some people dress up as King Mahabali to help children understand the festival's significance.

## Festivities of Onam

People all over Kerala celebrate this festival for ten days. Each day of this festival carries unique importance. Thus, people celebrate each of them uniquely. The celebrations reflect the rich culture and history of Kerala. In other words, this festival is no less than a carnival of 10 days in the state.

The Onam dance is quite popular throughout the country. Some of the traditional ones that people perform are Kathakali, Pulikali/ Kaduvakali, Kummatti Kali, Kaikotti Kali and more.

Similarly, the traditional snake boat race is also a major attraction during the festival. We refer to it as Vallamkali. There are 100 men on each boat who do the rowing. The race occurs at the River Pampa. Other popular races include Nehru Trophy Boat Race and the Uthratthathi Boat Race. The festival also featured elephant parades with a lot of music and drums and fun. It is known as Thripunithura.

Another important aspect of this festival is the Onam Sadhya. It is basically a feast containing all types of vegetarian dishes. It is quite lavish and is served on the last day of the festival. A huge variety of dishes are prepared and people serve them on banana leaves.

Further, there is Onam Poo kalam that is basically flower carpets. People make the flower decorations in front of their houses for welcoming King Mahabali.

## Conclusion

Onam is a festival that unites all the people of Kerala. It is a festival that erases all the boundaries we have created. People celebrate it with joy and zeal and enjoy the days to the fullest each year.





# CELEBRATION OF HINDI DIWAS IN ICSK

To commemorate and celebrate the popularity of Hindi throughout the nation, Hindi Diwas is celebrated on 14th September each year. On account of this, the department of Hindi of ICSK SENIOR organized the school assembly completely in Hindi by approximately 65 students of classes 6th to 12th with great pomp and show. The following are the programs performed by the students attended the assembly. Verses from the Holy Quran, Hindi Prayer Song, School Anthem, Lighting of the lamp, Indian Pledge, Invocation Dance, Welcome speech, Importance of Hindi as a language, Group song, Instrumental music, Hindi Poetry recitation, Group dance, Hindi song, Hindi skit, Address by Principal, Vote of Thanks, Indian National Anthem. Students participated with full enthusiasm which was appreciated by our beloved Principal Dr. V Binumon, Vice Principal, Mrs. Susan Rajesh, Dupty Vice Principal Mrs. Mini Shahji and the other members of ICSK family. The students appreciated the assembly. It was an indeed turned out to be a memorable day!



## Nutrition Day in ICSK

By: Mrs. Aparna Kulkarni

National Nutrition Week is celebrated from September 1 to September 7 to highlight the importance of having a balanced nutrition diet. It also focuses on the importance of building an effective immune system. The body needs nutrition to grow and develop, physically as well as mentally. A few events and seminars are organised across the globe to stress the importance of nutrition and how can a person bring a change to their lifestyle. We in ICSK think and act uniquely, the Home Science students of XI grade conducted a presentation on "Importance of Healthy Diet" in grades 6,7,8 all sections for all students during the homeroom period on 6th September 2022. The XI grade Home science students prepared a Power point presentation based on the topic under the guidance of Mrs. Aparna Kulkarni. The interactive session answered the queries and was informative for young students. The purpose of this program was to raise awareness among the students about the value of healthy eating practices and proper

nutrition for upholding a healthy lifestyle. The feedback received was excellent and indicates the leadership skills of the senior students. The session was an eyeopener as students were unaware about the nutritional benefits of balanced diet.





# Excited teachers welcome kids back to school in ICSK campus



It was not just the children returning to campuses after nearly couple of years, who were excited on Sunday but the entire ICSK family including our Principal, Vice Principal, Deputy Vice Principal and teachers at ICSK campus. Students were greeted with visible glee. The fictional characters like Donald and Dora greeted the children, as did traditional rituals like showering of flower petals and distribution of sweets. Teachers were prepared for the resumption of classes on campus. All the safety guidelines were scrupulously followed at school, with all children subjected to thermal screening.



## TEACH ME

“Confidence is the most beautiful thing you can possess.”

One of the most important aims of education is to build confidence. The Indian Community School, Kuwait promotes a culture that places initiative, responsibility and power to change in students' hands.

Teach Me, an initiative by ICSK, aims at giving opportunities for students to teach a topic assigned to them. Students will assume the role of teachers for the day so that they will plan and conduct lessons independently. It is a perfect platform to build confidence in students.

Teach Me sessions will be conducted twice in a month. Two students from each class will get the opportunity to teach for 20 minutes. The first Teach Me Lessons were conducted on 19-Sep-2022, Monday.

Students prepared lesson plans and submitted it to their respective class teachers. The

classes were very interesting as the student teachers engaged the classes with a variety of activities. Innovative teaching and learning materials were also used.

The lessons were evaluated and the best three student teachers from each class will be awarded with certificates.

The teach me lessons infused in the students a sense of responsibility and has revitalized their spirit. Principal, Dr. V Binumon, appreciated the students for executing the responsibility given to them efficiently. He also urged others to unlock their potential and to use the opportunities that came their way.

The teachers were proud to see their students delivering the lessons conscientiously and responsibly. “The act of taking the first step is what separates the winners from the losers.”





# EMBASSY FAMILIARISATION PROGRAMME ATTENDED BY ICSK STUDENTS

Embassy of India Kuwait organized second edition of Embassy familiarisation programme on the occasion of Teachers' Day (Sept. 5) for more than 200 Indian students in Kuwait. Aim is to imbibe civilizational ethos of India in Indian students and to make them aware about functioning of the Embassy.

In his address to the students and teachers, H. E. Sibi George, Ambassador of India to Kuwait, extended greetings on the auspicious occasion which is celebrated to commemorate the birth anniversary of Dr S Radhakrishnan, former President of India. During the event, a video documentary was presented giving a virtual tour of the Embassy of India along with glimpse of the beauty of India. A live quiz took place and ICSK senior champs answered the most of the questions and the ambassador presented the winners the beautiful books on Indian heritage.



## ICSK SENIOR PREFERS A NEED OF THE CHANGING ROOMS FOR THEIR CHILDREN

ICSK understands how to make the best use of space, tailoring the layouts of our school changing rooms around the dimensions provided. School changing rooms are typically built and split according to gender.

The modern changing facilities have two separate changing areas with the luxury of bright and uniform lighting, air conditioners, hangers and long mirrors.

Now students who need to buy school uniform or their PE uniform should be able to check their size and other fittings in changing rooms. Moreover, this can also be a great help regarding many functions taking place day to day within our campus.



# CAPTAINS & VICE CAPTAINS - SEPTEMBER

## CLASS 12A



REUBEN MARK



JOSEPH DAVID



NABILAH



RAMAKRISHNAN



ASHMIT SRIVASTAVA



SANIYA SARA BIJU



ANGEL BIJU



AHMED FAYIZ



STAN DAY PHILIP



FATIMA ISHRAT

## CLASS 12B

## CLASS 12C

## CLASS 12D

## CLASS 12E

## CLASS 12F

## CLASS 12G

## CLASS 12H

## CLASS 11A

## CLASS 11B



ABEL MATHEW



ALOMA JANE



KARTIK DINESH



SADAF SALEEM



SHABBIR HUSSAIN



GHANASHYAM



MASTER ARTHISH



MS. RAINA GEORGE



ANDRIYA PIGREZ



BERYL MAHIBA R.

## CLASS 11C

## CLASS 11D

## CLASS 11E

## CLASS 11F

## CLASS 11H



JUSTIN SAMUEL



ANANDIKA DILIP



MANMEET SINGH



NIKHIL STALIN



NEHA ANN MANOJ



SAKINA



ZUHAIR HUSAIN THAKUR



AZEEZ ABIZAR



GOURI HARI



DANIEL KOSHY

## CLASS 11I

## CLASS 11J

## CLASS 11K

## CLASS 10A

## CLASS 10B



FARVA FATHIMA



ANGELA SUSAN



ASWATHY V



MOHAMMED ZEYAD



ASHTER DSOUZA



PRANAV ASHOK



JEREMAI COLACO



AABIDA RAFIK



GUNEET KAUR



KATHRINA

## CLASS 10C

## CLASS 10D

## CLASS 10E

## CLASS 9A

## CLASS 9B



AAFIA ASIF KOTH



NEIL PINTO



ZINIYA AFROZ



SHARANJITH SINGH



RAYZEL MENEZES



RUTH MARY JOHN



AIDEN PETER JAMES



HANNAH MARIAM



ROSHIL REJI



DANIELLA RAINA

## CLASS 9C

## CLASS 9D

## CLASS 9E

## CLASS 9F

## CLASS 9G



BAASIM MUSTAKHUSEN



ADIL KRISHNA



CHRISTOPHER



KRIPA REJI



KYRA DEBRIS



CHRISTEENA



YASH GIANANI



AKSHITA



MUHAMMED HADI



IRFAN ANZAR

## CLASS 8A

## CLASS 8B

## CLASS 8C

## CLASS 8D

## CLASS 8E



HEAVEN SAM SHINE



FAHEEMA FATIMA



ROSHAN



JOANNA



DEEPSHIKHA KALSI



YUSUF HABIB



ANGEL ALEENA



SURYA UPPAL



AGASTYA RAJAN



BETSY SUSAN

## CLASS 8F

## CLASS 7A

## CLASS 7B

## CLASS 7C

## CLASS 7D



SHAURYA



FATHIMA NABLA



SATHYAK VIJAY



MEGAN FRANCISCA



JAYDEN BOBBY THOMAS



PRANATHI



AYESHA MOHAMMAD



AHMED SIBAATULLAH



TEJU BUCHIREDDY



DISHLEEN KAUR







ARSHIT SARKAR



KEITHA DIANTHA



BHAVANA SIBBALA



BURHANUDDIN



AILEEN ZUHARA



MOHAMMED MIFZAL

## WHERE THE SOUND GOES SILENT



If you stand in it long enough, you start to hear your heartbeat. A ringing in your ears become deafening. When you move, your bones make a grinding noise. Eventually you will lose your balance because the absolute lack of reverberation sabotages your spatial awareness.

In this room at Microsoft's headquarters in Redmond, Washington, all sound from the outside world is locked out and any sound produced inside is stopped cold. It's called an «anechoic» chamber, because it creates no echo at all.

Hundraj Gopal, principal human factors engineer at Microsoft led the team that built this anechoic chamber.

In the outside world, our ears are always exposed to some level of noise. But in the chamber, there is no air pressure at all on the ear drums as there is no echo.

To achieve extreme silence, the room is designed with an onion-like structure that isolates it from the rest of the building and the outside world.

