



# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

MARCH 2024



## PRINCIPAL'S MESSAGE

Dear Children

Greetings!

Welcome to the March Edition of EPICS. The month is particularly significant as the students of Class XI marks the beginning of

two pivotal years which is also considered to be the FINAL PHASE of their school life. Being a student is a transformative phase in life, filled with opportunities, challenges, and personal growth. It's a time when you lay the foundation for your future endeavours, develop essential skills, and shape your character. To make the most of this phase, I would like to offer some valuable advice that can guide you towards success and fulfilment. These insights, garnered from personal experience and observing others, are designed to empower you with the tools necessary to navigate your educational journey and beyond.

**Adaptability :** Be flexible in your approach to learning. Class 11 introduces you to diverse teaching styles and assessment methods. Adaptability will empower you to navigate the academic areas more effectively.

**Set Clear Goals:** Define your short-term and long-term goals. Having a clear vision of what you want to achieve will help you stay focused and motivated. Break down your goals into actionable steps, create a timeline, and track your progress. By setting goals, you'll have a sense of purpose, direction, and a roadmap to follow.

**Prioritize Time Management:** Time is a precious resource, and effective time management is crucial for academic success. Create a schedule or use a planner to organize your tasks, assignments, and extracurricular activities. Learn to prioritize your responsibilities and allocate sufficient time for studying, relaxation, and pursuing your passions. Avoid procrastination and develop a disciplined approach to maximize productivity.

**Cultivate Effective Study Habits:** Discover the study techniques that work best for you. Experiment with various methods, such as active reading, summarizing, using flashcards, and teaching others. Find a study environment that suits your needs, whether it's a quiet corner in the library or a corner in your room. Take breaks regularly to

avoid burnout and make sure to get enough sleep, as it enhances cognitive function and memory retention.

**Seek Knowledge Beyond the Classroom:** Education is not confined to textbooks and lectures alone. Engage in extracurricular activities, join clubs, participate in community service, and explore your passions. Pursue hobbies and interests that complement your academic pursuits, as they foster personal growth, build character, and broaden your perspective. Embrace lifelong learning and be open to new experiences.

**Develop Strong Relationships:** Nurture meaningful connections with your peers, teachers and mentors, in your field of interest. Build a network of individuals who inspire and support you. Seek guidance when needed, collaborate with others, and engage in constructive discussions. Remember, the people you meet during your student years can become valuable allies throughout your life.

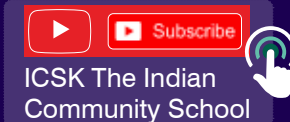
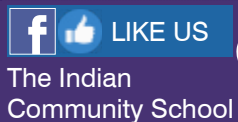
**Take Care of Your Well-being:** Prioritize your mental, emotional, and physical well-being. Practice self-care by adopting healthy habits, including regular exercise, a balanced diet, and sufficient rest. Seek support from counsellors or mentors if you're struggling with stress, anxiety, or other mental health issues. Remember to make time for relaxation, hobbies, and socializing, as they contribute to overall happiness and productivity.

**Embrace Failure and Resilience:** Failure is an inevitable part of life. Learn to embrace it as a stepping stone towards growth and resilience. Every setback provides an opportunity to learn, adapt, and come back stronger. Develop the ability to bounce back from failures, stay positive, and maintain a strong sense of self-belief. Remember that success is often built upon a series of failures and perseverance.

**Don't stop asking questions:** Be Curious. Especially if you've taken a subject that's more concept oriented. You cannot expect to learn by just reading and highlighting things in your text book. You have to start questioning why things are a certain way, why aren't they the other way around. I think this helps in deepening your understanding of the subject.

Let's step into another fantastic academic year, aiming to reach even greater goals.

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# EDITORS' NOTE

Dear Readers,

A Chinese proverb very aptly says: "Tell me and I'll forget, show me and I may remember, involve me and I'll understand."

Everyone is born with the urge to create. It is part of our programme of life. Whether we are parents trying to calm down a crying baby or Teachers trying to encourage learning by raising a student's curiosity. We all of us have dreams. We work and involve ourselves to make the dreams come true.

At ICSK education is not just the amount of information that is put into a child's brain. Our aim is the one that cater the individual needs of our students in literary and artistic talents.

We want all our students to achieve their full potential. Our task is to make it possible and our mission is to provide a platform for the same.

We at ICSK through the platform of our official School Magazine EPICS, mould the tender hearts of our pupils and inculcate in them the need and importance of involvement as the school magazine would provide a glimpse of the varied curricular and co-curricular activities through which the school aims at developing the all round personality of the students.

Each issue of our school magazine is a milestone that marks our growth, unfolds our imagination, and gives life to our thoughts and aspirations. It unleashes a wide spectrum a creative skills ranging from writing to editing and even in designing the magazine.

We, the EPICS Editorial Team believes that each child is a genius, waiting to be discovered. What he needs is love, appreciation, and gentle but firm support that would give him wings of confidence. Time taken out to compose their thoughts and achievements towards honing their skills matters most and must not be ignored at any phase.

Thus , we're confident enough that EPICS will make our promising children stronger day by day . Come and be an active participant of our team EPICS.

Regards.

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



Mrs. Shehnaz Hakim



Mrs. Tintu Wilson



## TOMATOES

- Tomatoes are juicy and sweet, full of antioxidants, and may help fight several diseases. They are especially high in lycopene, a plant compound linked to improved heart health, cancer prevention, and protection against sunburns. Tomatoes can be a valuable part of a healthy diet.F
- Daily intake of tomatoes can provide a great lift to wellbeing, along with improving the flavor of food.
- Promote Healthy Skin, Hair, and Nail Growth:
- Tomatoes also contain chlorogenic acid, a compound that can help encourage collagen production, Vitamin C and A both found in raw tomatoes—can help to brighten the appearance of skin, hair, and nails They contain excellent skin brightening, cleansing and de-tanning properties. As tempting as a DIY tomato face mask or vitamin C supplements may sound, eating whole foods is the best way to absorb key nutrients.
- Fight Diabeties: They are non-starchy and are perfect for diabetics. Also, tomatoes have a low glycemic index and around 100 grams of tomatoes have a glycemic index of 23, which makes it a healthy diabetic friendly fruit.
- Liver: It has a vital role in detoxification process. We know that natural chlorine works in stimulating the liver and its function for filtering and detoxifying body wastes. Sulfur in tomatoes protects the liver from cirrhosis, too.
- Support Heart Health Your heart needs these electrolytes so it can contract and expand, and potassium is essential for relaxing the blood vessels.

## *One month revision will Facilitate to get better scores in NEET UG 24*

**Dr. T. P. Sethumadhavan**

Education & Career Consultant  
Professor, Transdisciplinary University of Health  
Sciences & Technology, Bengaluru

Consultant to World Bank International Co-Operative Alliance



Students aspiring for medical, dental and allied healthcare courses might have already applied for National eligibility test-NEET-UG 24. Examination will be held on 5th of May 2024. Moreover Plus two students are busy with their board examinations which will be over by 1st of April 24. Students who already applied for NEET 24 need to make an aggressive examination preparation strategy after their plus two examinations to acquire better scores in the NEETUG 24.

Students have to consider the following areas while preparing for the examination. This is the one month strategy for the successful completion of NEET. They includes:

1. Try to prepare a study time table- This may be useful for revising the subject. One week each can be set apart for Physics, Chemistry, Zoology and Botany each. Try to acquire skills for answering multiple choice objective questions. Always try to devote more time for revision, just one week prior to the examination.

2. Try to download the revised syllabus. This year there is reduction in topics from last year's 97 to 79. Try to identify/mark the respective portions in your text book or study materials.

3. Always try to answer all the questions related to problems from physics and chemistry by doing writing, rather than just reading alone. Try to draw some of the complex biology diagrams.

4. Always try to procure last five years NEET questions. Try to answer the questions.

5. Try to do maximum mock tests as possible.

6. Practice for time management- Usually after the exams, students used to complain about the scarcity of time. It should not happen. Student has to answer 180 questions in 200 minutes. Maximum one minute is sufficient for answering a question.

But some of the questions from Physics and Chemistry may require more time. In order to address the requirement of more time for Physics and Chemistry questions, always complete the Biology questions first and then attempt for Chemistry and Physics. Some of the students who try to attempt Physics first will face lot of difficulties in addressing time management. If some of the questions are too tough and difficult to find answers, try to leave it rather than trying to answer randomly. All questions carry negative marks.

7. Try to understand the mark distribution and choices. There will be 50 questions each from Physics, chemistry, zoology and Botany. Each subject has two sections; A & B. A section has 35 questions each and B section has 15 questions each. From A section, all questions need to be answered. But within the B section, 10 questions out of 15 has to be answered. Students can take the advantage of B sections due to availability of choices. Thus availability of 20 questions as choice is an additional advantage for scoring marks.

8. Students usual make mistakes during examinations due to their ignorance or carelessness. This can be avoided by keeping a mistake book while preparing for the examinations. Try to correct all the common mistakes and enter in the mistake book. This can be used as a ready reckoner while doing revision.

9. Try to sleep minimum six hours per day. Always avoid frozen or cold food items or soft drinks. Take plenty of drinking water.

10. Admit card has to be downloaded as per schedule. Try to assess the examination centre. Always try to reach the centre one hour in advance. Follow the instructions of National Testing Agency including the dress code.

11. If some of the topics are too difficult to understand you can skip that topic and concentrate on rest of the portions.

12. While preparing for the examination,

always set clear goals. Based on that prepare a study time table and revision strategies

13. Always try to split big goals in to small tasks

14. Before entering the examination hall never try to discuss the subjects with your friends. Always try to follow positive attitude and follow the invigilator's instructions including dos and don'ts.

15. Always try to avoid unwanted stress and anxieties. Parents should not facilitate to make unwanted stress among children.

16. Try to see the important topics for NEET UG 24.

Physics  
Chemistry  
Biology  
Thermodynamics  
Mole concept  
Morphology of flowering plants  
Waves & sound  
Chemical & Ionic equilibrium  
Sexual reproduction in flowering plants  
Capacitors & electrostatics  
Electrochemistry  
Biotechnology and its applications  
Magnetics  
Coordination chemistry  
Cell cycle  
Electromagnetic induction  
Chemical bonding  
Cell division  
Kinematics  
Chemical thermodynamics  
Biodiversity and conservation  
Gravitation  
Chemical kinetics  
Human reproduction, Nutrition  
Fluid  
Biomolecules  
Photosynthesis in higher plants  
Heat  
Polymers  
Bio economy, Bio polymers,  
Epidemics  
Optics & modern physics

# The Best Medicine



"Everybody laughs the same in every language because laughter is a universal connection."

Who doesn't love to laugh, we all like being with people who make us laugh and there is a good reason for it.

In the last fifty years science has paid attention to the effect that laughter has on our physical and emotional well being, there's the saying that Laughter is the best medicine. Imagine a day where doctors started including laughter in their prescriptions!!

Now the scientific community's curiosity may have started with the Man Norman Cousins a famous journalist in his day and in 1964 he was diagnosed with a rare and debilitating disease, his doctors gave him a few weeks to live. He did what most would have a hard time doing. He LAUGHED, he made it a point to laugh every day for 30 minutes until the day he died, that was 26 years after the diagnosis.

The story is true and provides us an insight to the proverb. Having said that the proverb is scientifically supported, let us understand why laughter is taken as the best medicine:

- Helps forget peer pressure: Laughing our heart out or cracking a joke can put our mind to rest.
- A physical response: The physical act of laughter helps relax our body.
- W Positivity: when you laugh or smile a positive attitude uplifts your soul and revitalises the whole body

To what extent laughter acts as the best medicine differs from person to person: A good hearty laugh can help relieve your stress and physical tension, thereby

relaxing your muscles for a significant period. A study has shown that laughter also brings down the level of stress hormones, boost immune cells and antibodies thereby improving the resistance power of your body against.



