



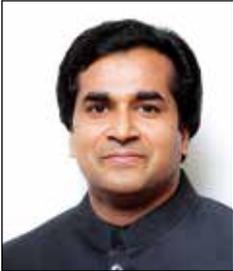
# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

APRIL 2024



## PRINCIPAL'S MESSAGE

Dear Children  
Greetings!

*"Tell me, and I will forget. Show me, and I may remember. Involve me, and I will understand."*

Curiosity is an important factor in a child's ability to learn and gain knowledge. When children are curious about the world around them, they are more likely to be motivated to seek out new information and experiences. This can lead to increased exploration and learning, which can help them develop their knowledge and understanding of the world.

Curiosity is often described as a desire to know or learn about something, and it can be a powerful driver of learning and development in children. Children who are naturally curious may be more likely to ask questions, engage in problem-solving activities, and seek out new experiences, all of which can help them learn and grow.

So my dear children, try to be confident enough to present your doubts. No one will judge you. And if they do that's their issues not yours. Love yourself enough that you don't care about what others think of you. Or what they talk about you. None of that matters. Because at the end what matters the most is YOU. YOU CAN DO IT. YOU CAN PUT UP QUESTIONS. YOU DONT FEEL UNCOMFORTABLE ANYMORE. Start enjoying yourself and trust me you won't care anymore what others think of you.

### To Teachers

The teachers of ICSK SENIOR are providing

opportunities to practice Asking Questions. One of the best ways this can help the students understand a concept is by teaching how to voice their questions as they learn. This not only gives the teachers an opportunity to address areas their students don't yet understand, it also promotes rich opportunities for classroom discussion.

While discussing a lesson, a teacher can ignite the fire of curiosity in children just by tickling their interests a little. We have seen that the more opportunities we provide to our pupils to dig into the information they attained during the classes, the more attractive they find it to explore further and learn more. This thereby lays the groundwork for fuelling their curiosity and expanding their knowledge horizons by manifold.

Children ask so many questions because everything in the world is new and different and exciting to them. Asking questions (a) shows they trust you, (b) shows they believe you know all the things, and (c) allows them to learn about the world.

### To Parents

Parental role is a great way to nurture and develop your children's curiosity and sense of discovery. By allowing your children to be curious and explore, you teach them confidence and appreciation. You also show them the world and teach them the value of experiences over things. Explore with your children, get outdoors, and learn about the world around you. Curiosity will always open doors, and lead down new and exciting paths full of adventure and learning.

All in all, my dearest children, the more you ask questions the more comfortable you will be, which will lead you to ask more questions.

Good luck!

02	EDITORS' NOTE
03	EPICS CAREER
04	UNVEILING THE NEW LOGO AND WEBSITE OF THE PRESTIGIOUS INSTITUTION
05	CBSE TEACHERS' TRAINING ON NEP 2024
06	EPICS CELEBRATING 10 YEARS OF ITS SUCCESSFUL JOURNEY
12	BEST STUDENTS
16	BIRTHDAY ARCADE - APRIL
20	EPITRAVEL - JAPAN
24	EPHILATELY
26	WORLD IN A NUTSHELL



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# EDITORS' NOTE

Dear Readers,

**EPICS (E = EMOTIONAL P= PHYSICAL I = INTELLECTUAL C= CULTURAL S= SPIRITUAL)**

The name of the magazine itself suggests the overwhelming knowledge and creativity of the young and energetic vibrant minds. My heart is filled with immense pleasure as I perceive the unbeatable progress being made in EPICS in the last 10 years. The seed of an idea sown many years back by our Principal Sir V Binumon has come to fruition, and our school official magazine is undoubtedly growing and emerging into a strong sapling for the world to reckon and salute.

Our school magazine EPICS provided innumerable avenues to discover the latent talent in each student. It is a platform for the students to genuinely exhibit their creative pursuits which develops in them originality of pure thoughts and perception. The contents of the magazine reflect the wonderful creativity of the students of ICSK SENIOR. I am constantly amazed by seeing the zeal and enthusiasm of the kids to put out these magazine editions one after the other tirelessly.

The school magazine EPICS also mirrors all the marvellous feats of the school in the past 10 years. It captures the spills and thrills in every sphere of the school's activities- in words and images; in poetry and emotion; in prose and numbers; in reviews and reminiscences. The journey of the magazine does not end with its release or the reader browsing its contents. In fact it begins there and gets more intense and interesting with each passing year. The editorial team has just set rolling a magical ball which will at once soothe and stimulate the reader's mind every time he or she comes in contact with it.

Let this edition too serve as a flint to fire creative enthusiasm of the young minds. CONGRATULATIONS to the ICSK family for its successful journey for last 10 years !

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



Mrs. Shehnaz Hakim



Mrs. Tintu Wilson



Durain is an exotic produce, is actually a very popular fruit native to Southeast Asia, where it is acknowledged as the 'king of all fruits', recently familiar in India.

Conferring myriad wellness incentives such as enhanced digestion, instant energy, bolstered immunity, improved skin and hair texture.

It is a natural multivitamin and a multi-mineral supplement. It is also a rich source of dietary fat and dietary fiber.

**Improves Digestive Health:** The dietary fibre in durian helps in easing bowel movement. This, in turn, helps prevent constipation and improves digestive health.

**Prevents Cardiovascular Diseases:** The organosulfur in durians may regulate the inflammatory enzymes and reduce the risk of cardiovascular diseases.

**Maintains Blood Sugar Levels:** The manganese in durian may help in the maintenance of blood sugar levels. The intake of durian also improves the insulin response in patients with diabetes.

**Bolsters Immunity And Metabolism:** It is the defence mechanism of our body that prevents disease-causing microbes such as bacteria, virus, and fungi, etc. from entering our body and make us sick. the benefit of durian fruit is mainly because of the presence of vitamin C. It is very beneficial for strengthening our immune system.

Durian is a rich source of iron and folate. Hence it reduces the deficiency to anaemia.

Eating durian fruit may treat insomnia, because of the presence of tryptophan in it. Tryptophan is an essential amino acid that converts to serotonin in our brain and induces a feeling of relaxation and happiness. It also helps in releasing melatonin in our bloodstream.

#### How it can be eaten:

Durian fruit can be enjoyed as such in the form of the raw fruit or the juice.

It can also be combined with other popular tropical fruits such as coconut, mango, papaya, banana and pineapple, to prepare delightful desserts and pastries including custard, smoothie, panna cotta, milkshake and ice cream, besides infusing unique flavours and thick, creamy texture in tangy and spicy gravies and curries.

The naturally sweet flavour of durian fruit is also incorporated into candies, cookies and wafers.

## Careers in Fisheries Science

**Dr. T. P. Sethumadhavan**

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

Consultant to World Bank International Co-Operative Alliance



Fisheries science is acquiring as one of the important disciplines which can generate three million employment opportunities in India. Of the nine million people employed in the fisheries sector, less than 0.01% are professionally qualified. The field has tremendous potential for skilled development, upskilling and reskilling to create umpteen numbers of technician, supervisor and managerial positions with different national skill qualification framework levels from 3-9.

### Bachelors in Fisheries Science

Fisheries science is a branch of life science dealing with interaction of water systems with human beings. Fishery means any body of water with which humans interact either in the form of fishing or swimming. Fisheries science includes study of oceanography, ecology, biology, economics and management in the functioning of fisheries. Students with interest and aptitude in life sciences can choose fishery science courses. There are various courses available in India for higher education in fisheries science which includes certificate, diploma, under graduate, post graduate and doctoral programmes. Professional bachelors programme in fisheries science BFSc is offered by all the fisheries sciences colleges, fisheries Universities and a few Veterinary and fishery Universities in the country. As one of the optional or subsidiary subjects, fisheries science courses are offered by arts and science colleges along with bachelor of science BSc programmes.

### BBA programmes are also available

Bachelor in fisheries Science (BFSc) is a four-year degree programme which includes multidisciplinary subjects like fish management, processing, aquaculture, fishing technology, conservation, fisheries environment and extension. Selection is through National eligibility cum entrance test NEET conducted by National testing agency in the country. Some of the states used to give admission based on plus two marks also. Plus two students with biology streams who are interested in in studying aquatic life and a career concentrating on similar field can pursue the course. This year 15 percent of all India seats will be filled through Central University common entrance test.

### BFSc through CIFNET

Central institute of fisheries, Nautical and engineering training (CIFNET), Kochi is offering four-year BFSc Nautical science programme focusing more on the study of fish capturing techniques, nautical science and operation of fishing vessels. This course is affiliated to Cochin University of Science and technology. Selection is through separate entrance examination. Masters in Fisheries Science MFSc is available in Aquaculture, Fish Nutrition and Feed Technology, Aquatic Animal Health Management, Fisheries Resource Management, Aquatic Environment Management, Fisheries Engineering and Technology, Fish Processing Technology and Fisheries Economics. Moreover MSc in Disaster Management, Bio-Technology and Bio-Informatics, Marine Micro Biology and Marine Drugs, Climate Science and PG Diploma Courses in Aquarium Science and Technology and in Industrial Aquaculture and LLM in Maritime law are available across various fisheries universities and colleges in the country.

### Certificate & Diploma programmes

There are various types of certificate courses like fish farming, entrepreneurship, industrial fisheries, fisheries engineering, fish processing, quality control and ornamental fish farming are available

for matriculates. Duration of certificate programmes may be from three months to one year. Different courses like fisheries science, Processing and management are available for matriculates under vocational streams. International certification programmes like fish conservation, fisheries science, fisheries science and management, wildlife and conservation biology, food safety and standards are available for graduates. Diploma programmes include Diploma in fish products technology, fisheries technology, industrial aquaculture, etc are available for plus two students.

As part of skill development, B. Voc programmes are available in the country in fish processing, processing technology and industrial fish processing technology, B. Tech programmes in fisheries engineering is also available.

### Job opportunities

Fisheries science graduates, diploma and certificate holders can work in government, public or private sector. Those with post-graduation & National eligibility test can apply for academic positions in fisheries colleges. Potential employers include Marine Product Export Development Authority (MPEDA), Fisheries Survey of India (FSI), NIO, WHO, FAO, NACA, NABARD, EIA& Banks. Moreover, seafood processing and export units, aqua feed plants, fishing gear industries and in pharmaceutical companies in the private sector employ lot of fisheries graduates, diploma and certificate holders. B.F.Sc graduates can also work with State fisheries departments in India. Banks employ fisheries graduates/postgraduates as Agriculture Officers. Fisheries Science graduates can pursue graduate and doctoral programmes abroad especially in United States, Australia, EU countries and Canada. Climate change adaptation and mitigation is emerging as one of the potential areas of research. At a time when fish is evolving as one of the cheapest animal protein sources in the country, lot of entrepreneurship opportunities are available in the country.

# Momentous Occasion at ICSK: Unveiling the New Logo and Website of the Prestigious Institution



The Indian Community School, Kuwait celebrated a momentous occasion on April 7, 2024, as it unveiled its new logo and website, marking a significant milestone in its journey of growth and transformation. This event was a testament to the school's commitment to adapt to the evolving needs of its community and to foster global citizenship among its students.

The inauguration ceremony was held in the school's auditorium, which was adorned with a blend of digital technology and tranquility, reflecting the school's embrace of modernity while staying rooted in tradition. The event was graced by the esteemed presence of the Chief Guest, His Highness Sheikh Yousef Al Abdullah Al-Sabah, Founder & Chairman of Industry & Technology for General Trading & Contracting and Guest of Honor Dr. Diwakara Chaluvaiiah, President of Indian Doctors Forum, Kuwait.

The ceremony commenced with the recitation of verses from the holy Quran by Mst. Zain Abdul Shakoor. The gathering paid tributes to the national anthem of Kuwait and India.

Dr. V. Binumon, Principal and Senior Administrator of ICSK presented a cordial welcome to the gathering. In his address, Dr. V. Binumon extended his gratitude to all the members of the ICSK Family for their contribution in marking the milestone for the institution. He emphasized the essence of change and its significance for the growth and success of any organization. Stressing on the importance of Purpose, Passion and Progress, he motivated the students to chase their dreams with

unwavering determination.

The auditorium revibrated with pride and glory as a documentary showcasing the school's rich legacy and journey from humble beginnings to its current stature as an integral part of Kuwait's educational landscape was presented. Briefly outlining the setbacks and challenges the institutions faced to the phenomenal progress it has made in the field of education and community service, the documentary presented a kaleidoscopic view of the institution.

The esteemed Chief Guest, His Highness Sheikh Yousef Al Abdullah Al-Sabah, in his address congratulated the school on its achievements and inspired students to persevere in the pursuit of their goals. He underscored the importance of resilience and urged students to approach challenges as opportunities for growth.

The unveiling of the school's new logo digitally by His Highness Sheikh Yousef Al Abdullah Al-Sabah was met with enthusiasm and applause, symbolizing a new chapter in the school's history. Dr. Binumon presented a token of appreciation to His Highness, recognizing his support and encouragement.



The Guest of Honor, Dr. Diwakara Chaluvaiiah, President of Indian Doctors Forum, Kuwait inaugurated the school's new website, symbolizing ICSK's commitment to embracing technology and enhancing communication with stakeholders. Mr. Rahul Rajeev, Alumnus of 2006 Batch was the first to register under the Alumni section of the new website.