It's made of six layers of concrete and steel and it is somewhat disconnected from the

surrounding building, because it sits atop an array of vibration damping springs. Inside, fiberglass wedges are mounted on the floor, ceiling and walls to break up sound waves before they have a chance to bounce back into the room and made the floor a grid of sound-absorbing suspended cables. This room is designed to absorb reflections of either sound or magnetic waves. Mathematicians theorize the quietest



sound to be the movement of particles in gas or liquid. This is calculated at -23DB.

This room nabbed the Guinness world record in 2015 for the quietest on earth reaching an eardrum bending -20.3 decibels.

NEHA ANN MANOJ  
- 11E

People associate quietness with peacefulness but a few minutes inside Microsoft's anechoic chamber might create an opposite effect.

Anechoic chambers are used to test noises and sounds coming from a variety of products with a high degree of reliability. Microsoft uses it for audio equipment such as microphones, receivers, headphones and speakers, or to analyze clicks and hums from computing devices like keyboards, mice, fans and backlight modules on touch panels and displays. The products that have benefited from this chamber are the Surface line of tablets, the Xbox gaming console and the HoloLens VR goggles, and also software where the audio component is dominant, like Skype and the Cortana virtual assistant.

Is silence golden?



# CBSE KUWAIT CLUSTER TOURNAMENT 2022- 23

## Chess Report

Indian English Academy School Has Conducted CBSE Tournament

Date : 11th, 12th and 15th and 16th May 2022 Name of the School: The Indian Community School, Kuwait



### Winner - Under 11 (Girls)

Avantika Maneesh - V, Alina Marianne Joseph - V,  
Neha Joby - V, Vedika Maneesh - III



### Winner - Under 14 (Girls)

Claire Ann Saju - VII, Aleena Thejes Pathil - VIII,  
Anvita Sudhir - VI, Adiva Chadha - VIII



### Winner - Under 19 (Girls)

Rinkle Gudiwalla - XII, Jyotssana Dhyani - XII,  
Rachel Annamalai - XII, Varsha Elza Koshy XII



### Runners Up - Under: 14 (Boys)

Joshua Isaac John - VII, Ritesh Kondeti - VII,  
Zayan Zidik - VIII , Mohnish Balamurugan - VII

### Teacher Incharge

Mrs Rajam Mohan & Mr Jimmy Kurian

## Inter Branch Basketball Results

Date of tournament: 16th May 2022

Venue: ICSK-Senior

Sl. No	Category	Winners	Runners	2nd Runner up
1	Under: 14 boys	Senior	Amman	
2	Under: 14 (Girls)	Senior	Amman	
3	Under: 17 boys	Senior	Amman	Kaitan
4	Under: 17 Girls)	Senior	Amman	



# EPITOME OF SUCCESS HOWARD SCHULTZ



Howard D. Schultz is an American businessman and author who served as both chairman and CEO of Starbucks from 1986 to 2000, from 2008 to 2017, and as interim CEO since 2022. Howard helped Starbucks become the company it is today. However, this successful businessman, who boasts a net worth of \$3.5 billion, wasn't born into wealth.

"I always wanted to do something to make a difference."-Howard Schultz

Born in 1953 in New York, Schultz was raised in a rough and tumble housing project in Brooklyn. His mother worked as a receptionist and his father held a variety of jobs, none of which paid much or offered basic benefits as medical coverage. "When I was 7 years old, I experienced something that deeply affected me that I carry with me every single day," Schultz said. When he was 7, his father lost his job after breaking his ankle. In the ensuing months, the family was too poor to put food on the table. It was a memory that Schultz would carry with him into adulthood.

Determined to build a better life for himself, Schultz channeled his energy into high school sports and earned an athletic scholarship to Northern Michigan University. Schultz took on a wide range of odd jobs in school and following graduation. To pay for college, he worked as a bartender and even sold blood. After graduating, Schultz worked at a ski lodge in Michigan, in sales at Xerox. He excelled at Xerox, so much so that he attracted the attention of a Swedish housewares company which recruited him at the age of 26 to be vice president and general manager of their American subsidiary, Hammerplast. Then he

discovered Starbucks.

Schultz noticed that a small Seattle company named Starbucks was buying an unusually high number of espresso machines. Intrigued, he flew to Seattle to investigate and found four Starbucks outlets. Originally founded in 1971 as a single store near Seattle's famed Pike Street Market, Starbucks sold freshly roasted gourmet coffee beans as well as teas, spices and various coffee-making accessories.

Impressed by Schultz's energy and marketing skills, Starbucks owners Gerald Baldwin and Gordon Bowker-who possessed very little business knowledge-asked Schultz to become part of their operation. Enticed by their offer, which included part ownership, Schultz joined Starbucks as head of its marketing and retail operations in 1982.

A year later, during a vacation in Italy, Schultz had what he has described as an "epiphany." While sitting at one of Milan's many espresso bars, he realized that the coffee shop played an integral role in the social life of most Italians. It was a focal point for the neighborhood, where friends met, mingled and lingered at all hours of the day. "Seeing this, I thought to myself, 'Why not open a coffee bar in Seattle?'" Schultz recalls in an interview in The New York Times. Returning to Seattle, Schultz shared his epiphany with his fellow Starbucks owners but they were unwilling to move beyond the stores' core product offerings.

Convinced he had hit upon something big, Schultz left Starbucks in 1986 to open his own espresso bar called Il Giornale (The Daily). The venture was a hit. Schultz wanted

to open more shops, but didn't have enough funding. In a quirky twist of fate, a year later he learned that Baldwin and Bowker wished to sell their outlets, so after rounding up investors from the Seattle area, Schultz purchased the original Starbucks chain for \$3.8 million and merged the stores with his own.



REVA KANTARIA,  
-10A

Once in charge, Schultz set out to completely overhaul Starbucks according to his vision. In addition to the \$1-per-cup "basic" brew, he expanded Starbucks' offerings to include more exotic coffee beverages such as espresso, cappuccino, café latte, iced coffee and café mocha. He also sought to create a more appealing atmosphere for his customers-the proverbial "clean, well-lighted place" where they could relax and enjoy their coffee in comfort.

But the most radical change Schultz made was to improve the way his company dealt with its employees. "Service is a lost art in America. It's viewed as a professional job to work behind a counter," Schultz says. "We don't believe that. We want to provide our people with dignity and self-esteem, so we offer tangible benefits." Among the benefits Schultz offers is complete health-care coverage to both full- and part-time employees, as well as stock options, practices that are virtually unheard of in corporate America. As a result of Schultz's vision, Starbucks experienced unprecedented growth throughout the 1990s, blossoming from 425 stores in 1994 to more than 2,200 stores in 1998.

With annual sales topping \$1.7 billion in 1999, Starbucks Corp. reigned as the nation's No. 1 specialty coffee retailer. Quite an impressive achievement for a blue-collar kid from the projects. But despite Starbucks' phenomenal success, what Howard Schultz seems most proud of is not how much he has earned, but the kind of company he has created. "My dad was a blue-collar worker," Schultz explains in an Inc. magazine interview. "He didn't have health insurance or benefits, and I saw firsthand the debilitating effect that had on him and on our family. I decided if I was ever in the position to make a contribution to others in that way, I would. My greatest success has been that I got to build the kind of company my father never got to work for."



# ONAM



Onam is an annual cultural festival, in the Indian state of Kerala. A major annual event for Keralites, it is the official festival of the state and includes a spectrum of cultural events. Drawing from Hindu tradition, Onam commemorates King Mahabali and Vamana. Onam is celebrated in remembrance of the good governance under the rule of Mahabali, a mythical king who ruled Kerala. The legend holds that jealous of Mahabali's popularity and his power, the devas conspired to end his reign. They sent Vamana to earth in the form of a dwarf Brahmin who trampled Mahabali to patala. Vamanan asked Mahabali for three feet of land as his wish from the generous Mahabali. Since denying gifts to Brahmin is considered a sacrilege, Mahabali agreed to fulfill Vamana's wish. In the first two feet Vamana measured the entire universe, leaving nowhere to place his third foot. Mahabali offered his own head to place his third feet making the wish complete. However, witnessing Mahabali's generosity, Vishnu granted the king's sole wish to visit his land and people once every year. This homecoming of Mahabali is celebrated as Onam in Kerala every year.

The date of Onam celebration is based on the Panchangam, and falls on the 22nd nakshatra Thiruvonam in the month Chingam of Malayalam calendar, which in Gregorian calendar falls between August–September.

## Celebration of onam

Onam falls in the month of Chingam, which is the first month according to the Malayalam Calendar. The celebrations mark the Malayalam New Year, are spread over ten days, and conclude with Thiruvonam. The ten days are sequentially known as Atham, Chithira, Chodhi, Vishakam, Anizham, Thriketa, Moolam, Pooradam, Uthradam and Thiruvonam. The first and the last day are particularly important in Kerala and to Malayalee communities elsewhere.

The Atham day is marked with the start of festivities at Vamanamoorthy Thrikkakara temple (Kochi). This Vishnu temple is considered as the focal centre of Onam and the abode of Mahabali, with the raising

of the festival flag. Parades are held, which are colourful and depict the elements of Kerala culture with floats and tableaux. Other days have a diverse range of celebrations and activities ranging from boat races, cultural programs, sports competitions, dance events, martial arts, floral Rangoli – pookkalam, prayers, shopping, donating time or food for charity to spending time with family over feasts. Men and women wear traditional dress. The Kerala sari or Kasavu sari is particularly wore on this day.

## Pookkalam (Flower Rangoli)

The floral e, known as Onapookkalam, Athapookkalam or just Pookkalam is made out of the gathered blossoms with several varieties of flowers of differing tints pinched up into little pieces to design and decorate patterns on the floor, particularly at entrances and temple premises like a flower mat. Lamps are arranged in the middle or edges. It is a work of religious art, typically the team initiative of girls and women, who







accomplish it with a delicate touch and a personal artistic sense of tone and blending. When completed, a miniature pandal (umbrella) hung with little festoons is erected over it. The pookkalam is similar to Rangoli which is made of powders of various colors and is popular in North India.

The traditional ritual of laying pookkalam (floral Rangoli) starts on Atham day. The pookkalam on this day is called Athapoo, and it is relatively small in size. The size of the pookkalam grows in size progressively with each day of the Onam festival. Only yellow flowers will be used on Atham with only one circular layer made and the design is kept simple. Statues or figurines of Mahabali and Vamana are also installed at the entrance of each house on this day.