YASHILA VEERA-MANI 12E

So, for what reason should we laugh. Laughter doesn't rely on jokes, stand ups or comedy to work. My source of humor presently is based on logic and common sense. Like once in India, I found a man wearing a t-shirt that said, "If you can't read English, then leave the country". And that was written in English, so I went up to the man and said "You are dumb" in French. Obviously I made the last one up as I don't have the guts to talk to people like that.

When we laugh together we bond as a group that same bond can be reverberating to our families, friends and classmates. That bond acts as a buffer against disapproval, disagreement and disappointment, just imagine if we could harness laughter we could give it to our families to our friends and most importantly to ourselves. Live by the motto: Love, Life and Laughter.

## TIPS TO IMPROVE PUBLIC SPEAKING SKILLS:



Public speaking is one of the most important and most dreaded forms of communication. In the working world, public speaking is a vital skill to have. It allows us to form connections, influence decisions, and motivate change. Here are a few tips to improve public speaking skills: -

**1) Know Your Audience :** Before you begin to craft your message, consider who the message is intended for. This will help you determine your choice of words, level of information, organization pattern, and motivational statement.

**2) Grab Attention at the Beginning, and Close with a Dynamic End :** To capture the attention of the audience at the beginning, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.

**3) Speak with passion :** If you're truly

invested in what you're saying, you'll be better able to keep your audience's attention.

**4) Eye contact :** Eye contact establishes an immediate bond with an audience, especially when a speaker focuses in on individual listeners rather than just gazing over the audience as a whole.

**5) Embrace your unique style :** Don't copy the style or gestures of other speakers, as your audience will sense a lack of authenticity. Be yourself; no one does that better than you can.



ANNA MARIA



Eat your food as your medicines.  
Otherwise you have to eat  
medicines as your food.

# The Indian Community School, Senior Organizes Career Session for the Students of Class XII - Unlocking the Path to Success



In today's fiercely competitive environment, making well-informed career decisions is paramount for students. With a plethora of options spanning various fields, it becomes imperative to receive appropriate guidance and counseling to set foot on a successful career trajectory. With the objective of aiding students in navigating the complex process of selecting the most suitable career path, The Indian Community School, Senior organized a Career Session for class XII students on Thursday, February 15th, 2024. Dr. Ramakrishnan Raman, Vice Chancellor of Symbiosis International University, graced the occasion as the esteemed Chief Guest, while Dr. Ashwin Fernandes, Regional Director for Africa, Middle East, and South Asia at QS, was the special guest of the day.

The session commenced with the recitation of verses from the Holy Quran by Mst. Zain Abdul Sahkhor, followed by a prayer song performed by the school choir. The gathering paid homage to both Kuwait and India through their respective national anthems. Dr. V. Binumon, Principal and Senior Administrator of ICSK, extended a warm welcome to the attendees. In his address, Dr. V. Binumon encouraged the students to pursue their interests and urged them to diligently work towards achieving their goals. The young pillars of the school enthusiastically welcomed the esteemed Chief Guest, Dr. Ramakrishnan Raman, with thunderous applause.

During his address, Dr. Ramakrishnan Raman inspired the students to become lifelong learners and emphasized the importance of developing knowledge. He motivated them to cultivate unique abilities and think innovatively. Through interactive games and puzzles, he encouraged students to unleash their creativity and seize opportunities. Emphasizing the significance of focus, he urged students to set clear goals in their lives and



strive tirelessly to attain them. Through captivating anecdotes, he conveyed the message that destiny is moulded by one's own hands.

The question-answer session provided a dynamic platform for students engagement, clarification of information, and deeper exploration of key topics, fostering a more interactive and insightful experience for attendees. Dr. Ashwin Fernandes, Regional Director for Africa, Middle East, and South Asia at QS, shared valuable insights on global employment trends. He underscored the importance of developing key qualities to thrive in the global market: digital literacy, foreign language proficiency, analytical skills, financial literacy, creativity, research abilities, and writing skills.

Dr. Ramakrishnan Raman, the esteemed Chief Guest, was honored with a memento by Dr. V. Binumon. Mrs. Susan Rajesh, Vice Principal of ICSK drew curtains to the session by proposing the vote of thanks. The Career Session at ICSK was a resounding success. It played a pivotal role in shaping students' perceptions and aspirations.



# HOW TO BUILD SELF CONFIDENCE



Confidence can be a tough thing to build up. We've put together some handy tips to help you out. If you're still having a hard time even after trying these self-help ideas, don't worry! We've also listed the ways you can find extra support and work on boosting your confidence with the help of others.

## This can help if:

- you want to know more about self-confidence
- you wish you were a more confident person
- you want some practical steps to build your self-confidence.

## What is a confident person?

Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because personal experiences have caused you to lose confidence or because you suffer from low self-esteem.

## A confident person:

- does what they believe is right, even if it's unpopular
- is willing to take risks
- admits their mistakes and learns from them
- is able to accept a compliment
- is optimistic.

## Tips for building self-confidence

There are a number of things you can do to build your confidence. Some of them are just small changes to your frame of mind; others you'll have to work on for a bit longer to make them familiar habits.

### 1. Look at what you've already achieved

It's easy to lose confidence if you believe you haven't achieved anything. Make a list of all the things you're proud of in your life, whether it's getting a good mark on an exam or learning to surf. Keep the list close by and add to it whenever you do something you're proud of. When you're low in confidence, pull out the list and use it to remind yourself of all the awesome stuff you've done.

### 2. Think of things you're good at

Everyone has strengths and talents. What are yours? Recognising what you're good at, and trying to build on those things, will help you to build confidence in your own abilities.

### 3. Set some goals

Set some goals and set out the steps you need to take to achieve them. They don't have to be big goals; they can even be

things like baking a cake or planning a night out with friends. Just aim for some small achievements that you can tick off a list to help you gain confidence in your ability to get stuff done.



AWAIS IRFAN  
KADRI - 10B

### 4. Talk yourself up

You're never going to feel confident if you have negative commentary running through your mind telling you that you're no good. Think about your self-talk and how that might be affecting your self-confidence. Treat yourself like you would your best friend and cheer yourself on.

### 5. Get a hobby

Try to find something that you're really passionate about. It could be photography, sport, knitting or anything else! When you've worked out your passion, commit yourself to giving it a go. Chances are, if you're interested or passionate about a certain activity, you're more likely to be motivated and you'll build skills more quickly.

## If you're not feeling better

Sometimes the quick fixes don't help in the long term. If you're feeling bad and things just don't seem to be improving, it's worth talking to someone who knows how to help. Professionals such as counsellors and psychologists can help you develop strategies to help you build up your confidence. They may also be able to help you understand any underlying problems that might be causing you to feel bad about yourself.

## "Epiguiz"



1. Who was the last Tsar of Russia?
2. What character have both Robert Downey Jr. and Benedict Cumberbatch played?
3. What country drinks the most coffee per capita?
4. Which planet in the Milky Way is the hottest?
5. What is the 4th letter of the Greek alphabet?
6. What sports car company manufactures the 911?
7. What city is known as "The Eternal City"?
8. Roald Amundsen was the first man to reach the South Pole, but where was he from?
9. What is the highest-rated film on IMDb as of January 1st, 2022?
10. Who discovered that the earth revolves around the sun?

1. Nicholas II
2. Sherlock Holmes
3. Finland
4. Venus
5. Delta
6. Porsche
7. Rome
8. Norway
9. The Shawshank
10. Nicolaus Copernicus

# The Indian Community School, Senior Celebrates Excellencia – A Literary Odyssey



The Indian Community School, Senior warmly welcomed students and staff from various CBSE schools in Kuwait to participate in Excellencia – A Literary Odyssey, orchestrated by the Department of English on February 12, 2024. This event drew the participation of 17 CBSE schools in Kuwait, engaging over 250 students in a captivating array of literary endeavors aimed at fostering a deep appreciation for literature, igniting creativity, and cultivating a love for reading. Ms. Sabahat Khan, Principal of Kuwait Indian School, graced the occasion as the Chief Guest.



The inaugural ceremony commenced with verses from the holy Quran recited by Ms. Shifa Mariam, followed by a prayer song performed by the school choir. The gathering paid homage to both Kuwait and India through their respective national anthems. Dr. V. Binumon, Principal and Senior Administrator of ICSK, extended a warm welcome to the attendees, encouraging students to embrace the global language and explore its profound beauty while fostering a spirit of healthy competition and seizing opportunities for growth. The esteemed Chief Guest commended the school's initiative in promoting language appreciation and urged students to nurture and pursue their artistic aspirations. Dr. V. Binumon expressed gratitude to the Chief Guest with a token of appreciation.



Excellencia – A Literary Odyssey provided students from grades VI to XII with a unique platform to showcase their literary talents and revel in the enchantment of literature through a variety of competitions designed to spark literary spark and linguistic creativity. The festival featured captivating performances both on and offstage, spanning three different stages, and highlighted the diverse talents of the students.

competition crafted poems reflecting the theme 'Seasons Change,' while the elocution competition showcased participants' confidence, expression, and public speaking skills. The Literary Costume Parade dazzled with students adorned in creative costumes inspired by their favorite book characters, ranging from classic protagonists to modern heroes. The school auditorium transformed into a magical land of imagination and vibrancy as students recited poems with fervor in the choral recitation, while the debate competition ignited a kaleidoscope of opinions and perspectives, enriching participants' knowledge and understanding.



The spell bee competition challenged students to enhance their spelling and literary skills, encouraging exploration of the English language and vocabulary expansion. Live reporting, Micro movie fest, and Admad showcased the diverse and inspiring creative works of the students.

Vice Principal of ICSK, Senior, and Mrs. Mini Shaji Joseph, Deputy Vice Principal of ICSK, Senior, honored students with trophies for their dedication and confidence, with over 95 students receiving awards for their achievements. The Indian Community School, Khaitan, received the Ever-Rolling Trophy for Excellencia 2023 – 24. The festivities concluded with a vote of thanks proposed by Mr. Prasad Nambiar, Head of the Department, English, and Chief Coordinator of Excellencia 2023 – 24.

The Valedictory Ceremony commenced with a motivational song, setting the tone for the evening. Mrs. Susan Rajesh,

Excellencia – A Literary Odyssey provided a glimpse into students' minds and hearts, fostering a love for literature and offering an enriching experience through its diverse activities.

Participants in the Poetry Writing

# CAPTAINS & VICE CAPTAINS - MARCH



## Role of Youth in Nation Building



Swami Vivekananda once said, 'My faith is in the younger generation, the modern generation and out of them will come to my workers. This quote describes the impact the Youth can have on society. More than 60% of the Youth helped Germany win the first world war far better or the worst. The mission to make the first person walk on the moon consisted of more than 80% of the Youth who helped in planning the whole mission. Likewise, Indian Youth also played an important role to make our country free from British rule. Youth has the power to change the world. When the Youth is united, we can make the world a better place to live, and when we are divided, we also have the power to destroy the world.

Youth is the most dynamic and important segment of the population in any country.

Statistics show that the developing countries which have a huge youth population could be seeing tremendous growth in all the sectors of the countries provided they invest in young people's education, health and protect and guarantee their rights. It is believed that today's young minds and tomorrow's leaders, creators, builders, and innovators. For Youth to be good leaders, inventors and innovators, it is important that they are supported and are provided good health, training, and education to transform the future. There will be a boost in the economy of the country when the Youth is working and earning rather than being dependent on anyone.

As we all know, half of the world's population is now under the age of 25, and 1.8 billion people are between the age of 11-25. This is considered to be the largest youth

generation to ever exist.