The inaugural event at ICSK was a resounding success, setting the stage for a future filled with promise and transformation. As the school moves forward with its refined vision and objectives, it remains dedicated to excellence and shaping the leaders of tomorrow. The launch of the new logo and website signals not just an endpoint, but the dawn of a new era for the Indian Community School, Kuwait.

# CBSE Teachers' Training on NEP 2024



24 CBSE Schools Participated in the Inaugural Ceremony of the Historic Training Programme conducted by CBSE at The Indian Community School, Kuwait.

The CBSE conducts training programs for teachers and principals at regular intervals to enhance their understanding of curriculum, teaching methods, and professional skills. However, CBSE schools in the Middle East faced challenges accessing offline training sessions due to the board's headquarters being in India. With the assistance and cooperation of CBSE, 3-day training sessions from 22nd March 2024 to 24 March 2024 was successfully conducted for educators from 24 CBSE-affiliated schools in Kuwait.

The eagerly anticipated training program, organized by CBSE, was inaugurated at the Indian Community School, Kuwait on 22nd March, 2024. With a focus on continuous professional development, the training sessions aimed to empower educators with the latest teaching methodologies and educational practices. A highlight of the program was the selection of 120 educators with exemplary presentation skills from various CBSE schools in Kuwait. The selected individuals were appointed as master trainers and mentors, tasked with disseminating the knowledge gained from the program to their peers and students, thus ensuring widespread benefits across the educational landscape.

The inaugural ceremony at The Indian Community School on 22nd March 2024 was graced by the esteemed Chief Guest Dr. Diwakara V. Chaluvaiiah, President of the Indian Doctors' Forum Kuwait and Guest of Honour, Dr. Manjeet Singh, Deputy Secretary (Academics and Sports), CBSE. Eminent educators and resource persons Shri Rajeev Kumar, Principal of Datta Meghe World Academy, Navi Mumbai, and Shri Rajiv Mohan Pandey, Principal of Rosy Public School, Shahajanpur added to the prestige of the event, setting the tone for an enriching experience. Among the dignitaries

were Ms. Sabahat Khan, Principal of Kuwait Indian School and Kuwait Chapter Convenor of CBSE Gulf Sahodaya, Dr. V. Binumon, Principal & Senior Administrator of ICSK & Chairman of CBSE Gulf Sahodaya; and esteemed Principals from renowned CBSE schools in Kuwait.

The ceremony commenced with the recitation of verses from the holy Quran followed by a soulful rendition of prayer song seeking the blessings of the Almighty. Dr. V. Binumon, Principal and Senior Administrator of ICSK and Chairman of CBSE Gulf Sahodaya, extended a formal welcome to the distinguished guests, highlighting the commitment of CBSE in updating the professional competency of teachers teaching within India and internationally.

The training programme was formally inaugurated by lighting of the traditional lamp of knowledge by the esteemed Chief Guest Dr. Diwakara V. Chaluvaiiah, Guest of Honour, Dr. Manjeet Singh, Resource Persons Shri Rajeev Kumar and Shri Rajiv Mohan Pandey accompanied by Principal and Senior Administrator of ICSK and Chairman of CBSE Gulf Sahodaya, Dr. V. Binumon.

The esteemed Chief Guest Dr. Diwakara V. Chaluvaiiah delivered an inspiring address emphasizing the pivotal role of educators in shaping the future generation. Hon. Guest of Honour, Dr. Manjeet Singh shared insights regarding the need for continuous professional development to meet the evolving demands of the educational landscape.

The guests were honored with mementos, and a group photograph marked the occasion. Vote of thanks proposed by Ms. Sabahat Khan, Principal of Kuwait Indian School and Kuwait Chapter Convenor of CBSE Gulf Sahodaya signified the culmination of the inaugural program and commencement of the training sessions.

Quality concerns in school education are among the priorities of CBSE. One of the

major objectives of the training units of CBSE is to organize various capacity building and empowerment programmes to update the professional competency of teachers. Two key themes dominated the workshop agenda: the National Education Policy 2020 and Competency-Based Evaluation. Renowned educators, Shri Rajeev Kumar and Shri Rajiv Mohan Pandey, led sessions on these topics, providing valuable insights and practical strategies for implementation. The workshops aimed to equip educators with the necessary tools to navigate the evolving educational landscape effectively.

Seminar on National Education Policy was conducted on 22nd March 2024 at the Indian Community School, Senior. It served as a platform to familiarize educators with its objectives and implementation strategies. Discussions revolved around promoting holistic development, language proficiency, skill-based learning, and creating a conducive learning environment. Participants gained valuable insights into curriculum changes and pedagogical shifts necessary for holistic student development.

Two - day workshop on Competency Based Evaluation was organized on 23rd and 24th March 2024 at Carmel School Kuwait. The workshop delved into the intricacies of assessment methodologies designed to optimize learning outcomes. Through interactive sessions and hands-on activities on preparing blue print, teachers gained a deeper understanding of assessment structures, question typologies, and the importance of co-scholastic activities. The workshop provided a roadmap for aligning assessment practices with the curriculum, ensuring comprehensive skill development among students.

The CBSE training program in Kuwait concluded on a high note, with participants expressing enthusiasm and gratitude for the enriching experience. The knowledge and skills acquired during the sessions are expected to have a lasting impact on teaching practices and student learning outcomes across participating schools.



# EPICS - Our Official Monthly School Magazine: Celebrating 10 years of its Successful Journey



students an opportunity to express and share their literary based views in the form of articles, poems, quotes, riddles, moral based stories, quiz, puzzles etc and the school broaden their horizons and traversed a glorious journey studded with numerous essential segments also providing the latent creative artistic potential of the students in the form of drawings, paintings, sketches, photography and much more.

Explore the depth of insights from thought-provoking academic and career guidance from renowned scholars from around globe and by celebrating successes of our academic and extracurricular achievers. Moreover, the readers find captivating themselves in the rich tapestry of cultural events and activities that define our ICSK SENIOR campus life.

It is a matter of sheer exhilaration and pride for everyone associated with ICSK SENIOR Official Monthly Magazine EPICS that it has completed 10 stupendous years of existence. Since its inception in 2013 with the glorious mission and avowed aim of forming a strong vision ie the ICSKians should be well informed, strongly motivated and stand tall as role models in all walks of life and continue to be a trailblazer in the pursuit of excellence.

Every progressive school has their own school magazine. EPICS is certainly considered to be great and unique because ICSK SENIOR is the ONLY CBSE

affiliated school which publish its magazine every month. Great publications are not built overnight; the consistent involvement and perseverance of the pioneering vision of the Principal & Senior administrator Dr V Binumon, under whose leadership EPICS has shown immense quality improvement. EPICS translated into reality by the incessant efforts of the EPICS team of 2013 till date with their commitment and untiring efforts serve as a constant source of inspiration for us to carry its rich legacy forward.

Within the pages of our monthly magazine EPICS has carved a niche by providing a strong platform imparting thousands of

Reading the school magazine every month will surely motivate the young learners to brainstorm ideas. This sharpens their thinking skills and gives them the necessary confidence. EPICS also helps in minimising the children's digital addiction and make them utilize their time at hand, more constructively.

EPICS will continue to flourish and prosper in the years to come. Hard copies are sent to the students in the 4th week of every month. It's available ONLINE too. EPICS team encourage students to contribute regularly and give feedback that will help us in the planning the next issues.

## "Epiquiz"

- Who has been appointed as the new Chief of the Indian Air Force?
- Who has been appointed as the new Governor of the Reserve Bank of India?
- What is the name of the new space telescope launched by NASA?
- What is the name of the new technological breakthrough that has been made recently?
- What is the name of the least spoken language in the world?
- What is the name of the smallest country in the world by area?
- What is the hardest naturally occurring substance on Earth?
- What causes tides on Earth?
- What is the largest organ in the human body?
- What is the main component of natural gas?



- Vivek Ram Chaudhari
- Shaktikanta Das
- James Webb Space Telescope
- Quantum computing
- Hawaiian
- Vatican City
- Diamond
- Gravitational pull of the Moon
- Skin
- Methane

# Sustainability at ICSK senior: Recycling Paper Drive



ICSK Involving children in recycling schemes and other activities to improve the environment is the need of the day. Educating children about the importance of recycling and the environment provides a path to a greener future. With this verity in mind ICSK SENIOR takes an initiative on recycling paper drive in school itself from 17th March to 21st March 2024.

Recycling of paper not only saves trees and minimizes pollution, but also reduces the waste problem. If each child saves one sheet of paper a day, then 40,000 trees are

saved per year by students alone! It is with this mission that our school has installed a mini paper recycling drive and our students have done significant work in collecting the paper waste. Being directly involved in the recycling drive helps them in understanding the various resources and efforts put in for making paper.

The real success of the programme is visible when our students have been enthusiastically involved in segregating paper waste, collecting and send for recycling the same.

Every individual at school, right from the children to the Principal, to the supervisors, teachers, administrative staff and even the help staff had consciously decided to actively participate, contribute and promote awareness about conservation of paper.

## Some alarming facts:

1. Around the world we use around 1 million tons of paper every day.
2. To make 1 ton of paper, 17 thirty year-old trees are killed.
3. The average annual consumption of paper and paperboard per person in the world is 54kg.
4. To manufacture one pound of paper requires three and a half pounds of wood and produces three pounds of carbon dioxide (CO<sub>2</sub>). Yes, the one that causes Global warming.
5. The paper industry is the third largest source of global warming in the world!
6. Each year forest terrains the size of Greece disappear forever.

## Unraveling Cultural Phenomena: Understanding Trends, Influences, and Impacts

Cultural phenomena serve as the heartbeat of societies, reflecting the collective consciousness and values of a diverse array of communities. From viral TikTok dances to the global obsession with K-pop, cultural phenomena constantly emerge, evolve, and shape our world. This essay delves into the intricacies of cultural phenomena, exploring their origins, influences, and profound impacts on individuals and societies.

Cultural phenomena often arise from a combination of factors, including technological advancements, social movements, and artistic expression. The rise of social media platforms like Instagram and YouTube has democratized access to fame, allowing individuals to create and share content that can rapidly spread and capture the collective imagination. Moreover, globalization has facilitated the exchange of ideas and cultures across borders, leading to

the fusion of diverse influences and the emergence of new trends. Various factors contribute to the creation and proliferation of cultural phenomena. Pop culture icons, such as celebrities and influencers, wield significant influence in shaping trends and driving consumer behavior. Additionally, societal issues and movements, such as #MeToo and Black Lives Matter, have sparked conversations and inspired artistic expressions that resonate with audiences worldwide. Furthermore, advancements in technology, such as virtual reality and augmented reality, have opened up new avenues for creative expression and immersive experiences.

Cultural phenomena have far-reaching impacts on individuals, communities, and societies at large. They shape identities, influence consumer preferences, and reflect societal norms and values. Moreover, cultural phenomena have the power to bring

people together, fostering a sense of belonging and connection across geographical and cultural divides. However, they can also perpetuate stereotypes, reinforce inequalities, and exacerbate issues such as cultural appropriation and commodification.



KRIPA REJI  
- 11G

Cultural phenomena are dynamic, multifaceted, and constantly evolving manifestations of human creativity and expression. They reflect the ever-changing landscape of society, serving as mirrors that reflect our values, aspirations, and anxieties. By understanding the origins, influences, and impacts of cultural phenomena, we gain insight into the complex interplay of culture, technology, and human behavior, paving the way for meaningful dialogue and cultural exchange in an increasingly interconnected world.

## BEST STUDENT - MARCH



**NINA SARA RINCHU**  
- 12A



**FIDA LAHIR**  
- 12B



**AABIDA RAFIK CHIKTE - 12C**



**ROSHNI VITTAL**  
- 12D



**KRITHIKA MURALI KRISHNAN - 12E**



**NIVEDITHA**  
- 12F



**ABBAS YUSUF BANIIYAN - 12G**



**IVY REMITA VALES**  
- 12H



**ANUBHAV RONNIE**  
- 12I



**MYSHA KHAN**  
- 10A



**ANNE SUSAN VINEETH - 10B**



**FAREEHA FAISAL MUSTAFA - 10C**



**CHRISTY ROJI**  
- 10D



**RIONA**  
- 10E

## My IMUN Odyssey

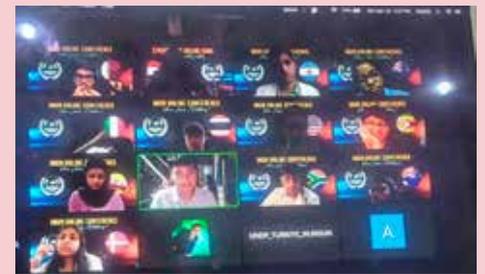
-Aabida Rafik Chikte



Participating in the International Model United Nations Conference 206.0 was an extraordinary opportunity. Hosted by IMUN, this international gathering brought together youth from across the globe and is sponsored by the UNHCR, WHO, UNDP, WFP and the Australian Embassy. The conference took place on 23rd and 24th March and spanned from 8:30 AM to 4:00 PM each day. My esteemed peers, Joshwa Alwin, Anna Karina, Abdullah Thakur and I proudly represented ICSK in this conference. We found ourselves engaged within United Nations Development Programme (UNDP) committee. Our agenda was SDG goal 1 and 2 i.e. No

Poverty and Zero Hunger, both demanding an immediate attention to global scale. I undertook the responsibility to represent the country, Argentina and articulate the nation's stance throughout the proceedings. As the journey progressed, we encountered obstacles when some delegates exhibited a reluctance to acknowledge the challenges faced by middle-income countries. In response to divergent viewpoints, I initiated the formation of a cohesive bloc composing of Zimbabwe, South Africa, Denmark, Bahrain and Turkey. This enabled us to form a just and fair directive aimed at addressing the root causes of poverty and hunger. As the

conference drew to a close, I was honoured with the Outstanding Delegate Award meanwhile Joshwa garnered a Special Mention and Best Position Paper Award underscoring the collective triumph of our delegation. I owe a huge debt of gratitude to my mentor, Prasad Sir, whose guidance illuminated my path. Furthermore, the unwavering support of our School providing a conducive environment proved indispensable to our success. Beyond the realm of diplomacy and formal discourse, this experience imparted life lessons, reminding me the blessings we often take for granted and recognizing that many are deprived of the privileges we enjoy.



