



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

NOVEMBER 2024



PRINCIPAL'S MESSAGE

Dear children,

As we approach the end of the year, a new one awaits us, filled with fresh hopes and expectations.

To help you prepare for a positive start, this November edition focuses on the importance of positive body language. Read through it and try to practice these tips in your daily life to build a brighter, more successful future. Following are the ten points.

1. Maintain Eye Contact: Direct eye contact in shows confidence and respect, making people feel valued and understood. It also helps build trust and shows that you are fully engaged in the conversation.

2. Stand Tall with Good Posture: Standing or sitting up straight with shoulders back projects confidence and readiness. Good posture helps you appear self-assured, approachable, and ready to learn.

3. Smile Naturally and Genuinely: A warm, genuine smile can create a positive atmosphere, making others feel at ease. Smiling also reduces stress and boosts your mood, helping you to stay optimistic.

4. Use Open Body Language: Keep arms uncrossed and use open gestures to show you are approachable and receptive. Open body language signals that you are comfortable and willing to engage with others.

5. Listen Actively: Show your interest by nodding, leaning slightly forward, and responding appropriately. Active listening

demonstrates that you respect the speaker's ideas and are genuinely engaged in the conversation.

6. Practice a Firm Handshake: A firm handshake communicates confidence and makes a strong first impression. It's a subtle yet powerful way to show self-assurance and professionalism.

7. Mirror Body Language: Subtly mirroring the other person's gestures can create a sense of connection. This technique, when done naturally, makes others feel understood and valued, fostering rapport.

8. Control Nervous Habits: Avoid fidgeting, tapping your foot, or other distracting behaviors, as they can show nervousness or impatience. Staying still and composed conveys calmness and helps you focus better.

9. Respect Personal Space: Be mindful of others' personal space, as this respects their comfort zone. Standing at a comfortable distance shows respect and allows for more comfortable interactions.

10. Use Positive Facial Expressions: Your face reflects your emotions, so try to maintain a calm and pleasant expression. Positive expressions, such as nodding along or a relaxed face, show that you're engaged and approachable.

By incorporating these practices, you can improve communication, build trust, and develop a strong foundation for successful personal and academic relationships. Positive body language helps you feel more confident, fosters stronger connections, and enhances opportunities for success.

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EDITORS' NOTE

Dear Readers,

It is with immense pride and excitement that we present the November edition of EPICS. As we approach the final months of the year, we are filled with admiration for the remarkable contributions of our students, whose creativity and innovation shine brightly through this edition. Each page you turn reflects the dedication, passion, and hard work that define the spirit of ICSK.

This month's issue is not only a celebration of academic and extracurricular achievements but also a reminder of the importance of character building, perseverance, and community. In every endeavor, whether in academics, sports, or artistic expression, our students are learning valuable life lessons that will shape them into responsible global citizens.

As we prepare our students to excel in a dynamic and interconnected world, it's essential that we as educators continue to adapt and provide the tools that allow them to navigate new challenges. Our school is not just a place of learning - it's a place where students discover their potential, build lasting friendships, and develop the skills that will serve them throughout their lives.

To our dear students, never underestimate the power of your imagination, the strength of your determination, and the value of your unique voice. We encourage you to continue engaging with the magazine and making it a reflection of your diverse talents and aspirations. Your contributions - whether in words, art, or ideas - are the heart of this publication, and we are proud to showcase them.

We also extend our gratitude to the teachers, staff, and parents whose unwavering support helps make all these endeavors possible. Your encouragement and guidance make a lasting impact on our students' growth and success.

We hope you find this edition as inspiring and enriching as we do. Your feedback and suggestions are always welcomed, as they guide us in making EPICS better with each passing month.

Happy Reading, and may the journey of knowledge continue to inspire us all!

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



Mrs. Sreelakshmi



Mrs. Tintu Wilson



BEETROOT

Beetroot contains nutrients that may improve athletic performance, boost heart health, and manage glucose levels. For example, the nitrates in beets and beetroot juice may help improve blood flow, while antioxidants may protect against cancer.

Betalains are phytonutrients found in plants that give beets their red color. They have also been shown to provide antioxidant, anti-inflammatory and detoxification support.

Heart health and blood pressure

High blood pressure is a primary risk factor for cardiovascular disease (CVD). Studies recommend to drink 250 milliliters of beetroot juice every day. The researchers found that doing so significantly lowered blood pressure after ingestion.

Diabetes

Beets contain an antioxidant called alpha-lipoic acid. This compound may help lower glucose levels and increase insulin sensitivity.

Digestion and regularity

It provides 3.81 grms of fiber in a cup of juice. Consuming enough fiber is essential for smooth digestion and gut health.

Exercise and athletic performance

Some studies have found that beetroot juice supplementation can improve the amount of oxygen that muscles absorb during exercise. It has also improved the participants' athletic performance.

Cancer prevention

It is found that certain compounds in beets can disrupt the cancerous mutations of cells. Such compounds include betalain, an antioxidant and pigment that gives beets their red or yellow color.

How to consume:

People can roast, juice, steam, boil, or pickle beets. The green, leafy portion of the beetroot is also edible. The young leaves can be added raw to salads.

Storage:

To store beets for several days, refrigerate them in a tightly sealed bag.

2025 will be the year For Advanced technologies

Dr. T. P. Sethumadhavan
 Professor, Transdisciplinary University of health sciences & technology, Bengaluru
 Education & Career Consultant, Thrissur



The year 2025 will be the year for Advanced technologies, food processing and entrepreneurship. There will be use of artificial intelligence and quantum computing in all sectors. Use of AI in trade and services may reach around 85 percent. There will be umpteen opportunities for integrated courses like business and law, fintech, agritech, health tech, analytics, data science, health analytics, accounting, management, sociology and psychology programmes. As a sequel to COP 29, there will be substantial growth in climate smart agriculture, adaptation technologies, renewable energy, clean, green, hydrogen and renewable energy. The transformation

from agriculture towards agribusiness, food processing and food retail will move at a faster pace. Viability from agriculture can only be achieved through value addition, cluster development and agregation of producers and products. During 2025, there will be focus on interdisciplinary research. Research funding will be more for STEM courses and liberal arts. But Universities and research institutes may compelled to increase their revenue through interventions in the internal resources. Students aspiring for study abroad programs may increase. It may cross annually one million from India. US, Australia, Newzealand and The Netherlands will become the preferred destinations. Issues in Canada will affect international students. But Quality control and compliances for international students will be strictly enforced by Australia, UK and Canada. EU countries will attract more international students. There will be increase in technology

based jobs across the world. Quantum computing, AI and data science will facilitate this growth. Automation will favour substantial changes in the career market. Skilling especially upskilling and reskilling will decide the employability of educated youth. Institutions will require academia industry interface to facilitate placements. During 2025, all Universities in India will comply with National education policy 2020 recommendations. Global economic recession and post study work visa programmes will continue to show a declining trend in the new year. Design, animation, gaming technology, augmented reality, comics, psychology, anthropology, integrated law and management programmes, horticulture, veterinary science, cosmetology, urban infrastructure, green courses, nursing, paramedical courses, electric vehicle technology, computer science, biomedical science, accounting, etc will emerge as some of the prospective courses in the coming year.

Report on the CBSE Webinar on Electoral Literacy



On 16th October 2024, students of classes 6, 7, and 8 at ICSK participated in a recorded webinar on electoral literacy, organized by the Central Board of Secondary Education (CBSE). The session was scheduled during homeroom and the first period, starting promptly at 7:30 a.m.

The primary goal of the webinar was to educate young students about the significance of electoral processes and to foster a sense of responsibility towards informed and active citizenship. By introducing the concept of electoral literacy at an early age, CBSE aims to develop a well-informed future electorate capable of making wise voting decisions.

Class teachers received the webinar link

via email and commenced the session on time. The first-period teacher then took over to continue the presentation, ensuring that the students remained engaged throughout the duration of the program. The webinar concluded by the end of the first period, as scheduled.

Understanding the Electoral Process: The webinar provided a comprehensive overview of how elections are conducted, the role of the Election Commission, and the importance of free and fair voting.

Citizen's Role in a Democracy: Students learned about the responsibilities of a citizen in a democratic setup and the significance of participating in the electoral process.

Encouraging Youth Participation: The session emphasized the importance of youth involvement in civic matters and the need to be informed voters when they come of age.

The students showed keen interest in the topic and appreciated the informative presentation. Many were motivated to explore the subject further and expressed their enthusiasm for participating in discussions on electoral and civic responsibilities in the future.

Overall, the webinar successfully ignited curiosity among students about the democratic process and highlighted the importance of being informed and responsible citizens.

CAPTAINS & VICE CAPTAINS - NOVEMBER

CLASS 12A



HAYAT BIJU



AHMED FAIZ



SHAIKH AYESHA



MOHAMMED ZEYAD



ESHAN NAHAS



AALIYA KADIRI



AAYUSH VAIBHAV



ZAINAB JAVED KHAN



JEREL S GEORGE



JEREMAI COLACO

CLASS 12F



AAVANI VINOD



HANNAH SARA LINU



ZAHRA KOLYARIWALA



YOUSEF ZILLUR



ARWA ABDUL



SAHAD THOPPIYIL



SAKINA ALI HUSAIN



JAMILA SHAMOON



MIRACLIN PRAISY



MOHAMMAD OMAR

CLASS 12G

CLASS 12H

CLASS 12I

CLASS 12J

CLASS 12K

CLASS 12L

CLASS 11A

CLASS 11B

CLASS 11C



FOJA TAKKOLA



KASHMEERA



RANA MAHAMUD



SHARON CUTINHA



ANDREW T SAMUEL



JOHANN JACOB



ARSH KHAN



SARRAH JASVI



EIRENE ALPHONS



NAMITA MARIA

CLASS 11D

CLASS 11E

CLASS 11F

CLASS 11G

CLASS 11H



YAAINI SANKARAVADIVEL



BHAVISHYA MANISH



ANDERS RICHARD



AFIYA HASSN



AVERYL JESSICA



NANDANA THANKAM



MARYAM AHMED



ROAN RIJO



RAFTA KADIRI



MARYAM OMER

CLASS 11I

CLASS 11J

CLASS 11K

CLASS 10A

CLASS 10B



SAKINA TAIZUN



AYAN JUNAIB SIBHAI



TANVI PARASHAR



BATUL JABIR



FIZA IMRAN AGA



VISHAL JOSEPH



LIYA VADAKKOT



SHYAM THAMARAKANN



IBRAHIM AMANULLAH



AMMAR KUTBUIDDIN

CLASS 10C

CLASS 10D

CLASS 10E

CLASS 10F

CLASS 10G



ALEENA FAISAL



SYED MEER



SIVANAND



IRENE BOBBY



RAYAN



MAHIMA



CRIS OOMMEN TONY



PRINCY RIMA



ABDULLA KASAM



YUSRA PARKAR

CLASS 9A

CLASS 9B

CLASS 9C

CLASS 9D

CLASS 9E



JEBIN JOSHUA



JERON JACOB



NUHAID NAZEER



FAIHA NAZMI



DISHLEEN KAUR



MELISSA TREASA



THEERTHA VINISH



SPARTHDEEP SINGH



ADINA ANN JACOB



SYED ASKARI

CLASS 9F

CLASS 8A

CLASS 8B

CLASS 8C

CLASS 8D



AFSHA SHANAVAS



ZAHRAA FEROS



UTHARA VIPIN



JEREMY MATHEW



AISHA KADIRI



MOHAMMED SINAN S



LOHITHA SAI BARMA



MUSTAFA GHODAWALA



AYAAN ABDUL



FARHAN AFSAR



ICSK Astronomy Club's Enriching Field Trip to Sheikh Abdullah Al Salem Cultural Centre

Astronomy club of Indian Community School, Kuwait organised a field trip to Sheik Abdullah Al Salem Cultural Centre, Kuwait providing the students a beautiful experience on history, space world, ecosystem and many more. The trip was held on 28th and 29th of October, 2024.