Youth has the power to bring change. They have the power to demand justice. For example, a mass protest by the Youth against the CAA bill in Delhi or the mass protest by the Youth in Delhi for justice of Nirbhaya cases are some of the examples of the strength of the Youth. TRO makes the Youth the ultimate power of the country, and educational programs should be developed that aims to teach the young people from the school level the importance and the impact they can have on the country. They should be taught about how the country works and how it can be a significant part of the development of the country. Youth should be motivated to consider different career options such as politics, which eventually helps in running the country.

The role of the Youth is very important in the building of a nation. They can be a positive influence in society and can also solve the problem by introducing innovative and impactful ideas that will only help in the betterment of the country. They have the ability to create an identity for themselves, which will help in creating an impact. All the youth need is the support of their family and friends, and I can assure you that they can make our country great.



SAKINA FAZAL



# The Indian Community School, Senior Celebrates Kuwait National and Liberation Day



The Indian Community School, Senior marked the National and Liberation Day of Kuwait with enthusiasm and splendor on Sunday, February 18, 2024. The campus was adorned with vibrant red, white, green, and black colors, symbolizing the Kuwait national flag. Students, dressed in traditional attire, warmly welcomed the members of the ICSK family with open arms and cheerful hearts. The atmosphere buzzed with excitement and energy during the special assembly, emphasizing the significance of the occasion.

skit, performed by the talented students of ICSK, captivated the audience, portraying the theme of Kuwait's liberation and showcasing the bravery of Kuwaiti soldiers. The audience was mesmerized by a traditional dance performance, showcasing Kuwait's rich cultural heritage. Through dialogue and narration, the history of Kuwait was recounted, highlighting its spirit of liberation and resilience. An engaging quiz on Kuwaiti facts entertained and enlightened the audience.

The program commenced with recitation of verses from the holy Quran followed by a school prayer seeking divine blessings. The gathering paid homage to the nation by hoisting the Kuwait national flag and singing the national anthem. A captivating

Dr. V. Binumon, Principal and Senior Administrator of ICSK commended the students for their patriotic fervor and cultural presentations honoring Kuwait. The celebration of Kuwait National and Liberation Day at ICSK was a resounding success, reflecting the pride and love for the nation.



## ICSK's Vegetable Garden: Celebrating the Inaugural Harvest

Establishing a connection with Nature at an early age is extremely important for the young learners. While students of most schools learn the bit of farming within the four walls of a classroom, students of ICSK SENIOR went a step ahead and created a small organic farm at the school campus under the guidance of our school Senate Advisor Madam Mussarat Parkar.

Okra, Cabbages, Lettuce etc. The organic vegetables were sold to children and teachers and the sale proceeds generated are invested in the vegetable garden.

Undoubtedly, the students will surely instill appreciation and respect for Nature in their childhood and adulthood too.

The senate under her lookout helps the students to work as a team and to work with skill and deftness. Apart from imparting necessary individual skills, the school aims to develop the habit to work as a community through the training acquired in the classroom.



The students have planted Tomatoes,

# EPITOME OF SUCCESS

## ELON MUSK: DEFINING HIS DREAMS



Elon Reeve Musk, born June 28, 1971, is a business magnate, industrial designer and an engineer. He is the founder, CEO, CTO and chief designer of SpaceX; early investor, CEO and product architect of Tesla Inc.; founder of The Boring Company; co-founder of Neuralink; and co-founder and initial co-chairman of OpenAI. Ranked 25th on the Forbes list of The World's Most Powerful People, and was ranked joint-first on the Forbes list of the Most Innovative Leaders of 2019. As of November 15, 2020, his net worth is US\$ 90.8 billion, making

him the 5th richest person in the world.

Musk was born to a Canadian mother and South African father and raised in Pretoria, South Africa. He briefly attended the University of Pretoria before moving to Canada when he was 17 to attend Queen's University. He transferred to the University of Pennsylvania two years later, where he received dual bachelor's degrees in economics and physics. He moved to California in 1995 to begin a Ph.D. in applied physics and material sciences at Stanford University, but dropped out after two days to pursue a business career. He co-founded Zip2, a web software company, which was acquired by Compaq for \$307 million in 1999. Musk then founded X.com, an online bank. It merged with Confinity in 2000, which had launched PayPal the previous year and was subsequently bought by eBay for \$1.5 billion in October 2002.

During his childhood, Musk was an avid reader. At the age of 10, he developed interest in computing. By the age of 12, sold the code of a BASIC-based video game he created called Blastar to PC and Office Technology magazine for approximately \$500. While he was young, he was severely

bullied. He got hospitalized for being thrown down a flight of stairs. His childhood reading included Isaac Asimov's Foundation Series, from which he drew the lesson that "you should try to take the set of actions that are likely to prolong civilization, minimize the probability of a dark age and reduce the length of a dark age if there is one."



AFNAAZ  
MUJAWAR - 12H

Musk, who was influenced by the Foundation series, views space exploration as an important step in preserving and expanding the consciousness of human life, and argues that multiplanetary life may serve as a hedge against threats to the survival of the human species. SpaceX's goal is to reduce the cost of human spaceflight by a factor of 10. In a 2011 interview, he said he hopes to send humans to the surface of Mars in 15 years' time.

Elon Musk is an example of indomitable perseverance, having endured the harshest times and emerging to become one of the most powerful people in the world. He goes on to show that:

"Success is not final; failure is not fatal. It is the courage to continue that counts"

## Can a Tablet Replace Your Laptop?



Year by year, the world of tablets and the world of laptops are slowly converging. Microsoft's Surface tablets run Windows OS, and the new iPad Pro is faster than 92% of all laptops. At the same time, modern laptops have touchscreens, and some 2-in-1 laptops promise the power of a laptop with the convenience of a tablet.

With all of this in mind, it's hard to know if a tablet's worth buying, especially if you're considering a tablet as an alternative to a laptop.

First thing's first, you should ask yourself what you use a laptop for. Do you use it for entertainment, or do you use it for work? Do you like to run software like Photoshop, or do you do everything in the browser? While some tablets are great for resource-heavy professional work, others are best suited for casual work and entertainment.

You should also ask yourself how much money you're willing to spend. Tablets consistently have lower specs than similarly-priced laptops, and you generally have to dip your toes into the \$700+ range to find a tablet that can run Photoshop, professional video software, or resource-hungry games. Of course, you could always spend less if you're just trying to watch Netflix or do browser-based work on a tablet.

Phones and tabs are popular now a days but there are fields like programming

and engineering which require more storage and processing speed etc. Even if you have 10 gb RAM in your smartphone or tab, you still require substantial internal storage to increase the efficiency.

Laptops may get replaced by smartphones or tabs in future but right now, it would not be smart to invest in a smartphone rather than a laptop if your requirement is not domestic based.

Therefore, whether or not a tablet can replace your laptop would depend on what you want from your device, but if one would require a clear conclusion to this question, it is quite evident that laptops are a much better option than tablets or phones.



HAMDAN  
WASEEM PATHAN  
- 8D

# DEEPIKA PADUKONE



Deepika Padukone, the daughter of the badminton player Prakash Padukone, was born in Copenhagen and raised in Bangalore. As a teenager, she played badminton in national level championships but left her career in the sport to become a fashion model. She soon received offers for film roles and made her acting debut in

2006 as the title character of the Kannada film *Aishwarya*. Padukone then played a dual role opposite Shah Rukh Khan in her first Bollywood release, the romance *Om Shanti Om* (2007), which won her the Filmfare Award for Best Female Debut. Padukone received praise for her starring role in the romance *Love Aaj Kal* (2009), but this was followed by a brief setback.

The romantic comedy *Cocktail* (2012) marked a turning point in her career, and she gained further success with starring roles in the romantic comedies *Yeh Jawaani Hai Deewani* and *Chennai Express* (both 2013), the heist comedy *Happy New Year* (2014), Sanjay Leela Bhansali's period dramas *Bajirao Mastani* (2015) and *Padmaavat* (2018), and the Hollywood action film *XXX: Return of Xander Cage* (2017). She also received critical acclaim for playing a character based on Juliet in Bhansali's *Goliyon Ki Raasleela Ram-Leela* (2013) and a headstrong daughter in *Piku* (2015), winning two Filmfare Awards for Best Actress. Following a short hiatus and two commercially unsuccessful films under her own company Ka Productions,

Padukone had a starring role in *Pathaan* and a brief role in *Jawan*, both top-grossing action films of 2023.



SARRA MUSTUFA  
- 10C

Padukone is the founder of The Live Love Laugh Foundation, which creates awareness on mental health in India, for which she received the World Economic Forum's Crystal Award in 2018. She also participates in stage shows, has designed her own line of clothing for women, and is a prominent celebrity endorser for brands and products. Her other ventures include startup investments and a self-care brand. Padukone is married to her frequent co-star Ranveer Singh.



## DREAMING BIG ENOUGH



'It is a crime to dream small. The world out there wants you to be like everyone else but I want you to strive hard to be unique.'  
- APJ Abdul Kalam.

We all have an attitude of grabbing everything for free. Why not for dreams then? We live in a world with limits for each and everything except for one thing and that is - to dream. Dreams take you to a different world far away from your real stuffed up life. You can often find yourself asking the holy place for questions - The

Google, 'How to become successful?'. The solutions there may help to be physically prepared but who is going to prepare you mentally? Who is going to fuel up your soul? Obviously, it's you who will do all this work but how? Dream! Dream! Dream!

When we dream big, we see a higher level of connection and ascension. To consider a big dream is to consider your potential as a powerful creator, and this is a really a good thing! If you think that you are meant to do something great, like be a famous actor or musician, and have yet to do anything about it, you are not dreaming big enough. If you have the

passion to own a restaurant that will be popular among your community and have no idea what to do, you are not dreaming big enough. Dreaming is a multi-step process. Although coming up with the idea of how you want to spend your life is important, acting upon that idea is half the battle. I believe that there are three kinds of

people in the world. Those who dream, those who encourage the dreamers and those who do nothing. We have found many people who limit their dreams.

They dream according to the situation they are standing at the right moment. Then that is not dreaming big enough. For example: perhaps you would most really choose the job that is most suitable to you rather than the career you actually want but that is beyond your grasp at the current moment. However, big dreamers dream light years from where they stand! A truly big dream is an ultimate manifestation. A big dream is your soul way of reaching the highest vibration from this place in universe. If you know you are truly dreaming big enough, then your soul will let you dream manifest and your heart sing.

So, what do you think? Are you dreaming enough?



MOHAMMAD  
SHAMIL - 10B

# BEST STUDENTS - FEBRUARY



ANNA MARIA SONE  
- 12A



ONEGA WILLIAMS  
- 12B



NESRIN NITA'S  
- 12C



SANJAIKUMAR  
- 12D



ADITYA AJIT  
- 12E



SURAJ REDDY  
- 12F



MOHAMMED VERDA  
- 12G



GUNEET KAUR  
- 12H



PRIYAMANI KONANKI  
- 12I



DIYA MARIAM JOHN  
- 12L



ABDUL ASHEEN  
- 12M



ANNIE D SOUZA  
- 12N



SAFA SIRAJUDEEN  
- 10A



AHMED ABDUL  
- 10B



ARAVIND MANOJ  
- 10C



LOHETHASHVAA  
- 10D



ANAS ABDUL  
- 10E



MUHAMMED HADI  
- 10G



ANUGRAHA SUSAN  
- 10H



SARAH QURESHI  
- 8A



SREYA SUNIL  
- 8B



DIYA SHENOY  
- 8C



STEVE SOBIN  
- 8D



CLAIRE ANN  
- 8E



PAARTH BHULANI  
- 8F



JOBIN JOSE  
- 7A



SANCIA  
- 7B



CATHERINE VINOY  
- 7C



ABDULLAH SYED  
- 7D



LIBIN THOMAS  
- 7E



MOHSINALI MULLA  
- 7F



MUHAMMED RAYAN  
- 7G



NITI TUSHAR  
- 6A

## Chicken Majboos



### INGREDIENTS

- 2 and 1/2 cup of Basmati Rice
- 10 pieces of Chicken Leg, Thigh and Wings
- 1 cup of chopped onion
- 5 cloves of garlic
- Water for boiling the chicken

1 cup of water if the chicken stock is not enough to boil the rice (Optional)

Spices and Herbs

2 Black Lemon / Lime

6 Bay Leaf

6 cloves

5 to 6 Cardamom Pods

1/2 teaspoon of cumin

1/4 teaspoon of cinnamon powder

1 teaspoon of curry

3/4 teaspoon of coriander

1/2 teaspoon of turmeric

Salt and Black Pepper for Taste

- Turn on the heat. Put the chicken in the cooking pot and add water. Let the chicken boil.
- While the chicken is boiling, remove the excess fats from the chicken.