## ART Teacher Sir Suraj : An Idea Machine



Sir Suraj the art teacher of ICSK SENIOR celebrated his birthday by donating a Magazine shelf for EPICS and a beautiful book shelf. ICSK SENIOR values his innovative idea by placing them in front of the Head office.

Children can place their spare books voluntarily .They can even read at spot or take it, read in breaks and return. They can also read the publication journey of most of the copies of EPICS since its inception from YEAR 2013 till date.

ICSK family appreciates him on his extraordinary artwork and wishes bundle of congratulations too.

# CLASS EDITORS (2024-25)



LAKSHMI RAMESH  
- 12A



ZAINAB TAHER  
SAYED - 12B



ROSHNA BINDU-  
JEEMON - 12C



NOEL THOMAS  
ROBIN - 12D



SHANNON CHINNU  
- 12E



LEVINA RACHEL  
- 12F



AFSANA BASEERULLA  
- 12G



YOHANN MATHEW  
PETER - 12H



ZAINAB KURESH  
DOLA - 12I



MOHAMMED  
ADNAN - 12J



POOJA  
-12K



SANJIT VELU  
- 11A



ANIRUDH S NASIR  
- 11B



SURYANSH PATRA  
- 11C



SHIBNA MOBBY  
- 11D



PUNYA PRAJEESH  
- 11E



NANDANA THANKAM  
VINOD - 11F



PRISHA GUPTA  
- 11G



SANA FATEMA  
- 11H



KEZIAH ANNA AJU  
- 11I



ADIL ISMAIL  
- 11J



RONA ROSE JOHN  
- 11K



MARYAM KAREEMUDDIN  
- 10A



UMME HANI  
LULAWALA - 10B



RUBY SUSAN TONY  
- 10C



VRISHYA AMIT  
KUNJUMON - 10D



SHRUTHIKA VAIDYANATHAN  
- 10E



VARSHITH KUMAR  
- 10F



NYNIESHIA ELIZABETH  
- 9A



SHARON ELSA  
BIJU - 9B



DISHLEEN KAUR  
- 9C



SHAHAB MOOSA  
- 9D



ANN MARIA PHILIP  
- 9E



LEVI VARKEY  
GEORGE - 9F



FATEMA HUSAIN  
KOTHARI - 8A



CATHERINE VINOY  
MATHEW - 8B



ZAINAB CHIKTE  
- 8C



SUDHANV MITTAPALLI  
- 8D



MUKARRAM  
- 8E



MOHAMED MIFZAL  
- 8F



ANVITHA PRAVEEN  
- 8G



ATHULYA CHEENIKKAL  
BAIJU - 7A



SYED ARSH UL  
HAQUE - 7B



JITESH SAI  
GIDDALUR - 7C



HAFSA SALMAN  
ARAI - 7D



FATHIMATH SANA  
-7E



SACHIN KOLANCHI  
- 7F



CHIRAG ANIRUDHA  
MURUGAN - 7G



SHELDON STERLIN  
NOBLE - 6A

## GOOD WILL AMBASSADORS MARCH



In a significant recognition, the school appointed its Goodwill Ambassadors for Morning and Afternoon Session : Morning Session Senior Secondary - Rebecca of Class 12 E and from Secondary Sudhanva Jithendra Rao of Class 10 E.

Afternoon Session Secondary -Aebin of class X G and for Sr Secondary Karen Preeth of class XII M , honoring them for their exemplary leadership, empathy, contribution and commitment for spreading goodwill

# EPITOME OF SUCCESS

## LEONARDO DA VINCI



Leonardo di ser Piero da Vinci, more commonly as Leonardo da Vinci, was an Italian polymath of the Renaissance whose areas of interest included invention, drawing, painting, sculpting, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, writing, history, and cartography. He has been variously called the father of palaeontology, ichnology, and architecture, and he is widely considered one of the greatest painters of all time. Sometimes credited with the inventions of the parachute, helicopter, and tank, he epitomised the Renaissance humanist ideal.

Leonardo was born on 15 April 1452 "at the third hour of the night" in the Tuscan hill town of Vinci, in the lower valley of the Arno river in the territory of the Medici-ruled Republic of Florence. He was the out-of-wedlock son of the wealthy Messer Piero Fruosino di Antonio da Vinci, a Florentine legal notary, and Caterina, a peasant. Leonardo had no surname in the modern sense - "da Vinci" simply meaning "of Vinci"; his full birth name was "Lionardo di ser Piero da Vinci", meaning "Leonardo, (son) of (Mes) ser Piero from Vinci". The inclusion of the title "ser" indicated that

Leonardo's father was a gentleman.

Many historians and scholars regard Leonardo as the prime exemplar of the "Universal Genius" or "Renaissance Man", an individual of "unquenchable curiosity" and "feverishly inventive imagination", and he is widely considered one of the most diversely talented individuals ever to have lived. According to art historian Helen Gardner, the scope and depth of his interests were without precedent in recorded history, and "his mind and personality seem to us superhuman, while the man himself mysterious and remote". Marco Rosci notes that, while there is much speculation regarding his life and personality, his view of the world was logical rather than mysterious, although the empirical methods he employed were unorthodox for his time.

Within Leonardo's lifetime, his extraordinary powers of invention, his "outstanding physical beauty", "infinite grace", "great strength and generosity", "regal spirit and tremendous breadth of mind", as described by Vasari, as well as all other aspects of his life, attracted the curiosity of others. One such aspect was his respect for life, evidenced by his vegetarianism and his habit, according to Vasari, of purchasing caged birds and releasing them.

Leonardo had many friends who are now renowned either in their fields or for their historical significance.

Leonardo received an informal education in Latin, geometry and mathematics. In later life, Leonardo recorded only two childhood incidents. One, which he regarded as an omen, was when a kite dropped from the sky and hovered over his cradle, its tail feathers brushing his face. The second occurred while he was exploring in the mountains: he

discovered a cave and was both terrified that some great monster might lurk there and driven by curiosity to find out what was inside.



DEEPAN RAJA  
GANESAN - 12B

Leonardo's early life has been the subject of historical conjecture. Vasari, the 16th-century biographer of Renaissance painters, tells a story of Leonardo as a very young man: A local peasant made himself a round shield and requested that Ser Piero have it painted for him. Leonardo responded with a painting of a monster spitting fire that was so terrifying that Ser Piero sold it to a Florentine art dealer, who sold it to the Duke of Milan. Meanwhile, having made a profit, Ser Piero bought a shield decorated with a heart pierced by an arrow, which he gave to the peasant.

The following are the famous artworks of Da Vinci:

- The Annunciation
- The Baptism of Christ
- Madonna of the Carnation
- Ginevra de' Benci
- Benois Madonna
- The Adoration of the Magi
- Saint Jerome in the Wilderness
- Madonna Litta
- Virgin of the Rocks
- Portrait of a Musician
- Lady with an Ermine
- St. John the Baptist
- The Last Supper
- La Belle Ferronnière
- Sala delle Asse
- The Virgin and child with St. Anne and St. John the Baptist
- Portrait of Isabella d'Este
- The Madonna of the Yarnwinder
- The Virgin and child with St. Anne
- Mona Lisa
- Salvator Mundi
- Head of a Woman

### What is something that most people don't know?

1. You can taste garlic with your feet. (It's not because you have secret garlic taste buds on your feet. It's because the molecules responsible for garlic's smell (allicin) can penetrate your skin, get into your blood and travel to your mouth and nose, where you suddenly start to sense the taste of garlic.)
2. When you speak inside your mind small muscles in your throat mimic the formation of each word.
3. When you lose weight, most of it ends up as carbon dioxide which is exhaled from your lungs.
4. Prince Charles's Aston Martin has been converted to run on a fuel blend made up of 85% bioethanol and 15% unleaded petrol, known as E85.
5. Polar bears aren't white, they're just glowing.
6. Pirates wore eye patches to increase night vision, not to cover a missing eye.

# MEDIA CLUB COORDINATORS (2024-25)



GLORIA SABU  
- 12A



ABEERAH SHEHZAD  
SHAIKH - 12B



ATIF BASHIR DADAN  
- 12C



JOTHAN JOHN  
ANTHONY - 12D



HAMNA FATHIMA  
- 12E



JOHANN JACOB  
- 12F



MOHAMMED VERDA  
- 12G



MARIA HAKIMUDDIN  
ALI - 12H



AMINA ASIF  
- 12I



EVE KATHERINE  
SIMON - 12J



SUSAN  
- 12K



SARAH SHAIKH  
- 11A



JASHMITHA T. S  
- 11B



ALI ZOHAIR ALI  
ABBAS - 11C



ISABEL HANNAH  
JUSTIN - 11D



HASNAIN ALI KHAN  
MOHAMED - 11E



ABEL BOBBY  
SEBASTIAN- 11F



MOHAMMAD SULTAN  
GAURU - 11G



NEHA MOHAMMAD  
SALIH - 11H



NAKSHATHRA  
DILEEP - 11I



SULEMAN AHMED  
SHAH - 11J



HIBAH FARHATH  
SHIJU - 11K



OBEID JACOB  
- 10A



NANDIKA SURESH  
BABU - 10B



BURHANUDDIN  
DALIWALA - 10C



QAIS ABDUL SAMAD  
- 10D



ANAND ARJUN  
- 10E



KEITH IGNATIOS  
- 10F



SATHYAK VIJAY  
- 9A



AARON SHIJU  
GEORGE - 9B



ESAM MAJID SIDDIQUI  
- 9C



TEJU BUCHIREDDY  
- 9D



DHARSHAN ANBARASU  
- 9E



MUHAMMED SHAZ  
CHANGALAN - 9F



LOGAMITHRA KUMAR  
- 8A



NAFISATH YASIRAH  
- 8B



RYAN JERRY  
- 8C



ABDULLAH KHALID  
- 8D



HANIN MUNAWER  
- 8E



HESSA MARYAM  
NOUSHAD - 8F



ADYAN SAFDAR  
- 8G



MOHAMMED HAMZA  
- 7A



TANMAY SHINDA  
NISHANTH - 7B



RHEA SARA JACOB  
- 7C



ABBAS BHURHAN  
JHALODHVALA - 7D



JEROMINA GERSON  
- 7E



AJAIKUMAR N  
- 7F



SOJU SONY BABY  
- 7G



ISHPREET KAUR  
- 6A

## APPRECIATION CORNER



## A stellar victory by a young champ of ICSK : Master Shaies Taher

Kuwait Cricket Club under the auspices of Public Authority of Sport and Kuwait Olympic Committee played a Cricket Match under the flagship of ACC and ICC has been invited to participate in the prestigious ICC Men's U19 CWC Division 2 Qualifier 2024 scheduled to take place in Thailand during 19th February to 6th March 2024.

Kuwait Cricket Club came TOP in the group U19 CWC Division 2 by beating Thailand by 84 runs. It is a matter of immense pride for ICSK senior that its student MASTER SHAIES ALI TAHER of Class 12 A played tremendously well and won the tournament and also been selected to represent Kuwait in the upcoming ICC Men's U19 CWC Division 2 Asia Qualifier 2024. ICSK senior family appreciates the batting prowess and tactical execution of Shaies Taher and congratulates whole heartedly for his stunning victory.