The students were first taken to the space museum which was divided into 3 galleries - space science, space exploration and space academy. It gave an experience to the students to observe the celestial globe specifying objects of beauty, Knowledge and wealth. There was also a hole centrisim, a cosmological model in which the sun is assumed to lie at or near a central point while the earth and at the other bodies revolves around it.

The students also learnt that the planet closer to the sun, the liquid water turns to gas, the planet farthest from the sun, water is frozen solid and in the moon of frozen planet water and ammonia freeze. Virgin Galactic launched its first commercial

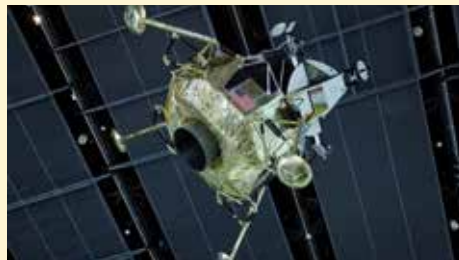
space tourism flight called Galactic.

The next destination was in a museum of dinosaurs. The Age of the dinosaurs was in Mesozoic era stretched from 66-252 million years. The students were able to gain more knowledge about the different types of dinosaurs like Spinosaurus, Europasaurus which is known as a tiny dinosaur, Compsognathus which is a small bird like dinosaur, Camarasaurus and many more.

The next destination was the ecosystem where the students could experience the magnificent odor and sounds of nature. The last destination was in the aquarium indicating the different kinds of fishes

and the most thrilling experience for the students was to touch the starfish.

Overall, the field trip was marvelous, fun and an intellectual experience for the students.



Shaping Young Entrepreneurs: Insights from ICSK's 'It's My Business' Workshop

Fueling the spirit of innovation and entrepreneurship, the Indian Community School, Kuwait, hosted an interactive workshop titled "It's My Business" for its 9th-grade students on October 13, 2024. Led by Ms. Reyouf from Injaz, the event aimed to spark creativity and introduce young minds to the fundamentals of business. Divided into 10 teams, a total of 118 students participated, collaborating to develop and present unique business ideas while gaining hands-on experience in entrepreneurship.

Each team prepared and presented a brief pitch for their business idea, describing the concept, purpose, and proposed

functionality of their venture. Following each pitch, students engaged in a Q&A session, allowing peers to provide constructive feedback and ask insightful questions. This interaction not only helped students refine their ideas but also promoted critical thinking and collaboration.

The top three teams were recognized for their innovative ideas and rewarded with medals. Team No. 7 secured the 1st position, Team No. 9 won 2nd place, and Team No. 3 achieved 3rd place. The "It's My Business" activity successfully introduced students to the basics of entrepreneurship, enhanced their teamwork skills, and boosted their confidence in public speaking by offering a

platform to explore and present their ideas in a supportive environment.



Fostering Team Spirit: ICSK's Vibrant House Assembly



The Indian Community School, Senior, hosted an energetic House Assembly on 17th October 2024, Tuesday aimed at promoting unity and teamwork among its diverse student body. This significant event, a hallmark of the school's tradition, reflected the values of collaboration and togetherness central to the institution. The day witnessed the participation of 55 enthusiastic students from the 4 houses of the School Senate namely Achievers, Victors, Leaders and Winners.

Students dressed in their house colors gathered in the courtyard, showcasing their unique identities while celebrating a collective spirit. The assembly began with recitation of verses from the holy Quran, followed by a prayer song performed by the school choir, Swaranjali, setting an inspiring tone for the day. The assembly also paid tribute to the Kuwait national anthem, filling the atmosphere with patriotism.

Members of the Kuwait Women's National Cricket Team were the special guests for the occasion. Mr. Qasim Ali, the Kuwait National Head Coach, along with Ms. Mariamma Hyder, Ms. Khadija Khalil, and Ms. Suchitha Lita D'sa was welcomed by the School Senate members with a token of love. Mr. Ali expressed his gratitude for the invitation and encouraged students to embrace sportsmanship. Ms. Khalil shared insights about the Kuwait cricket team and her personal journey in cricket, inspiring students to participate in sports. The team also presented a cricket kit to the school, which was joyfully accepted by the School Senate leaders. In support of Women's Cricket, Dr. V. Binumon, Principal and Senior Administrator of ICSK, declared the position of Sports Vice Captain of the School Senate reserved for girls. Also, it was announced that the registration for ICSK Girls Cricket team will be open for the students soon.

The long-awaited house competition among Leaders, Victors, Achievers, and Winners kicked off with enthusiasm. The judges for the competition, Mrs. Kabani V. Ramesan and Mrs. Neeraja Sriram, teachers from the Indian School of Excellence were welcomed by Dr. V. Binumon. The acting

segment showcased the raw talent of budding performers, evoking awe and admiration. The Fusion Dance Competition transformed the stage into a vibrant display of rhythm and creativity, with each house demonstrating their choreography and synchronized movements. The energetic music resonated through the crowd, leaving a lasting impression on all.

In the acting competition, Leaders House claimed first place, with Achievers House earning a commendable second. Winners House dominated the Fusion Dance segment, followed closely by Victors House.

As the event concluded, Dr. V. Binumon commended the dedication of all participants, highlighting the essential role of each house member in ensuring the assembly's success. He encouraged everyone to pursue excellence in their future endeavors.

The assembly concluded with a heartfelt rendition of the Indian National Anthem, symbolizing unity and pride among the student body. The House Assembly at ICSK was a resounding success, celebrating togetherness and talent.

Enriching Assembly Marks New Milestones at ICSK Senior



An inspiring and eventful assembly was conducted by Classes 12H and 12I at the Indian Community School (Senior), Kuwait. The program commenced with an Islamic prayer, followed by the school prayer. To promote learning and inspiration, students introduced the assembly with a “New Word of the Day,” “New Thought,” and led the recitation of the Indian Pledge.

highlighting their impressive contributions. Students who had won individual prizes in the exhibition were also awarded certificates, showcasing their dedication and skills.

The Principal made an exciting announcement, introducing the Celestron NexStar 5SE Computerized Telescope, the first of its kind in an Indian school in Kuwait. This remarkable addition to the Astronomy Club highlights the institution’s dedication to advancing scientific learning and inspiring students to explore the wonders of space.

Adding a personal touch, students with birthdays were invited on stage, where they were warmly greeted by the Principal, who presented them with birthday cards and chocolates.

The assembly concluded on a patriotic note with the Indian National Anthem, bringing to a close a day filled with learning, celebration, and pride in the accomplishments of the ICSK community.



Following the announcements, the assembly transitioned into a vibrant cultural showcase featuring an energetic dance performance and a spirited band session with musical renditions. These performances highlighted the students’ creative talents and brought an element of joy to the event.



Academic achievements were also celebrated, as the Principal honored the best scholars from each class with special badges Rakshaa Madhan Kumar 7E, Nivech Prajesh Menon 7E, Abhijay Penikalapati 9C, Diya Shenoy 9D, Huzaifa Mustafa Shafique 10C, Yasmeen Shanesh Kallayil 6A, Swethashree Suresh 8C, Neev Mehta 11 – B, Carissa Dania Sequeira 11 – F, Neha Binil 11 – H, Aabida Rafik Chikte 12 – C, Mohitaa Ganesan 12 – F Ann Niya Jose. Recognition continued with the distribution of certificates to the winners and runner-up departments of GYANOTSAV-2024,



A Legacy of Excellence: The Indian Community School, Kuwait Wins 21st Consecutive Championship at CBSE Kuwait Cluster Athletics Meet

The Indian Community School, Kuwait, set a remarkable standard of excellence, securing its 21st consecutive Championship Trophy at the 26th CBSE Kuwait Cluster Athletics Meet held from 3rd to 5th November, 2024, at Al Shabab Sports Club in Al Ahmadi. This outstanding victory marked yet another milestone in ICSK's legacy of athletic achievement. Competing against 20 other CBSE schools in Kuwait, ICSK showcased exceptional talent and dedication, claiming victory with a commanding lead of 165 points. This win underscores not just the strength of its athletes, but also the school's commitment to fostering well-rounded individuals who excel in both academics and sports.

ICSK athletes bagged 40 gold, 12 silver, and 4 bronze medals. In addition, the school set 4 new meet records and won 8 individual championships. The new meet records were set in 4x100m relay for U-14 Girls by Anam Arif Khazada, Laibah Syed, Prisha Achar and Ann Elizabeth, 200m for U-17 Girls by Anugraha Susan Varghese, Discus Throw for U-17 Boys by Ron Niju, Long Jump for U-19 Boys by Kiran Santosh Kumar.

ICSK dominated all six age categories: Under-14 Girls, Under-14 Boys, Under-17 Girls, Under-17 Boys, Under-19 Girls and Under-19 Boys. Notably, Jaison Donal (U-14 Boys), Laaibah Syed (U-14 Girls), Anand Arjun (U-17 Boys), Anugraha Susan Varghese (U-17 Girls), Nisar Fahimuddin (U-19 Boys), Deon Daniel Lewis (U-19 Boys), Hellone Mathew (U-19 Girls) and Sania Shajan (U-19 Girls) were crowned individual champions.

The success was made possible by the dedication of ICSK's athletics team, led by Dr. K. Shyam, Head of the Department, Physical Education, Athletic Team In-charge and Track Events Coach, along with Mr. Murali Manickam (Throws Coach), Mr.

Sharafali Arangadon (Jumps Coach), and Mrs. Ipparla Lakshmi (Track Events Coach), all under the leadership of Dr. V. Binumon, Principal and Senior Administrator of ICSK. The success of ICSK at the 26th CBSE Kuwait Cluster Athletics Meet, for the 21st time, is a testament to the relentless effort, discipline, and teamwork of its athletes, coaches and staff. By winning in all six age categories and setting new meet records, ICSK has once again proven its approach to balancing academic excellence with sporting achievement. The school continues to inspire its students to aim for greatness, nurturing them into not only skilled athletes but also well-rounded individuals who embody the values of leadership, perseverance and integrity.



Cultivating Aspirations: Awareness and Experience Sharing Session at ICSK



The Indian Community School, Senior held an Experience and Awareness Sharing Session for students of grades VI, VII, and VIII on October 14, 2024. The guest speaker, Dr. Pramod Menon was welcomed by the students with thunderous applause. Dr. Pramod from Jaber Al-Ahmad Hospital, has been with the Ministry of Health (MOH) since 2006 and has held various roles in the Indian Dental Association in Kuwait. Additionally, he is an active member of the Future Eye Theatre group.