- Once the excess fats are removed, add the spices, onion, and garlic into the boiling pot. Let it boil for 45 minutes or until the chicken is soft.
- Remove the onion, garlic, and other solid ingredients. Separate them from the Chicken Stock for later use
- Now you have the stock. Put the basmati or long-grain rice into the stock. If the stock is not enough, add more water.
- While the rice is boiling. Add oil in the separate pan, and fry chicken to have a nice brown crispy texture
- When the rice is already cooked, put the chicken on the top of the rice. Mix them well with the rice before serving. Garnished with parsley



DISHLEEN KAUR  
8D

IF YOU WANT TO SHINE LIKE A SUN  
FIRST BURN LIKE A SUN

# ARCHIMEDES



Archimedes was an Ancient Greek Mathematician, physicist, engineer, inventor and astronomer.

Although few details of his life are known, he is regarded as one of the leading scientists in classical antiquity.

Generally considered the greatest mathematician of antiquity and one of the greatest of all time, Archimedes anticipated modern calculus and analysis by applying concepts of infinitesimals and the method of exhaustion to rigorously prove a range of geometrical theorems, including the area of circle, the surface area and volume of a sphere, and the area under a parabola. Other mathematical achievements include deriving an accurate approximation of  $\pi$ , defining and investigating the spiral bearing, and creating a system using exponentiations for expressing very large numbers. He was also the first to apply mathematics

to physical phenomena, founding hydrostatics and statics, including an explanation of the principle of the lever. He is credited with designing innovative machines, such as the screw pump, compound pulleys and defensive war machines to protect his native Syracuse from invasion. Archimedes died during the Siege of Syracuse when he was killed by a Roman soldier despite orders that he should not be harmed.

Cicero describes visiting the tomb of Archimedes, which was surmounted by a sphere and a cylinder, which Archimedes had requested to be placed on his tomb, representing his mathematical discoveries.



ARCHIMEDES SAKINA  
FAZAL 10-E

# THE SIGNIFICANCE OF RAMADAN



## What is Ramadan?

The month of Ramadan (also spelled ramzan/ramathan) is the most auspicious month in Islam. It is commemorated on the 9th month of the Islamic Lunar Calendar, the month in which Allah (SWT) revealed the Holy Quran to Prophet Muhammad (PBUH) through Angel Jibreel (AS) [Laylat al-Qadri]. Muslims observe Ramadan to practice Sawm (fasting) which is the fourth of the five pillars of Islam.

## How is it observed?

Ramadan is observed by fasting from dawn to dusk, a fast of between 11 to 16 hours for a period of 29 to 30 days. Every year, Muslims from the age of 12 renounce food and drink during this period. They are also required to refrain from negative acts such as gossiping, lying, arguing, etc. Generally a modest breakfast is consumed at around 5:00 am (pre-dawn) and this is called Suhur. Then the fast is initiated with a Dua (prayer) of Niyah (intention). The fasting period is an ideal time to recite the Quran and perform Salah (Namaz) during prayer times.

In the evenings the fast is broken by a light meal. This is called Iftar. Dates are very popular among Muslims for breaking their fast, often in odd numbers, which was done by the Prophet (PBUH) himself. In addition to taste, it offers numerous nutritional values and fiber. Other common dishes consumed during this period are Kebab, Basboosa, Sambusa, Baklava, Jabbab, Fattoush, Halwa, etc. Inviting guests or going to someone else's house for Iftar is very common.

Many mosques also host daily community meals as Iftar where numerous Muslims can break their fast together. After Iftar, it is common to go to the mosque for the night prayer called Taraweeh.

## Why is Ramadan observed?

- To show devotion to Allah and express gratitude for his blessings.
- To practice self-discipline and self-control and focus on spiritual

wellbeing.

- To empathize with the less fortunate by going through their hunger and thirst.
- To purify the soul and increase spiritual awareness.
- To strengthen bonds between family and community

Towards the end of Ramadan adults who have more food than they need must pay Zakat al-Fitr, a contribution to support people in need of approximately £5 / US\$ 7 per head. This helps the poor people to celebrate Eid-ul-Fitr. This cultivates charity values in the payer.

At the end of Ramadan, Muslims celebrate one of their major religious holidays called Eid-ul-Fitr, a three day festival that is considered a gift from Allah for observing the fast and gratitude to him for granting them self control.



STELLA MARY  
SOJAN

## Navigating the Social Media Maze



### Introduction

Social media has become an inseparable part of our lives, influencing our well-being in various ways. Let's explore the positive aspects of social media, fostering connections and information sharing, while also addressing the challenges it presents.

### Understanding the Digital Landscape

Dive into the diverse world of social media platforms, each with its unique features. Uncover the differences between popular platforms like Facebook, Instagram, Twitter, and others, highlighting their distinct purposes and target audiences.

### Digital Literacy

Highlight the significance of digital literacy in navigating the complexities of

social media. Discuss the critical need for users to evaluate information, identify misinformation, and comprehend the consequences of sharing personal data online.

### Building a Positive Online Presence

Offer practical tips on maintaining an authentic and positive online presence. Encourage users to share content that aligns with their values, interests, and experiences, while remaining mindful of the potential impact on their reputation.

### Balancing Online and Offline Life

Explore the importance of striking a balance between social media engagement and other aspects of life. Provide actionable tips for managing screen time and advocate for activities that promote well-being both online and offline.

### Managing Privacy and Security

Address the crucial issue of online privacy and security. Provide guidance on adjusting privacy settings, cautioning against sharing personal information indiscriminately, and recognizing potential online threats.

### Dealing with Social Media Pressures

Examine the impact of social media on mental health and self-esteem. Discuss the pressures of online comparisons and provide practical strategies for maintaining a healthy mindset in the digital space.

### Combatting Cyberbullying

Highlight the pervasive issue of cyberbullying and present effective ways to prevent and respond to it. Advocate for a supportive online community and discuss the roles individuals and platforms can play in fostering a positive and respectful online environment.



MOHAMMAD REHAN  
SHAIK - 111

### Digital Etiquette

Emphasize the importance of digital etiquette and respectful online communication. Encourage users to reflect before posting, avoid unnecessary conflicts, and promote constructive conversations within the digital realm.

### Staying Informed and Critical

Underscore the necessity of staying informed about changes in social media policies and features. Encourage users to be critical consumers of online content, engaging with platforms responsibly to foster a healthy digital experience.

### Conclusion

Summarize key takeaways for navigating social media in a healthy and positive manner. Encourage readers to be mindful of their online behavior, prioritize well-being, and actively contribute to fostering a positive digital community.

## FASHIONISTA



Fashion is a term which means 'an ongoing trend'. It refers to how people dress and what kind of external getup most people think is making them look stylish, up-to-date and sophisticated. It changes with winds of time very fast. This can be seen from the vast difference between how people used to dress before and now.

Fashion used to be very different in metros and small towns in earlier days. But now the difference have gone down to a great extent due to many reasons. First of all the demand of online shopping malls have increased. Shopping sites such as meesho, snapdeal, myntra, etc. does the work of delivering fashion at the doorstep. Not only women, men's fashion market have also gone up. Shopping sites make available most of the branded clothes at lower prices than the real market and this is the reason men and women both are going after new trends.

While it is a good thing to be trendy and

follow the latest innovations in designs, fabrics and others, one thing to be careful is to decide carefully whether it fits us and the place we live in. We should maintain the decorum of the place where we are living and not go against it. Also it must suit us. That's a very important thing. If it is not suiting us but we are following it because it is the latest trend that is the worst thing we can do to how we look. We must be comfortable and when all these are kept in mind, we look our best.

Our societies are still conservative and that is why we must be sensitive towards it. Moreover we have our own cultural heritage. We must therefore be proud of our ethnicity. Good thing is that our ethnic fashion have also evolved a lot and popularization of innovated designs have also attracted lot of attention and acceptance.



ANSIYA SUHITHA  
MENON

# The Darling of Dongri Darlings



of genuine admiration. Shopkeepers in Dongri had put up his posters, while neighbourhood eateries offered discounts on food. Their boy had won! A Dongri boy had brought glory to their neighbourhood. No longer would Dongri be seen as nothing more than a dangerous, overcrowded slum that bred international gangsters and where crime was a way of life. Munawar had altered and upgraded Dongri's image overnight! Munawar, a driver's son, left Junagadh in 2002 after his home was burnt during the Godhra riots. His father moved the family to Mumbai, and subsequently, Munawar lost both parents. He dropped out of school, did odd jobs, sold utensils at Rs60 a day. Till he discovered his forte - black comedy! Not everybody was amused by his humour. Munawar spent 37 days in jail following his arrest by the Madhya Pradesh police in Indore on New Year's Eve 2021, when he was picked up mid-performance for what was called a 'hate speech'. Several stand-up comedians representing southeast Asia, stood by Munawar, offering support and solidarity, citing their right to freedom of expression.

Today, Munawar has 4.7 million subscribers to his YouTube channel, 13.6 million followers on Instagram. His net worth is pegged at Rs8 crore, based on his fees of Rs15 lakh per paid post, and Rs2.5 lakh per stage show. His video, 'Dawood Yamraj & Aurat' has garnered 20 million views, and Munawar is already planning his next professional moves. Life on the fast track is likely to transform Munawar's disarming personality - that's a given. Soon, he will be seen sporting designer wear at red carpet events and schoomzing with celebrities from the other side of the railway track. Munawar's makeover is on. You can take the man out of Dongri, but you can't take Dongri out of him - and that is Munawar's real strength. Dongri inspires his work and lyrics. Dongri is his bedrock. When a Dongri resident said "the trophy has finally reached Dongri", it was a rich tribute to the grime and dirt of Dongri and led to the success of Dongri's darling - Munawar.