# CAPTAINS & VICE CAPTAINS - APRIL

## CLASS 12A



OLIVIA MARIA BINU



JOYAL SHAJU



SREYA SREEKUMAR



ELAINA AYUB KHAN



FRANLY BINU



NEHA SARA  
VARUGHESE



AGNIVESH SHAJAN



NADIRA NOORUL  
NAZER



RHEA ALITA



JEREL SHOEY  
GEORGE

## CLASS 12F



RAYNELLE JOSEPH



MOHITAA GANESAN



SIDHARTHA  
MANOHAR BYNDOOR



MAISARA ARWA  
MALLICK



JASWANTH JANGITI



BURHANUDDIN  
MUSTAFA KOTHARI



ZAINAB KURESH  
DOLA



ESTHER D



MIRACLIN PRAISY



## CLASS 12J

## CLASS 12K



THARUSHA NETHMI  
JAYAWADEND



PRIYA GOPAL



ADARA SYED  
IBRAHIM



MARYAM CHORGHAY



ALAN BOBBY



VAIGA VINOD



ALONA MARY  
MATHEW



AASHITA UPADHAYA



ABHINAV RAMESH  
PERATHERIL



MOHAMMAD HATIM

## CLASS 11E



DAVID SAMUEL BIJI



SAKINA FAISAL



RONAV PRATAP



DEEPIKA VIJAYA  
RAGHAVAN



ZUHAIR ABBAS  
VARDAWALA



SAKINA MEMBER  
SAHEB



NOUMAN AMANUL-  
LAH MANIKWARE



SHIZA FATHIMA  
KOTTAKKANDY



AARON SEQUEIRA



SAKINA TAIZUN  
PETIWALA

## CLASS 11J



NEHA ANN NIBU



ISHAQ SHEIKH



ASHWIN RAJESH  
PUTHOOR



MUHAMMED  
SHOUHEED



RIYA MERIN  
STEPHEN



VIJAYENDRA



CHRISTO JOHN  
JERRY



BETSY SUSAN  
JACOB



AALIA THARIC



ROOPAN RATHISH

## CLASS 10D



MOHAMMED ZAMAN



VRISHYA AMIT  
KUNJUMON



JESEL JOSE



AMEEN SYED



JEGAN SOM



FARAH



PRANATHI PULLUR



LEONA ROSE  
JOSEPH



SHAMEEN SAFIYA



CHRISTY SUNIL  
SYRIYAC

## CLASS 9C



SHRIYA VIJESH



ABHIJAY  
PENIKALAPATI



AMRITH RAJINI  
PRASATH



RAJAT RAKESH



SAFA MUBIN  
PARKAR



DEVA DHARSHAN  
UDAYAN



KONIDALA THARAKA



FATHIMA ZAHARA  
MUHAMMED ANGILLATH



JOANA VIVEK



JUAN JAISON

## CLASS 8B



ANGEL MARIAM  
MATHEW



JASPER KIZHAKKA-  
DATHU SAJITH



REYVAN JOE



ALIYA JENNATH



HASAN AZIZ



AFIFA IRFAN



HAYYAN AHMAD



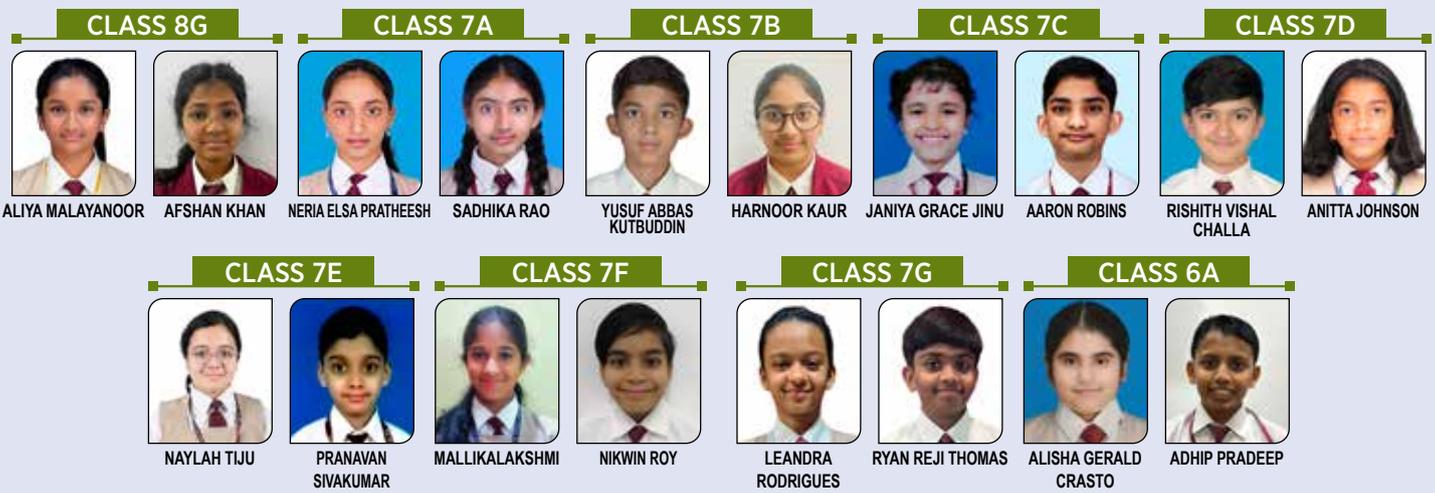
SHEHREBANU HUJE-  
FA GARBADAWALA



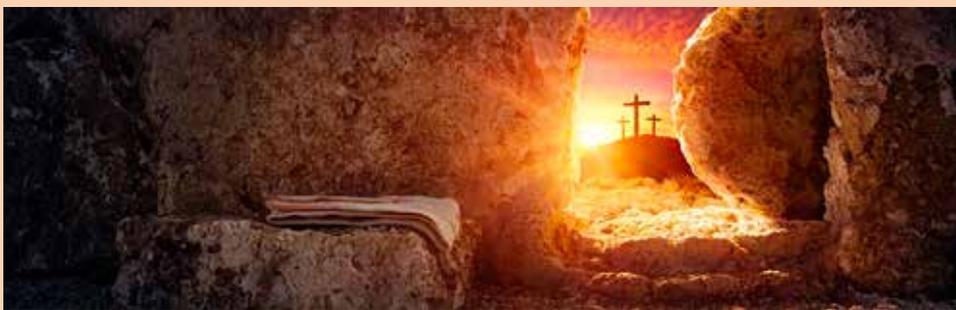
KAVIN SARUPRIYAN



AILEEN ZUHARA



## "Exploring Easter: Traditions, Symbols, and Meaning"



Easter is a Christian holiday that celebrates the resurrection of Jesus Christ from the dead. It is considered the most important event in the Christian calendar and is often referred to as the "feast of feasts." Easter is a time of joy and celebration for Christians around the world, as it symbolizes the victory of life over death and the promise of salvation.

The origins of Easter can be traced back to ancient pagan spring festivals that celebrated the renewal of life and the end of winter. These festivals often included the use of eggs and rabbits as symbols of fertility and new life, which have become traditional Easter symbols today.

The Easter season begins with Lent, a period of fasting, prayer, and repentance

that lasts for 50 days, representing the time Jesus spent fasting in the wilderness. Lent culminates in Holy Week, which includes Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday.

Palm Sunday commemorates Jesus' triumphal entry into Jerusalem, where he was greeted by crowds waving palm branches. Maundy Thursday marks the Last Supper, where Jesus shared a final meal with his disciples before his crucifixion. Good Friday commemorates the crucifixion of Jesus, and Holy Saturday is a day of solemn reflection and preparation for Easter Sunday.

Easter Sunday is a day of joyous celebration, as Christians believe that Jesus rose from the dead on this day, conquering sin and

death. Many Christians attend church services on Easter Sunday, where they participate in special liturgies and hymns that celebrate the resurrection.

One of the most iconic symbols of Easter is the Easter egg, which represents new life and rebirth. The tradition of decorating eggs dates back to ancient times and is still practiced today in many cultures around the world. Easter egg hunts are a popular activity for children, who search for hidden eggs filled with candy or small toys.

Another popular Easter tradition is the Easter bunny, a symbol of fertility and new life. According to legend, the Easter bunny brings baskets filled with eggs and candy to children on Easter Sunday.

In addition to its religious significance, Easter is also a time for families to come together and celebrate. Many people gather for festive meals and exchange gifts to mark the occasion. Easter is a time of hope and renewal, as Christians celebrate the resurrection of Jesus and the promise of new life that it brings.



SARAH MARIAM SAJI - 12G



### APPRECIATION CORNER

Punctuality is an essential trait of a student. It is the foundation, not an embellishment. ALI ZOHAIIR of Class 10 (2023 BATCH) secured 100 % attendance. The Principal and Senior Administrator felicitated the child with a certificate in the General Assembly.



## Class 11 I Organizes Spectacular Maiden Assembly at ICSK Senior School Auditorium



In a remarkable display of enthusiasm and organizational prowess, Class 11 I of the afternoon session at ICSK Senior School hosted a captivating inaugural assembly for the academic year 2024-25. The event, held at the school's auditorium, left a lasting impression on all attendees.

The assembly commenced with a warm welcome extended by Respected Principal and senior administrator, Dr. V Binumon, who not only greeted the students with fervour but also conveyed his best wishes for their academic journey ahead. Emphasizing the significance of excelling in both curricular and co-curricular activities, the principal Dr. V. Binumon set the tone for a year of achievement and growth. He highlighted the upcoming charity drive, urging students to actively participate and contribute towards noble causes.

Moreover, Principal Dr. V. Binumon underlined the importance of discipline in shaping not only student life but also adult life, instilling in the students a sense of responsibility and commitment towards their goals.



The assembly saw the distribution of charity boxes to class teachers, symbolizing the school's commitment to fostering a culture of giving back to the community. The presences of Deputy Vice Principal Mrs. Mini Shaji, Afternoon Academic Supervisor Mrs. Ratnachira, and class teachers of grade 11 afternoon batches added values and significance to the event.



Students, along with faculty members, actively participated in the assembly, demonstrating unity and camaraderie. The atmosphere was charged with positivity and enthusiasm, setting the stage for a successful academic year ahead.

As the curtains drew to a close on the maiden assembly, it left behind a sense of inspiration and motivation, promising a year filled with achievements, growth, and community engagement at ICSK Senior School.



## Yoga And Mind Healing

Yoga helps in stress relief, anxiety relief, improves mental clarity, helps in insomnia, fights depression, helps in burnout situations etc.

### Benefits of Yoga

- The world accepts that yoga is a very powerful tool and therapy in the treatment of many serious medical conditions such as cancer, lung-related ailments, high blood pressure, multiple sclerosis, joint pain, insomnia and many more. However, there is still very little awareness of how yoga works and how it heals. The basic concept is that stress and disease are closely related.
- Current medical research shows that stress and disease are closely intertwined – perhaps as much as over 80% of sickness has a stress element.

Even a partial list of the diseases that are related to stress is frightening – cardiac disease, hypertension, depression and other mental disorders, insomnia, many autoimmune diseases, diabetes, fertility issues, digestive and bowel ailments and so many more.

- When we are stressed both body and mind are tensed – heart rate increases, blood pressure rises, breathing becomes rapid and shallow, muscles become tense and tight, and so on.
- In the short term, this natural reaction helps the body to cope with the demands placed on it. But in the long term, this increased physical and mental pressure places excessive stress on the body systems and the mind.

- Cortisol is the natural hormone the body produces to help the body stay active and healthy. But under prolonged stress, excess cortisol is produced which causes the metabolism to malfunction. It is like a car engine that is driven at high speed continuously. Unless it is allowed to rest and cool down, it will start to run rough.

Incorporating yoga and mindfulness into your daily routine can be as simple as practicing deep breathing or taking a few minutes to meditate. Small changes can make a big difference in your overall well-being. Remember always a healthy body not only means prevention and avoidance from diseases, but your internal systems should also be in perfect sync and harmony and Yoga is there to help you in this regard.

# POWER OF POSITIVE THINKING



worry-free life.

## LET'S PUMP UP THE POSITIVE JAM!

- Believe in yourself and visualize your goals to see how small your problems are.
- Your attitude determines your entire life.
- Imagine your life free of worry to become less concerned about the future.

## HAPPINESS IS YOUR OWN CHOICE

It is difficult to say the same for happiness, while unhappiness occurs spontaneously in our minds. Negative thoughts take over our minds more easily. But dealing with these negative thoughts is not difficult. A trained mind can handle this.

### Physical strength

A positive mind gives strength not only psychologically but also physically. During the war, the soldiers are told that they are close to victory and the enemy soldiers are about to lose. In this way, soldiers can continue to stand no matter what the conditions are.

## LEADERSHIP

Leaders are solution oriented. They are fully

aware of the problems. They have dreams, goals, but work realistically. Successful leaders have a positive mind, which enables them to think solution oriented. You cannot lead if you do not have a positive belief that you can solve problems.



ADIL ISMAIL  
11 J (AFTERNOON)

## FIND A ROLE MODEL

You have friends who can stay calm even in the most difficult situations. Check out these people. Examine them from their way of thinking, their greetings, tones of their voice, and their interests. You can even change your mental ability by copying them exactly.

## DON'T LET YOUR MIND FLOW

Suggest yourself often. If you do not make positive suggestions to your mind, your mind will start to fill with negative thoughts. You have to train your mind. You should guide yourself with words of hope and encouragement.

I would conclude my article by saying change your thoughts and you change your world.

"The way to happiness: Keep your heart free from hate, your mind from worry, live simple, expect little, give much, scatter sunshine, forget self and think of others. Try this for a week and you will be surprised."

The power of positive thinking will show you that the roots of success lie in the mind and teach you how to believe in yourself. It breaks the habit of worrying, takes control of your life by regulating your thoughts and changing your attitude.

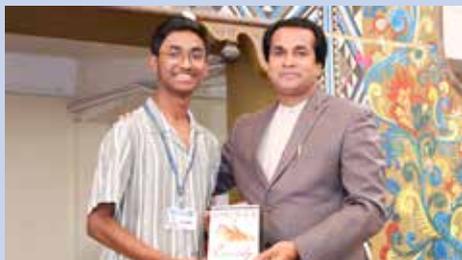
## THREE LESSONS THAT HELP YOU THINK MORE POSITIVELY

1. Start with confidence and watch your problems shrink.
2. Your world is nothing more than the thoughts you have about
3. In order to live worry-free, first imagine a

# BIRTHDAY BOOK DONATION DRIVE



Abhijay Penikalapati 8.E



Heaven Sam Shine 10. E



Jane Jayson 10.C..