The session began with recitation of verses from the Holy Quran by Mst. Ahmed Shoukath. Mrs. Susan Rajesh, the Vice Principal of ICSK Senior, warmly welcomed the audience.



In his address, Dr. Menon shared his personal experiences in dentistry, introducing students to the field and outlining relevant courses and top institutions for dental education. He briefed the students regarding the undergraduate and postgraduate programs for dentistry. He encouraged students to embrace challenges. He advised them to believe in themselves to overcome fears, take criticism positively and work towards their dreams while celebrating small victories. Setting realistic goals, seeking help when needed, and practicing patience were key points he stressed. He urged students to look beyond academics, to be compassionate, and to pay attention to their mental health.



Mrs. Susan Rajesh presented a memento to Dr. Menon, and the session concluded with a vote of thanks from Mrs. Marie Syril Trina, the Academic Coordinator of the Secondary Section.



Illuminating Creativity at ICSK through the Lantern Competition



The Lantern Competition for classes 6-12 was successfully conducted at the Indian Community School (Senior), Kuwait, as part of the school's ongoing effort to promote creativity and cultural expression among students. This event aimed to bring out the artistic skills of students while fostering teamwork, innovation, and traditional values.

Open to students from classes 6 to 12, each participant was tasked with designing and creating unique lanterns using various materials, showcasing their creativity and craftsmanship. The competition was not only a celebration of the festive spirit but also an opportunity for students to explore traditional art forms and contribute to the



school's cultural activities.

Participants were encouraged to design lanterns that were both innovative and sustainable. The competition emphasized using recycled materials to enhance environmental awareness, with lanterns designed to reflect the cultural significance and artistic expression. A wide range of designs - from traditional to modern - demonstrated the students' originality and attention to detail.

The event saw enthusiastic participation from students across different classes. A panel of judges, comprising teachers and school staff, evaluated the lanterns. The top five lanterns selected for the next level of

competition were created by Punya Prajeesh (11E), Allan Vinod (11B), Laabiah Syed (7A), Janani Vinod (11H), Elaina Ayub Khan (12B), and Chahna Mukulagownl (12I).

The Lantern Competition at ICSK provided students with a platform to explore their creative potential while promoting environmental consciousness and cultural heritage. This successful event not only enhanced the students' practical skills but also united the school community in a celebration of artistry and tradition. The ICSK community looks forward to hosting similar events in the future to encourage the talents and creativity of its students further.



CHARITY CONVENERS - NOVEMBER



ADONA VINU
12 A



ANSIYA SUHITHA
BABU -12 B



AABIDA RAFIK
CHIKTE - 12 C



YAQOOB MOHAMMAD
SHAFI RUMANI - 12 D



RENZIL A D'SOUZA
12 E



SAKINA ALI ASGAR
12 F



MUFADDAL
IMMADUDDIN -12 G



SHABITH SIMALI
- 12 H



NAVAL BINTAH NASAR
12 I



SAMUEL DERRICK
12 J



AHMED UDDIN
12 K



THARUSHA
-12L



REN SIMON
11 A



LIZ MARY MATHEW
11 B



ZAHARA NADEEM
11 C



SAMEEHA SHEFFIK
11 D



FATHIMA ABDUL
SAMADH - 11 E



SANKAR SURAJ
11 F



JOHN MATHEW
THARAKAN - 11 G



PAVAN BINCE
11 H



SANJANA JOGENENI
11 I



SYED ABDUL
KAREEM - 11 J



ZAINAB MIYAJI
11 K



MIRIAM ALPHONSA
GEORGE -10 A



DARSHANI PANGASA-
RAJAH - 10 B



LOVIS LIZA POTHAN
10 C



MUHAMMED ZOHAIR
KHAN - 10 D



SUDHANVA
10 E



MOHAMMED
SHAMMAS - 10 F



SHAIKH FARHAN
10 G



MOHAMMED AIMAN
9 A



SHAMEEN SAFIYA
9 B



RITESH KONDEVI
9 C



JANVI SEKHRI
9 D



RIZWANA
9 E



LEVI VARKEY
GEORGE - 9 F



DANIYAAL SALMAN
BHARMAL - 8 A



ANN BINISH KAVI-
KUNNEL - 8 B



AFTAB ASIF KOTH
8 C



SHIVASHANKAR
VALIYA VEEDU - 8 D



LUBAINA
8 E



RISHON ARANHA
8 F



RICARDO DEV
8 G



RYLAN D'SOUZA
7 A



SWEEDAL MENDON-
CA - 7 B



VARNIKA PRABU
PRABU - 7 C



RUBEN MATHEW
7 D



PRANAVAN SIVAKU-
MAR - 7 E



AIDEN VARGHESE
AJO - 7 F



RAENA ANNA ROY
7 G



SAMRUDH RAI
6 A

Celebrating Excellence: Darin Daniel's Outstanding Literary Achievement



It is with immense pride and joy that we celebrate the exceptional achievement of Darin Daniel from Grade 12 J, NIOS. Darin has recently earned a certificate for the successful publication of two books (Echoes of the void & City Of Shadows) as part of a prestigious writing competition, a remarkable accomplishment that showcases both his talent and dedication. We had the pleasure of sharing this exciting news with you earlier, and we are thrilled to highlight this achievement once again.

Darin's hard work and creativity have earned him recognition, and he is now a contender for the top prize, which will be announced on December 15. This not only reflects his personal commitment to his craft but also serves as an inspiration to all our students here at ICSK.

As the librarian, I feel incredibly proud to witness such achievements, especially in the realm of literature. It's a testament to the power of perseverance, passion, and the pursuit of knowledge. Darin's success should motivate all our students to explore their own potential and to reach for their goals, whether in writing, academics, or any other field they are passionate about.

Please join us in congratulating Darin on

this well-deserved recognition, and let his success inspire you all to pursue your dreams with the same dedication and enthusiasm.

We look forward to hearing more about his journey as he continues to shine in the literary world.

The QR code below provides you with the opportunity to read his books.



City Of Shadows



Echoes of the void

Gyanotsav 2024 - A Celebration of Knowledge and Innovation at The Indian Community School, Senior



The Indian Community School, Senior celebrated Gyanotsav 2024 on October 24, welcoming over 1,100 students from 33 academic departments, including fields such as Science, Humanities, Arts, Business, and Technology. This grand event showcased knowledge and creativity, featuring a wide array of exhibits that highlighted the students' academic talents and innovative ideas.



The inauguration was attended by distinguished guests, including Chief Guest H.E. Ms. Karen Hideko Sasahara, U.S. Ambassador to Kuwait; Guest of Honour Mr. Mohmoud Zaman, Head of the Technology Development Department at the KFAS Centre, Kuwait; and Special Guest H.E. Mr. Mazen Al Essa, Undersecretary for Foreign Affairs, Kuwait. Other dignitaries included the ICSK Board of Trustees, school principals, and educational leaders from across Kuwait. Dr. V. Binumon, Principal and Senior Administrator of ICSK, extended a warm welcome to the gathering, emphasizing the importance of seizing opportunities and striving for excellence.



curiosity and problem-solving skills.

The event also featured commercial stalls run by different departments, with proceeds going to charitable causes, underscoring the spirit of community service. The vibrant performances by ICSK's musicians and dancers added a cultural touch, blending tradition with modernity.



The day's festivities began with a traditional inaugural ceremony, featuring verses from the Holy Quran, followed by a heartfelt prayer song and a captivating classical dance performance. After the lighting of the ceremonial lamp, H.E. Ms. Sasahara inaugurated the exhibition by unveiling the centerpiece, "Chandrayaan," celebrating India's achievements in space exploration. She encouraged students to embrace cultural diversity and recognize the support of their families in their educational journey. The exhibition itself was divided into morning and evening sessions, giving students, parents, and teachers ample time to explore the 450 displays, which included still models, working models, digital exhibits, subject-related puzzles, and creative drama performances. Each exhibit was meticulously prepared by the students, showcasing their passion for subjects ranging from Physics to Fashion Studies. The projects addressed a wide array of themes, emphasizing scientific inquiry, artistic expression, and global challenges, demonstrating the students'

Gyanotsav 2024 was not just an exhibition but a celebration of young talent, fostering confidence, teamwork, and leadership skills among the students. The event highlighted the bright future awaiting these young scholars and innovators, offering a glimpse of the next generation's potential to shape the world through knowledge and creativity.



EPITOME OF SUCCESS MILKHA SINGH



Milkha Singh's legacy is a remarkable story of triumph over adversity, perseverance, and the pursuit of excellence. Born on 20 November 1929 in Govindpura, a small village in British India. Singh faced unimaginable challenges from an early age. He grew up in a family of 15 siblings, but the violence of Partition claimed the lives of his parents, a brother, and two sisters, leaving him orphaned. This traumatic period shaped him, instilling both resilience and a fierce will to survive. Despite the chaos that surrounded him, Singh's indomitable spirit helped him navigate the harsh realities of refugee life and find a new beginning.

Milkha Singh's introduction to athletics began in the Indian Army, where he enlisted in 1951. It was here that his potential was recognized, and his athletic career took off. Singh's rigorous training regimen and single-minded determination set him apart. He quickly rose to prominence, earning his place as one of India's most formidable track and field athletes. His achievements include winning gold medals at the 1958 and 1962 Asian Games, where he showcased his unmatched talent in the 400 meters. Singh's victory at the 1958 Commonwealth Games was particularly historic, as he became the first Indian to win a gold medal in track and field at that event.

The race for which Milkha Singh is best remembered, however, is his performance at the 1960 Summer Olympics in Rome. Entering as one of the favorites, Singh led the 400 meters final until the 200-meter mark, when he made the fateful decision to ease off, allowing three competitors to pass him. In a race that ended in a photo finish, American Otis Davis narrowly claimed gold, while Singh finished fourth with a time of 45.73 seconds, a national record that stood unbroken for nearly 40 years until Paramjeet

Singh surpassed it in 1998. Though he did not win a medal, Singh's extraordinary effort and near-victory became a symbol of national pride and resilience.

Singh's career was marked by more than just his victories on the track; it was his unwavering dedication to excellence that inspired countless others. He was dubbed "The Flying Sikh," a title bestowed upon him after a memorable race in Lahore in 1960 against Pakistan's fastest athlete, Abdul Khaliq. General Ayub Khan, then President of Pakistan, witnessed Singh's resounding victory and honored him with the iconic title as a mark of respect and admiration. This moniker followed Singh throughout his life, symbolizing not just his speed but the spirit of his journey.

Beyond his own competitive career, Milkha Singh remained deeply committed to nurturing the next generation of athletes. He firmly believed in the power of sports to shape character, promote discipline, and instill national pride. Through motivational speeches, training camps, and public engagements, Singh shared the lessons he had learned, emphasizing the importance of hard work, perseverance, and a refusal to surrender to life's challenges. His autobiography, *The Race of My Life*, co-authored with his daughter Sonia Sanwalka, offers an intimate look at his personal journey and the values he cherished.