#### Food

The Onam sadya (feast) is another indispensable part of Onam and almost every Keralite either makes or attends one. The Onasadya reflects the spirit of the season and is traditionally made with seasonal vegetables such as yam, cucumber, ash gourd and so on. The feast is served on plantain leaves and consists of nine courses, but may include two dozen dishes, including (but not limited to) Chips (especially Banana chips), Sharkaraveratti (Fried pieces of banana coated with jaggery), [62][63] Pappadam, various vegetable and soups such as Injipuli (also

called Pulinjji), Thoran, Mezhukkupuratti, Kaalan, Olan, Avial, Sambhar, Dal served along with a small quantity of ghee, Erisheru, Molosyam, Rasam, Puliseri (also referred to as Velutha curry), Kichadi (not to be confused with Khichdi) and Pachadi (its sweet variant), Moru (buttermilk or curd mixed with water), Pickles both sweet and sour, and coconut chutney. The feast ends with a series of dessert called Payasam (a sweet dish made of milk, sugar, jaggery, and other traditional Indian savories) eaten either straight or mixed with ripe small plantain. The curries are served with rice, usually the 'Kerala Matta' parboiled rice preferred in Kerala.

In hotels and temples, the number of curries

and dishes may go up to 30. The importance of the feast to Kerala's Onam celebration culture is captured in the famous Malayalam proverb "Kaanam Vittum Onam Unnanam" which means "One must have the Onam lunch even by selling one's property if need be." The Travancore-style Onasadya is renowned to be the most disciplined and tradition-bound. The Kurichians tribe of Parambikkulam celebrate Onam as a festival for eating new grains. Just before Onam, they go for a community hunt and the games bagged during the hunt are distributed among participants and consumed in family feasts. The feasts are held on Uthradam and Thiruvonam. Their feast also include fish and meat.



#### Attire

The traditional dress code followed during the festivals are basically a white, off white or cream saree with a golden border commonly called as Kerala Saree or Kerala Saree for women and Men with white-colored mundu or dhoti with kasavu border combined with a shirt or kurta is the favourite of all men.



## MEDIA COORDINATORS



MRS. ELIZABETH THOMAS



MR. NAVEED KUSUGAL



MRS. SHEREENA

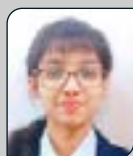


MR. HASHIM

# BEST STUDENTS - SEPTEMBER



SHANTEL ANN SOJI  
- 12A



ARYA VINOD  
- 12B



ROHIT KRISHNAN  
- 12C



AMAAN AIJAZ  
- 12D



MUNIRA YUSUF ALI  
- 12E



JOEL MATHEW  
- 12F



PRONOY SIMON  
THOMAS - 12G



SENETH NISHAN  
- 12H



DAN JACOB JOHN  
- 11A



REA SABU PILLAI  
- 11B



REA SABU PILLAI  
- 11C



VIRAJ BATHINA  
- 11D



FATEMA KUTBUDDIN  
- 11E



LAKSHITA  
KARTHIKEYAN - 11F



ABDUL ASHEEN  
- 11H



DIYA MIRZA ASSAN  
- 11I



FAISAL ALI KHAN  
- 11J



AMEENA NOURIN  
- 11K



JOYAL JOBY  
- 10A



SHAIKH AYESHA  
- 10B



ISHAN SAGAR  
- 10C



ANTONY JAISON  
- 10D



AKSHAYA  
JEYAKUMAR - 10E



SREEYUKTHA PRAMOD  
- 9A



ARWA GORKHPURI  
- 9B



ANNS ANNA BOBY  
- 9C



ABEL BOBBY  
- 9D



TRIMONA CRISTY  
- 9E



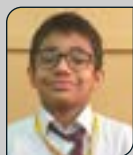
NEHA ANN BABU  
- 9F



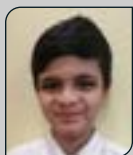
THERESA TENSON  
- 8A



JENNIFER  
- 8B



SANJAY  
- 8C



MOHAMMED ATEEQ UR  
- 8D



JERLIN ANN JACOB  
- 8E



JESVIN MATHEWS  
DAVID - 8F



ALEN SHINTO  
- 7A



VIVAN MELROY  
- 7B



KUSHAAL  
- 7C



SAFA MUBIN PARKAR  
- 7D



MARIYAM GULZAR  
- 7E



FATHIMA ZAHARA  
- 7F



AAFREENNATH  
- 6A

## "Epiguotes"

- "If you fail, never give up because FAIL means "First Attempt In Learning" - Dr. APJ Abdul Kalam
- "The way to get started is to quit talking and begin doing". -Walt Disney
- "Life is what happens when you're busy making other plans". -John Lennon
- "Tell me and I forget. Teach me and I remember. Involve me and I learn." -Benjamin Franklin
- "Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa
- "The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt
- "The purpose of our lives is to be happy." -Dalai Lama
- "The only impossible journey is the one you never begin." -Tony Robbins
- "You will face many defeats in life, but never let yourself be defeated". -Maya Angelou
- "In the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln
- "Life is ours to be spent, not to be saved." -D. H. Lawrence
- "Many of life's failures are people who did not realize how close they were to success when they gave up." -Thomas A. Edison
- "Success is not final; failure is not fatal: It is the courage to continue that counts." -Winston S. Churchill
- "I never dreamed about success, I worked for it." -Estee Lauder
- "The only limit to our realization of tomorrow will be our doubts of today." -Franklin D. Roosevelt



SHRUTHIKA VAIDY-  
ANATHAN - 8E





# INAUGURAL OF VENDING MACHINE IN ICSK CAMPUS



## 2. EASY ACCESS TO HEALTHY FOOD

The tendency to sell unhealthy snacks and students' attraction to such items have long been problems with vending machines. Vending machines have a reputation for serving cheap junk food, packs of gum and sodas, but if you stock healthy vending machine snacks, you can make a difference in the eating habits of your school's students and faculty. Instead of cookies, potato chips and candy bars, stock low-calorie vending machine snack options of high nutritional value.

## 3. PROVIDING FOR EXTRACURRICULAR ACTIVITIES

ICSK wants their students to develop healthy lifestyle habits so they will go on to be healthy adults. Their choices in snacks and beverages now could impact the rest of their lives. This is why it's essential to promote healthy snacks while providing access to food at our school

When it comes to placing vending machines in schools, statistics show that the advantages outweigh the drawbacks. According to one study, most schools surveyed had vending machines, and the type of food options stocked was a good determination of how healthy the students were eating. ICSK used this innovative move of getting a vending machine which brings more benefits than just providing healthy food.

### 1. IMPROVING STUDENTS' FOCUS

Students require enough water and quality food to stay focused on their schoolwork and classes. Some students lack access to healthy food to keep them feeling full. If you



provide them with additional food options, they are less distracted by hunger and can stay focused more easily throughout the day.

Students who need to stay after school for additional hours have longer days and an increased need for adequate nutrition. They might also have fewer opportunities to get food off campus because of the time constraints of their busy days. Team practice sessions or staff meetups make having access to a vending machine that much more important.

Participating in extracurricular activities and special events is fun and rewarding for students, but they can also cause students to feel burnt out, especially if they don't have access to freshwater or enough time to go to canteen. Vending machines offer a modern convenience to students and staff involved in additional activities outside of class.



# BIRTHDAY CUM CHARITY FUND

## BALANCE SHEET FOR THE MONTH OF SEPTEMBER 2022

INCOME (May 2022)	KD	EXPENDITURE (September) 2022)	KD
Balance c/f from May 2022	3010.135		
Contribution from students (September 2022)	238.265		
Balance in Hand	<b>3248.400</b>		

## BIRTHDAY FUND AND CHARITY FUND COLLECTION - SEPTEMBER 2022

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total	CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	18.570	18.570	8A	-	7.180	7.180
12B	-	10.400	10.400	8B	-	8.500	8.500
12C	-	6.775	6.775	8C	-	7.775	7.775
12D	-	4.200	4.200	8D	10.000	5.020	15.020
12E	-	7.355	7.355	8E	-	6.735	6.735
12F	-	1.950	1.950	7A	-	0.500	0.500
12G	-	1.000	1.000	7B	-	2.700	2.700
12H	-	0.225	0.225	7C	-	1.450	1.450
11A	-	15.445	15.445	7D	-	0.400	0.400
11B	-	8.640	8.640	7E	-	1.335	1.335
11C	-	3.500	3.500	6A	-	3.150	3.150
11D	-	4.770	4.770	<b>TOTAL</b>	<b>11.500</b>	<b>196.985</b>	<b>208.485</b>
11E	-	2.390	2.390	<b>AFTERNOON</b>			
11F	-	3.400	3.400	7 F	-	0.940	0.940
11H	-	3.630	3.630	8 F	-	2.205	2.205
10A	-	15.750	15.750	9 G	-	2.535	2.535
10B	-	3.350	3.350	10 F	-	4.475	4.475
10C	-	3.050	3.050	10 G	-	1.285	1.285
10D	-	7.620	7.620	11 I	-	1.755	1.755
10E	-	6.530	6.530	11 J	-	2.495	2.495
9A	1.500	2.060	3.560	11 K	-	1.000	1.000
9B	-	4.270	4.270	12 I	-	4.440	4.440
9C	-	1.095	1.095	12 J	-	2.970	2.970
9D	-	3.150	3.150	12 K	-	5.680	5.680
9E	-	12.525	12.525	<b>TOTAL</b>		<b>29.780</b>	<b>29.780</b>
9F	-	0.590	0.590	<b>GRAND TOTAL</b>	<b>11.500</b>	<b>226.765</b>	<b>238.265</b>

## Current Affairs

### Asian Palm Oil Alliance (APOA)

Asian Palm Oil Alliance (APOA) was formed at the Globoil Summit organized in Agra on September 21. ContentsKey factsIndia's palm oil import Key facts The APOA brings together the apex edible oil industry associations from India, Pakistan, Sri Lanka, Bangladesh and Nepal, which are the major importers of palm oil. Atul Chaturvedi, Director of Adani ..



### Innovation Roadmap of the Mission Integrated Biorefineries

The Indian Government announced the launch of the Innovation Roadmap of the Mission Integrated Biorefineries at the Global Clean Energy Action Forum 2022 in Pittsburgh, US. ContentsKey factsWhat is Integrated Biorefineries Mission?About Mission Innovation Key facts The Innovation Roadmap of the Mission Integrated developed using co-leads and active inputs from Brazil, Canada, European Commission.

### UCO Bank becomes first lender to get RBI's approval for rupee trade

UCO Bank has received the approval of the Reserve Bank of India to open a special Vostro account with Gazprom Bank of Russia

for trade settlement in Indian rupees. UCO Bank which is a Kolkata-based lender is the first bank to receive the regulator's approval following the decision of RBI to allow Indian Banks to settle trade in Indian currency in July.