**KHADEEJA IMRAN**  
- 10C

The extraordinary story of 32-year-old Munawar Iqbal Faruqui, winner of the 17th season of Bigg Boss (Indian television's biggest reality show) is worthy of a biopic. An believable incident occurred when he took the trophy to his modest home, waving to a sea of delirious fans cheering him as he stuck his head out of the sunroof of his fancy car. At first, it looked like watching watching the usual fan-mania outside Shah Rukh Khan's Mannat - the superstar's palatial seaside bungalow. But hello! These visuals were from gritty Dongri, not snotty Bandra. Dongri - Mumbai's most notorious ghetto, once home to gangsters like Dawood Ibrahim, Haji Mastan, Tiger Memon, Chhota Shakeel, Abu Salem. Dongri - from where the dreaded D-Gang operated. Dongri - shunned by Mumbaikars, and damned by cops. Here was a son of Dongri, who had won the hearts of millions of viewers and walked away with prize money and gifts worth more than Rs1.4 crore. This was no freaky win. The thousands who had turned up to greet him, did so out



## BIRTHDAY BOOK DONATION DRIVE



**SHAZA KHAN - 8 C**



**Mr. JAYESH**



**Ms. MUSARRAT KIFAYAT PARKAR**



**Mr. VINOD LAKSHMANAN**



**Ms. NIGY JACOB**



**RAYNELLE JOSEPH FERNANDES**

# Birthday Arcade - MARCH



MASEERA PARVEEN  
10E - MAR 1



AARNA ANGAD  
8C - MAR 1



JAISON DONAL  
7A - MAR 2ND



AAYUSH NAIR  
7E - MAR 2ND



ASHRITH RAM  
8C - MAR 2ND



HUSSAIN IQBAL  
12F - MAR 3RD



DISHLEEN KAUR  
8D - MAR 3RD



REHAAN SALMAN  
7A - MAR 4



SAI SIVA KUMAR  
7C - MAR 4



HARSHA SIVAKUMAR  
7F - MAR 4



ABDUL AZBAT KUNIH  
8E - MAR 4



AZEEZ ABIZAR  
12G - MAR 4



FAITH MARIA ASHISH  
12I - MAR 4



JOEL SHIBU  
12G - MAR 5



CHALLA J ABHIJNA  
12C - MAR 5



KULSUM SYED  
12I - MAR 5



VIDHI VIJAY DODEJA  
12H - MAR 5



AABIDA RAFIK  
12C - MAR 6



INA FATHIMA  
7F - MAR 6



ISHA FATHIMA  
7F - MAR 6



ZIYAH VINU  
8E - MAR 6



AYISHA AMEER  
12D - MAR 6



HUZAIFA ANIS  
12A - MAR 7



SUFYAN ZAMEER  
12A - MAR 7



QUSAI MOIZ ALI  
10D - MAR 7



NAYAAB MOHAMMAD  
10B - MAR 8



SYED AFFAN  
10D - MAR 8



GAURIKRISHNA  
12A - MAR 8



AADITYA ANAND  
8C - MAR 8



ARFA AZAMI  
8D - MAR 8



SREEYUKTHA  
10B - MAR 8



NAWAAL SHAFEEQ  
12B - MAR 8



HADI NABEEH  
12D - MAR 8



MOHAMMED DIYAAN  
12L - MAR 8



RAYNELLE JOSEPH  
12F - MAR 9



NAFISATH YASIRAH  
7C - MAR 9



TYEB HASANALI  
7D - MAR 9



SHIVA ANOOP KAVIL  
8E - MAR 9



QUSAI HAKIMUDDIN  
10H - MAR 9



ABHAY SURESH  
12M - MAR 9



GRACE ABRAHAM  
12M - MAR 9



NIKITA KARTHIKEYAN  
12A - MAR 10



ANUBHAV RONNIE  
12I - MAR 10



FATEMA YOUSUF  
10D - MAR 10



EVAN MONIS  
12L - MAR 10



RONAN ADRIAN  
8C - MAR 11



JOHAN JACOB JIM  
10B - MAR 11



MUHAMMED HADI  
10G - MAR 11



ARAVIND MANOJ  
10C - MAR 12



JESLYN SARA SHYJU  
10D - MAR 12



FATIMA ALTAF RAWA  
10D - MAR 12



IRFAN ANZAR  
10D - MAR 12



ASHISH LIAN LJJO  
10E - MAR 12



PRITHVI PRAKASH  
8F - MAR 12



ARTHUR MYRON D  
6A - MAR 13



AYAN AFRIN  
7B - MAR 13



AROUSH MUZAFFER  
8C - MAR 13



AWAIS IRFAN KADIRI  
10B - MAR 13



SREE NAVAMI  
12F - MAR 13



ISHIKA KAUR  
12G - MAR 13



ANGEL VALANKA  
10C - MAR 14



SHEKHINA YAKUB  
12B - MAR 14



ABDEALI  
7E - MAR 14



AKSHRA SAXENA  
7F - MAR 14



HANIN MUNAWER  
7F - MAR 14



JUZER JAWADWALA  
12B - MAR 15



SHAZA SABEER  
10E - MAR 15



HUSSAIN AKIL ALI  
10F - MAR 15



SAKINA ANIS  
12D - MAR 15



DANIEL KOSHY AJITH  
12I - MAR 15



ABRAHAM JOHN  
12L - MAR 15



HEAVEN SAM SHINE  
10E - MAR 16



SHANELLE  
12B - MAR 16



GAURI LAJU  
7C - MAR 16



ISABELLA MARIANA  
7F - MAR 16



CHRIS EASOW  
8A - MAR 16



JANVI SEKHRI  
8D - MAR 16



ANVESHA SAHU  
10D - MAR 16



CAROLINE MODI  
10E - MAR 16



ABDULLA MAHUZUN  
10G - MAR 16



JANA BENITA  
12L - MAR 16



ANUGRAHA FRAJO  
8B - MAR 17



ZAARA MOHAMMED  
12A - MAR 17



RISHITH SHARMA  
12B - MAR 17



OLIVIA MARIA BINU  
12A - MAR 18



ADIL PANCHBHAIIYA  
7A - MAR 18



MOHNISH  
8A - MAR 18



MANSOOR AMER  
12H - MAR 18





NAVANEETHA  
12F - MAR 19



SIDDHARTHA  
12G - MAR 19



SAMANYU KUMARAN  
7B - MAR 19



POORNIMA SRIJITH  
7F - MAR 19



ALISHA SEQUEIRA  
8A - MAR 19



ELVIN SHEBEY  
12L - MAR 19



BENSON BINOY  
12E - MAR 20



DEAN NICOLAU  
12I - MAR 20



ALWIN SUNIL  
12N - MAR 20



JANE JAYSON  
10C - MAR 21



RIANNA MARIAM  
12A - MAR 21



FARVA FATEMA  
12E - MAR 21



SAIKRISH  
10A - MAR 22



HAURA ALI HUSSAIN  
12F - MAR 22



ALYN ANN BINOY  
12I - MAR 22



JASRAA BAISAL  
12I - MAR 22



NATHAN AMIT  
12I - MAR 22



AHMED SHOUKATH  
7D - MAR 22



TASNEEM ARSHAD  
10B - MAR 22



ARJUN AJI  
7G - MAR 22



TREISHAA ESTHER  
12M - MAR 22



SUMAIYA  
12F - MAR 23



MILEN JAMES JENO  
8A - MAR 23



SYED SHAYANN ILAHI  
10D - MAR 23



MICHAEL JOSEPH  
12C - MAR 23



ABHIJAY  
8E - MAR 24



SAI VARSHA  
12B - MAR 24



LEVI VARKEY  
8F - MAR 24



RABAB  
12M - MAR 24



MOHAMMED FADHIL  
12F - MAR 25



MOHAMMED  
12H - MAR 25



ALIYA JENNATH  
7B - MAR 25



MADIHA IRFAN  
12I - MAR 25



RUTH RACHEL NINAN  
10D - MAR 26



ZAINAB HUSSAIN  
10B - MAR 27



EIRESH KUNTAL  
6A - MAR 27



ANSEL SILVINO  
7F - MAR 27



SHABBIR MUSTUFA  
7F - MAR 27



BENITA SARA  
8D - MAR 27



MIRACLIN PRAISAY  
12L - MAR 27



AALIYA SHAIK  
8 C - MAR 27



VIJAYENDRA VINOTH  
10 A - MAR 29



SAYYEDA ZAINAB  
10A - MAR 29



AALIYAH PESHIMAM  
10D - MAR 29



AISHA IRFAN KHAJA  
7C - MAR 29



SATHYAK VIJAY  
8A - MAR 29



EUNICE KAMMU  
12A - MAR 29



MEHER FATIMA  
12L - MAR 29



HARI KRISHNA  
12M - MAR 29



MURTAZA IBRAHIM  
12N - MAR 29



KRIPA SARA D  
10A - MAR 30



UMME HANI  
10B - MAR 30



SHAMIM ABU KHAN  
10C - MAR 30



ARYAN DIVAKARAN  
7B - MAR 30



MAHAMMED S  
10D - MAR 30



DANIYA ALIM SHAIKH  
10E - MAR 30



AZIZA RIYAZ  
12C - MAR 30



AFRAH QUADRI  
7D - MAR 30



MUKARRAM  
7D - MAR 31



KRIS ANN SHELLEY  
8A - MAR 31



ALVIN ANI  
10B - MAR 31



DELICIA LEOLA D  
12M - MAR 31



MRS. MANU ANN  
VARGHESE - MAR 2



MRS. MUSARRAT  
PARKAR - MAR 3



MR. VISHNU  
- MAR 4



MRS. NIGY JACOB  
- MAR 9



MR. VINOD  
LAKSHMANAN - MAR 10



MR. SUMIT  
TOSHKHANI - MAR 11



MR. PRATHAPA  
CHANDRAN - MAR 13



MR. ATIQUE AKBAR  
DHANSE - MAR 18



MR. MANIKANDAN  
- MAR 20



MRS. PRAWINA  
- MAR 21



MRS. SAMINA  
- MAR 22



MRS. NIMMY  
- MAR 23



MRS. HEPHZIBAH  
- MAR 23



MRS. LUBNA VASIM  
- MAR 27



MRS. SREEKUTTY  
- MAR 30

# BIRTHDAY CUM CHARITY FUND

## BALANCE SHEET FOR THE MONTH OF FEBRUARY 2024

Income (January 2024)	KD	Expenditure (February 2024)	KD
Balance c/f from January 2024	2655.380	1. Cancer Patient	150.000
		2. Cancer Patient	150.000
		3. Cancer Patient	150.000
		4. Cancer Patient	150.000
			<b>600.000</b>
<b>Balance c/f from January 2024</b>	<b>2055.380</b>		
<b>Contribution from Students &amp; Staff (February 2024)</b>	<b>231.585</b>		
<b>Contribution from Physical Education students</b>	<b>15.000</b>		
<b>Contribution from Dr. Prasanthi Santhosh the parent of Bhumika Santhosh / Class XII L</b>	<b>5.000</b>		
<b>Balance in Hand</b>	<b>2306.965</b>		

## CHARITY FEBRUARY 2024

CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL	CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL
12 A	-	3.000	3.000	7A	-	4.800	4.800
12 B	-	12.000	12.000	7B	-	3.680	3.680
12 C	-	13.450	13.450	<b>7C</b>	<b>-</b>	<b>8.385</b>	<b>8.385</b>
12 D	-	7.290	7.290	7D	-	4.160	4.160
12 E	-	13.000	13.000	7E	-	1.550	1.550
12 F	-	10.845	10.845	7F	-	0.925	0.925
12 G	-	6.355	6.355	6A	-	1.000	1.000
12 H	-	21.000	21.000	<b>TOTAL</b>		<b>177.630</b>	<b>177.630</b>
12 I	-	19.180	19.180	<b>AFTERNOON</b>			
10 A	-	2.290	2.290	7G	-	-	-
10 B	-	1.395	1.395	8F	-	2.200	2.200
10 C	-	4.230	4.230	10G	-	13.240	13.240
10 D	-	1.360	1.360	10H	-	1.48	1.48
10 E	-	7.860	7.860	12L	-	0.350	0.350
8A	-	5.510	5.510	12M	-	2.070	2.070
8B	-	15.000	15.000	<b>12N</b>	<b>-</b>	<b>1.500</b>	<b>1.500</b>
8C	-	3.895	3.895	<b>TOTAL</b>		<b>20.840</b>	<b>20.840</b>
8D	-	1.350	1.350	<b>GRAND TOTAL</b>		<b>198.470</b>	<b>198.470</b>
8E	-	4.120	4.120				



# CHARITY CONVENERS - MARCH



RASHIDA YUSUF  
- 12A



SHEKHINA KHAN  
- 12B



MAAZ MUBIN  
- 12C



AUDAD HUZEFZA  
- 12D



REBECCA MARIAM  
- 12E



AAVANI VINOD  
- 12F



NITYA SHARMA  
- 12G



JOYAL JOBY  
- 12H



ANNA KARINA  
- 12I



JEREMY SHIBU  
- 10A



THERESA TENSON  
- 10B



HUZAIFA MUSTAFA  
- 10C



AFSHAAN MAHUR  
- 10D



SUDHANVA RAO  
- 10E

## If music was a drug, it would be marketable



"I think music in itself is healing," American musician Billy Joel once said. "It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." Most of us would wholeheartedly agree with this statement, and it is this universal bond with music that has led researchers across the globe to investigate its therapeutic potential. We can all think of at least one song that, when we hear it, triggers an emotional response.