Mr. PRATHAPA CHANDRAN B. PILLAI



Mr. SUMIT TOSHKHANI



MR. SURAJ RAMAKRISHNAN



Ms. BINU THARIYAN SABU



Ms. LUBNA VASIM



MS. PRAWINA

# Birthday Arcade - APRIL



EVELYN ALIZA JOSHY  
8F - APR 1



MOHAMMED ZAMAN  
10D - APR 1



INSIYA HUSAINI ABBAS  
10C - APR 1



MURTAZA MUSHKI  
11G - APR 1



ESTHER SUSAN SUBI  
12A - APR 1



TASNIM AZIZ PAPA  
7A - APR 2



SHARON ELSA BIJU  
9B - APR 2



QAIS ABDUL SAMAD  
10D - APR 2



SUFIA SAJID GITEY  
10D - APR 2



DANNY RAVEENDRAN  
11D - APR 2



HAJIRAH  
10F - APR 2



RUBEN MATHEW SHIBU  
7D - APR 3



DARSHIT BHAGAT  
8D - APR 3



FARASEEN FATIMA  
10D - APR 3



SONU SONY  
10F - APR 3



JUSTIN DAMIAN MENDES  
8A - APR 4



REYAN JOE SHIBU  
8C - APR 4



STEVE PHILIP  
9A - APR 4



HEMANI SHARDA  
10A - APR 4



HRITTIKA ASHUTOSH  
10C - APR 4



SARRAH JASVI  
11B - APR 4



JATHNIEL CHARLES  
7E - APR 5



KEITHA DIANTHA  
9A - APR 5



HARSHIL RAVIKUMAR  
9C - APR 5



MEHZABEEN KUDCHI  
10D - APR 5



LINITA KINGSLEY  
10E - APR 5



SUCHITA VENKATESH  
12A - APR 5



SAIFUDDIN MOHAMMED  
7E - APR 6



RONAN IMMANUEL  
7F - APR 6



VIJAY SREEKAR  
8D - APR 6



SHRUTHIKA VAIDYANATHAN  
10E - APR 6



MOHAMMED MUNDE  
10E - APR 6



PETER JOHN SAM  
7C - APR 7



RASIKA NAIK  
7F - APR 7



FATEMA HUSAIN KOTHARI  
8A - APR 7



BRYANA JOHN  
9D - APR 7



SREEKANTH SUDHEER  
10B - APR 7



JUZER MUSTAFA  
8E - APR 8



JERON JACOB JIM  
9A - APR 8



HAFSAH ASIF  
9B - APR 8



ARSHIT SARKAR  
9E - APR 8



SEHRISH NIYAZ  
10D - APR 8



HANNAH SAIRA GEEV  
12D - APR 8



AFLAH V. NIYAS  
7D - APR 9



JOSHUA J. VARUGHESE  
7D - APR 9



SHAHADA SHAREEF K  
9A - APR 9



RAFA S. ALI KADIRI  
11H - APR 9



NIITI TUSHAR BAROT  
7A - APR 10



JOANA SOJIMON  
7E - APR 10



HANNAH MARIAM SONY  
11D - APR 10



MOHAMMED ASIF SUBAIR  
11I - APR 10



NAKSHATHRA RAKESH  
8C - APR 11



AMINA NAUREEN  
9E - APR 11



ABHIRAMI A. SATHEESH  
12A - APR 11



RANJEETA SUSAN  
12B - APR 11



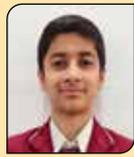
FATHIMATH SHIFA K.  
11I - APR 11



HUSSAIN ABBAS  
7A - APR 12



DAAN MATHEW SUMOD  
7E - APR 12



YUSUF JAWADWALA  
9A - APR 12



SHRIYA VIJESH  
9C - APR 12



HRISHITHA PERURU  
11A - APR 12



SARAH JAVED  
11G - APR 12



JERMEY MATHEW CHACKO  
8A - APR 13



HANVITHA SAI K.  
8E - APR 13



ELISA SUSAN ROBY  
10C - APR 13



PRISHA GUPTA  
11G - APR 13



AHMED ABDUL G.  
10B - APR 14



FARUHA SYED  
10B - APR 14



NAUREEN ZEINAB  
11A - APR 14



ZAHRA NADEEM  
11C - APR 14



MAIRA MUSTAFA  
7D - APR 15



AVANTHIKA HARIGOPAL  
8D - APR 15



JAYDEN BOBBY  
9D - APR 15



DIYA LIJU  
11A - APR 15



REYHAAN RIYAS  
12C - APR 15



ALISHA THEJES  
12E - APR 15



BILAL ASHFAQ  
11K - APR 15



KEVIN REJI MATHEW  
6A - APR 16



AGNIVESH S. PILLAI  
9A - APR 16



HAFSAH MOINUDDIN  
11B - APR 16



ALONA MARY MATHEW  
11C - APR 16



SURAJ LAMA  
12K - APR 16



MANAV AJOSH  
7B - APR 17



AISHA A. KHANZADA  
7C - APR 17



ALEESHA MARY  
8C - APR 17



MOIZ SHABBIR MODI  
11G - APR 17



SURAJ REDDY  
12F - APR 17



SKANDHAN  
12J - APR 17



ALISHA GERALD  
6A - APR 18



LEON V. MANOJ  
8B - APR 18



NEHA SHEJU  
12A - APR 18



FATIMA ZAMEER  
12B - APR 18



AARON LAWRENCE  
12C - APR 18



RONAN PRESLEY  
11K - APR 18



REHAN  
7E - APR 19



AJAIKUMAR  
7F - APR 19



ALI ASGAR  
8E - APR 19



SHIZA FATHIMA  
11H - APR 19



MARIAM N. AHMED  
12E - APR 19



MUHAMED YASEEN  
12J - APR 19



FATHIMA ZAHRA  
8A - APR 20



MOHAMMED AARIB  
8B - APR 20



RAIHAAN ZAID SEDJI  
8F - APR 20



TIMOTHY V. THOMAS  
9A - APR 20



SANJAY RAMACHANDRAN  
10B - APR 20



JASRAJ PAL SINGH  
11E - APR 20



ROJITH J. VARGHESE  
12D - APR 20



CHIRAG ANIRUDHA  
7G - APR 20



RICARDO DEV  
8G - APR 20



JOLYAN REBELO  
8B - APR 21



STEVE BINU ABRAHAM  
10E - APR 21



VAIGA VINOD  
11B - APR 21



NAWAL AAFATAB GIRE  
11D - APR 21



AFRAH RAFIQUE K B  
11G - APR 21



ZAINA H. HUSSAIN  
12I - APR 21



MUHAMMED SHOUHEED  
11K - APR 21



HANAN MAHUZUN  
12J - APR 21



YASIR FURQAN  
7C - APR 22



THRIVENI RAJESH  
11D - APR 22



SAFA KADIRI  
11F - APR 22



SANJANA JOGENENI  
11I - APR 22



FAREEHA JUNAID  
9B - APR 23



ANDERS RICHARD  
11E - APR 23



SAMUEL SAJI  
12A - APR 23



AVANTHIKA BINU  
7D - APR 24



MAHIN ABDUL GAFOOR  
8B - APR 24



JAEDEN SUNIL JOY  
8F - APR 24



ABHAY JAYASANKAR  
9B - APR 24



AVANTIKA MANEESH  
7A - APR 25



IVAN THOMAS STANLEY  
11C - APR 25



KAUSHIK SUMAN  
11C - APR 25



KASHNI SONEJA  
11F - APR 25



HANA ANWAR ALPATTA  
11H - APR 25



CHRISTINA SHIBIT  
8G - APR 25



HERMEN ALICE  
8E - APR 26



ISHAN GOVINDA  
9B - APR 26



SAMAD SAMI M  
10E - APR 26



MUHAMMED RAZA ALI  
11D - APR 26



JAVVADI MAHITHA  
12F - APR 26



AARON SEQUEIRA  
11I - APR 26



ASHNI GRACE  
8D - APR 27



KEVIN SHAJI  
8D - APR 27



MEGHNA RAJESH  
9A - APR 28



SANJAY SUNIL  
9A - APR 28



RAGHAV Y. RATHOD  
9B - APR 28



ALWIN AJI VARGHESE  
9C - APR 28



TASNEEM FIROZ  
11D - APR 28



APARNA SATHEESH  
11 E - APR 28



SREEHARI ANOOP  
12B - APR 28



EHAAN ZAIR BENISH  
8F - APR 29



AFNAAN ARIF  
12I - APR 29



EMAN M HAROON  
10F - APR 29



ANGELIN BINOY  
8C - APR 30



TAHIRA SAMIR  
9D - APR 30



ZAHEEN FATHIMA  
9E - APR 30



JONATHAN JOY  
10A - APR 30



JONAH GEORGE  
10B - APR 30



SABIAH AHMED  
10C - APR 30



RUQAYYAH JUNAID  
11E - APR 30



MRS. BINU THARIYAN  
- APR 1



MR. SURAJ  
RAMAKRISHNAN - APR 1



MR. SILAMBARASON  
- APR 3



MRS. RAJAM  
SUBBARAYA - APR 4



MRS. SHEHNAZ  
DALVI - APR 9



MRS. JESHA P. ALEX  
- APR 10



DR. WAZEEM M.  
PATHAN - APR 10



MR. MUHAMMED  
RAFFIQ - APR 12



MRS. MOUNEKA RATHINA-  
SAMY - APR 12



MRS. VINAYA  
RODRIGUES - APR 23



MR. JIMMY RAKESH  
- APR 25



DR. V. BINUMON  
- APR 26



MS. SUCHITHA LITA  
D'SA - APR 29

# BIRTHDAY CUM CHARITY FUND

## BALANCE SHEET FOR THE MONTH OF MARCH 2024

Income (February 2024)	KD	Expenditure (March 2024)	KD
Balance c/f from February 2024	2306.965		
Contribution from Students & Staff (March 2024)	214.900		
Balance in Hand	2521.865		

### CHARITY MARCH 2024

CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL	CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL
12 A	-	6.000	6.000	12 I	-	15.025	15.025
12 B	-	16.500	16.500	10 A	4.300	10.700	15.000
12 C	-	10.400	10.400	10 B	1.290	-	1.290
12 D	-	6.200	6.200	10 C	-	3.250	3.250
12 E	-	35.500	35.500	10 D	-	1.550	1.550
12 F	-	16.250	16.250	10 E	3.000	17.000	20.000
12 G	-	32.185	32.185		<b>8.590</b>	<b>196.310</b>	<b>204.900</b>
12 H	-	25.750	25.750				

### CHARITY CONVENERS (APRIL - JUNE)



RIHANNA MARIAM  
RAJESH - 12A



ISRAA IBRAHIM  
- 12B



MEECHAL MERCY  
RINU - 12C



JERRIN JOHN  
- 12D



RIDA KHAN  
- 12E



AAFIIYA  
- 12F



JUZAR ABBAS ALI  
BODLAWALA - 12G



GOWRY PRAKASH  
- 12H



ANNA KARINA  
- 12I



MUHAMMAD RIFAN  
- 12J



SURAJ LAMA  
- 12K



JOHAAN ABRAHAM  
THOMAS - 11A



JEHOSHEBA SARAH  
BOBBY - 11B



KUNJ DEVANGBHAI  
JETHWA - 11C



SRAVAN REDDY  
BUCHIREDDY - 11D



KEREN ROSINA REJI  
MATHEW - 11E



AVERYL JESSICA  
DSILVA - 11F



IDRIS MAZAHIR  
RAMAKDA - 11G



SARAH ANN THOMAS  
- 11H



DIVYA BAGYA MALLULA  
BABUJE - 11I



SAMEEHA SHAHUL  
HAMEED - 11J



ZAINAB MUSTAFA  
MIYAJI - 11K



SAMINA MALIK  
- 10A



ZAINAB HUSSAIN  
- 10B



MUJTABA DILAWAR  
WANGDE - 10C



SEHRISH NIYAZ  
AHMED - 10D



DIONNA GEORGE  
- 10E



HAJRA  
- 10F



JUAN JIJI  
FERNANDEZ - 9A



FATHIMA NIMAH  
- 9B



JYOTHI SHRAVANTHI  
YAGNAM - 9C



DAVE SAM RAJ  
- 9D



AYDEN EUSEBIUS  
FERNANDES - 9E



SAKINA TAHERI  
- 9F



LIANNE MICHELE  
- 8A



ANN BINSH KAVIKUNNEL  
- 8B



MUFADAL MOHAMMED  
- 8C



TASHEEN FATHIMA  
- 8D



SUDHEV SUDHI  
- 8E



DAVID PHILIP JOHN  
- 8F



NABIHA KHANAM  
- 8G



LAAIBAH SYED  
NIZAMUDDIN - 7A



GAUTHAM KRISHNA  
SANTHOSH - 7B



MEENAKSHI WARRIER  
- 7C



RUBEN MATHEW  
SHIBU - 7D



HASAN KAUSAR  
KHAN - 7E



SHRADDHA SAJIL  
KUMAR NAIR - 7F



RAENA ANNA  
ROY - 7G



HARSHITA PRAKASH  
MISTRI - 6A

# The Indian Community School, Senior Hosts Orientation Programme for Class XI



and co-curricular activities. Dr. V. Binumon motivated the students to take ownership of their actions, providing valuable study tips and emphasizing the significance of positivity, perseverance, progress, passion and proactiveness in achieving success. The orientation session for Commerce and Humanities stream concluded with vote of thanks proposed by Mrs. Ratnachira, Academic Supervisor. Mrs. Manu Ann Varghese, Academic Supervisor of Secondary Section drew curtains to the orientation programme for the Science stream by proposing vote of thanks.