### J&K Observes Holiday On Birth Anniversary Of Maharaja Hari Singh

The Jammu and Kashmir administration has decided to declare Maharaja Hari Singh's birth anniversary a public holiday. The announcement was made by lieutenant governor Manoj Sinha following his meeting with a delegation comprising prominent political leaders, members of the Yuva Rajput Sabha, civil society members, including head of J&K transport union.





# ASSISTANT CHARITY CONVENOR - SEPTEMBER



SHANTEL ANN SOJI  
- 12A



ARYA VINOD  
- 12B



ROHIT KRISHNAN  
- 12C



AMAAN AIJAZ  
- 12D



MUNIRA YUSUF ALI  
- 12E



JOEL MATHEW  
- 12F



SADAF SALEEM  
- 12G



SENETH NISHAN  
- 12H



MS. HANA THOMAS  
- 11A



REA SABU PILLAI  
- 11B



REA SABU PILLAI  
- 11C



VIRAJ BATHINA  
- 11D



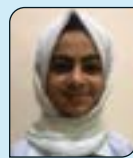
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- 11E



SAIF ALI ABBASI  
- 11F



ABDUL ASHEEN  
- 11H



DIYA MIRZA ASSAN  
- 11I



FAISAL ALI KHAN  
- 11J



SAYEE RISHIKESH  
WANGIKAR - 11K



JOYAL JOBY  
- 10A



SHAIKH AYESHA  
- 10B



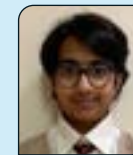
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ANTONY JAISON  
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SAFAA SAJID SURTI  
- 10E



SREEYUKTHA PRAMOD  
- 9A



ARWA GORKHPURI  
- 9B



ANNS ANNA BOBY  
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ABEL BOBBY  
- 9D



TRIMONA CRISTY  
- 9E



NEHA ANN BABU  
- 9F



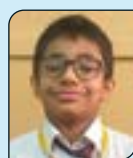
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- 9G



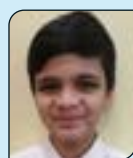
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JENNIFER  
- 8B



SANJAY  
- 8C



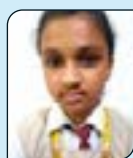
MOHAMMED ATEEQ UR  
- 8D



JERLIN ANN JACOB  
- 8E



SABIAH AHMED  
- 8F



DIYA RAJESH  
- 7A



VIVAN MELROY  
- 7B



KUSHAAL  
- 7C



SAFA MUBIN PARKAR  
- 7D



MARIYAM GULZAR  
- 7E



FATHIMA ZAHARA  
- 7F



AAFREENNATH  
- 6A

## DEAR TEACHERS, THANK YOU



"A teacher is a candle who burns itself to light the way for others"

There is nothing to possibly explain about this quote. There is no doubt teachers sacrifice so much for us kids, who are total strangers to them. Don't believe me? Imagine, waking up early in the morning, making breakfast for your family, getting the kids ready, getting ready yourself and coming to school, teaching for hours and hours endlessly talking and scolding running marathons from class to class, having so many responsibilities already, handling

pressure from work and YET calmly bearing those so called "kids" who are actually little monsters in disguise. Jeez I could never! Has to be one of the most exhausting jobs ever. But what shocks me even more is that these teachers still come to school every day with a renewed motivation to get at least an ounce of knowledge into our thick skulls. Honestly, I would just give up on my first day. Just thinking about it makes me want to take a nap like I've actually done any of that.

But why? Why do they do all this? Because they know, they know that if they let us be on our own we would never learn the ways of life, discipline, the importance of time, socializing, and we would never know how to bring out the hidden talents inside us and what not! We would be so immature without them. All of this is made easier by that one person who we make fun of.

There is a saying that teachers are greater than the parents. Parents give birth to a child whereas teachers mould that child's personality and provide a bright future. Apart

from academics, teachers stand by us at every step to guide, motivate and inspire to become better human. They are the source of our knowledge and wisdom. From them leads the ideas and thoughts, that one day each one of use will use to provide back into this society. Teachers are also the guides who play an important role in transforming a student into a responsible citizen. They also serve selflessly and help us to reach our aim in all terms. Their contribution is not only limited to schools but it extends to society and country. They are a role model, an inspiration, a ray of hope, and a source of happiness to millions of kids

- I would like to extend my gratitude to every teacher for self-less service and dynamic support. We are always grateful to you. If we have hurt you in any way, we ask for forgiveness and hope you can bless us always.

'I believe there is no other profession in the world that is more important to society than that of a teacher.' - dr. APJ Abdul Kalam.