Singh's personal life was equally inspiring.

In 1962, he married Nirmal Saini, a former captain of the Indian women's volleyball team. Together, they raised three daughters and a son, Jeev Milkha Singh, who went on to become a renowned golfer. The Singhs also adopted the son of Havildar Bikram Singh, who had died heroically in the Battle of Tiger Hill during the Kargil War, reflecting Milkha Singh's deep empathy and commitment to giving back.



NATHAN KAMAL
KOSHY - 8B

His story gained renewed attention with the 2013 film *Bhaag Milkha Bhaag*, directed by Rakeysh Omprakash Mehra and starring Farhan Akhtar as Singh. The film's portrayal captured the essence of Milkha's tumultuous life, highlighting the obstacles he overcame to become an athletic icon. It introduced Singh's extraordinary journey to a new generation and reinforced his status as a national hero.

Milkha Singh passed away on 18 June 2021 due to complications related to COVID-19, leaving behind an enduring legacy. His life serves as a testament to the human spirit's capacity to overcome immense odds. He showed that true success is not only measured by the medals one wins but by the courage, integrity, and resilience one displays in the face of adversity. His story continues to inspire millions, proving that with dedication and an unyielding spirit, one can rise above even the most challenging circumstances and achieve greatness.



BEST STUDENT - OCTOBER



SUCHITA VENKATESH
- 12A



SUHANA SHAIK
- 12B



NISHANTH SUBBU
- 12C



ROJITH JINENTH
VARGHESE - 12D



ALISHA THEJAS
- 12E



CHRIS MATHEW
- 12F



SIDDHARTHA MANOHAR
BYNDOOR - 12G



IVY REMITA
VALES - 12H



HANA MUNEER
- 12I



CALANY
- 12J



EMMANUAL VIJU
- 12K



SABA KHALID KHAN
- 12L



REUBEN GEORGE
- 11A



AYESHA OMER
KARIM - 11B



VAIGA MELAVEETIL
SHAJU - 11C



ROSHAN JEEMON
CHANDY - 11D



CLAYTON EZEKIEL
SEQUEIRA - 11E



EVA MARIA GEO
- 11F



KRIPA REJI
- 11G



NEHA BINIL
- 11H



AARON SEQUEIRA
- 11I



NINESHA CHRISY
CHRISTOPHER - 11J



ROSANNE MARIA D
SILVA - 11K



ANDRIA ALPHONSA
SHJU - 10A



PRAVEEN
VELMURUGAN - 10B



RACHEL VERBENA
PEARL - 10C



ENAMRUTHA
- 10D



ABDULLAH
QUADRI - 10E



ALAN SUNIL
- 10F



MUHAMMAD RAZIN
- 10G



MOHAMED ANAS
- 9A



LAKSHITHA CHITHY
NARAYANAN - 9B



SRIBADRA UMESH
- 9C



AMRITH RAJNI
PRASATH - 9D



ANUGRAHA FRAJO
- 9E



LINA BALARAJU
- 9F



DION SONY CHACKO
- 8A



AARIN MARY
KURIAKOSE - 8B



SWETHASREE
SURESH - 8C



NOUFEEN IRFAN
- 8D



AKSHARA SAXENA
- 8E



ABEER ABDULLAH
UKAYE - 8F



JOANNA
- 8G



SRINAND SURAJ
- 7A



HARNOOR KAUR
- 7B



MATHEW THOMAS
ABRAHAM - 7C



MICAHIAH JACOB
- 7D



RAKSHAA MADHAN
KUMAR - 7E



DIYA AUSTIN
- 7F



ZAINAB JUNAID
SIBHAI - 7G



ANNA ANESH
SRAMPICAL - 6A

BIRTHDAY BOOK DONATION DRIVE



Mr. SUJITH KRISHNA T.



Ms. ELIZABETH THOMAS



Ms. RANJINI P. S.



Ms. SHEREENA MOOSA KAPPI



SAIKRISHNA CHANDRASEKARAN



SWEEDAL MENDONCA

Indian Community School Afternoon Session Hosts a Vibrant General Assembly

The Indian Community School, Senior, Afternoon Wing, recently conducted an impressive general assembly, offering a visual and musical treat led by the talented students of Class 10F. Their performances in music and dance captivated the audience, who responded with enthusiastic applause. Vice Principal Mrs. Susan Rajesh and Deputy Vice Principal Mrs. Mini Shaji graced the occasion, presenting a series of accolades to honour student achievements.

The Best Class Awards were proudly received by Secondary Class 10F, under the guidance of Class Teacher Mrs. Nimmy, and Senior Secondary Class 11I, led by Class Teacher Mrs. Ratnachira. Adding a festive touch, a special cultural program on the Diwali theme enriched the assembly, embracing the spirit of the occasion. Scholar badges were presented to top scorers in each academic stream, recognizing their dedication and hard work in Term 1 examinations.

The title of Goodwill Ambassador, an



honorary designation awarded to students contributing to the school's charity drives, was bestowed upon Mustafa Murtaza Dudhwala from Class 12K for Sr. Secondary and Zahraa Feroz Khan from Class 9F for Secondary. The top scorers honoured included Mohammad Omar (12J) in Science, Sarah Mohammad (12K) in Commerce, Susan (12L) in Humanities,

Shlok from Class 10F, Aaron Sequeira from Class 11I in Science, and Vedant Pradeep Utekar from Class 11K in Commerce. All badges of honour and excellence were presented by the Vice Principal and Deputy Vice Principal, making this assembly a memorable and celebratory occasion for the school community.

French Department Activities at ICSK Senior

The French Department of the Indian Community School, Kuwait (Senior) conducted two interactive and enriching activities for the afternoon batch in August 2024, aimed at promoting cultural appreciation and creativity among students.

For Class 8 students, a Poster Making Competition was held. The competition encouraged students to explore their artistic talents while showcasing aspects of French culture. Participants created vibrant posters featuring famous French landmarks, festivals, cuisine, and more, using their imagination and knowledge of the language. The activity not only allowed students to express themselves artistically but also helped them engage with French traditions in an educational context.

Meanwhile, the students of Class 9 participated in a Cooking Without Fire competition. This event provided an opportunity for the students to experience the art of French cooking, focusing on preparing dishes without using fire. The students displayed creativity and ingenuity



in crafting French-inspired meals, all while adhering to safety guidelines. The activity aimed to enhance their appreciation for French cuisine and culture, while also promoting teamwork and innovation.

Cooking without fire for class IX 1st Position Group was Levi Varkey George, Deon Polly, Veda Vasu Kanchi

Both activities were met with enthusiastic participation from the students of the afternoon batch. The events concluded with judges recognizing the most creative entries, and winners were awarded for their



outstanding performances. The French Department's efforts in organizing these events helped students broaden their horizons and develop a deeper interest in French language and culture.

ICSK Senior Hosts House Assembly Competitions

ICSK Senior Kuwait (Afternoon Session) held a lively House Assembly, with four houses competing in themed dance and acting contests. The dance competition, celebrating “Retro and Old is Gold,” saw Achievers House taking first place, followed by Victors and Winners.



In the acting competition, students performed iconic Bollywood and Hollywood scenes under the theme “Bollywood Meets Hollywood.” Achievers claimed first place, with Winners and Victors following in second and third.



Deputy Vice Principal Mrs. Mini Shaji announced the winners and awarded six students for outstanding roles on Self-Governance Day: Skandhan (12 J), Yeasin (12 K), Shazin Shameer (12 J), Miraclin Praisly (12 J), Susan (12 K), and Upek Vinoddiya (12 K).



Assembly on Child Safety: Nurturing Future Leaders

The assembly for the month of October was a well-organized event led by the students of Classes 11 G and 11 H. The theme of the assembly was Child Safety, focusing on the vital aspects of ensuring the protection and well-being of children in all environments.



The assembly began with the Islamic Prayer, followed by the School Prayer, setting a serene and reflective tone for the day. Students then participated in a segment of New Word and New Quotes, which provided fresh vocabulary and motivational thoughts. This was followed by the News section, keeping everyone updated with current events, and reinforcing patriotism and national unity with the Indian Pledge. The students of 11G and 11H showcased their talents through a series of cultural presentations. These included a skit on child safety tips, a group song that emphasized children’s rights, and a dance performance illustrating the theme of the assembly.

Category 2 (Classes IX & X): IX C, under the guidance of Mr. Nithin, earned the top spot with 52.5 points. Category 3 (Classes XI & XII): The highest score was achieved by XII B, under the mentorship of Ms. Nigy Jacob, who garnered 58.8 points. The prestigious title of Goodwill Ambassador was presented to students who showcased exemplary leadership, kindness, and dedication to the well-being of their peers. In Secondary Section Austin Mathew, with a total of KD 27. In Senior Secondary Section Sameeha Sheffik, with a total of KD 33.575.



Following the cultural segment, the Principal Dr. V. Binumon announced the Best Class Awards for October 2024 across three categories: Category 1 (Classes V to VIII): The award for Best Class went to VIII A, led by Mrs. Jegatha, with a score of 53 points.

The assembly concluded with a reflective message about the importance of collective responsibility in ensuring the safety of children. The principal congratulated the winning classes and Goodwill Ambassadors for their achievements and encouraged all students to continue contributing positively to the school community.



The session ended with the national anthem, fostering a sense of unity and pride among the students. The efforts of Class 11G and 11H in organizing this assembly were commendable, and their dedication to raising awareness about child safety through cultural and informative presentations was truly inspiring.