Dr. Binumon emphasized the importance of continuous learning and highlighted the crucial role of parental and teachers' involvement in holistic development of the students.

Parents were briefed on various confidence-building and leadership development activities conducted throughout the academic year. The presentation covered topics such as study strategies, examination patterns, curricular,

The session concluded successfully, leaving participants with a deeper understanding of school policies and a strengthened sense of community. It reflected ICSK's commitment to nurturing an inclusive and well-informed educational environment.

The Indian Community School, Senior hosted an Orientation Programme tailored for Grade XI parents and students in Science, Commerce, and Humanities on Saturday, March 16, 2024. Divided into two sessions, the event held in the school auditorium featured a comprehensive agenda to provide insights into the school program and initiatives. The primary objective was to inform parents and students about academic aspects, institute regulations, and encourage parental involvement in monitoring student progress.



The session began with recitation of verses from the holy Quran and a prayer song performed by the school choir. Mrs. Susan Rajesh, Vice Principal of ICSK Senior and Mrs. Mini Shaji, Deputy Vice Principal of ICSK Senior warmly welcomed the attendees. Class teachers and subject teachers were welcomed with enthusiastic applause during the introduction session. Dr. V. Binumon, Principal and Senior Administrator of ICSK, led the orientation, extending a hearty welcome to students for the new academic year. In his address,



# EPITravel JAPAN

Japan, an island nation in East Asia, is a fascinating blend of traditional culture and modernity, offering visitors a unique and unforgettable experience. From ancient temples and serene gardens to bustling cities and breathtaking natural landscapes, Japan has something to offer every traveler.

## Places To Visit in Japan

### Tokyo

Tokyo, the bustling capital of Japan, is a vibrant metropolis known for its unique blend of traditional culture and modernity. The city offers a wide range of attractions, from historic temples and shrines to futuristic skyscrapers and bustling street markets. Visitors can explore the historic Asakusa Temple, shop for the latest fashions in the trendy neighborhoods of Shibuya and Harajuku, and enjoy panoramic views of the city from the iconic Tokyo Tower. With its rich history, vibrant culture, and endless entertainment options, Tokyo is a must-visit destination for any traveler.

### Kyoto

Kyoto, the ancient capital of Japan, is a city steeped in history and tradition. Home to over 2,000 temples and shrines, including the iconic Kiyomizu-dera and Fushimi Inari Taisha. The city is also known for its beautiful gardens, traditional wooden houses, and historic tea houses. Visitors can experience a traditional tea ceremony, explore the picturesque Arashiyama Bamboo Grove, and immerse themselves in the serene atmosphere of this historic city. Kyoto is a must-visit destination for those seeking to experience the beauty and tranquility of traditional Japan.

### Osaka

Osaka, Japan's second-largest city, is a dynamic metropolis known for its vibrant nightlife, delicious street food, and historic sites. Visitors can explore the impressive Osaka Castle, stroll through the bustling Dotonbori district, and experience the city's rich cultural heritage at the Shitenno-ji Temple. With its friendly locals and lively atmosphere, Osaka offers a unique and unforgettable experience for travelers.

### Hiroshima

Hiroshima, a city with a tragic past, is now

a symbol of peace and resilience. Visitors can explore the Peace Memorial Park and Museum, which commemorate the atomic bombing of the city during World War II. The park's iconic A-Bomb Dome serves as a stark reminder of the devastation caused by the bombing. Despite its history, Hiroshima is now a vibrant and thriving city, offering a blend of historic sites, modern architecture, and a vibrant cultural scene.

### Nara

Nara, located near Kyoto and Osaka, is famous for its well-preserved temples, friendly deer, and rich cultural heritage. The city was Japan's first permanent capital and is home to some of the country's oldest and most historic temples, including the Todai-ji Temple, which houses a giant Buddha statue. Visitors can also explore the beautiful Nara Park, where hundreds of deer roam freely, and the Kasuga Taisha Shrine, known for its thousands of stone and bronze lanterns. Nara offers a peaceful retreat from the bustling cities of Japan, with its serene temples and picturesque gardens.

### Hokkaido

Hokkaido, Japan's northernmost island, is renowned for its stunning natural landscapes and outdoor activities. The region boasts numerous national parks, including the breathtaking Shikotsu-Toya National Park and Akan-Mashu National Park, which offer opportunities for hiking, wildlife spotting, and hot spring bathing. Hokkaido is also known for its winter sports, with world-class ski resorts such as Niseko attracting visitors from around the globe. In addition to its natural beauty, Hokkaido is famous for its fresh seafood, dairy products, and scenic flower fields, making it a paradise for nature lovers and food enthusiasts alike.

### Kyushu

Kyushu, Japan's third-largest island, is known for its stunning natural beauty, rich history, and unique culture. The island is home to several active volcanoes, including Mount Aso, one of the largest volcanic calderas in the world. Visitors can also explore historic sites such as the Kumamoto Castle and the Nagasaki Peace

Park, which commemorates the atomic bombing of the city during World War II. Kyushu is also famous for its hot springs, known as "onsen," and delicious local cuisine, making it a must-visit destination for travelers looking to experience the best of Japan's culture and natural beauty.



LEVINA RACHEL  
CHACKO - 12F

### Okinawa

Okinawa, a tropical paradise in southern Japan, is renowned for its stunning beaches, crystal-clear waters, and unique culture. The island chain is home to a distinct Ryukyuan culture, which is reflected in its traditional music, dance, and cuisine. Visitors can explore historic sites such as the Shuri Castle, a UNESCO World Heritage Site, and the Okinawa Peace Memorial Park, which commemorates the Battle of Okinawa during World War II. Okinawa's pristine beaches and warm climate make it a popular destination for water sports enthusiasts, while its rich cultural heritage offers a fascinating glimpse into Japan's past.

Japan is a country that offers a rich tapestry of experiences for travelers. From the bustling streets of Tokyo to the serene temples of Kyoto, and the natural beauty of Hokkaido to the tropical paradise of Okinawa, Japan has something for everyone. Whether you're interested in history, culture, nature, or food, Japan's diverse attractions are sure to captivate and inspire. With its unique blend of tradition and modernity, Japan is a destination that promises unforgettable memories and experiences for all who visit.



## What Happens in the Dark Comes to Light

Once there lived a girl named Isha, who was studying in the 8th Grade. She was an introvert and did not mingle with many students. However, she had a remarkably close friend, Ahana, with whom she shared everything. Ahana was her soul sister, they used to spend all the time together.

The year passed by. 9th Grade started. Ahana's father decided to opt for a new job in a different country. Isha and Ahana got separated. Isha felt so sad and lonely in school.

Isha had a great interest in science. She diverted her entire energy to reading science articles. She used to read a lot of Scientific facts and present them to her teachers. The teachers were impressed with Isha.

There was a very notorious kid called Akhil in Isha's class. He was known as the "Bully Master" of the class. He was jealous of Isha's popularity among science teachers. One day the science teacher conducted a class test. Unprepared, Akhil was confident

of bullying his way and getting high scores on the test by cheating. Akhil also wanted to outshine Isha at any cost.

The term exam was announced. Akhil was smart and clever in making mischievous plans. He approached the school peon and bribed him to get the science question paper.

While the rest of the children worked hard and attended school with reddened eyes and lack of sleep, Akhil roamed around stress-free. He was sure he would ace the science exam. Two days before the science examination, he went to collect the question paper from the peon from the agreed spot. Akhil did not realise that his Physics teacher Mrs. Rita Sharma saw the peon handing over some paper to Akhil. "What work can a peon have with a student," Mrs. Sharma wondered.

The next morning, Mrs. Sharma approached the Principal. The Principal fired the peon for setting a wrong example. When Akhil got to know this, he fainted. He was sure

that the same paper, from which he had learned the answers by heart, would be changed. He had not done any preparation other than covering the questions on paper.



DEEPIKA VIJAYARAGHAVAN  
- 11F

Akhil realized the gravity of his mistake. He narrated the whole incident to the Principal, cried and apologized. He said that he was the one who instigated the peon. The peon had advised him not to, and that it would lead to a disaster. He begged the Principal to reinstate the peon.

The Principal told Akhil "What Happens in the Dark Comes to Light." Secrets or hidden actions will eventually be revealed or discovered. Honesty and integrity are particularly important.

Thereafter, Akhil worked hard. He started paying attention in class. He also started focusing on what was right. Life taught Akhil a lesson to be a dedicated and disciplined person.

## IBPC fetes meritorious students of ICSK



The Indian Business Professional Council (IBPC) and IIT IIM Alumni and other sponsors unanimously organised an award ceremony for Indian CBSE affiliated schools to honour the meritorious students of Grade X & XII on 20th April 2024 Saturday

at SIMS at 6 pm.

We are proud to state that students of The Indian Community School Kuwait grabbed the 1st prize and a huge trophy once again and proved its mettle and maintained

the legacy of achieving impeccable and exemplary achievement by qualifying with 95% and above at the CBSE Boards for Class 12 the batch of 2023.

We congratulate the children and valued teachers whose persistent quest for success, dedication, sincerity and perseverance led them bask in the glory of excellence and achieve the seemingly impossible goals with ease and certitude. The solemn occasion was graced by the chief guest Dr Adarsh Swaika, the Indian Ambassador to Kuwait, distinguished members of IBPC executive committee and IIM Alumni, Principals of different Indian Schools, proud parents and the young achievers.

The Principal & Senior Administrator Dr V Binumon congratulated the star performers of Grade XII and expressed his pride in receiving the award of 'excellence in academics' on behalf of our esteemed institution.

# DISCOVER **india** MIZORAM

Mizoram, known for its cultures, traditions and tourism is a Landlocked state in North east India. The name of the state is derived from “Mizo”, the common name of the native inhabitants, and “Ram”, which in the Mizo language means “land. Thus “Mizoram” means “land of the Mizos. Known for its evergreen hills and dense bamboo jungles Mizoram shares a 772 kilometers long border with Myanmar and Bangladesh. The Capital of this wonderful state of India is Aizawl. The languages which are mainly spoken in Mizoram are- English & Mizo

## Festivals of Mizoram

Several festivals are held in Mizoram even the oldest traditions. These traditions are followed till this day in Mizoram. Examples are :

- Mim Kut-Being one of the most important festivals of Mizoram, it is celebrated in the months of August and September. It is a maize festival. This involves paying patronage and tribute to their ancestors. These include offering bread, maize, vegetables and other items.
- Chapchar Kut-Considered as the oldest festival of Mizoram, during this festival, farmers cut bamboo forests to make places for seasonal farming. They wait for the bamboo heaps to get dry and then burn them. Portraying the liveliness of the culture, people dress up wearing traditional clothes and hats made from parrot's feathers and beads.
- Pawl Kut-Celebrates the great harvest of straw. This is celebrated in December and is also considered as the Thanksgiving festival.
- Thalfavang Kut-Celebrated and solemnised in the months of November, this fiesta is also concerning harvest. It marks the onset of harvest. Many cultural events like games are also a part of this festival.

## Cuisine

Mizo cuisine is known for its use of a wide variety of meat, including chicken, pork, fish. Rice is the staple food of Mizoram, while Mizos love to add non-vegetarian ingredients in every dish. Fish, chicken, pork and beef are popular meats among Mizos.

- Bai - combination of several herbs cooked with string beans and edible ferns.
- Rep - smoked meat (fish, chicken, pork or beef) mixed with flavors of chillies, local herbs and fresh leafy greens.
- Chhum han - mixed steamed vegetables.
- Hmarcha rawt - tangy and spicy chilli chutney.
- Dal.
- Bekang - fermented soya beans.

Are the mostly served dishes of Mizoram Households.

## Dance forms of Mizoram

The state of natural splendor also has one of the most delightful dance forms. The residents of Mizoram love to entertain themselves in dances, making their lives as cheerful and vibrant as possible. The diverse Mizoram dance forms are splendid and interesting reflecting the jubilant spirit of the Mizos. Most of these dances are performed during the festivals and are group dances.

Cheraw-This is the major dance form of Mizoram which is also referred to as the bamboo dance. This is one of the oldest dances of the Mizos. Long bamboo staves are used in this dance form.

Khuallam- Guests are invited from the other villages. Gongs known as Darbu remain the most suited instruments of the dance. No songs are sung during the dance. The traditional handwoven Mizo cloth is wrapped around the shoulder.

Chailam-This dance form is performed during the Chapar Kut festival. This is performed by men and women standing in a circle, where men hold the shoulder of the women while the women hold the waist of the men. The musicians are placed in the middle of the circles; they play the drums and the Mithun's horn.



NYNIESHIA  
ELIZABETH ALEX  
-9A

Sarlamkai-This traditional and one of the oldest dance forms of the Mizo people, Sarlamkai is performed as a part of celebration after winning a war. Men and women stand in their places while the hero dances holding his shield and his sword, swinging it to the tune of gong beats.