# Birthday Arcade - SEPTEMBER



MARIYA AZIZ HUSAIN  
8D - SEPT 1



REANNE JANICE  
11H - SEPT 1



ABHA JIGAR PATEL  
10A - SEPT 2



ASMA JIGAR PATEL  
10A - SEPT 2



DIYA RAJESH  
7A - SEPT 2



RITAJ RIZWAN  
11H - SEPT 2



HASAN ANIS  
10E - SEPT 3



HUSSAINA M.  
7C - SEPT 3



JOEL VARGHESE  
10G - SEPT 3



ARFANA  
12G - SEPT 3



MATHEWS JOJO  
6A - SEPT 3



ALBERT KUNJUMON  
12C - SEPT 4



EMAN SHARAFAT  
11K - SEPT 4



INSIYA SAIFEE  
10E - SEPT 4



SHARON UTAMA PAI  
10F - SEPT 4



AEKAS GUPTA  
10D - SEPT 4



ALONA ANN  
12A - SEPT 4



MOHAMMED ATEEQ UR  
8D - SEPT 4



MRUDHUKSHA DAS  
11A - SEPT 4



UMMEKULSUM ABBAS  
7E - SEPT 4



AMRITA VINOD  
9A - SEPT 5



FATEMA BURHANUDDIN  
11F - SEPT 5



JYOTHIKA ASHWIN  
9A - SEPT 5



ARWA AZIZ HUSAIN I  
12E - SEPT 6



BERYL MAHIBA R  
11B - SEPT 6



NATHAN CHERIAN  
10A - SEPT 6



SAKINA ALI HUSAIN  
10A - SEPT 6



ARWA GORKHPURI  
9B - SEPT 6



EVA MARIA GEO  
9B - SEPT 6



LAVNYA NAIR  
11E - SEPT 6



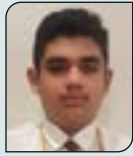
NEHA ANN NIBU  
9F - SEPT 6



ABHINAV REMESH  
9B - SEPT 7



BEN MATHEW  
12D - SEPT 7



SANKAR SURAJ  
9C - SEPT 7



SLEEBA N ALIAS  
11D - SEPT 7



SNEHA THOMAS  
9F - SEPT 7



INSIYA ABBAS  
11E - SEPT 8



ANGEL ELISA JOE  
8C - SEPT 8



HATIM ALI ASGAR  
12G - SEPT 8



MAISHA GRACIAS  
12K - SEPT 9



REUBEN ABEY  
11K - SEPT 9



SAKINA ASHIM  
12E - SEPT 9



BURHANUDDIN MURTAZA  
9A - SEPT 9



ZAYYAN SUHEB  
12D - SEPT 9



ABDUL QADER LATIFI  
7A - SEPT 10



ERIC SANJU MATHEW  
8D - SEPT 10



MOHAMED FAIZ  
11I - SEPT 10



NISHMA MANNURU  
12B - SEPT 10



TAHURA FATIMA  
7C - SEPT 10



ZAINAB MUFFASSIR  
12E - SEPT 10



FATHIMA MEHRA  
11I - SEPT 11



JEHOSHUA GEORGE  
11C - SEPT 11



SAKINA PATHARIA  
10D - SEPT 11



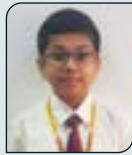
SARAH QURESHI  
7B - SEPT 11



SARATH SAJJU  
11C - SEPT 11



SNEHA THANKAM  
8D - SEPT 11



YOUSUF FARHAN  
7B - SEPT 11



ABBAS ALI  
12G - SEPT 11



RAYZEL MENEZES  
10E - SEPT 11



YOUSUF GAMAL  
12K - SEPT 11



MAHIMA JAYAKRISHNAN  
11H - SEPT 12



ASHITHA EBITH  
9C - SEPT 13



HETAF PARVEZ  
12F - SEPT 13



ZAHRA ALI ASGHAR  
9G - SEPT 13



AYESHA MOHAMMAD  
7C - SEPT 13



DWAYNE ETHAN  
10D - SEPT 13



FRANKLIN MATHEW  
12D - SEPT 13



MAHIMA THANKAM  
12B - SEPT 13



AMAAN AJAZ  
12D - SEPT 14



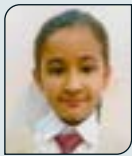
NATHAN AVITUS  
7A - SEPT 14



CATHERINE ANN  
10A - SEPT 14



ABBAS MURTAZA  
11I - SEPT 15



FATIMA ZULFIKAR  
8C - SEPT 15



MERYLE EVONA  
9A - SEPT 15



REUBEN GEORGE  
11A - SEPT 15



SHIFA DAVID  
12A - SEPT 15



AAMINA SHAIK  
9G - SEPT 15



ABHINAV MANIKANDAN  
11A - SEPT 15



ALVINA ANTONY  
9B - SEPT 16



DAVID SAMUEL BIJI  
9D - SEPT 16



GOURI HARI AATHIRA  
11H - SEPT 16



HATIM ASHIM  
12E - SEPT 16



FIZA IMRAN AGA  
9F - SEPT 17



HRIKITA NIRMAL  
11B - SEPT 17



KANISHKA AHUJANI  
11D - SEPT 17



MURTAZA HUSSAIN  
10C - SEPT 17



ZAID MUFFASSIR  
9A - SEPT 17



ARYA VINOD  
12B - SEPT 17



IDRIS BURHANI  
11K - SEPT 17



KRIPA REJI  
9D - SEPT 17







SANJAIKUMAR  
10A - SEPT 17



ZENAIDA R PEREIRA  
11H - SEPT 17



SAKINA ALI ASGAR  
10A - SEPT 18



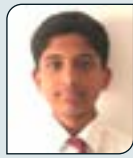
JOHN MATHEW  
9G - SEPT 19



AARUSHI RAJESH  
11H - SEPT 19



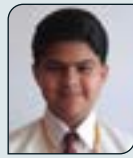
HUSAIN RASHID  
10E - SEPT 19



MOHAMMED AAZIM  
8D - SEPT 19



NUHA ABUBACKER  
11K - SEPT 19



ANIRUDDH VIMAL  
8D - SEPT 20



ROSHIN ANNA BINU  
9B - SEPT 20



ALWIN JOSEPH  
8E - SEPT 20



HUSSAIN SHABBIR  
9F - SEPT 21



ISHAAN SUBHASH  
7E - SEPT 21



REUBEN MATHEW  
9C - SEPT 21



SARAH ATIF  
11E - SEPT 21



INSIYA SAIFEE  
10E - SEPT 21



SAKINA TAHERI  
7F - SEPT 21



ABHINAV KANICHERIL  
8B - SEPT 22



MOHAMMED VERDA  
10B - SEPT 22



PRAVEEN VELMURUGAN  
8B - SEPT 22



RAYAN TANWEER  
9B - SEPT 22



ACELIN SANJU  
11I - SEPT 22



AKASH RENJI  
12E - SEPT 22



DIYA RAJESH  
7B - SEPT 22



MOHAMMED SAAD  
11C - SEPT 22



ABDUL ASHEEN  
11H - SEPT 23



RUJIN ARUNKUMAR  
8B - SEPT 23



HIBBA KHAN  
12A - SEPT 23



MOHAMMED ZEYAD  
11G - SEPT 23



NIRANJANA GIRISH  
9B - SEPT 23



BERIN GLADYS  
9A - SEPT 24



RUTH ANN TOBY  
8B - SEPT 24



SYED ABDUL WAHID  
12G - SEPT 24



TANIA RAHUL  
9E - SEPT 24



CHANDLER COLIN  
11E - SEPT 24



EMAN MOHAMMED  
11H - SEPT 25



ERIC THOMAS  
12C - SEPT 25



HANLEY GEINOY  
12F - SEPT 25



IBRAHIM AMANULLAH  
8C - SEPT 25



SARAH KHALID  
8E - SEPT 25



VIVIAN MELROY LOBO  
7B - SEPT 25



DALTON IMMANUEL  
10B - SEPT 26



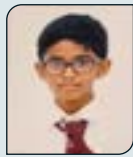
MOHAMMED WALEED  
12B - SEPT 26



TRISHA BEMVINDA  
11K - SEPT 26



VARSHA AMAL  
10C - SEPT 26



DARREN JIMMY KURIAN  
8A - SEPT 26



HEBAA KHAN RIYAZ  
10G - SEPT 26



PEARL DSOUZA  
12H - SEPT 26



RHYTHM JAIN  
8A - SEPT 26



SAYED MOHAMMED  
10G - SEPT 26



ARWA ABDUL HUSAIN  
SHAH 10C - SEPT 27



FATIMA SAJID SID-  
DIQUI 7C - SEPT 27



HELENA CATHERINE  
BOSCO 7E - SEPT 27



MADHUMITA GIRISH  
11B - SEPT 27



MARYAM SAJID  
9D - SEPT 27



RIDA AHMED  
12J - SEPT 27



ATHISH KRISHNA  
9F - SEPT 28



SNEHA NAMPALLY  
11E - SEPT 28



JOANNA ABIGAIL  
11J - SEPT 28



YASH VERDHAN  
11I - SEPT 28



RAINA GEORGE  
11A - SEPT 29



REN SIMON THOMAS  
9E - SEPT 29



ANAMIKA SANDHEEP  
8A - SEPT 29



MIR ZAMAAN  
12D - SEPT 29



MURTAZA TYPIST  
8D - SEPT 29



MUSTAFA ALTAF  
11E - SEPT 29



RIONA AALIYAH  
12H - SEPT 29



YASHILA VEERAMANI  
11A - SEPT 29



AARON SAM  
12D - SEPT 30



AMNA ZARIYA  
8F - SEPT 30



GEORDY SURAJ  
8B - SEPT 30



IENESH SHARMA  
11C - SEPT 30



ISHAAN SHARMA  
11E - SEPT 30



KHADIJA GULAMALIWALA  
6A - SEPT 30



ANWYL BIJU  
7E - SEPT 30



RASHIDA KASAM  
11K - SEPT 30



MRS. DEEPA BIJU  
- SEP 17



MRS. HAJRA  
- SEP

# EPICS CAREER

# How to Overcome Test Anxiety?

Prepared by Mr Riaz, Psychology Dept.



Test anxiety is a psychological condition in which people experience extreme distress and anxiety in testing situations. While many people experience some degree of stress and anxiety before and during exams, test anxiety can actually impair learning and hurt test performance.

If you have test anxiety, you may experience physical symptoms, such as an upset stomach, sweaty palms, a racing heart, etc. You may also have trouble recalling information and thinking clearly. If test anxiety is interfering with your performance or your quality of life, try some of the suggestions below.

### Possible Causes of Test Anxiety:

Think about the nature of your fears and come up with an answer to the fear -- either a change in behavior or a change in thinking (reframing the situation). Possible answers are listed below, but you can also come up with your own.

### Realistic Fears:

I'm not ready for this test. Answer: Work on your time management and perhaps your perfectionism.

If I fail this exam, I might have to repeat the year. Answer: Talk to your advisor, dean, or counselor and try to be as realistic as you can about your options. In most cases, second chances are built into the system.

### Unfounded Fears:

My family, classmates, and professors will think that I'm not very bright. Answer: At this level of education, everybody is smart, and intelligence is not the primary factor separating top performers from lower ones. After you graduate you will be judged on your work performance, so you will have plenty of opportunities to distinguish yourself.

I used to think I was smart, but now I'm no longer sure. Answer: Almost all students experience this kind of doubt. It's perfectly normal.

### Letting Go of Perfectionism:

To help curb your perfectionism, try this: Set a time limit and then go through a set of lecture notes with the goal of pulling out only the most important concepts and facts. Tell yourself that if you have time later on you will return to "gather" the less important information. (Knowing that you can return will make it emotionally easier to leave minor details behind for now.

### Before the Exam:

1. Put things in perspective. Remind yourself that your upcoming exam is important, but your entire future doesn't depend on this exam. (For example, many successful medical professionals have a few academic struggles in their past.) Also, it might be helpful to tell yourself that regardless of your performance on the test you will not be diagnosed with a terminal illness at the end of it.

2. Remind yourself of past successes. It's easy to lose perspective when you find that you are no longer the top student in the class. Intellectually, you understand that you're competing against many other bright students, but you may need to remind yourself of that. Also, bring to mind your past successes on exams and remind yourself that the admissions officers know what they're doing and they have "bet" on your success.

3. Don't give a test the power to define you. An exam won't tell you whether you're the most brilliant (or least brilliant) student in your class. Your performance on an exam mostly depends on how effectively you studied for the test, the quality of your prior education,

and the test-taking strategies you use.

4. Visualize completing the test successfully despite your anxiety. Using vivid images, play the entire "tape" in your mind -- from the moment you wake up on the day of the exam to the moment you finish the exam.

5. Remind yourself that a certain level of anxiety is actually helpful in performing your best. And remember: you can always use anxiety control strategies to moderate your anxiety level if it becomes excessive.

### During the Exam:

1. Get to the test site a little early, but try to avoid talking with other students right before the exam. (Their anxieties may increase your own.) Instead, take a walk around the building and silently talk to yourself, meditate, breathe, and/or pray. Moving your body can help rid you of some of the nervous energy you are experiencing.

2. If possible, choose a seat in a place with few distractions (probably near the front). You might also want to bring earplugs to limit distractions.

3. Remind yourself that you don't know all the material that could possibly appear on the test and nobody else does either. Still, you can do your best to get some "mileage" out of what you do know.

4. If you begin to have negative thoughts, say STOP to yourself and remind yourself of past successes.

5. If you continue to feel overly anxious, do the following ANXIETY CONTROL PROCEDURE to reduce your tension. This exercise is so simple that you may be skeptical about its effectiveness. However, many students have found that it really helps lower their anxiety to a level that is helpful rather than harmful.

- Close your eyes.
- Breathe in slowly to the count of seven and exhale to the count of seven.
- Continue this slow breathing until you actually feel your body begin to relax. (Most people find that it takes 2 to 4 sequences.)
- Open your eyes and give yourself a positive, very specific self-talk (i.e., "You're sure to do well. You studied hard. You're doing the best you can.") This whole procedure should take only about a minute and it's well worth the time.





# CELEBRATION OF TEACHERS' DAY IN ICSK CAMPUS



The 2nd cultural program was the dance done by Master Renet Susil (Victors House Captain), Master Sunny (Asst. Arts Club Secretary), Master Ron, Miss Jyotsanna (Achievers House Captain). It was a very energetic performance and the crowd along with the teachers were very pleased and energised. The last cultural program was beat-boxing done by Master Benison Eldo. It was a very new and marvellous form of performance which received immense response from the gen z crowd.



THEAJUS  
PRAKASH - 12C

“Better than a thousand days of diligent study is one day with a great teacher.”

The Indian Community School, Kuwait celebrated TEACHERS' DAY – 2022-2023, on 5th of September, 2022 amidst great splendour, The atrium was festooned with dazzling lights and was decorated with colourful balloons and vibrant coloured bunting.

The assembly was entirely conducted and hosted by the senate of the academic year 2022-23.

It was hosted by Miss Rinkle Kalpesh (President), Miss Haya (Asst. Victors House Captain)

The assembly was commenced by the islamic prayer by Master Fayaz (Asst. Sports Captain) and then school prayer by the Swaranjali, which was followed by the flag hoisting by Master Faizan (Student Editor) and Master Aaron Manoj (Sports Captain).

Subsequently, there was the news of the day nicknamed “Aaron segment” read by Master Aaron Varkey (Asst. Achievers House Captain), Master Aaron D'mello (Asst. Leaders House Captain) and Master Aaron Manoj, it was termed as the “Aaron segment” to bring out the humour in the fact that all three news readers are called Aaron

Miss Jesslyn Sara Varghese (Arts Club Secretary) and Master Theajus Prakash (Leaders House Captain) had given the speech. In the speech they detailed the sacrifices and the effort the teachers put in to educate the students Along with jokes about teachers and their immense teaching experience.

The 1st cultural program was the song done by Master Enoch Posnett (Winners House Captain), Master Aaron Manoj, Master Anooj Jacob, Master R. Vinush, Miss Shreya Ann. It was a very pleasant and joyful performance, which was a soul stirring rendition for the teachers.

The assembly ended with a heartwarming speech from Dr. V Binumon.