Birthday Arcade - NOVEMBER



SAKINA BHURA
7A - NOV 1



SHAYAAN SAEED
7B - NOV 1



MOHAMED FAHAD
9 E - NOV 1



TAHER HUSSAIN
10 A - NOV 1



ZAINAB ALI ASGAR
10 E - NOV 1



ZAIRAH VINU
11 F - NOV 1



MUNEERA MANNAN
11 G - NOV 1



DEVANG SANJAY
10 F - NOV 1



FABIAN BRIAN
10 G - NOV 1



THARUN JANAKI
10 C - NOV 2



MOHAMMAD BARAK
10 F - NOV 2



YAQOOB MOHAMMAD
12 D - NOV 3



SWEEDAL
7 B - NOV 4



THARUSHA NETHMI
12L-NOV4



AASHRITH TALLAPALLY
6 A - NOV 5



HARSHITA PRAKASH
6 A - NOV 5



GARIMA JAGDISH
7 B - NOV 5



ATEEKA IRFAN
8 C - NOV 5



IDRISH BOHRA
11 G - NOV 5



SAM THOMAS
10 F - NOV 5



SHEKAMOORI SASIDHAR
8 D - NOV 6



RESHMI TANMAYI
9 B - NOV 6



MARYAM SHEIKH
9 B - NOV 6



SHIFA ABDUL RASHEED
10 C - NOV 6



NAKSHATHRA DILEEP
11 I - NOV 6



JOBIN JOSE
8 F - NOV 7



NANDANA VINOD
11 F - NOV 7



SRUTHI RAJESH
12 H - NOV 7



AARON RAJISH JOSEPH
11 J - NOV 7



ASHEER ALI KHAN
11 J - NOV 7



AARON JOSEPH
12 L - NOV 7



MUHAMMED UMAR
10 A - NOV 8



MOHAMED AAQIL
10 E - NOV 8



INSIYA FAKHRUDDIN
10 E - NOV 8



YUSUF MOHAMMED
11 H - NOV 8



JOANNA ELSA SONY
12 F - NOV 8



ABDUL AZIZ
12 D - NOV 9



SEBASTIAN JOSHI
8 G - NOV 9



SANIA WAJID SAYYED
8 G - NOV 9



ATHUL JAMES
10 G - NOV 9



AYRA AQTHAR
9 A - NOV 10



MOHAMMED AIMAN PI
9 A - NOV 10



AYESHA AHMED
9 E - NOV 10



AAYUSH VAIBHAV
12 D - NOV 10



SAFA RAIHAN KHAN
8 B - NOV 11



FATHIMA SHIZA
9 C - NOV 11



AFSANA BASEERULLA
12 G - NOV 11



CHRIS GEO MAMMEN
12 K - NOV 11



AKASH GOLLAMANDALA
6 A - NOV 12



VHAAN MANISH DODEJA
8 A - NOV 12



ANOUSHKA
7 A - NOV 13



ANSON JOJI
9 B - NOV 13



AYAAN HUSSAIN NAAZ
9 B - NOV 13



ESHAN GIMHANA
12 K - NOV 13



AUSTIN VINU MATHEW
10 C - NOV 14



ADONA VINU MATHEW
12 A - NOV 14



YESHA NITESH SONI
7 C - NOV 15



RACHAEL SEQUEIRA
8 F - NOV 15



AARON SHIJU
9 B - NOV 15



MELISSA TREASA
9 C - NOV 15



SURABHI MISTRI
9 C - NOV 15



ALLAN VINOD VADAYATT
11 B - NOV 15



AAMINA SHAIK
11 E - NOV 15



MUSTAFA HABIB FATA
12 G - NOV 15



JOE KURIEN
10 G - NOV 15



JENESSA AMY
11 C - NOV 16



DEON DANIEL
11 G - NOV 16



VISHNU AREEKNADATH
10 G - NOV 16



JAMILA FAKHRUDDIN
12 I - NOV 17



JONA GRACE
10 G - NOV 17



RASHEL SEQUEIRA
11 J - NOV 17



JEREMAI COLACO
12 E - NOV 18



ASGAR
11 I - NOV 18



AYESHA ABDUL RAUF
11 I - NOV 18



KHADEEJA IMRAN
10 C - NOV 19



BRITNEY JOHN
11 B - NOV 19



KYRA DEBRIS D MELLO
11 H - NOV 19



SWETA
12 A - NOV 19



IBRAHIM IMTIYAZ
12 E - NOV 19



AMEEN ABDUL AZEEZ
10 D - NOV 20



GUNEET KAUR
12 H - NOV 20



AISWARYA P. JAISON
11 J - NOV 20



KIRTHI NOUDURI
12 K - NOV 20



ISHPREET KAUR
6 A - NOV 21



NAINA SAHIB VILACK
12 C - NOV 21



SADHIKA RAO
7 A - NOV 22



ADLINE BENNITTA
9 A - NOV 22



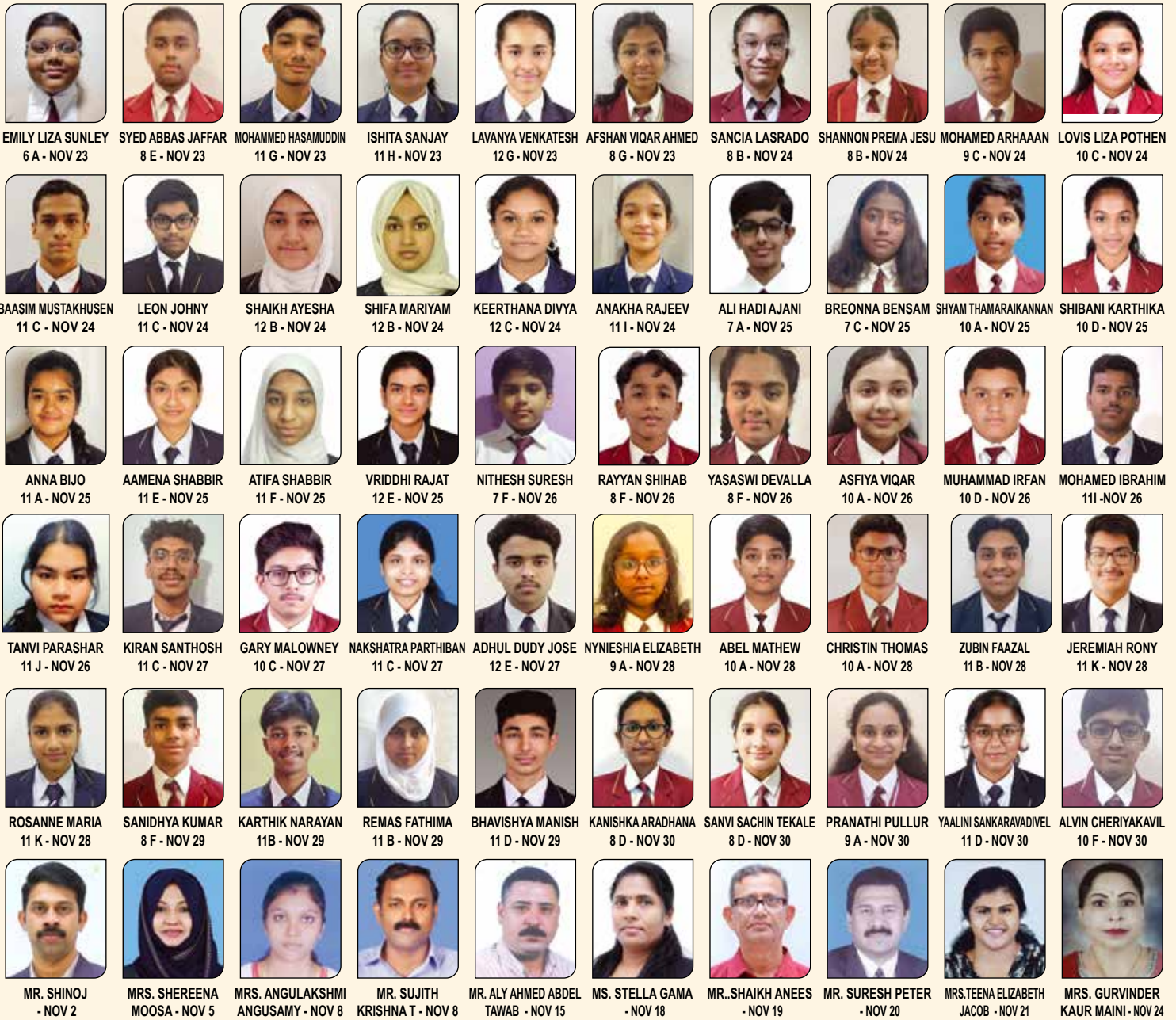
JESSEL JOSE
10 E - NOV 22



DHYHAN THOMAS
11 E - NOV 22



MOHAMMED ABDUL
10 F - NOV 22



EPICLIBRARY

Class 6-8



Class 9-10



Class 11-12



Scan and Get a
Free Passport to the
World of Books!

Caring Hearts of ICSK: Supporting Cancer Patients in Kuwait

'We make a living by what we get, but we make a life by what we give.' – Kathy Calvin
The Indian Community School is dedicated to teaching students the importance of empathy and compassion. To support cancer patients in Kuwait, our students are actively participating in a charity drive organized by the school.

A special morning assembly was held on October 14, 2024, with guests Mr. Vinod Kumar Lohar, Mr. Venkatesh Kothavoudla and Mr. Bijukumar Nanappan, Indian nationals, Mrs. Mohd. Mezan Ur and Mr. Salim Hurmot Ali Shaikh, Bangladeshi nationals, who are bravely fighting cancer. With deep respect and prayers for speedy

recovery, the guests were presented with the amount raised by the charity fund.

Students from classes X D and X E performed a wonderful dance that captivated the audience. Talented singers enthralled the gathering with their performance. Through role play, successful individuals from various fields were introduced thereby encouraging the students to move towards their goals with determination and dedication. The well-coordinated class assembly presented by XD and XE reflected the qualities of leadership, team spirit, and cooperation. Dr. V. Binumon, the Principal and Senior Administrator of ICSK, praised the students

for organizing a mesmerizing assembly. The day continued with recognizing students for their accomplishments in different activities.

Awards, including trophies and certificates, were given to students for their achievements in various events. Classes 7B, 9B, and 11F received the Best Class awards for their respective categories. Miss Aisha Irfan of the Secondary section and Adun Palackal of the Senior Secondary section were awarded with the title Goodwill Ambassador. The assembly dispersed on a patriotic note with the singing of the Indian National Anthem.



BALANCE SHEET FOR THE MONTH OF OCTOBER-2024

Income (September 2024)	KD	Expenditure (October 2024)	KD
Balance c/f from September 2024	2732.030	1. Cancer Patient	150.000
		2. Cancer Patient	150.000
		3. Cancer Patient	150.000
		4. Cancer Patient	150.000
		5. Cancer Patient	150.000
Balance c/f from September 2024	1982.030		750.000
Contribution from Students (October 2024)	508.120		
Contribution from Staff	34.885		
Collection from Nature	3.400		
Balance in hand	2528.435		