## Traditional Attire

Woman of Mizoram wear many varieties of clothing such as

- Puan- quite similar to churidar and kurta
- Puachei -which is worn during occasions and weddings these are bright colored.
- Mizo Lusei -Woman wear a part of this garment called the headdress which is made of coronal.
- Men of Mizoram prefer simplicity and often wear a long garment which is their traditional clothing.
- During winters they wear coats to drape their garment.
- Mizo males prefer red or white colored coats
- Men of the Lusei tribes always prefer cotton clothing

## Arts and Crafts of Mizoram

The markets of Mizoram are occupied with a large variety of art and craft works. Textiles, bamboo, cane works, and basketry remains the main section of craft work. Many women indulge in weaving and basketry, whereas the bamboo cane sector blooms and flourishes as Mizoram is known for its specialisation in bamboo cane craftwork.

# 5G TECHNOLOGY



Revolutionizing Connectivity: Exploring the Latest Breakthroughs in 5G Technology In telecommunications, 5G is the fifth-generation technology standard for cellular networks, which cellular phone companies began deploying worldwide in 2019, and is the successor to 4G technology that provides connectivity to most current mobile phones.

Like its predecessors, 5G networks are cellular networks, in which the service area is divided into small geographical areas called cells. All 5G wireless devices in a cell are connected to the Internet and the telephone network by radio waves through a basestation and antennae in the cell. The new networks have higher download speeds, with a peak speed of 10 gigabits

per second (Gbit/s) when there is only one user in the network. 5G has higher bandwidth to deliver faster speeds than 4G and can connect more devices, improving the quality of Internet services in crowded areas. Due to the increased bandwidth, it is expected the 5G networks will increasingly be used as general internet service providers (ISPs), competing with existing ISPs such as cable internet, and also will make possible new applications in internet-of-things (IoT) and machine-to-machine areas. Cellphones with 4G capability alone are not able to use the 5G networks.

5G networks are cellular networks, in which the service area is divided into small geographical areas called cells. All 5G wireless devices in a cell communicate by radio waves with a cellular base station via fixed antennas, over frequencies assigned by the base station. The base stations, termed nodes, are connected to switching centers in the telephone network and routers for Internet access by high-bandwidth optical fiber or wireless backhaul connections. As in other cellular networks, a mobile device moving from one cell to another is automatically handed off seamlessly.

The industry consortium setting standards for 5G, the 3rd Generation Partnership Project (3GPP), defines "5G" as any system using 5G NR (5G New Radio) software — a definition that came into general use by late 2018. 5G continues to use OFDM encoding.



KHADEEJA IMRAM  
-10C

Several network operators use millimeter waves called FR2 in 5G terminology, for additional capacity and higher throughputs. Millimeter waves have a shorter range than the lower frequency microwaves, therefore the cells are of a smaller size. Millimeter waves also have more trouble passing through building walls and humans. Millimeter-wave antennas are smaller than the large antennas used in previous cellular networks.

The increased data rate is achieved partly by using additional higher-frequency radio waves in addition to the low- and medium-band frequencies used in previous cellular networks. For providing a wide range of services, 5G networks can operate in three frequency bands — low, medium, and high.

## Aimless Mind and a Purposeless Life



Earth is home to a population of 7.8 billion individuals, yet it's worth questioning if they all share ambitions and dreams. From my observations, including my thoughts, it seems that many people aspire to a common path: pursuing education, securing a stable job, potentially in countries like the US, UK, or Australia, tying the knot, and achieving a sense of stability. Often, this journey includes milestones such as raising a family, owning a home, and fostering the future of their children.

**But the truth is this isn't a dream, this is just part of life then what is AIM?**

I am aware that AIM stands for "Ambition

In Mind," but what I'm truly seeking is its profound significance.

Have you ever contemplated what is the purpose of life? Are you useful in any means or are you just another being coexisting in this world?

An aim is like a bright light that shows us the way to what we want in life. It's a strong feeling of purpose that helps us make decisions in the complicated journey of life. An aim is more than just ordinary things – it makes us feel driven to overcome challenges and reach for amazing things. It's like a song of what we really want, working together with the universe to guide us and push us to achieve our dreams.

Living purposefully means understanding that our life is like a woven fabric of experiences shaped by our goals. It's realizing that our choices contribute to the bigger picture we're creating. In a world of routines, having a purpose is like sunlight breaking through clouds, revealing our

vast potential.

Living with purpose means taking charge of our story instead of just reading along. It's a bold step that encourages us to go beyond the ordinary, leaving a mark on the world's symphony. Having a purpose is like a guiding star, helping us through uncertainties, and anchoring us in meaningful journeys.

Ultimately, a purposeful life is a journey of discovering ourselves and expressing who we are. It's exploring our passions and potential, breaking free from routines, and chasing our dreams. It's living genuinely, completely, and deliberately, knowing that even after we're gone, our impact endures, and our names remain remembered.

In conclusion, the notion that "you only live once" is misleading; in reality, we live every day and die only once, so listen to your heart and go for your dream before it becomes too late.



SWETA  
-12A

# EPHILATELY

## Saifuddin Kitchlew



Saifuddin Kitchlew was an Indian freedom fighter and politician. He was a founding member of Jamia Millia Islamia. He is most prominent for the protests in Punjab after the implementation of Rowlatt Act, after which he and the leader Satyapal were secretly sent to Dharamshala. The protest against their arrest and against that of Gandhi at Jallianwala Bagh, Amritsar, led to the infamous Jallianwala Bagh massacre. He was awarded the Stalin Peace Prize (later renamed the Lenin Peace Prize) in 1952. India Post released a special commemorative stamp featuring him in 1989.

## Damodar Dharmananda Kosambi



Damodar Dharmananda Kosambi was an Indian polymath with interests in mathematics, statistics, philology, history, and genetics. He is known for his contribution to genetics by introducing the Kosambi map function. In statistics, he was the first person to develop orthogonal infinite series expressions for stochastic processes via the Kosambi-Karhunen-Loève theorem. He is also well known for his work in numismatics and for compiling critical editions of ancient Sanskrit texts. He was also a Marxist historian specialising in ancient India who employed the historical materialist approach in his work. He is particularly known for his classic work 'An Introduction to the Study of Indian History'. India Post issued a commemorative postage stamp on 31 July 2008 to honour Kosambi.

## Madhubala



Madhubala was an Indian actress and producer, known for her portrayals of strong-willed and independent characters. One of the most globally recognised and highest-paid Indian entertainers during her time, Madhubala was active in film for more than two decades and played roles in over 70 motion pictures, ranging from epic dramas to social comedies. She featured prominently in the contemporary international media, acquiring a major following in the markets of South Asian, European and East African countries. The results of an Outlook poll listed her as the most celebrated actress in Bollywood's history. In March 2008, Indian Post issued a commemorative postage stamp featuring Madhubala.

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## Sam Manekshaw



Field Marshal Sam Hormusji Framji Jamshedji Manekshaw MC, widely known as Sam Manekshaw and Sam Bahadur also known as "Sam the Brave" was the Chief of the Army Staff of the Indian Army during the Indo-Pakistani War of 1971, and the first Indian Army officer to be promoted to the rank of field marshal. His active military career spanned four decades and five wars, beginning with service in the British Indian Army in World War II. Having already commanded troops at division, corps and regional levels, Manekshaw became the seventh chief of the army staff in 1969. Under his command, Indian forces conducted victorious campaigns against Pakistan in the Indo-Pakistani War of 1971, which led to the creation of Bangladesh in December 1971. He was awarded the Padma Vibhushan and the Padma Bhushan, the second and third highest civilian awards of India. On 16 December 2008, a postage stamp depicting Manekshaw in his field marshal's uniform was released by then President Pratibha Patil.

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## Begum Hazrat Mahal

Begum Hazrat Mahal, also known as the Begum of Awadh, was the wife of Nawab of Awadh Wajid Ali Shah, and the regent of Awadh. She is known for the leading role



ALIYA KAZI  
- 12I



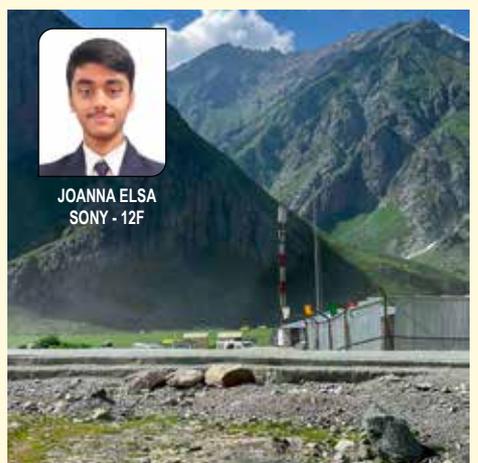
she had in the rebellion against the British East India Company during the Indian Rebellion of 1857. After her husband had been exiled to Calcutta and the Indian Rebellion broke out, she made her son, Prince Birjis Qadr, the ruler of Awadh, with herself as regent. Her role in the rebellion has given her a heroine status. On 10 May 1984, the Government of India issued a commemorative stamp in honour of Mahal. The first day cover was designed by C.R. Pakrashi, and the cancellation was done by Alka Sharma. 15,00,000 stamps were issued.

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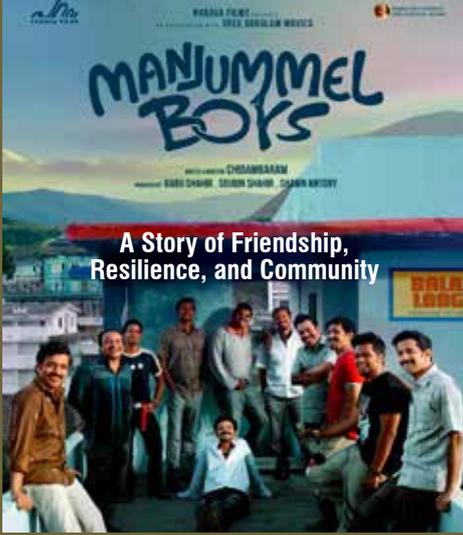
## PHOTOGRAPHY CORNER.



JOANNA ELSA  
SONY - 12F



JOANNA ELSA  
SONY - 12F



KRIPA REJI  
-11G

is their unwavering resilience in the face of adversity. Growing up in a village marked by economic challenges and limited opportunities, the boys learned early on the value of hard work and perseverance. Despite the odds stacked against them, they remained determined to carve out a better future for themselves and their families. Education became their beacon of hope, and they embraced it with fervor. Together, they studied late into the night, supporting and motivating each other every step of the way. Through their collective efforts, they excelled academically, earning accolades and recognition both within their community and beyond.

instilled in them by their upbringing, they embarked on diverse paths, from medicine and engineering to entrepreneurship and public service. Yet, no matter where life took them, they remained united in spirit, bound by the memories of their childhood and the dreams they shared.

In the quaint coastal village of Manjummel, nestled in the picturesque landscapes of Kerala, India, lies a tale of camaraderie, determination, and the power of friendship embodied by a group of young boys known affectionately as the "Manjummel Boys." Their story is one that transcends geographical boundaries, touching the hearts of all who hear it. The Manjummel Boys, a tight-knit group of friends, grew up together in the vibrant community of Manjummel. Bound by a shared love for adventure and mischief, they roamed the narrow streets and sandy shores of their hometown, forging bonds that would withstand the tests of time.

Today, the legacy of the Manjummel Boys lives on, serving as a testament to the transformative power of friendship, resilience, and community. Their story serves as an inspiration to all who dare to dream and reminds us that with unwavering determination and the support of loved ones, anything is possible.

But it wasn't just academic success that defined the Manjummel Boys; it was their unwavering commitment to one another and their community. They rallied together in times of need, whether it was helping rebuild homes devastated by monsoons or lending a helping hand to elderly neighbors. Their selflessness and compassion knew no bounds, and their acts of kindness reverberated throughout the village, inspiring others to follow their lead. As they ventured into adulthood, the Manjummel Boys remained steadfast in their pursuit of excellence. Armed with the values

In conclusion, the Manjummel Boys' story is a testament to the enduring bonds of friendship, the strength of the human spirit, and the profound impact of community. Through their shared experiences and unwavering determination, they not only defied the odds but also left an indelible mark on the world around them. May their tale continue to inspire generations to come, reminding us all of the power of unity, perseverance, and the bonds of brotherhood.

At the heart of the Manjummel Boys' story

## SHEER KHURMA RECIPE



### INGREDIENTS

- 2 tablespoons ghee 30 ml
- 10-15 cashews broken
- 10-12 almonds chopped
- 10-12 pistachios chopped
- 10-15 golden raisins
- 6-7 large dates chopped or use 10 small dates
- 1 cup broken vermicelli
- 1/2 cup grated mawa optional
- 1 liter whole milk
- 4 tablespoons sugar or to taste
- 1.5 teaspoon rose water
- 1/2 teaspoon cardamom powder

1. Heat ghee in a pan on medium heat. Once hot, add the chopped nuts, raisins and dates to the pan.
2. Cook for 1-2 minutes until the nuts are fragrant and turn golden brown. The raisins will plump up. Remove the nuts from the pan and set them aside.
3. Now to the same pan, add the seviyan (vermicelli) and mix well.
4. Roast the seviyan for around 3 minutes until it starts becoming a light golden brown in color.
5. Now add the khoya/mawa and roast for another 1-2 minutes. This step is optional, you may skip it.
6. Next add the milk to the pan and stir. Increase heat to medium high and let the milk come to a boil. Stir often in between so that vermicelli doesn't stick to the bottom of the pan.
7. Once the milk comes to a boil, lower the heat to medium and let it boil for

around 8 minutes.