# EPITravel THAILAND

Thailand is a Southeast Asian Country. Thailand is historically known as Siam. Siam originates from the Sanskrit word *Śyāma* meaning "brown or dark" in context to the skin colour of the native people. Thailand is known for its tropical beaches, ancient ruins, luxurious palaces, and highly decorated temples displaying figures of Buddha. Bangkok is the capital city of Thailand. Few of the other cities in Thailand are Chiang Mai, Phuket, Pattaya City, Phitsanulok etc. The Chao Phraya River is the major river in Thailand which flows through Bangkok and then into The Gulf of Thailand. The official language of Thailand is Thai. National animal of Thailand is a Thai Elephant which is also known as Chang Thai. The country is bordered to the north by Myanmar and Laos, to the south by the Gulf of Thailand and Malaysia, to the east by Laos and Cambodia, and to the west by the Andaman Sea and the extremity of Myanmar. The total land area of Thailand is 513,120 km<sup>2</sup>.



## Bangkok

Bangkok is not only the capital of Thailand but also the biggest city in Thailand covering an area of 1,569 km<sup>2</sup>. Bangkok has an estimated population of 10.72 million as of 2022. Bangkok in Thai is Krung Thep Maha Nakhon meaning "The great city of angels". Its nickname is Big Mango. The history of Bangkok dates at least back to the early 15th century, to when it was just a village on the west bank of the Chao Phraya River, under the rule of Ayutthaya. After the fall of the Ayutthaya Kingdom in 1767, the newly crowned King Taksin established his capital at the town, which became the base of the Thonburi Kingdom. In 1782, Rama I succeeded Taksin and moved the capital to the eastern bank's Rattanakosin Island, therefore founding the Rattanakosin Kingdom. The City Pillar was instituted on 21 April 1782, which is viewed as the date



of establishment of Bangkok as the capital. Bangkok is also known to be one of the world's hottest cities. Bangkok is famous for Grand Palace, Wat Prakeaw, Wat Pho, Sky Bar Bangkok, Chinatown (Yaowarat), Jim Thompson's House and more.

## Culture

Thai culture and tradition embrace a great deal of influence from India, China, Cambodia, and the rest of Southeast Asia. The official religion of Thailand is Theravada Buddhism which is being practiced by over 95% of the population. Respects for elderly and superiors (by age, position, monks, or certain professions) is Thai mores. As with other Asian cultures, respect towards ancestors is an essential part of Thai spiritual practice. Thais have strong sense of social order, reflecting in many classes of honorifics. Elders have by tradition ruled in family decisions or ceremonies. Wai is a traditional Thai greeting and is generally offered first by person who is younger or lower in social status and position. Older siblings have duties to younger ones. Thais have a strong sense of hospitality and generosity.



## Cuisine

Thai cuisine is one of the most popular in the world. Thai food blends five fundamental tastes: sweet, spicy, sour, bitter, and salty. The herbs and spices most used in Thai cooking themselves have medicinal qualities such as garlic, lemongrass, galangal, coconut milk, turmeric, kaffir lime, coriander. Each region of Thailand has its specialties: som tam

(green papaya salad) in the northeast, kaeng khiao wan (green curry) in the central region, khao soi in the north, and massaman curry in the south. In 2017, seven Thai dishes appeared on a list of the "World's 50 Best Foods" which is an online worldwide poll by CNN Travel. The primary food in Thailand is rice, particularly jasmine rice which forms part of almost every meal. Jasmine rice is also known as Hom Mali. Thailand is a leading exporter of rice, and Thais consume over 100 kg of milled rice per person per year. Thailand is also the world leader in appetizing insect industry and well-known for its street food; Bangkok is sometimes called the street food capital of the world.



Riya Merin  
Stephen - 8B



## Best time to visit

Although the climate does differ throughout Thailand, the best time to visit is from November to early April. Not only is it the driest part of the year in the land of Smiles but also the warmest. Temperatures lingers between 32°C and 36°C with up to nine hours of sunshine a day. November is a good time of the year to visit Northern Thailand as the region enjoys primarily dry, sunny days with pleasant temperatures beneficial for outdoor activities. The top 5 places to visit in Northern Thailand are 1. Chiang Mai, 2. Doi Inthanon, 3. Mae Hong Son Loop, 4. Chiang Rai and 5. Nan. December is the best time of year to visit Eastern Thailand mainly Bangkok and Central Thailand. Ko Chang and the neighboring islands are lovely in December. January is one of the best months of the year to visit the Southwest Thailand. It is one of the dried up months of the year (even though it still has a little rain) and the temperature sits around the mid-20s to low 30s range. One such place to visit in southwest Thailand is the Andaman Coast of Thailand centered around Phuket and Trang.







## Kindness and ice-creams

It was a sunny day and so it was no surprise that everyone seemed to be making their way to an ice-cream shop. I was no exception. Just as I had placed my order, who to come in but a young girl, clutching in her tiny hands a few coins. I was just thinking how adorable she looked, even in her obviously hand-me-down clothes when the shopkeeper pointed at the notice which said, "No shoes, No

entry." and signalled to her to leave. I was feeling so sorry for the girl and made up my mind to ask her which flavor she would like and make her purchase when a big man strolled over to where she stood devastated outside the shop. He made her walk with him towards his car and took off his shoes, placing them in front of her. "Here," he said, "I don't think you'll be able to walk in these

but if you sort of like slide over, you can get your cone." Seeing the little girl waddle into the store in size 11 shoes with a happy smile on her face made me realize something. And it is this:

Do a good deed without expecting praise or rewards. Your biggest reward will be the smile you get.

## Constellation



Constellations are groupings of the brighter visible stars in the night sky. Many of these groupings are based on imaginary figures that are seen on the inner surface of a huge sphere surrounding the earth.

They divide the celestial sphere into 88 constellations, 47 of which date from ancient times and were listed by the astronomer Ptolemy. The boundaries are often complex. But all segments of the boundaries lie east-west and north-south on the celestial sphere.

Constellations are used today to show general directions in the sky. The constellations may be divided into three groups: (1) the equatorial constellations, which lie on each side of the celestial equator, the projection onto the sky of the earth's equator; (2) the north circumpolar constellations, which never set for observers at northern mid-latitudes; and (3) the south circumpolar constellations, which never set for observers at southern mid-latitudes. The zodiac, widely used in

astrology, consists of 12 constellations through which the orbital motion. The sun's yearly path is called the ecliptic.

The times when given constellations rise and set depends on the time of year and on the observers position on the earth's surface. Constellations also slowly shift on the celestial sphere's coordinates because of the precession of the equinoxes and other movements. The star patterns themselves slowly change because of the relative motions of the stars, but such changes are observable only over immense periods of time.

Some constellations are the Ara (Altar), Aries (Ram), Auriga (Charioteer), Andromeda, Canis Venatici (Hunting Dogs), Canis Major (Big Dog), Canis Minor (Small Dog), Capricornus (Sea Goat), Carina (Keel), Centaurus (Centaur), Columba (dove) Scorpius (Scorpion). Those are just a few of the many constellations up in the sky.

One of the 12 original constellations of the zodiac—the band of constellations that lies along the ecliptic, the apparent yearly path of the sun across the sky. Scorpius is visible in the southern hemisphere and up the mid-latitudes of the northern hemisphere, where it appears low on the southern horizon. At a 10:00 PM observation of the sky, Scorpius first rises in the east in May, reaches its greatest height in early July, and drops below the western horizon in late August.



SHAZIA SHAIKH  
- 12A

Scorpius actually resembles a scorpion, but it has also been described as a kite. Bright stars outline a triangular head and trace the constellation's long, curled tail. Scorpius spans an exceptionally dense region of the Milky Way and is a rewarding subject for an observation. Its stars clusters are particularly noteworthy, and some can be seen without a telescope.

Scorpius appears in many legends, particularly those involving the great hunter Orion. In one tale, the Earth sent the scorpion to sting Orion, who had boasted that he could kill and beast. The scorpion did not manage to kill him, but Orion fled and dove into the sea. In another story, the Greek god Apollo sent the scorpion to chase Orion into the sea, as part of plot to keep Orion from Apollo's sister, The goddess Artemis. Legends such as these explained why the constellation Orion sinks below the horizon just as the Scorpius appears.



# DISCOVER india

## ANDAMAN AND NICOBAR



MABEL EMILIE VIEGAS - 12F

"The journey of a thousand miles begins with one step." – Lao Tzu

Andaman and Nicobar Islands are a popular getaway for people in India. Known for their clean waters, fresh air and water sporting activities like scuba diving and snorkeling, Andaman and Nicobar Islands have gained the reputation of India's most exotic destination.

### Cuisine:

The food culture of Andaman and Nicobar Islands is refreshing and heavily dependent on sea. Seafood preparations dominate the culinary scene and fruits also make a popular part of the menu. One of the popular dishes one can try here is curried prawns, which is made of prawns caught fresh from the Bay of Bengal. The Andaman Island King prawns with red and yellow curry make for a hearty meal, along with the decorated grilled lobster.



### Culture and tradition:

The people of Andaman and Nicobar are divided mainly into two categories indigenous tribal people and outside settlers. Both classes have different traditions and cultures, which creates a beautiful combination. The indigenous tribes are mainly hunters or horticulturists and do not have much contact with outsiders.



### Handicraft:

Andaman and Nicobar Islands handicrafts industry is mainly dependent upon its shell crafts. Shells of the Andaman and Nicobar Islands are one of the most beautiful and fascinating objects found here. They are some unique creatures of these islands, which are the assets of these islands. The shell-crafted items of the Andaman and Nicobar Islands handicraft industry enjoy high demand worldwide. The abundance of small and big shells in the coastal areas has tempted the coastal people to indulge themselves in the practice of shell crafting. Trancs, tortoise, and turbos are the main types of shells. However, there are certain areas of this sector banned by the government in order to avoid the exploitation of natural resources. Timber and woodwork also form an important sector in the handicraft industry. Padauk, Badam, and Gurjan are the main varieties of useful timbers. Handicrafts from coconut shells are also very popular.



### Music:

In Andaman, music is prominent and important. The Andamanese are highly fond of their own music. They give more importance to the originality of their music, and they don't pay attention to other styles. Even among the different tribes of Andaman, the rhythm and styles differ drastically. Onge tribes developed all the songs. They sing generally to accompany a dance. Both males and females participate in singing.

### Dance:

Nicobari dance is one the most important

and oldest traditional dances danced during the Ossuary Feast of Andaman & Nicobar. This dance is a way of showing one's respect to the departed head of the family. It is generally performed during the full moon, under the swinging palm trees. The dancers wearing coconut leaves, sway to the rhythm of traditional songs sung by the leader.