BIRTHDAY CUM CHARITY FUND

CLASS / SEC	NAME OF THE TEACHER	CLASS STRENGTH	BIRTHDAY FUND	CHARITY FUND	TOTAL	CLASS WISE PERCENTAGE
12 A	MRS SUSAN GEORGE	37	-	23.000	23.000	62.162
12 B	MRS NIGY JACOB	40	-	20.700	20.700	51.750
12 C	MR VINOD LAKSHMANAN	42	-	7.480	7.480	17.809
12 D	MR GEORGE SWAMY	43	-	5.165	5.165	12.011
12 E	MR PRASAD NAMBIAR	39	-	24.000	24.000	61.538
12 F	MRS SONA	39	-	14.105	14.105	36.166
12 G	MRS MUSARAT PARKAR	40	-	26.530	26.530	66.325
12 H	MR. QUTBUDDIN SHABBIR HUSSAIN	39	-	6.825	6.825	17.500
12 I	MRS VRINDA	36	-	2.625	2.625	7.291
11 A	MR.ANTONY AUSTIN	39	-	8.500	8.500	21.794
11 B	MR.PRATHAPA CHANDRAN B. PILLAI	41	-	8.690	8.690	21.195
11 C	MRS.JESHA ALEX	40	-	7.400	7.400	18.500
11 D	MRS.SARITHA M.P	40	-	33.575	33.575	83.9375
11 E	MR. SUNDARESH K	38	-	19.900	19.900	52.368
11 F	MRS. RAMLATH	46	-	6.350	6.350	13.804
11 G	MRS. SHIBNA	48	-	7.050	7.050	14.895
11 H	MRS.SREESHMA	38	-	5.680	5.680	14.947
10 A	MR JUSTIN	45	-	6.650	6.650	14.777
10 B	MRS LUBNA	44	-	2.825	2.825	6.420
10 C	MR JITHIN THOMAS	45	-	27.030	27.030	60.066
10 D	MRS SOUMYA VIPIN	45	-	1.100	1.100	2.444
10 E	MRS. ELIZABETH THOMAS	45	-	4.635	4.635	10.300
9A	MRS KAMALAM NANDHAKUMAR	40	-	3.980	3.980	9.950
9B	MRS RANJINI	41	-	1.860	1.860	4.536
9C	MR NITHIN	42	7.000	7.990	14.990	35.69
9D	DR WASEEM	41	-	8.460	8.460	20.634
9E	MRS SARITHA P NAIR	40	4.000	4.220	8.220	20.550
8A	MRS JAGADA	41	-	10.050	10.050	24.512
8B	MR KULDEEP SINGH	41	-	6.650	6.650	16.219
8C	MS. NIMMY	42	-	2.600	2.600	6.309
8D	MRS.SREELAKSHMI	42	-	6.340	6.340	15.095
8E	MRS. SHIBYMOL	42	-	4.360	4.360	10.333
8F	MS.BINU SABU	40	-	18.900	18.900	47.375
7A	MRS MAINI	37	-	3.755	3.755	10.148
7B	MR VIJAY	39	-	9.000	9.000	23.076
7C	MR MANIKANDAN	38	-	5.260	5.260	13.842
7D	MRS SHEREENA	38	-	9.500	9.500	25.000
7E	MRS EMAN	35	-	10.025	10.025	28.628
7F	MRS.STELLA GAMA PHILIP	37	-	2.700	2.700	12.162
6A	MS. ANGULAKSHMI	36	-	6.195	6.195	17.208
TOTAL		1621	11.000	391.660	402.660	24.840
AFTERNOON SHIFT						
7 G	MR.MAHESH	8		1.800	1.800	22.500
8 G	MRS.ELIZABETH	23		2.000	2.000	8.696
9 F	MR.SHYLES	16		8.400	8.400	52.500
10 F	MRS.NIMMY	32		4.575	4.575	14.297
10 G	MRS JAGADA	39		8.080	8.080	20.718
11 I	MRS. RATNACHIRA	30		11.150	11.150	37.167
11 J	MR. SUJJITH	34	1.000	14.000	15.000	44.118
11 K	MR. PRASAD	50		11.810	11.810	23.620
12 J	Mrs.BINDU	40		6.300	6.300	15.750
12 K	Mrs. HEPHZIBAH	35		25.050	25.050	71.571
12 L	MR. SREEKUMAR	34		11.295	11.295	33.221
TOTAL		341	1.000	104.460	105.460	30.927
GRAND TOTAL		1962	11.000	496.120	508.120	25.898

EPITravel LUXEMBOURG

Luxembourg, officially known as the Grand Duchy of Luxembourg, is a small but prosperous landlocked country in Western Europe. Spanning just 2,586 square kilometers (998 square miles), it is one of the smallest countries in Europe, bordered by Belgium to the west and north, Germany to the east, and France to the south. Despite its size, Luxembourg has a significant role in global affairs, particularly in finance, politics, and European integration.

Luxembourg is characterized by its diverse landscapes, from the forested hills of the Ardennes in the north to the rolling vineyards along the Moselle River in the south. The country is divided into two main regions: the Oesling in the north, which is part of the Ardennes mountain range, and the Gutland in the south, which is more flat and fertile. Its central location in Europe gives Luxembourg a temperate climate, with mild winters and moderate summers, making it a pleasant destination year-round.

Luxembourg boasts one of the highest GDP per capita in the world, thanks to its well-developed financial sector, which includes banking, investment funds, and insurance. The country's economy is heavily influenced by its strategic position at the heart of Europe, its favorable tax

policies, and its commitment to a business-friendly environment.

Luxembourg's culture is a blend of German, French, and Belgian influences, owing to its geographical location and history of foreign rule. The country has three official languages: Luxembourgish, French, and German, with Luxembourgish being the national language and widely spoken in daily life. French is used for administrative purposes, while German is commonly used in the media.

Luxembourg is also known for its strong commitment to education and research. The country's educational system is multilingual and public schooling is free for all residents. Luxembourg has invested heavily in research and innovation, making

it a leader in fields such as sustainable development, space exploration, and technology.



REYHAN JOE
- 8C

Though small in size, Luxembourg is a country of remarkable significance on the global stage. It combines economic prosperity, political stability, and a rich cultural heritage with a forward-thinking approach to innovation and sustainability. Its strategic location at the crossroads of Europe, commitment to European unity, and open economy make Luxembourg a key player in both regional and international affairs. With its beautiful landscapes, vibrant cultural scene, and thriving economy, Luxembourg continues to be a unique and fascinating country in the heart of Europe.



November month dedicated to raising awareness about men's health including prostate cancer, testicular cancer and mental health

Here are some key aspects

Prostate Cancer: Prostate cancer is one of the most common cancers in men. Regular screenings are recommended, particularly for men over 50 or those with a family history of cancer.

Heart Health: Heart disease is a leading cause of death in men. Regular blood

pressure, cholesterol, and diabetes screenings can help prevent and manage cardiovascular diseases.

Mental Health: Men are less likely to seek help for mental health issues like depression and anxiety. Encouraging open dialogue and seeking professional support is essential.

Mouth and lung cancer-another very common type of cancer found in men, especially the one who smoke.

NOURISH & FLOURISH: MENS HEALTH AWARENESS

Steps to avoid the above diseases

- * Regular health screening
- * Physical health and fitness-exercise regularly, eating a healthy balanced diet and maintaining a healthy weight
- * Mental health and stress management-addressing mental health stigma, hobbies and meditation to avoid stress
- * Healthy lifestyle choices like having adequately and on time sleep, avoid smoking and consumption of alcohol and get vaccinated

Simon The Great



On 28th February 2409 A farmer boy named Simon had his 16th birthday. As a present he received an old book from his grandfather. The book showed him that there was a secret family mansion that had been passed down to him.

As Simon wandered through the attic of his family's ancient mansion, he stumbled upon a mysterious, glowing portal. Without hesitation, he stepped through the shimmering light and found himself in a world unlike any he had ever known.

The air was electric with magic, and the sky was ablaze with colors that danced like living flame. Simons' wonder was short-lived, as a deafening crash echoed through the land. A battle raged before him, with creatures of myth and legend clashing in a spectacular display of power.

Suddenly, a man with a beard wearing a cloak appeared before them and said, "come with me if you want to live!" Simon followed the man who introduced himself as a sorcerer working for King Luis the great. Confused, Simon told him his story and asked what was happening.

"The army of King Luis has been fighting against the army of Rezzoch the Demon for a long time fighting for each other's wealth and especially to rescue the hostage. King Luis sent us to rescue the girl and that has been an immense struggle for us."

"Anyway, I think you would of great use to us for this fight, and with a little training and permission from the king, you could join our army!" Simon excitedly agreed and started training with help from the sorcerer for 3 days. After the third day, Simon went to see the King with the sorcerer.

The King accepted Simon into the army as a close combat fighter, soon it was time for war. In the battlefield, Dragons breathed fire that seemed to take on a life of its own, while phoenixes rose from the ashes, their wings beating fiercely. Unicorns charged forward, their horns shining with a light that could vanquish any darkness. The earth trembled beneath the hooves of great, shaggy beasts with eyes that burned like embers.

At the heart of the battle stood two figures: A huge man whose armor shone as fire and another man in whose hand was a staff of wizardry. They exchanged blows, their magic and steel clashing in a spectacular display of light and sound.

Simon watched, awestruck, as the battle raged on. The warrior gained the upper hand, striking the wizard with a strike from his sword. As he fell, the magical creatures that had fought alongside him began to vanish, banished by the warrior's victory.

As the dust settled, the warrior approached Simon, his armor battered but unbroken. "You, boy, are a curious soul," he said. "Tell me, what brings you to our world?" Simon realized that this warrior was King Luis the great and started chatting with him. However, the King seemed to have a rather sinister smile on his face.

Simon explained his accidental arrival, and the King nodded thoughtfully. "You have witnessed a great victory, but also a great cost. Our world is fragile, and the balance of power is ever shifting. Perhaps, one day, you will play a part in shaping its destiny."

With that, the King vanished, leaving Simon pondering on the magic and wonder he had witnessed. Simon felt that the was something strange that had happened, as if the king was not whom everyone believed him to be.

Simon quickly remembered that the hostage was still not to be seen, with his newfound magic he quickly teleported to the enemy castle to search for her. Surprisingly, when

Simon found her, he could not believe who she was. "Nora is that you!" he said to his sister, Nora gasped and hugged her brother tightly wondering how he found her in such a place.



AARON ROBINS
- 7C

Simon asked Nora how she was, and she said that she was fine, "The people here took good care of me giving me as many sweets as I wanted". On hearing this, Simon confirmed his suspicions and hurriedly teleported to King Luis along with his sister and the sorcerer.

As they approached the king, the sorcerer took off his hood and said to the king how cruel he was on doing such a thing. The crowd gasped in awe as the sorcerer further stated, "I am Doctor Strange, a close friend to King Rezzoch and I will tell you all the true story of this crooked King.

Luis had been the husband of Rezzochs sister and had been living with her for 5 years, however one day he stole all their jewels and possessions and left their house in flames. King Luis had however not stolen their most valuable possession: The staff of wizardry which he had received from killing Rezzoch." Hearing this the crowd booed at the king and strange said "Take him away!"

After Luis was imprisoned Strange crowned Simon as the king because he found the truth about Luis. Nora was taken home, and Simon ruled the kingdom with peace and prosperity.



DISCOVER *india* LADAKH

Ladakh, a region nestled in the northernmost part of India, is renowned for its breathtaking landscapes, rich culture, and unique cuisine. Often referred to as "The Land of High Passes," it offers a blend of adventure, spirituality, and a glimpse into a distinct way of life. This article delves into the various facets of Ladakh, including its tourist attractions, famous foods, and cultural heritage.

One of the most iconic landmarks in Ladakh, Leh Palace was built in the 17th century and offers panoramic views of Leh and the surrounding mountains. Visitors can explore its ancient murals, architecture, and learn about the region's history.

Atmospheric warming, infrastructure development, and rapid urbanization have impacted the region's glacial formations; research shows that Ladakh's glaciers have receded at an increased rate since the 20th century. This has negatively affected the region in two ways: groundwater reserves have decreased in quantity and quality, leading to shortage of water (already a scarce resource); and erosion caused by glacial retreat threatens to significantly change the local geography by forming more lakes, increasing the risk of flooding. Authorities in the town of Leh have adopted a climate action plan to assess vulnerabilities and combat changes to the fragile Himalayan ecology, although the program has been criticized by local climate change campaigners as inadequate.