8. After 8 minutes, the milk will reduce and thicken slightly, at this point add in the sugar and mix.
9. Transfer back the fried nuts into the pan and mix.
10. Also add the rose water and mix.
11. And also the cardamom powder.
12. Cook for 2-3 more minutes on medium-low heat and then turn off the heat.

Serve Sheer Khurma warm or chilled. I love it cold!



DISHLEEN KAUR  
-9C





### Women's Day: Indian Army To Raise Two Sports Companies For Girls:

The Indian Army will be setting up two Army Girls Sports Companies (AGSCs) in a phased manner within two of its centre of excellence nodes at Army Marksmanship Unit in Mhow, Madhya Pradesh, and the Army Sports Institute in Pune to identify young talent, educate them and train them to become champions in their respective sporting discipline. The move is in line with the national vision of 'women empowerment' and demonstration of 'Nari Shakti'. Their primary goal is to provide training to young girls hailing from all corners of the country, focusing on disciplines such as Shooting, Archery, Athletics, Boxing, and Weightlifting. This young talent at AGSCs will learn from the experience of senior Army teams and athletes training at these locations.



### Atomic Bomb Movie 'Oppenheimer' Crowned Best Picture At The Oscars:

Irish actor Cillian Murphy won best actor for playing theoretical physicist J. Robert Oppenheimer, leader of the U.S. effort in the 1940s to create a weapon that ended World War Two. "Oppenheimer" director Christopher Nolan took home the directing Oscar. A three-hour historical drama about science and politics, "Oppenheimer" became an unlikely box office hit and grossed \$953.8 million, in addition to widespread critical praise.



### ISRO Reaches New Milestone, Successfully Lands Pushpak Reusable Launch Vehicle:

The Indian Space Research Organisation (ISRO) successfully conducted the Pushpak Reusable Landing Vehicle (RLV) LEX 02 experiment, at the Aeronautical Test Range in Chitradurga, Karnataka, on March 22. This landing is the second in a series of experiments conducted by ISRO. Building upon the success of the previous mission, RLV-LEX-02 showcased the autonomous landing capabilities of the RLV from challenging initial conditions post-release from a helicopter. Pushpak was hoisted by an Indian Air Force Chinook helicopter and released at an altitude of 4.5 km.



### MeitY Launches BhashaNet Portal To Promote Digital Inclusion:

The Ministry of Electronics and Information Technology (MeitY) and the National Internet Exchange of India (NIXI) unveiled the BhashaNet portal. The portal is designed to establish a multilingual internet environment, where website names and email addresses can be accessed in local languages. By catering to users in their native languages, the initiative promotes inclusivity and enhances accessibility. The portal was launched to mark Universal Acceptance Day, which calls for equitable treatment of domain names and email addresses across all languages and scripts, ensuring accessibility through all Internet-enabled applications, devices, and systems.



### Raksha Mantri Trophy Awarded To Top Armed Forces Hospitals:

In a ceremony held in New Delhi on March 19, Lt Gen Daljit Singh, Director General Armed Forces Medical Services and Senior Colonel Comdt, Army Medical Corps, presented the Raksha Mantri Trophy for the Best and Second Best Command Hospitals of 2022. Command Hospital (Southern Command), Pune, secured the top spot, with Command Hospital (Central Command), Lucknow, being awarded second place. Established in 1989, the Raksha Mantri Trophy aims to recognize excellence in healthcare services delivered by Armed Forces Hospitals and promote healthy competition among them.



### NET Score Allowed For Admissions To PhD In Place Of Entrance Test: UGC:

The University Grants Commission (UGC) announced that students will now be able to use their National Eligibility Test (NET) scores for admission into PhD programs, starting from the academic session 2024-2025. This decision eliminates the need for separate entrance tests conducted by universities and the Higher Education Information System (HEIS), aligning with the National Education Policy's goal of simplifying the admission process.



### JNCASR scientists develop pancreas-mimicking system for responsive insulin delivery in diabetes treatment:

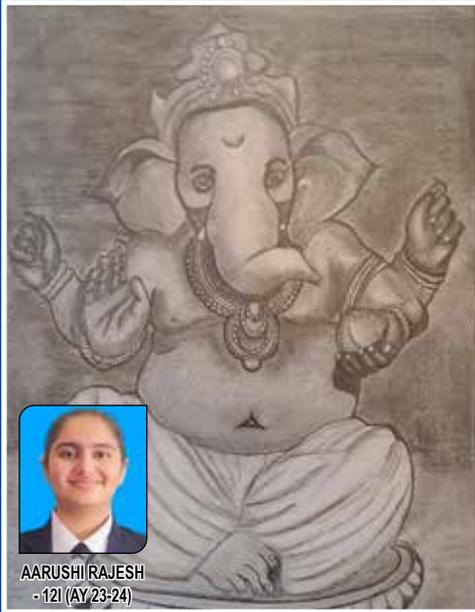
Scientists at Jawaharlal Nehru Centre For Advanced Scientific Research (JNCASR) have developed a new silk-based hydrogel system that mimics the pancreas, offering a potential breakthrough in insulin delivery for diabetes treatment. Prof. T. Govindaraju and his team from the Bio-organic Chemistry Laboratory, New Chemistry Unit at JNCASR, said that they were motivated by the success of a previously developed passive insulin release system. The silk-based insulin delivery system indeed has the potential to change lives, offering a more convenient and responsive way to manage diabetes, without the hassle of traditional insulin injections.



### Atal Innovation Mission, NITI Aayog And Meta Join Hands To Establish Frontier Technology Labs In Schools:

In a bid to transform future technologies and empower youth to innovate, Atal Innovation Mission (AIM), NITI Aayog and Meta announced the launch of Frontier Technology Labs (FTLs). The collaboration will facilitate Atal Innovation Mission and Meta to set up FTLs in schools of strategic importance to ensure that students from diverse backgrounds across India have equal opportunities to learn and engage with frontier technologies. The objective of ATLs is to foster curiosity, creativity, and imagination in young minds; and inculcate skills such as design mindset, computational thinking, physical computing etc.

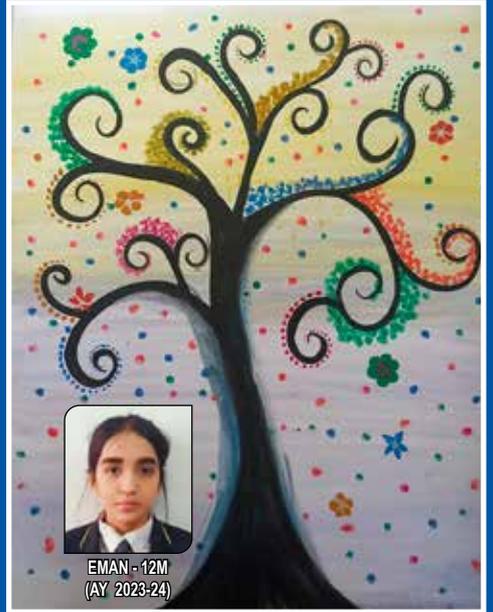
# Art Gallery



AARUSHI RAJESH  
-12I (AY 23-24)



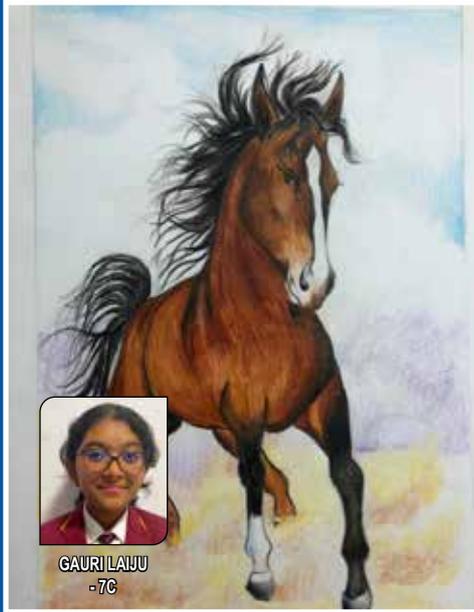
SYED ASKARI  
ABBAS-9E



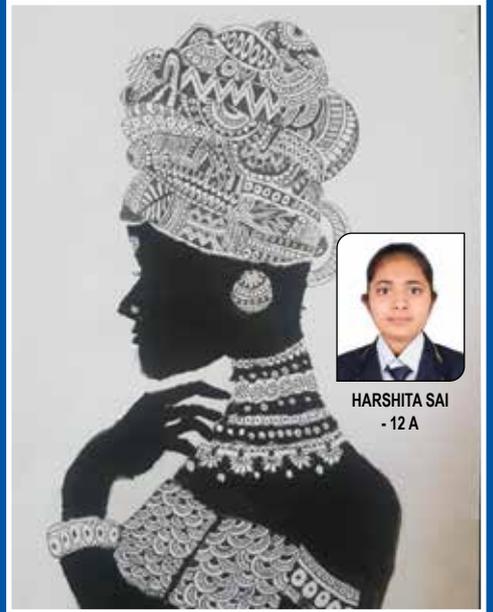
EMAN - 12M  
(AY 2023-24)



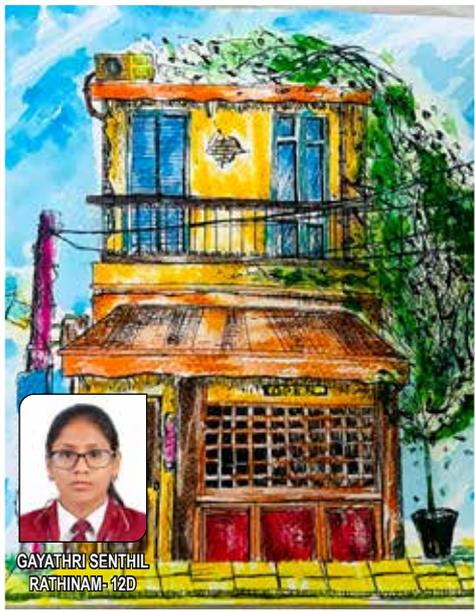
FIDA LAHIR  
- 12B



GAURI LAJU  
- 7C



HARSHITA SAI  
- 12 A



GAYATHRI SENTHIL  
RATHINAM-12D



JEREMI COLOGO  
12E



KUMARANN  
-11C

# EPIctionary



URVASHI GOPAL  
- 12I

- Obdurate** : being stubborn and refusing to change one's opinion  
Usage in a sentence: I argued this point with him, but he was obdurate.
- Clamor** : proclaim something noisily  
Usage in a sentence: The questions rose to a clamors in the meeting.
- Cognizant** : awareness or realization  
Usage in a sentence: Politicians must be cognizant of the political boundaries within which they work.
- Disparate** : of a distinct kind  
Usage in a sentence: They inhabit disparate worlds of thought.
- Equanimity** : maintaining composure in stressful situations  
Usage in a sentence: He accepted both the good and the bad with equanimity.
- Largess** : Kindness or Generosity in bestowing gifts or money  
Usage in a sentence: The king can't bestow these costly jewels with such largess
- Phlegmatic** : expressing little or no emotion  
Usage in a sentence: He portrays the phlegmatic British character on the show.
- Promulgate** : to broadcast or announce  
Usage in a sentence: These objectives have to be promulgated within the organization.
- Solipsism** : the philosophical theory that only the self-existence is known and all that exists  
Usage in a sentence: We cannot avoid the popularity of solipsism mentality.
- Ubiquitous** : omnipresent or existing everywhere  
Usage in a sentence: His ubiquitous influence was felt by all the family.

# Eid Al-Fitr



Eid al-Fitr, first of two canonical festivals of Islam. Eid al-Fitr marks the end of Ramadan, the Muslim holy month of fasting, and is celebrated during the first three days of Shawwāl, the 10th month of the Islamic calendar (though the Muslim use of a lunar calendar means that it may fall in any season of the year). As in Islam's other holy festival, Eid al-Adha, it is distinguished by the performance of communal prayer (Ṣalāt) at daybreak on its first day. Eid al-Fitr is a time of official receptions and private visits, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited.



SARRA MUSTUFA  
- 10C

After a month of prayer, devotion and self-control, Muslims celebrate the accomplishment of their sacred duties during Ramadan with the beginning of Eid al-Fitr, or the Festival of Breaking the Fast. The festival is a national holiday in many countries with large Muslim populations. Celebrations of Eid al-Fitr typically last for three days, one day fewer than those of Eid al-Adha. For this reason, Eid al-Fitr is often called "Lesser" or "Smaller Eid." Eid al-Adha, known as "Greater Eid," is seen as the more important holiday of the two

During Eid al-Fitr, Muslims take part in special morning prayers, greet each other with formal embraces and offer each other greetings of "Eid Mubarak," or "Have a blessed Eid." They gather with family and friends, give games and gifts to children and prepare and eat special meals, including sweet dishes like baklava or Turkish delight in Turkey, date-filled pastries and cookies in Saudi Arabia and Iraq and bint al sahn (honey cake) in Yemen. Another of the five pillars of Islam is Zakat, or giving to those in need. Muslims often prepare for Eid al-Fitr by giving money to charity so that less fortunate families can enjoy the festivities as well. In addition to charity, Muslims are also encouraged to give and seek forgiveness during Eid al-Fitr, and look forward to the opportunity to fast again during Ramadan the following year.

Name: ..... Class : ..... Section : ..... Roll No: .....



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