We have a such a deep connection to

music because it is 'hardwired' in our brains and bodies. The elements of music – rhythm, melody, etc. are echoed in our physiology, functioning, and being. Given the deep connection we have with music, it is perhaps unsurprising that numerous studies have shown it can benefit our mental health.

A 2011 study by researchers found that listening to music increases the amount of dopamine produced in the brain– a mood-enhancing chemical, making it a feasible treatment of depression. Bob Marley once

A 2011 study by researchers found that listening to music increases the amount of dopamine produced in the brain– a mood-enhancing chemical, making it a feasible treatment of



ZUHAIR A BBAS  
VARDAWALA - 10B

depression. Bob Marley once sang: "One good thing about music, when it hits you feel no pain." According to some studies, this statement may ring true. Certain songs have the ability to remind us of certain periods or events in our lives – some that make us smile, and some we would rather forget. With this in mind, researchers are increasingly investigating whether music may aid memory recall. Based on the research to date, there is certainly evidence that we have much more than just an emotional connection with music. So the next time you put on your favorite track, have a little dance around safe in the knowledge that you are likely to be reaping some health benefits.

"If music was a drug, it would be marketable"

## TALENT SHINES

In line with its vision to promote and develop badminton in Kuwait, Badminton Players – Kuwait: BPK Open 2024 conducted its Tournament on Friday 8th March 24 which attracted 40 Badminton teams from all over Kuwait.

Our ICSK SENIOR MATHS faculty member Sir Justin M and Varad Nithin of Class 12 C played BPK OPEN - Doubles Intermediate Category. They together proved their supremacy with deft touches and powerful smashes across the court much to the surprise of their opponents. They scored the 1st RANK in the tournament and also grabbed a trophy and a 100 KD cash voucher.

The efforts were much appreciated by crowd and the players. We, the family of ICSK SENIOR congratulate them and wishing them well for their continued success.



APPRECIATION  
CORNER

# EPITravel MEXICO

For this edition of epitavel, we will be taking a look at a country known for its chocolates, tequila, avocados, and pumpkins, Mexico!

## Geographical location of Mexico

Mexico is located at about 23° N and 102° W in the southern portion of North America. From its farthest land points, Mexico is a little over 3,200 km (2,000 mi) in length. Mexico is bounded to the north by the United States (specifically, from west to east, by California, Arizona, New Mexico, and Texas), to the west and south by the Pacific Ocean, to the east by the Gulf of Mexico, and to the southeast by Belize, Guatemala, and the Caribbean Sea. The northernmost constituent of Latin America, it is the most populous Spanish-speaking country in the world. Mexico is the world's 13th largest country, three times the size of Texas.

## The best time to visit Mexico

The times to visit can be broadly classified based on the places you want to visit

### 1. The best time to visit the Mountains

The Sierra Madre mountain range essentially runs the entirety of the country north to south, down the center. The mountains extend approximately 700 miles from northwest to southeast, with summits on average above 6,000 feet and many peaks reaching 10,000 feet.

The climate here typically features cool nights and dry days. There is a rainy season, from June through October, but the mountain topography tends to mitigate it so that it is less intense than in lower-lying regions.

You should visit the mountains if you're interested in adventure travel, including trekking, climbing, mountain biking and hiking. The best time to visit would be the dry season to maximise the outdoor time, but you're risking lower temperatures.

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### 2. The best time to visit the Lowlands :

Mexico's lowland jungles, like the Lacandón jungle, which stretches from the southern state of Chiapas into the Yucatán peninsula and down to Guatemala, has a much more tropical, rainforest-style climate compared to the mountains. The lowlands have more intense rainy seasons from June through October, as well as a treacherous hurricane season, from mid-August through mid-October.

Visitors to the lowlands will be exploring the jungles of Chiapas and its archaeological sites, such as Palenque or Bonampak, the national wildlife preserve within the state of Campeche or the Mayan sites within the Yucatán or Quintana Roo states. The best time to visit the lowlands are in the winter, when it will still be hot and humid, but much drier compared to the summer.

### 3. The best time to visit the Northwest and the Baja Peninsula

These two regions, while different in topography, are similar in climate. The Northwest is a mountainous plateau that stretches down to the desert region encompassing destinations like San Miguel de Allende, Querétaro, Guanajuato, Copper Canyon and Mazatlán.

The Baja peninsula, across the Sea of Cortez, is a desert-style environment similar to southern California. This region is much cooler, especially in the winter.

The best time to visit is June through October, when the destination will be drier. But beware of hurricane season in Baja, which is susceptible to severe storms (think: Hurricane Odile in 2014, which completely ravaged Los Cabos).



DHRUV PILLAI  
- 11C

### 4. The best time to visit the Coast

Mexico's best-known tourism commodity is the coast. Vacationers flock from the tip of the Yucatán, around to the southwestern coast of Oaxaca and up the entire Pacific Coast of the country through Acapulco to Puerto Vallarta, to name a few hotspots.

The absolute best time to begin to hit Mexico's coast is after hurricane season, specifically November when the weather switches to the dry season, and lasts until around March or April. This is when the coast is its most beautiful, with lower humidity, warm days and cooler nights. Unfortunately, this is when the rest of the world is also heading to Mexico's coast, so you'll find more crowds and higher hotel rates.

The summer on the coast is hot and humid, oppressively so. However, this is when you're most likely to get beaches all to yourself and insane hotel rates to boot.

### 5. The best time to visit Mexico's Cities

The cities, like Mexico City, Guadalajara, Guanajuato, San Luis Potosí and Querétaro, work under a different set of rules. Weekdays will be more crowded, especially at the hotels, as this is peak business travel time. The weekends in the major cities will have fewer crowds and better hotel rates. That said, weekends are also when international travellers are jetting in for short visits.

## Mexican Cuisine

Mexican food has some of the most well-known and loved dishes in the world. Mexican cuisine varies by region due to local climate, geography and ethnic differences among the indigenous inhabitants.

## The Midas touch

In ancient Greek, there was a king named Midas. He had a lot of gold and everything he needed. He also had a beautiful daughter. Midas loved his gold very much, but he loved his daughter more than his riches.

One day, a satyr named Silenus got drunk and passed out in Midas' rose garden. Believing that Satyrs always bring good luck, Midas lets Silenus rest in his palace until he is sober, against the wishes of his wife and daughter. Silenus is a friend of Dionysus, the god of wine and celebration. Upon learning Midas' kindness towards his friend, Dionysus decides to reward the king.

When asked to wish for something, Midas says "I wish everything I touch turns to gold". Although Dionysus knew it was not a great idea, he granted Midas his wish.

Happy that his wish was granted, Midas went around touching random things in the garden and his palace and turned them all into gold. He touched an apple, and it turned into a shiny gold apple. His subjects were astonished but happy to see so much gold in the palace.

In his happiness, Midas went and hugged his daughter, and before he realized, he turned her into a lifeless, golden statue! Aghast, Midas ran back to the garden and called for Dionysus. He begged the god to take away his power and save his daughter. Dionysus gives Midas a solution to change everything back to how it was before the wish. Midas learned his lesson and lived the rest of his life contented with what he had.

Moral: Do not get greedy. Be happy and content with what you have.

### The golden egg

Once upon a time, a farmer had a goose that laid a golden egg every day. The egg provided enough money for the farmer and his wife for their day-to-day needs. The farmer and his wife were happy for a long time. But one day, the farmer got an idea and thought, "Why should I take just one egg a day? Why can't I take all of them at once and make a lot of money?"

The foolish farmer's wife also agreed and decided to cut the goose's stomach for the eggs. As soon as they killed the bird and opened the goose's stomach, to find

nothing but guts and blood. The farmer, realizing his foolish mistake, cries over the lost resource!



ARMAAN ASIM

Moral: Think before you act.

The English idiom "kill not the goose that lays the golden egg" was also derived from this classic story.



## DID YOU KNOW?

### FACTS ON THE HUMAN BODY

- It's impossible to sneeze with your eyes open.
- It's nearly impossible to tickle yourself.
- Laughing and coughing creates more pressure on the spine than walking or standing.
- Like fingerprints, every person has a unique tongue print.
- A pair of feet have 500,000 sweat glands and can produce more than a pint of sweat a day.

- A person can expect to breathe in about 45 pounds of dust over his/her lifetime.
- A person can live without food for about a month, but only a week without water.
- A person growth like being tall or short is not determined only by the genes. Growth hormone also is responsible for it.
- 10% of human dry weight comes from bacteria.
- 10% of men and 8% of women are left-handed.
- Your body has enough iron in it to make a nail 3 inches long.
- Your body produces enough heat in only thirty minutes to boil a half-gallon of water.
- A hard working adult sweats up to 4 gallons per day.

- A full bladder is roughly the size of a soft ball.
- A human head remains conscious for about 15 to 20 seconds after it is been decapitated.
- A human body contains about 200,000 temperature detectors.
- A human body has 500,000 touch detectors.
- Diabetes causes 6 deaths every minute and 1 in 20 deaths in the world. Every year 3.2 million people in the world die from diabetes or related causes.
- In an average person, it takes 8 seconds for food to travel down the food pipe, 3-5 hours in the small intestine and 3-4 days in the large intestine.



FAREEHA JUNAID KHANZADA - 8D

# DISCOVER **india** GOA

The smallest state of India needs no introduction because this honeypot tourist destination attracts over 63 hundred thousand visitors every year! A former Portuguese colony, Goa is also fondly known as the 'Rome of the East'. Goa as we know it is exactly how anyone in the country would describe it too, beaches, endless parties, exciting nightlife and surreal nature at its best. Inhabited and colonized by the Portuguese for almost 450 years, the state has an inherent influence on their culture and traditions. Spawned over a land area of 3702 km square with the Arabian Sea cradling its coastline, this destination experiences tropic weather conditions almost all through the year. Goa is one of India's top holiday destinations and it's easy to see why.



India. The cascading effect of this waterfall gives rise to the illusion of a milky white sea falling from such a great height. The entire landmark in the backdrop of the falls is covered with a vastly stretched forest cover. This is how the Dudhsagar Falls form a part of Bhagwan Mahavir Wildlife Sanctuary.

## Grand Island



Grand Island is the nirvana of Goan water-sports. There is a lot to be experienced here from diving to snorkeling to fishing. Scuba diving in Goa is the most popular activity because it offers so much in terms of underwater exploration. There are ship wrecks to be found here as well as some reefs. The "Suzy" wreck and the "Davy Jones Locker" are especially popular with divers as are Serge City, Bounty Rock, and Turbo Tunnel. Experienced and beginner divers both find something to satisfy in Grand Island. You can also go snorkeling. Bumper boats and banana boats are also popular around the island.

## 2) Divar Island

Divar Island is amongst the most beautiful places to see in Goa. The fact that such a small, pristine, and simple place can exist in Goa alongside the crazy party scene If you'll visit it, only then you will be able to experience it. Absolutely unlike any experience in Goa, Divar Island will

leave you feeling happy and satisfied. This is because the entire place gives off a rich, wholesome, almost home-like vibe which is particularly attractive to those who prefer quiet and natural



AZIZA RIYAZ  
- 12C



beauty. Reaching Divar Island is easy and convenient. Ferries operate round the clock after every 15 minutes from morning to evening.