Ladakh, once cold and dry, has been noticeably affected by climate change in recent years. Average annual precipitation is about 3 inches (75 mm); fine, dry, flaked snow is frequent and sometimes falls heavily. However, a significant warming trend over the last few decades has led to

changing weather patterns and depletion of natural resources. Unpredictable rainfall and unusually high temperatures between May and September have led to extreme weather events like flash floods, landslides, and mudslides. In 2010 Ladakh was devastated by floods caused by a cloudburst; the death toll was at least 200, more than 400 were injured, and there was widespread destruction of property and infrastructure. Since then, flooding and landslides have caused localized devastation every few years. The region is also prone to violent seismic activity, and light to moderate tremors are common.

Ladakh union territory covers some 22,800 square miles (59,000 square km) along the upper Indus River valley and is one of the highest regions of the world. Its landforms consist mainly of mountain peaks, high plains, and deep valleys. A number of rivers flow through the region, and the geography includes glaciers and high-elevation lakes. Ladakh's mountain ranges feature passes such as Umling La, through which runs the world's highest drivable road at an elevation of 19,300 feet (5,882 meters). Along the western edge of the union territory are the Great Himalayas with a parallel branch directly to the east known as the Zaskar Range, a partly inaccessible region where the people and the cattle remain indoors for much of the year because of the cold. To the southeast of the Zaskar Range lies Rupshu, an area of large brackish lakes such as Tso Moriri, with

a uniform elevation of about 13,500 feet (4,100 meters). The Zaskar region is drained by the Zaskar River, which, flowing northward, joins the Indus River below Leh, the union territory's largest urban center. To the east are the Ladakh and Karakoram ranges.

Ladakh's mountain ranges feature passes such as Umling La, through which runs the world's highest drivable road at an elevation of 19,300 feet (5,882 meters).

Ladakh, union territory of India, located in the northern part of the Indian subcontinent in the vicinity of the Karakoram and westernmost Himalayan mountain ranges. It is bounded by Jammu and Kashmir union territory to the west and by Himachal Pradesh to the south; its northern and eastern borders are disputed with Pakistan and China, respectively. Ladakh was administered as part of Jammu and Kashmir state from 1947 until 2019, when it became a separate administrative unit. Area 22,836 square miles (59,146 square km).



HUSSAIN MUSTAFA
KANBA - 7F



Exploring the Energy Frontier – A Field Trip to Kuwait Oil Company

The Indian Community School, Senior conducted an educational field trip for 127 students of Grade XII Commerce stream to the Kuwait Oil Company (KOC) in Ahmadi, Kuwait on 16th October, 2024. The aim of this visit was to provide students with an in-depth understanding of the oil industry, exploring its operations, and discussing potential career opportunities within the sector. The students were escorted to the company under the guidance of 5 teachers namely Mrs. Musarrat Parkar, Head of the Department of Commerce, Mrs. Shibna Zainuddin, Mr. Qutbuddin Shabbir Hussain, Mr. Sai Dalvi and Mrs. Shirly Chacko.

The trip began with a warm welcome from the company's public relations team, who offered a brief introduction to the history and significance of the oil industry in Kuwait's economy. This introductory session set the tone for the day, highlighting the vital role that oil plays in the nation's development. Following this, the students were guided through various departments, gaining firsthand insights into the processes

involved in exploration, extraction, refining and distribution.

Throughout the visit, students expressed their appreciation for the educational experience and engaged in thoughtful discussions. Many raised pertinent questions regarding renewable energy and the future of oil, reflecting their interest in the sustainability challenges facing the industry today. This engagement underscored the relevance of the topic and the students' growing awareness of global energy issues.

The field trip to KOC was a valuable educational experience that broadened

the students' understanding of the oil industry and its impact on the economy. It emphasized the importance of sustainable practices in energy production. The students left with a deeper appreciation for the energy sector and the challenges it faces in the future.



“Epiquiz”



1. What is the official currency of South Korea?
2. Who became the new President of Nigeria in 2023?
3. Which Irish author wrote Ulysses, considered one of the most challenging works in modernist literature?
4. Who won the 2023 Nobel Prize in Physics for their work on experimental methods for studying quantum entanglement?
5. The Berlin Wall fell in 1989, but in what year was it first constructed?

6. What is the name of the rare genetic disorder that causes individuals to age prematurely?
7. Which early computer, built in 1946, is often considered the first general-purpose electronic digital computer?
8. Which African country experienced a military coup in July 2023, ousting President Mohamed Bazoum?
9. Who wrote The Brothers Karamazov, often considered one of the greatest philosophical novels in world literature?

10. What is the name of the theoretical boundary surrounding a black hole beyond which nothing, not even light, can escape?

1. South Korean Won.
2. Bola Tinubu.
3. James Joyce.
4. Pierre Agostini, Ferenc Krausz, and Anne L'Hullier.
5. 1961.
6. Progeria (Hutchinson-Gilford Progeria Syndrome).
7. ENIAC (Electronic Numerical Integrator and Computer).
8. Niger.
9. Fyodor Dostoevsky.
10. Event Horizon.

PHOTOGRAPHY



NEHA BINIL
- 11 H



Chhatrapati Shivaji Maharaj, 1974



In 1974, India Post released a stamp honoring the legendary Maratha king, Chhatrapati Shivaji Maharaj. The stamp depicted Shivaji in a dynamic posture, symbolizing his leadership, military acumen, and contributions to establishing the Maratha Empire.

Chandra Bose, 1964



A commemorative stamp featuring Subhas Chandra Bose, the prominent leader of the Indian National Army (INA), was issued in 1964. The stamp showcased Bose in his military uniform, emphasizing his revolutionary spirit and quest for India's freedom from British rule.

Lal Bahadur Shastri, 1966



After the untimely demise of former Prime Minister Lal Bahadur Shastri, India Post released a commemorative stamp in 1966. The stamp featured a portrait of Shastri and paid tribute to his slogan, "Jai Jawan, Jai Kisan," which inspired India during challenging times.

Chandrasekhara Venkata Raman, 1971



A stamp was issued in 1971 to celebrate the achievements of physicist C.V. Raman, who won the Nobel Prize in Physics in 1930 for his groundbreaking discovery, the Raman Effect. The stamp featured his image alongside a representation of the scattering of light, symbolizing his scientific contributions.

Dr. Homi J. Bhabha, 1966



In honor of Dr. Homi J. Bhabha, the father of India's nuclear program, a commemorative stamp was issued in 1966, a year after his death. The stamp highlighted his legacy in developing atomic energy for peaceful purposes and depicted him with an atom symbol in the background.

Jawaharlal Nehru's Birth Centenary, 1989



To commemorate the 100th birth anniversary of India's first Prime Minister, Jawaharlal Nehru, India Post issued a stamp in 1989. It featured a portrait of Nehru with children, symbolizing his deep love for young people and his vision of nurturing the future of India.

International Year of the Child, 1979



In 1979, India Post released a stamp to celebrate the International Year of the Child. The design depicted children engaging in various activities, reflecting the importance of child welfare, education, and rights. This stamp became a part of the global effort to raise awareness about children's issues.

Bhagat Singh, 2007



On the 100th birth anniversary of revolutionary Bhagat Singh, a commemorative stamp was issued in 2007.

The stamp featured a striking portrait of Singh, paying homage to his fearless contributions to India's freedom struggle and his enduring legacy as a symbol of youth and resistance.

150 Years of the First War of Independence, 2007



In 2007, India Post released a stamp marking 150 years since the First War of Independence, also known as the 1857 Rebellion. The stamp depicted scenes from the uprising, honoring the collective efforts of leaders and freedom fighters who challenged British rule.

UNESCO World Heritage Sites Series: Khajuraho Temples, 2002



As part of a series celebrating India's UNESCO World Heritage Sites, a stamp featuring the Khajuraho Temples was issued in 2002.

The design showcased the intricate carvings and architectural marvels of the temples, known for their artistic representation of life and spirituality.



ANUBHAV
-121

Mother Teresa, 1997



A stamp honoring Mother Teresa was released in 1997, shortly after her death. The image depicted her nurturing a child, reflecting her life dedicated to the poor and sick. This stamp became a testament to her compassionate service and humanitarian work that touched millions.

Historical Monument: Taj Mahal, 1954

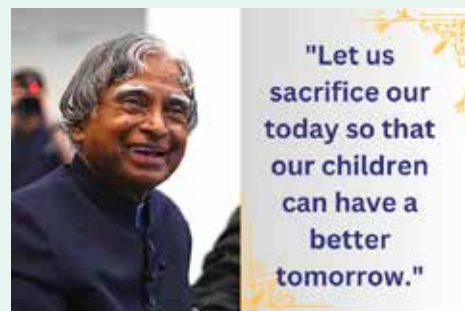


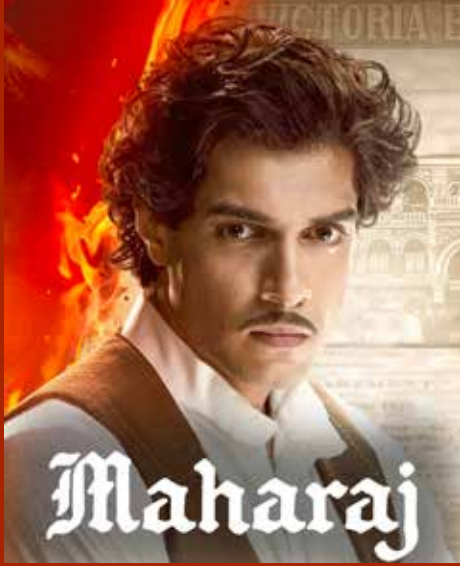
One of India's earliest definitive stamps showcased the Taj Mahal, an emblem of love and architectural grandeur. Issued in 1954, this stamp was part of a series celebrating India's historical and cultural heritage and has become a cherished piece for philatelists worldwide.

100 Years of Indian Cinema, 2013



This stamp was issued to celebrate the centenary of Indian cinema, showcasing a collage of iconic film reels, legendary actors, and memorable scenes. It paid homage to the industry's growth from silent films to modern blockbusters and the influence of cinema on Indian society.





Karsan is a progressive thinker and social reformer in pre-independence Bombay, living with his maternal uncle and aunt after the death of his mother. He is engaged to be married to Kishori, a devout believer of Maharaj "JJ", the leader of the "haveli" that is their holy place. During the Holi celebration, Kishori catches the eye of JJ, and she is chosen to perform "Charan seva" for him. The devout JJ follower's community accepts that women in the community perform "Charan seva", which is actually indulging in sexual acts with JJ. Karsan sees Kishori and JJ in the act, and breaks off their engagement when Kishori is complacent with the practice and with JJ's actions.

Later, Kishori realizes the error of her belief and JJ's evil, but she has lost Karsan forever. Karsan makes clear to his family that he will not marry Kishori, and is turned out of the house as a consequence. His family is also devout believers, and believe Kishori has done nothing wrong.

Karsan finds that no one is ready to fight against the haveli and JJ. His mentor convinces him to forgive Kishori or at least give her a chance to atone. Before he can speak to her, he finds out that Kishori has taken her own life as a result of the mistake she made, and her final wish was for Karsan to reveal JJ's truth to the world.

After reading Kishori's final message to him, Karsan goes to confront JJ. JJ is confident that Karsan cannot change perceptions, and that their places in the world are set, with JJ playing the part of a god (Maharaj Yadhu "Nath") in their community, and Karsan as a devotee.