### Fair and Festivals:

Fairs and festivals are an important part of the culture. Hindu Indian festivals like Kali Pooja, Durga Pooja, Diwali, Holi, Ayappa Puja, Ram Navami, Nag Panchami, Sivaratri, Vasant Panchami, etc. are celebrated with high zeal and enthusiasm. Christmas is also an important festival when the region gets light up with lights and candles. Apart from these, many annual fests are organized in the Archipelago. One of the most important is the Beach and Island tourism Festival organized in various islands. It arranges a plethora of cultural activities, games, and adventure sports for residents and tourists.





# Teachers' Day



Teachers' Day 2022 In India, Why is it celebrated on September 5?: Every year, India celebrates the birth anniversary of Dr Sarvepalli Radhakrishnan as National Teachers' Day as a tribute to his contributions and achievements. Born on September 5, 1888, Dr Radhakrishnan not just served as the President of India but was also a scholar, philosopher, and Bharat Ratna awardee. Born in a poor Telugu Brahmin family, Radhakrishnan completed his entire education through scholarships. He possessed a master's degree in Philosophy and authored the book 'The Philosophy of Rabindranath Tagore' in 1917. He also served as the Vice-Chancellor of Andhra University from 1931 to 1936 and the Vice-Chancellor of Banaras Hindu University (BHU) in 1939, succeeding Madan Mohan Malviya.

He went on to teach at Chennai's Presidency College and Calcutta University. In 1931, he was awarded the Bharat Ratna — the highest civilian award in India in 1954. He was admitted as an honorary member of the British Royal Order of Merit in 1963.

During his lifetime, Dr Radhakrishnan was a meritorious student, a celebrated teacher among students. It is said that while he was serving as the second President of India in 1962, his students approached him to seek permission to celebrate his birthday – September 5 – as a special day. To this, Dr Radhakrishnan instead made a request to observe September 5 as Teachers' Day, to recognise the contribution of teachers to the society.

Despite all his achievements and contributions, Radhakrishnan remained a teacher throughout his life. Teachers' Day is celebrated to honour the memory of India's first Vice President and to commemorate the importance of teachers in our lives.

Pandit Jawaharlal Nehru once said on Radhakrishnan, "He has served his country

in many capacities. But above all, he is a great teacher from whom all of us have learnt much and will continue to learn. It is India's peculiar privilege to have a great philosopher, a great educationist and a great humanist as our President."

World Teachers' Day is celebrated on October 5 but every country celebrates the day on different dates and in India, Teachers' Day or Shikshak Divas marks the birthday of the country's first Vice President (1952–1962) who went on to become the second President of India (1962-1967), a scholar, philosopher, Bharat Ratna awardee, a highly-respected teacher and prolific statesman - Dr Sarvapalli Radhakrishnan, who said that "teachers should be the best minds in the country." Owing to the Covid-19 pandemic and its subsequent lockdowns for two years, the schools were shut and Teachers' Day celebrations were given a miss with only virtual wishes and greetings as a perfect way to tell one's teachers you remember them but with the lockdowns lifted and students back in schools and colleges, the celebratory spirit to mark the day with great pomp and show is back in the air.

#### **Date:**

In India, Teachers' Day is celebrated annually on September 5 to mark the birthday of the country's former President, scholar, philosopher and Bharat Ratna awardee, Dr Sarvepalli Radhakrishnan, who was born on this day in 1888.

#### **History and significance:**

When Dr Radhakrishnan took the office of the second President of India in 1962, his students approached him to seek permission to celebrate September 5 as a special day. Dr Radhakrishnan instead made a request of them to observe September 5 as Teachers' Day, to recognise the contribution of teachers to the society.

Ever since then, September 5 is celebrated as Teacher's Day across schools, colleges, universities and educational institutions. Students put on performances, dances and host elaborate shows for their most-loved teachers.

#### **Celebrations:**

For school students, the day means getting roses, chocolates, gifts including handmade cards to profess their affection for their favourite teachers. For senior students,

Teacher's Day is one of role reversal and celebration.

Last two years, owing to the Covid-19 pandemic, the schools and colleges were shut and the annual celebrations at the campus were replaced with virtual ones. With the ongoing Covid-19 pandemic and a threat of Delta variant spreading, many schools continued to operate their online classes where virtual wishes and greetings became a perfect way to tell your teachers you love and cherish them.



MADIHA IRFAN  
- 11H



However, with the normalcy fast restoring and students back in campus, it is once again that time of the year when cultural programmes and events are organised in schools and colleges. Students bring flowers, sweets and cards for their teachers to express their gratitude and love while senior students dress up in formals and take/supervise classes so that teachers can take a break and enjoy the celebrations.

The role reversal also helps them put themselves in their teachers' shoes. Even if you were no longer a school-college going student, this is a good time to let your teachers know that from giving us a purpose to setting us up as successful citizens of the world, they have inspired in us a drive to do well and succeed in life and to recognise this hard work of your mentors and gurus.

This is because teachers are the bedrock upon which any quality education is built and they are perhaps the few people in our lives who rejoice when we, their student, outdo them.

## Arun Kumar Chanda



Arun Kumar Chanda was an Indian independence activist from Cachar district of Assam. He was a social worker and writer who also edited the Bengali Weekly

Saptak. In Silchar, a law college named A. K. Chanda Law College was established in 1960 in his memory. The Government of India issued a stamp in his honour on February 27, 2000.

## C. D. Deshmukh



Sir Chintaman Dwarakanath Deshmukh, CIE, ICS (14 January 1896 – 2 October 1982) was an Indian civil servant and the first Indian to be appointed the Governor of the Reserve Bank of India in 1943 by the British Raj authorities. He subsequently served as the Finance Minister in the Union Cabinet (1950–1956). It was during this time that he also became a founding member of the Governing Body of NCAER, the National Council of Applied Economic Research in New Delhi. A commemorative postage stamp on C.D. Deshmukh was released by the then Speaker, Lok Sabha, Shri Manohar Joshi at a function at Mumbai on January 14, 2004.

## Kasturba Gandhi:



Kasturbai Mohandas Gandhi born as Kasturbai Gokuldas Kapadia; (11 April 1869 – 22 February 1944) was an Indian political activist.

She married Mohandas Gandhi, more commonly known as Mahatma Gandhi, in 1883. With her husband and son, she was involved in the Indian independence movement in British India. A commemorative stamp on Kasturba Gandhi was issued on February 22, 1964.

## Jagdish Chandra Jain:

Jagdish Chandra Jain (20 January 1909



– 28 July 1993) was a scholar, indologist, educationist, writer, and freedom fighter during the freedom struggle of India. He authored over 80 books on a variety of subjects, including Jain philosophy, Prakrit literature, and Hindi textbooks for children. A commemorative stamp of Jagdish Chandra Jain was issued on January 28, 1998

## Damodar Dharmananda Kosambi:



Damodar Dharmananda Kosambi (31 July 1907 – 29 June 1966) was an Indian polymath with interests in mathematics, statistics, philology, history, and genetics. He contributed to genetics by introducing the Kosambi map function. In statistics, he was the first person to develop orthogonal infinite series expressions for stochastic processes via the Kosambi–Karhunen–Loève theorem. A commemorative stamp on Damodar Dharmananda Kosambi was issued on July 31, 2008.

## Kishore Kumar:

Kishore Kumar (born Abhas Kumar Ganguly (4 August 1929 – 13 October 1987) was an Indian playback singer and actor. He is widely regarded as one of the greatest and



most dynamic singers in the history of Indian music, as well as one of the best singers of the Indian subcontinent of all time. A commemorative stamp on Kishore Kumar was issued on December 30, 2016.



JESSLYN SARA VARGHESE - 12E

most dynamic singers in the history of Indian music, as well as one of the best

## Narendra Mohan:



Narendra Mohan (10 October 1934 – 20 September 2002) was an Indian industrialist, chairman and managing director of the Jagran Prakashan, the publisher of an Indian newspaper published in Hindi, Dainik Jagran. A commemorative stamp on Narendra Mohan was issued on October 14, 2003.

## Rameshwari Nehru:



Rameshwari Nehru (10 December 1886 – 8 November 1966) was a social worker of India. She worked for the upliftment of the poorer classes and of women. In 1902, she married Brijlal Nehru, a nephew of Motilal Nehru and cousin of the first prime minister of independent India, Jawaharlal Nehru. A commemorative stamp on Rameshwari Nehru was issued on December 10, 1987.





seen conveyed in art.

It's hard to describe exactly what Everything Everywhere All At Once is as a movie. As the name implies, it's a lot. Trying to summarize it would be a disservice to the film, and to those who haven't seen it yet who should watch it knowing as little as possible going in. But one thing I can say is that, for me, it is clearly at least partially a commentary on the difficulty of grappling with the loss of reality that often comes with the overwhelming nature of the internet age we live in. The Hypermodern era that is fractured, self-reflexive, referential, and overwhelming. There's meaning to be found, but it's a fleck of meaning that must be extracted from the swirling chaos.

kinetic, daring, expertly choreographed, endlessly creative, out-loud funny, doesn't look like bland CGI, and anchored by a

genuine emotional core. It is nothing short of a visionary masterpiece. A meticulously crafted symphony of chaos that defies expectation. I am gob smacked. Stunned. Flabbergasted. All of the above and all at once.

The film finds balance in the chaos and chaos in the balance; a mess of contradictions that's actually not messy at all, because every detail in every sequence is discernibly crafted with zealous care. The film deals with existentialism, identity, perfectionism, anxiety and love with a Kafkaesque portrayal of these themes.

Watching Everything Everywhere All at Once felt like I was watching a once in a generation movie. A movie that can't be imitated but a movie that will inspire thousands.