## 3) Bom Jesus Basilica



One of the most important of all tourist places in Goa as well as a central landmark for Catholics, the Bom Jesus Basilica is the place in which the incorrupt body of St Francis Xavier is kept. The Church was built in 1605 and the body of the Saint was brought to it in 1622 where it has laid since in its glass mausoleum. The body is perhaps the greatest attraction of the Basilica. A gallery of Modern Art is also a part of the Basilica. The building is constructed in baroque style and is considered one of the best examples of baroque architecture in India. You can visit the Bom Jesus Basilica in December for the best experience of the tradition as the feast and novena take place at that time along with Christmas celebrations.

## 1) Calangute Beach



Known as the "Queen of Beaches" in Goa, Calangute Beach caters to all types of travelers, from nature lovers to adventure junkies to party freaks. Acting as a haven for nature lovers, in particular, this beach is the biggest and the most popular one in North Goa, boasting of scintillating charm as well as beauty. Furthermore, it reflects the uniqueness that the culture of Goa generally has, in addition to offering beautiful and scenic views of the surrounding landscapes.

## Dudhsagar Waterfalls

Dudhsagar Falls of Goa is a majestic waterfall where the white water gushing through the steep and vertical face of the mountain portrays a cascading effect. Standing as tall as 310 meters, it makes sure to stand in the list of tallest waterfalls in

# Mother: The Epitome of Unconditional Love and Sacrifice



This bond grows stronger as she selflessly nurtures and cares for her child, creating an unbreakable connection rooted in love. A mother's love knows no bounds. Regardless of our flaws, mistakes, or shortcomings, a mother's love remains unwavering. Her love is selfless, pure, and truly unconditional. It is this love that provides us with a sense of security and comfort, knowing that no matter what happens, our mothers will always be there for us.

## Introduction:

Mothers hold a unique and irreplaceable role in our lives. They are often described as the sweetest humans alive, and rightfully so. Their immeasurable love, unwavering support, and selfless sacrifices shape us into the individuals we become. In this article, we delve into the various aspects that make mothers so special and explore the profound impact they have on our lives<sup>1</sup>. A Bond Like No Other:

The bond between a mother and child is unparalleled. Right from conception, a mother experiences physical and emotional changes that connect her to her child in a way no one else can understand.

Mothers consistently put their children's needs ahead of their own. From sleepless nights to endless hours of nurturing, they sacrifice their time, energy, and sometimes even their dreams to ensure their children's well-being. Their acts of selflessness epitomize the saying, "A mother's love knows no bounds."

Mothers play a vital role in shaping our values, morals, and beliefs. They provide guidance and support throughout our lives, teaching us right from wrong and instilling important life lessons. Their wisdom, experiences, and gentle guidance help us navigate through the challenges of life with

strength and resilience.

Mothers are our biggest cheerleaders. They rejoice in our accomplishments, no matter how small, and celebrate our milestones with genuine happiness. Similarly, during times of failure and disappointment, they offer solace, encouragement, and a shoulder to lean on. Their unwavering support helps us grow stronger in both success and adversity.

Mothers truly embody the definition of sweetness. Their love, sacrifices, guidance, and support make them the sweetest humans alive. They protect, nurture, and shape us into the best versions of ourselves. A mother's role extends far beyond biological ties, as they become our mentors, confidants, and forever friends. Let us always cherish and appreciate the sweetest human alive – our mothers.

Note: This article serves as a heartfelt tribute to mothers around the world. The information provided is for inspiration and appreciation purposes only.



NAFISATH  
YASIRAH 7C

## Dreams or Reality



Ever had dreams where you were sure that it was reality? Ever had dreams where you realised that you were dreaming? This is called lucid dreaming where the dreamer is aware that they are dreaming and can take some control over the dream. However certain people have experienced scary dreams after taking control of their lucid dreams. People say not to ask time in their dreams or tell a character that you are

aware that you are dreaming. There are a few theories that explain why we shouldn't do this. One of them being that we aren't supposed to know that we are in a dream. (I wouldn't recommend, but if u do try to do this, let me know what happened). Another form of dreaming is called sleep paralysis (DON'T EVEN GET ME STARTED ON THIS ONE). Ever got stuck in a dream and can't wake up (if your answer is no, you are one lucky person). It's not clear why this happens but its usually linked with insomnia. Some people who get sleep paralysis feels a presence of the creature standing on their chest which mobilizes the person- commonly referred to as sleep paralysis demons. There's another theory stating the when we dream, we enter a 4th dimension or Astro world and this is where our thoughts go to. Some people believe that our souls leave our body when we sleep. The soul has no energy and does no need rest like the brain and so it wanders off. They believe that this is why

some people experience an out of body experience while dreaming. According to J. Allan Hobson and Robert McCarley, Harvard psychiatrists in 1977, dreams are the by-product of brain processes during sleep. Sigmund Freud, one of the most influential figures in psychology says that dreams are our brains attempt to resolve a conflict. Einstein was known to sleep for 10 hours. Some people think that maybe he used to lucid dream. His dream about a field of cows apparently inspired the theory of relativity.

These are just some theories and conspiracies that are out there, we ll never know what actually happens. Next time you wake up, be glad you weren't stuck in your dream- but if you ever do get stuck, make sure they never find out you know you are dreaming:)



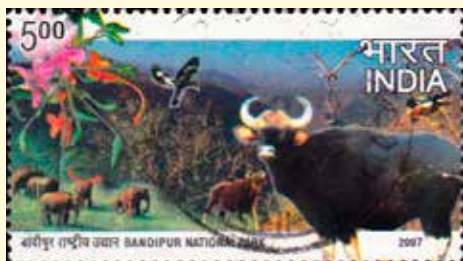
ALISHA THEJES  
PATHIL

# EPHILATELY

Welcome back to another edition of Ephilately! We've looked at a variety of interesting stamps that showcase India's rich culture, past and heritage before. In this edition of Ephilately, we'll be looking at stamps related to something that every Indian can be proud of, something that attracts thousands of tourists every year, somewhere every human being wants to go. In this edition, we'll be looking at stamps of the great National Parks of India.

India boasts of a huge inventory of fauna, with over 30,000 species, our country is one of the most expansive and diverse regions in the world when it comes to flora and fauna. In order to pay a small tribute to the great National Parks in our country, stamps featuring five of our major national parks were released in the year 2007. These stamps showcase the Bandipur National Park in Karnataka, Mudumalai National Park in Tamil Nadu, Bandhavgarh National Park in Madhya Pradesh, Periyar National Park in Kerala and not to miss, home to the one-horned rhino, the Kaziranga National Park in Assam.

## Bandipur National Park



Bandipur National Park, established in 1974 as a tiger reserve under Project Tiger, is a national park located in the Indian state of Karnataka, which is the state with the second highest tiger population in India. Along with adjacent Nagarhole National Park it is one of the Premier Tiger Reserves in the country. It was once a private hunting reserve for the Maharaja of the Kingdom of Mysore but has now been upgraded to Bandipur Tiger Reserve. Bandipur is known for its wildlife and has many types of biomes, but dry deciduous forest is dominant.

## Mudumalai National Park

The Mudumalai National Park and Wildlife Sanctuary also a declared tiger reserve, lies on the northwestern side of the Nilgiri Hills (Blue Mountains), in Nilgiri District, about 150 kilometres (93 mi) north-west



of Coimbatore city in Tamil Nadu, India. It shares its boundaries with the states of Karnataka and Kerala. The sanctuary is divided into five ranges – Masinagudi, Thepakadu, Mudumalai, Kargudi and Nellakota.

## Bandhavgarh National Park



Bandhavgarh National Park is a National park of India, located in the Umari district of Madhya Pradesh. Bandhavgarh, with an area of 105 km<sup>2</sup>, was declared a national park in 1968 and then became Tiger Reserve in 1993. The current core area is spread over 716 km<sup>2</sup>. This park has a large biodiversity. The density of the tiger population at Bandhavgarh (8 Tiger per square km) is one of the highest known in India. The park has a large breeding population of leopards, and various species of deer. Maharaja Martand Singh of Rewa captured the first white tiger in this region in 1951.

## Periyar National Park



Periyar National Park and Wildlife Sanctuary is a protected area located in the districts of Idukki and Pathanamthitta in Kerala, India. It is notable as an elephant reserve and a tiger reserve. The protected area encompasses 925 km<sup>2</sup> (357 sq mi) of which 305 km<sup>2</sup> (118 sq mi) of the core zone

was declared as the Periyar National Park in 1982. The park is a repository of rare, endemic and endangered flora and fauna and forms the major watershed of two important rivers of Kerala, the Periyar and the Pamba.



ARSH KHAN  
- 10B

## Kaziranga National Park



Kaziranga National Park is a national park in the Golaghat, Karbi Anglong and Nagaon districts of the state of Assam, India. The sanctuary, which hosts two-thirds of the world's great one-horned rhinoceroses, is a World Heritage Site. Kaziranga has been the theme of several books, songs and documentaries. The park celebrated its centennial in 2005 after its establishment is 1905 as a reserve forest. That's all for this edition of Ephilately. Hope you all enjoyed and learnt something new from this!

## Maraimalai Adigal



Maraimalai Adigal was a Tamil orator and writer and father of Pure Tamil movement. He was a fervent Tamizh Saivite. He wrote more than

100 books, including works on original poems and dramas, but most famous are his books on his research into Tamil literature. Most of his literary works were on Saivism. He founded a Saivite institution called Podhunilaik Kazhagam. He was an exponent of the Pure Tamil movement and hence considered to be the father of Tamil linguistic purism. He advocated the use of Tamil devoid of Sanskrit words and hence changed his birth name Vedhachalam to Maraimalai.





due to heavy rainfall.



LEVINA RACHEL  
- 12F (AY 24-25)

The floods wreak havoc and Shaji, Anoop, and Sethupathi involve themselves highly in rescue efforts. Tragedy strikes when Mathachan loses his life during a rescue operation. Sethupathi undergoes a transformation, abandoning his initial intentions to contribute to relief efforts by delivering groceries. Koshy, a taxi driver, who guides around a Polish couple, is stuck and can't visit any tourist place in Kerala due to the rains. Koshy along with the couple later refuges in Anoop's house. Anoop's heroism extends to aiding Air Force officers by saving a pregnant woman, and attempting to rescue many distressed families. He even saves the blind shopkeeper Bhasi. Unfortunately, Anoop loses his life while saving Bhasi, leaving a legacy of selflessness.

As floodwaters recede, the community honours Anoop's sacrifices with a monument in the village. Many who disrespected him for leaving the Military looked up to him as a role - model. Nixon, even though continues his career as a model, helps his brother in fishing during his free times. Sethupathi returns to his family in Tamil Nadu.

In 2018, in a small town, Anoop, a former military officer haunted by the trauma of witnessing soldiers' deaths, works at a store owned by the visually impaired Bhasi. Anoop's affections are directed towards Manju, a teacher at the local government school, and later both fall in love and plan their marriage. Seeking a Dubai visa, Anoop enlists the help of his friend Rameshan, who is struggling with a hidden marital crisis with his wife. Sethupathi, a truck driver from a drought-stricken Tamil Nadu village, crosses paths with Noora, a TV reporter covering the water scarcity crisis in that area. This encounter triggers a fateful incident, leading Noora to Kerala, where her family faces health challenges.

rescue the lost fishermen while navigating internal conflicts. Nixon, Mathachan's son, defies family tradition by pursuing a modelling career.

The rains start becoming heavier day by day, resulting in heavy flooding. People start panicking all over Kerala over the intense rains and floods. In some areas the rain had affected landslides causing many families to be trapped.