When others are unwilling to publish about JJ, Karsan starts his own paper to reveal the truth. The papers are intercepted by JJ and burned in the haveli. JJ closes all of the Havelis in Bombay. The devout believers do

not break their fasts before morning prayers at the Haveli, and JJ places a condition that the Havelis will not be opened until Karsan apologizes.

Karsan speaks to the protesting community members and convinces them that they do not need the haveli more than the haveli needs them, with the support of a woman named Viraaj. The community members, pray to their idol placed by Karsan in the street and break their fast. JJ refuses to open the haveli doors even while the morning prayers continue on outside the haveli. Karsan gains confidence in his mission, and Viraaj joins as an employee at his newspaper. Meanwhile, JJ calls on Karsan's father and threatens him to make Karsan apologize.

Karsan's father comes to the newspaper and announces that he is going to disown Karsan if he does not apologize to JJ. Karsan does not relent, and his newspaper successfully circulates among the people. The community's thoughts start to change, and they slowly begin to gain awareness of JJ's exploitation and ill-intent. JJ files a defamation suit against Karsan, and Karsan's uncle brings forward witnesses against JJ.

Shortly before the trial, the witnesses withdraw in fear, and Karsan's press is burned down. Among the ruins of the press, Viraaj confesses to Karsan that she too was sent to JJ for "Charan seva" as a child, where she fled when she realized that whatever was happening was wrong. She beseeches Karsan to continue his fight, because his ideology must win.



LEVINA RACHEL CHACKO - 12F

With the date of the trial approaching, Karsan has no witnesses to fight against the defamation case. The trial begins with calling the haveli's doctor to the stand, who reveals that he has treated JJ for syphilis. JJ lies that he had previously had a similar sounding disease which was non-venereal. Karsan brings light to JJ's misinterpretations of scripture, and his exploitation of women and girls. As he speaks of the importance of not needing a bridge like JJ in order to reach God, women in the courtroom take Karsan's side and testify against JJ.

In the end, Karsan is acquitted of the charges of defamation and criminal charges are filed against JJ. Karsan is recognized and applauded by the people for exposing JJ and as a social reformer, while JJ loses his followers.





President Murmu confers 70th National Film Awards; Mithun Chakraborty receives Dadasaheb Phalke Award:

President Droupadi Murmu presided over the 70th National Film Awards ceremony on October 8,

honoring outstanding achievements in Indian cinema for the year 2022. Veteran actor Mithun Chakraborty has been honored with the Dadasaheb Phalke Award, which is the highest recognition in Indian cinema. This prestigious award celebrates a person's lifetime contribution to the film industry. The awards celebrate the resilience and creativity of Indian filmmakers and performers, marking a significant milestone in the nation's cinematic journey.



India end U23 World Wrestling Championships campaign with nine medals:

The Indian wrestling contingent finished the U23 World Wrestling Championships 2024 with a total of nine medals, including one gold, one silver, and seven bronze medals. The championships were held from October 21-27 in Tirana, Albania. Chirag secured the solitary gold medal for India in the men's 57 kg competition, becoming only the third Indian to achieve the top spot in the championships, following Olympic medalist Aman Sehrawat (men's 57 kg) in 2022 and Reetika Hooda (women's 76 kg) last year.

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India Inaugurates Asia's Largest Cherenkov Telescope in Ladakh:

In Hanle, Ladakh, the Major Atmospheric Cherenkov Experiment (MACE), Asia's largest imaging Cherenkov telescope, was inaugurated at an impressive

altitude of nearly 4,300 meters. Developed by the Bhabha Atomic Research Centre (BARC) in collaboration with several Indian industries, this marks a major step forward in India's ability to study cosmic rays, which are high-energy particles from space.



Modi Inaugurates Indian Institute of Skills in Mumbai:

Prime Minister Narendra Modi recently inaugurated the Indian Institute of Skills (IIS) in Mumbai. This institute is designed to train people for the future, focusing on skills that

will be important for Industry 4.0 - the new era of smart factories and advanced technologies. To provide hands-on experience, the IIS will have advanced laboratories developed in partnership with more than 15 global and Indian OEMs (original equipment manufacturers).



New Zealand Wins Maiden Women's T20 World Cup:

New Zealand's women's cricket team achieved a historic milestone. They secured their first T20 World Cup title under the

leadership of Sophie Devine. The final was held in Dubai, where they faced South Africa.



India launches 'Study in India' campaign at UAE Education Show:

India has officially launched its 'Study in India' campaign at the 20th International Education Show in Sharjah, marking a significant push to attract international

students to its universities. Organized by EdCIL, a Miniratna company under the Ministry of Education, the campaign seeks to position India as a leading global education hub. The 'Study in India' programme showcases over 590 Indian universities and institutions, offering a variety of courses and exclusive benefits such as fee waivers and scholarships for international students. The campaign highlights India's commitment to providing quality education at affordable prices, making it an attractive destination for students from developing countries.



South Korea's Han Kang wins 2024 Nobel literature prize:

South Korean author Han Kang won the 2024 Nobel Prize in Literature for "her intense poetic prose that confronts historical traumas and exposes the fragility of human life,"

.The prize is awarded by the Swedish Academy and is worth 11 million Swedish crowns (\$1.1 million). Han Kang, the first South Korean to win the literature prize, began her career in 1993 with the publication of a number of poems in the magazine Literature and Society, while her prose debut came in 1995 with the short story collection "Love of Yeosu". Her major international breakthrough came with the novel "The Vegetarian".



Justice Sanjiv Khanna takes over as 51st Chief Justice of India:

Justice Sanjiv Khanna was appointed as the 51st Chief Justice of India (CJI). Justice Sanjiv Khanna has served as a judge in the Supreme Court of India. He has a

reputation for his legal acumen and has been involved in cases during his tenure. His judicial experience positions him well for the role of CJI. The Chief Justice of India is the head of the judiciary system. This role includes presiding over court proceedings and administrative functions. The CJI also plays a crucial role in appointing judges to the Supreme Court and High Courts.

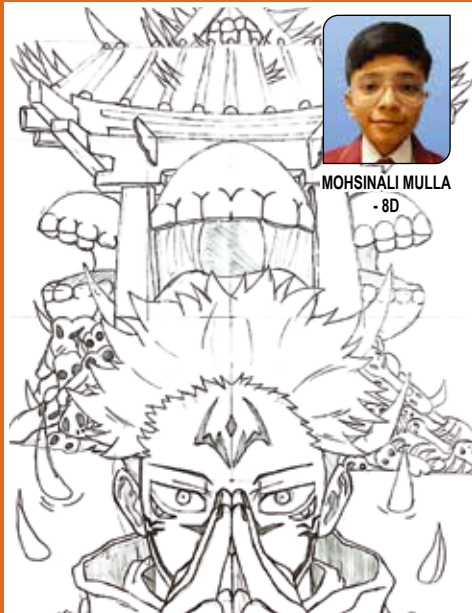
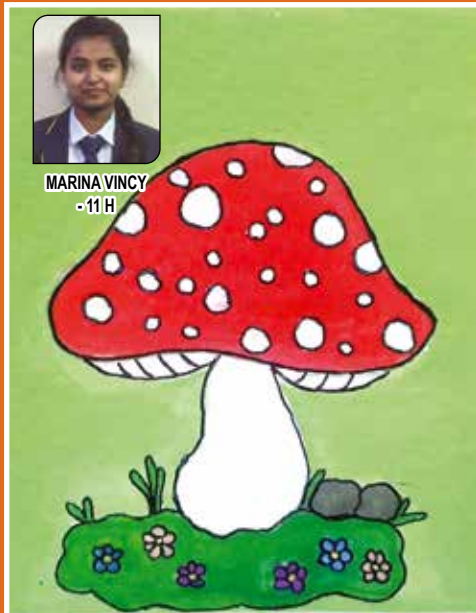


India Launches Fourth Nuclear Submarine, S4:

India launched its fourth nuclear-powered ballistic missile submarine (SSBN), designated S4, at the Ship Building Centre in Visakhapatnam. This submarine is

more advanced than its predecessor, INS Arihant (S2). The launch marks an important step in India's naval capabilities.

Art Gallery



EPictionary



KAVIN SARUPRIYAN
- 8 F

- 1. Brusque (adjective).**
Meaning: abrupt or offhand in speech or manner.
Example: "she could be brusque and impatient"
- 2. Eclectic (adjective).**
Meaning: deriving ideas, style, or taste from a broad and diverse range of sources.
Example: "universities offering an eclectic mix of courses"
- 3. Furtive (adjective)**
Meaning: attempting to avoid notice or attention, typically because of guilt or a belief that discovery would lead to trouble; secretive.
Example: "they spent a furtive day together"
- 4. Knavery (noun)**
Meaning: lack of honesty; acts of lying or cheating or stealing
Example: "I fear only his folly, not his knavery"
- 5. Loquacious (adjective)**
Meaning: tending to talk a great deal; talkative.
Example: "never loquacious, Sarah was now totally lost for words"
- 6. Obfuscate (verb)**
Meaning: make obscure, unclear, or unintelligible.
Example: "the new rule is more likely to obfuscate people than enlighten them"
- 7. Ravenous (adjective)**
Meaning: extremely hungry.
Example: "I'd been out all day and was ravenous"
- 8. Soporific (adjective)**
Meaning: tending to induce drowsiness or sleep.
Example: "the motion of the train had a somewhat soporific effect"
- 9. Winsome (adjective)**
Meaning: attractive or appealing in a fresh, innocent way.
Example: "a winsome smile"
- 10. Xenial (adjective)**
Meaning: warm, welcoming, and hospitable.
Example: "The xenial host greeted her guests with open arms, ensuring their comfort and making them feel truly welcome in her home."



MORNING BREAKFAST

Breakfast is often considered as the most important meal of the day for a good reason. In the literal sense, breakfast means 'Breaking the fast that your body has been in throughout the night.' It craves nutrients needed for energy to kickstart the day. Without a nutritious breakfast, you are likely to experience dips in energy, concentration and overall mood.



AYESHA NASER
- 9D

Why is breakfast important?

- **Nutritional Necessity:** Your body's glucose levels are typically low in the morning. A balanced breakfast replenishes these levels, providing the energy needed to power through until lunch.
- **Boosting Brain Power:** Studies have shown that eating breakfast can improve memory and concentration levels. It gives your brain the fuel it needs to perform complex tasks, make sound decision and hopefully for us students, to score better marks
- **Metabolism Kickstart:** Breakfast jumpstarts the metabolism, helps to burn calories more efficiently throughout the day.
- **Long Term Health Benefits:** Regularly eating a healthy breakfast is associated with a lower risk of chronic diseases such as diabetes, heart disease, and obesity.
- **Mental health:** breakfast also improves productivity, efficiency, enhances mood and reduces stress
- **Immune system:** breakfast is also known to support healthy digestion and helps improve the immune system
- **Breakfast helps establish a daily routine**
- **Having a healthy breakfast reduces cravings for unhealthy snacks.**

In a nutshell, it is important to have a healthy breakfast consisting of complex carbohydrates, proteins and healthy fats to help maintain a healthy mind and body. Experiment with new recipes and flavors too!

Name: Class : Section : Roll No:



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