**YUKTA MENON**  
- 12C

It's been a while since I felt that I'm experiencing something new while watching a film. In the era of cookie cutter franchise films and remakes, EVERYTHING EVERYWHERE ALL AT ONCE is a breath of fresh air. A new thing that seemed to be capturing something I had felt but hadn't yet

## CHARITY CONVENOR - SEPTEMBER



**HIBBA KHAN**  
- 12A



**EBENEZER NELSON**  
- 12B



**PRATHIYUSH SRINIVASAN**  
- 12C



**ANN SHIBU**  
- 12D



**AKASH RENJI**  
- 12E



**ANLIYA JERRY**  
- 12F



**SOHA SALEEM**  
- 12G



**ANUSKA PRATAP**  
- 12H



**DAN JACOB JOHN**  
- 11A



**MUSKAAN FAROOQ**  
- 11B



**EMMA KURIAN**  
- 11C



**SHASHANK NAGESH CHODANKAR**  
- 11D



**HARDIK PANCHAL**  
- 11E



**DANIYA OMAR**  
- 11F



**EMAN MOHAMMED ANAS**  
- 11H



**HADI NABEEH**  
- 11I



**POORNIMA VINAY MISHRA**  
- 11J



**ANAGHA HOMBALI**  
- 11K



**RHYTHM JAIN**  
- 10A



**NESRIN NIYAS**  
- 10B



**ANSIYA SUHITHA**  
- 10C



**AALIYA KADIRI**  
- 10D



**ISRAA IBRAHIM**  
- 10E



**ANDERS RICHARD**  
- 9A



**ANWESHA SAHU**  
- 9B



**ISHAQ SHEIKH**  
- 9C



**LENA SARA MANOJ**  
- 9D



**SEHARISH KHANAM**  
- 9E



**MATHEWS**  
- 9F



**IRFAN ANZAR**  
- 9G



**LOHETHASHVAA**  
- 8A



**LIYA JOHNY**  
- 8B



**ANGEL ELISA JOE**  
- 8C



**HRITIKA ASHUTOSH**  
- 8D



**INSIYA FIROZ**  
- 8E



**NANDIKA SURESH**  
- 8F



**ALAN MATHEW**  
- 7A



**RIDHIMA MAHENDRA SANGODKAR**  
- 7B



**HATIM FIROZ**  
- 7C



**NABEEHA MOHAMMED**  
- 7D



**YOHAN AJU JOHN**  
- 7E



**SYED ABDULLAH**  
- 7F



**OMAR BASHIR DADAN**  
- 6A



### **Navy's women pilots chart a new course:**

Five officers of the Indian Navy created history by completing the first all-women independent maritime reconnaissance and surveillance mission in the Arabian Sea, onboard a Dornier-228 aircraft. The aircraft was

captained by the Mission Commander, Lt. Cdr. Aanchal Sharma, who had pilots, Lt. Shivangi and Lt. Apurva Gite, and Tactical and Sensor Officers Lt. Pooja Panda and Sub Lt. Pooja Shekhawat in her team. They are part of the Indian Naval Air Squadron INAS-314, based at Naval Air Enclave, Porbandar, Gujarat. This first-of-its-kind military flying mission was, however, unique and is expected to pave the way for women officers in the aviation cadre to assume greater responsibility and aspire for more challenging roles.



### **Union Minister Shri Anurag Thakur launches, 'Azadi Quest' online educational games:**

As part of the celebration of Azadi Ka Amrit Mahotsav and to bring to forth the story of Indian freedom struggle, Union Minister of Information and Broadcasting, Shri

Anurag Singh Thakur launched 'Azadi Quest', a series of online educational mobile games developed in collaboration with Zynga India. These games are an effort to tap into the huge market of online gamers and to educate them through games. Various arms of the government of India have collected information about unsung freedom fighters from the corners of the country. "Azadi Quest" is an effort to make the learning of this knowledge engaging and interactive. The Azadi Quest games are available for android and iOS devices in English and Hindi for the people of India and is available worldwide from September 2022.



### **IIT Guwahati Sets Up Centre Of Excellence For Medical Research:**

Indian Institute of Technology, Guwahati (IITG), has set up a medical research centre to cater to the needs of rural India with a focus on healthcare delivery to the last-mile population. The multidisciplinary

initiative, in line with the Centre's National Education Policy, 2020 is a single umbrella where professors, researchers, entrepreneurs, doctors, and students from multiple departments will work together for research and innovation in the domain of healthcare innovation.



### **US, India Will Work To Advance Free And Open Indo-Pacific:**

White House: The US has extended greetings to India on 75 years of its independence and said the two countries will work to advance a free and open Indo-Pacific and address the challenges they face

around the world. White House Press Secretary Karine Jean-Pierre said that India's non-violent freedom struggle was an inspiration to the world, and the US hopes that the next 75 years will see India continue to prosper.



### **India Successfully Test Fires Indigenous Laser-Guided Anti Tank Missiles:**

India successfully test-fired indigenously developed laser-guided anti-tank guided missiles (ATGMs) at a military installation in Maharashtra's Ahmednagar. Defence Minister Rajnath

Singh complimented the Defence Research and Development Organisation (DRDO), the maker of the ATGMs, and the Indian Army on the successful trial of the weapon.



### **School Drop-Out Rate Decreasing Across All Levels:**

Government: The school drop-out rate is continuously decreasing in the country at all levels of education, including primary, upper primary and secondary, the government informed Lok Sabha. Union Women and Child Development Minister Smriti Irani said this in reply to a written question on whether there was an increase in school drop-out numbers in view of the outbreak of COVID-19.



### **London home of Dadabhai Naoroji gets Blue Plaque honour:**

The south London home where Dadabhai Naoroji, a prominent member of the Indian freedom struggle and Britain's first Indian parliamentarian, lived for around eight years at the end of the 19th century has been honoured with

a commemorative Blue Plaque. Naoroji's plaque was unveiled on to coincide with the 75th anniversary celebrations of Indian Independence. That red-brick home now has a plaque which reads: "Dadabhai Naoroji 1825-1917 Indian Nationalist and MP lived here".



### **Biden announces relief for indebted U.S. university graduates:**

U.S. President Joe Biden announced that most university graduates still trying to pay off student loans will each get \$10,000 in relief, addressing a decades-old headache of massive educational debt across the country.



### **India, Philippines decide to expand ties in fintech, education and defence:**

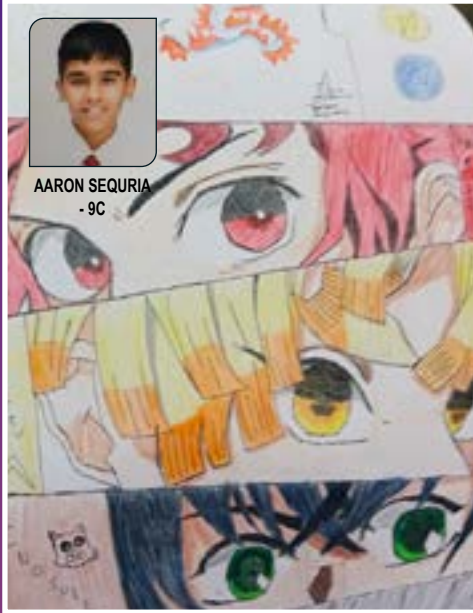
India and the Philippines have vowed to expand their ties in sectors like civil aviation, fintech, education, and defence and security. The decision was taken at the 13th India-Philippines Foreign Office

Consultations and fourth Strategic Dialogue that took place in Manila. The Indian delegation at the talks was led by Saurabh Kumar, Secretary (East) in the Ministry of External Affairs (MEA). The bilateral defence and security ties between India and the Philippines have been on an upswing in the past few years. On the two-day talks, the MEA said both sides expressed their desire to advance bilateral relations and expand engagement in areas such as agriculture, trade, pharmaceuticals, fintech, education, defence and security, and people to people ties.





# Art Gallery



AARON SEQUIRIA  
- 9C



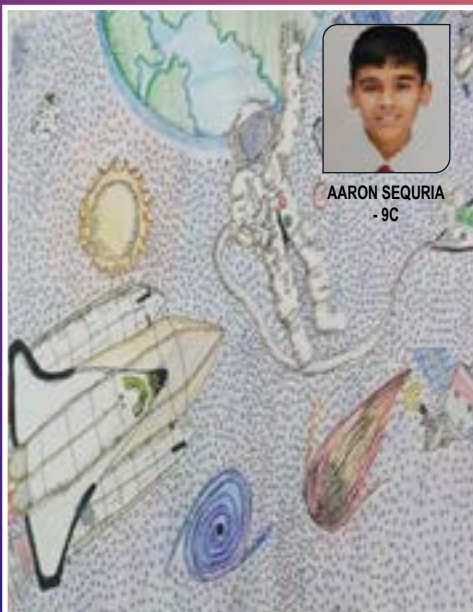
AARON SEQUIRIA  
- 9C



AARON SEQUIRIA  
- 9C



EBEN BAIJU  
KOSHY 10B



AARON SEQUIRIA  
- 9C



AASHITA U.  
- 9E



# EPictionary

- 1. Didactic** : instructive with a moral intent  
Usage in a sentence : It is a didactic novel that set out to expose social injustice.
- 2. Ascetic** : one who practices self-denial as part of spiritual discipline  
Usage in a sentence : She has adopted an ascetic life of prayer, fasting, and manual labour.
- 3. Abnegation** : Renouncing a belief or doctrine  
Example: "I believe in the abnegation of political power"
- 4. Aggrandize** : enhance power, wealth or status  
Usage in a sentence : : It was an action intended to aggrandize the Frankish dynasty.
- 5. Circumlocution** : expressing someone in an indirect way  
Usage in a sentence : His admission came after years of circumlocution.
- 6. Convivial** : enjoyable atmosphere or jovial company  
Usage in a sentence : It is a convivial cocktail party.
- 7. Quotidian** : something that is of daily occurrence  
Usage in a sentence : The car sped noisily off through the quotidian traffic.
- 8. Epistolary** : In the form of letters  
"My grandparent's college times epistolary collection is very interesting."
- 9. Impecunious** : Having less money or no money at all  
Usage in a sentence : After buying a new house, Sam was so impecunious that he couldn't even afford Christmas cards.
- 10. Gourmand** : A person who likes and enjoys eating food  
Usage in a sentence : If you are a dessert gourmand, then you must try Kentucky Cholocalate Pie.



## How to Make Women Feel Safe

Women in India are considered to be Goddess Laxmi in most of the families. However, some unfortunate incidents, which took place in the recent past, have made women feel unsafe on the road, at work places and even at home. Women are treated as the weaker sex in this patriarchal society. There is an urgent need to change the male mindset and attitude towards women.



SARRA MUSTAFA  
- 8D

There are many problems women are facing in the society. Cases of domestic violence, rape, eve teasing, etc. are not only limited to the metropolitan cities but also to the villages too. Women are unsafe everywhere. Even the public places lack women safety. The government or the police alone cannot solve this problem. It is the problem of the nation and should be addressed by each and every citizen of India.

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Stricter laws should be enforced by the government regarding women's safety. Also, the police should be vigilant and effective. Properly functioning street lights with CCTV cameras must be installed so that the perpetrators are easily nabbed. The 24-hours women's helpline should be activated in order to receive any distress call. In addition to that, women empowerment should also be given the utmost importance.

To change the male mindset in its attitude towards women, parents should inculcate in boys, respect for women at a young age. The contribution of each and every individual for the betterment of the society is a must. Only then, one can hope that the atrocities committed towards women will eventually reduce.



**THE INDIAN  
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KUWAIT**

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