Nixon returns to help his family during floods, overcoming differences with his father. Rameshan's family troubles intensify, prompting his return to Kerala, while Anoop's wedding plans face disruption

Tensions escalate among protestors dissatisfied with media coverage, culminating in a violent plan involving explosives. Sethupathi is tasked with transporting the explosives to Kerala for the protestors while hiding it with groceries on top of the explosives. Meanwhile, Shaji, a government officer overseeing disaster management, grapples with missing fishermen after a severe storm.

Mathachan, a fisherman, and his family



## GOOD WILL AMBASSADOR FOR THE MONTH OF FEBRUARY 2024



JIANNA SUSAN JERIN  
- 12H (SENIOR SECONDARY)



PRANATHI PULLUR  
(SECONDARY)



AEBIN  
- 10G (AFTERNOON)



KAREN PREETH  
- 12M (AFTERNOON)



### Union government of India has planned to roll out APAAR ID dubbed as 'One Nation, One Student ID'.

APAAR, which stands for Automated Permanent Academic Account Registry, is envisioned as a special ID system for all students in India, starting from childhood.

The initiative, aligned with the National Education Policy (NEP) and the National Credit and Qualifications Framework (NCrF), aims to revolutionize the academic experience for students across the country. The cornerstone of APAAR is the assignment of a unique and permanent 12-digit ID to every student, consolidating their academic achievements in a unified and accessible platform. Education Minister Pradhan emphasized that APAAR is poised to become the aspirational and globally recognized document for students in India, marking a significant step towards streamlining the education sector.



### India wins 9th Gov Tech award at World Government Summit in Dubai:

India has secured the prestigious 9th GovTech Prize for its pioneering endeavors in AI-powered government services, at the World Government Summit 2024. The accolade recognizes

the remarkable efforts of the Ministry for Road Transport & Highways, Government of India, for its transformative project known as iRASTE. iRASTE, a collaborative initiative involving the government, industry, and academia, is revolutionizing road safety through the integration of AI technology. This innovative project marks a significant departure from conventional approaches by harnessing the predictive power of AI to preemptively address road safety challenges.



### India announces four-member crew for 'Gaganyaan' space mission:

India introduced four crew members for its maiden 'Gaganyaan' space voyage, as it aims to become the world's fourth country to send a crewed mission into space just months after a historic

landing on the south pole of the moon. Among the four chosen Indian Air Force pilots are Group Captain Prashanth Nair, Group Captain Ajit Krishnan, Group Captain Angad Pratap, and Wing Commander Shubhanshu Shukla. The four astronauts were trained at Yuri Gagarin Cosmonaut Training Center in Russia. Indian Space Research Organisation's (ISRO) Gaganyaan mission will seek to demonstrate India's human spaceflight capability by launching astronauts to Low Earth orbit (LEO) of 400 kms for a three-day mission and bringing them safely to earth with a planned splashdown in Indian sea waters.



### Dubai to have world's first air taxi, agreements inked at World Government Summit 2024:

At the heart of the initiative lies the Joby Aviation S4, an innovative aircraft designed to comfortably accommodate four passengers along with a pilot.

Sporting six propellers and powered by four battery packs, the S4 boasts a maximum range of 161 km and a top speed of 321 km per hour. Its Vertical take-off and landing capabilities render it ideal for urban settings, minimizing the space requirements typical of

conventional stations and reducing noise pollution compared to helicopters.



### India launches UPI in Sri Lanka and Mauritius:

India's cutting-edge Unified Payment Interface (UPI) technology was officially introduced in Sri Lanka and Mauritius, marking a crucial milestone in digital connectivity between the three countries. The UPI

system, India's mobile-based fast payment system, enables customers to make instantaneous round-the-clock payments using a Virtual Payment Address (VPA) created by the customer.



### CBSE Proposes 3 Languages, 7 Other Subjects In Class 10, 6 Papers In Class 12:

The Central Board of Secondary Education (CBSE) has suggested substantial revisions to the academic structure for secondary and higher secondary education. Among the

proposed changes is a transition from studying two languages to three in Class 10, mandating that at least two of these languages must be native to India. Additionally, there is a proposed change in the passing criteria for Class 10 students, increasing the requirement from passing in five subjects to 10. Likewise, in Class 12, the suggested modifications include students studying two languages instead of one, with the prerequisite that at least one must be a native Indian language. In total, students would need to pass examinations in six subjects rather than five to complete high school.



### NASA Announces Dream Job For Space Enthusiasts: Simulated Mars Experience:

American space agency NASA is looking to hire four people for a year-long simulated experience of Mars. The job advertisement has been posted on the page of Crew Health

and Performance Exploration Analog (CHAPEA). Successful candidates will be confined to a 1,700 square-foot habitat called Mars Dune Alpha, with limited resources and challenges such as environmental stressors and equipment failures. The space agency plans to get individuals ready for future space missions, especially to Mars, and wants to gather data on a variety of factors, such as physical and behavioural health and performance. "During the mission, the crew will conduct simulated spacewalks and provide data on a variety of factors, which may include physical and behavioural health and performance.



### DRDO Achieves Success In Very Short-Range Air Defence System Flight Tests:

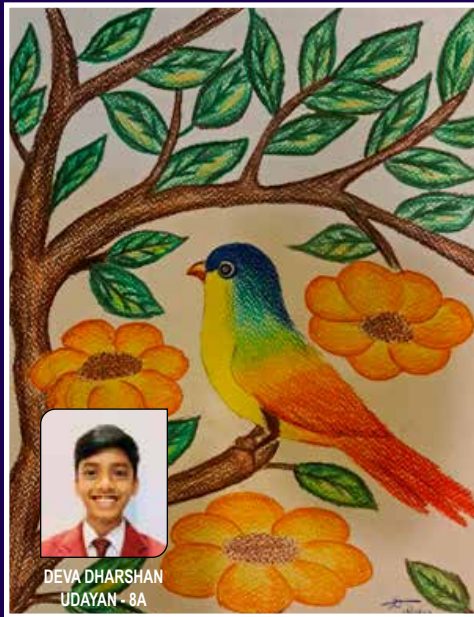
The Defence Research and Development Organisation (DRDO) has achieved a milestone with two successful flight tests of the Very Short-Range Air Defence System

(VSHORADS) missile conducted on February 28 and 29. These tests were conducted from a ground-based portable launcher off the coast of Odisha, at the Integrated Test Range, Chandipur. According to the Ministry of Defence, the tests involved engaging high-speed unmanned aerial targets in various interception scenarios. In each instance, the missiles intercepted and destroyed the targets, fulfilling the mission objectives.

# Art Gallery



CHRISTINA BINOSH  
- 7F



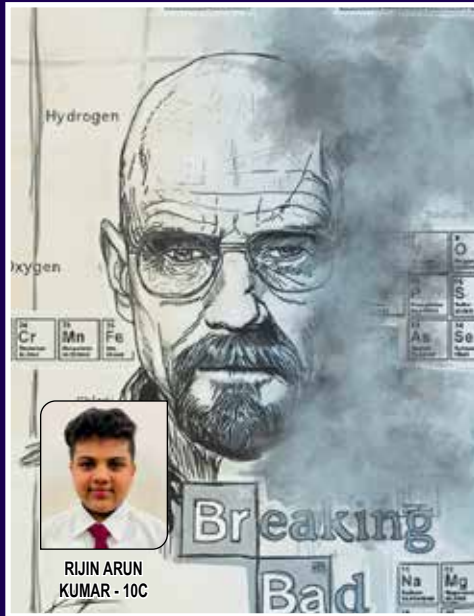
DEVA DHARSHAN  
UDAYAN - 8A



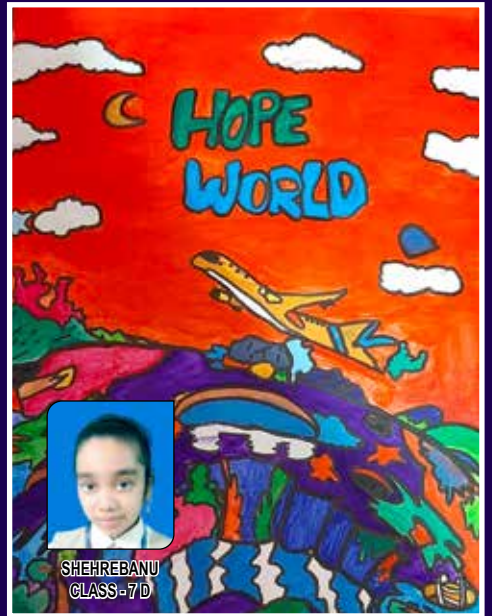
EHZAAN ZAIR  
- 7B



FATHIMA NABLA  
- 9F



RUJIN ARUN  
KUMAR - 10C



SHEHREBANU  
CLASS - 7D



JEREMAI COLACO  
- 12E



FIDA LAHIR  
- 12B



ANN NIYA JOSE  
- 12I

# EPictionary



SNEHA NAMPALLY  
- 12 F

- 1. Tractable** : easy to control or influence  
Usage in a sentence: she has always been tractable and obedient, even as a child
- 2. Rancor**: bitter, long-lasting resentment; deep-seated ill will; hatred  
Usage in a sentence: Thirty years after the war, she could not let go of the past but was still consumed with rancor against the foe.
- 3. Obfuscate**: confuse; muddle  
Usage in a sentence: Gratuitous violence was reported.
- 4. Paucity**: scarcity; fewness  
Usage in a sentence: they closed the restaurant because the paucity of customers made it uneconomical to operate.
- 5. Perfidious** : treacherous; disloyal  
Usage in a sentence: When Caesar realized that Brutus had betrayed him, he reproached his perfidious friend.
- 6. Pulchritude**: great physical beauty and appeal; moral beauty  
Usage in a sentence: The pureness of his heart is as deep as the ocean & his pulchritude that he carries within is like the vast open sky.
- 7. Approbation**: approval; praise  
Usage in a sentence: She looked for some sign of approbation from her parents, hoping her good grades would please them.
- 8. Burnish** : make shiny by rubbing; polish  
Usage in a sentence : I burnish the brass fixtures until they reflect the lamplight.
- 9. Calumny** : false statement maliciously made to injure another's reputation; slander  
Usage in a sentence : He could endure his financial failure, but he could not bear the calumny that his foes heaped upon him.
- 10. Cogent**: convincing  
Usage in a sentence : It was inevitable that David chose to go to Harvard: he had several cogent reasons for doing so, including a full-tuition scholarship.



## Overcoming Failure

"Failures are stepping stones to success", is a mantra chanted by anyone who has ever offered you 'free advice'. But I personally haven't seen my botches magically transform into ground breaking discoveries or mind boggling ideas. All I could extract from these experiences were regrets and lots of sleepless nights. Over-thinking bygone incidents aggravated my low self esteem. So where is the truth in the quote ?



ZAIMA MOHAMED  
FEROZ - 12E

Failures are inevitable. Many individuals have faced adversities that crushed them down to level zero. Some never emerge out of the shambles. Some call Life a cruel sadist and give up. But a special group of people decide not to bother about the embarrassment and rise out of the wreckage. This special group of people have found out the truth embedded in the above quote.

It lies in your perspective. You are the one who has the ability to revamp your flops into the golden elevator of success. Shift your focus from the embarrassment to the reason for the downfall. Analyze the potential causes and perceive the lesson you learnt from it. Gaze upon incidents with a positive attitude. Everybody makes mistakes and we learn from them. The more lessons you have, the stronger you are.

To change your perspective, you must realize that the only opinion that can influence you is what you have to say about yourself. You have the choice to not make a fuss about a slight mishap and carry on fabricating your goal. You have the power to ward off negative comments and move ahead. Courage and determination evolves along the way to support you. And ultimately you become a person who is not tossed around by the sea of opinions.

That is how you - the only person in the realm - can transform your failures to stepping stones of success.



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