



EPICS



MONTHLY MAGAZINE
THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

FEBRUARY 2024



PRINCIPAL'S MESSAGE

My Children
Greetings!

In my message, let me concentrate especially on Classes 10 and 12 which will be appearing for CBSE Board Exams and classes

6 to 8 for their Final Term Exams. Please remember that this is just part of your routine in life. Each one of you will shine in life but in different walks. Hence this exam is not the only one incident to decide your Destiny. Just concentrate on 'Working Smart' and look forward to the next subject paper with more enthusiasm. Do not think negative. Please dream about success only, while preparing for your exams. As your parents, teachers and many more are praying to the Almighty, your dreams will come true.

A Positive Mind set to Achieve Your Goals

Motivation and a desire to succeed are important qualities that you can't develop overnight. When you have a positive mind set, you can achieve your goals. It takes more effort than just trying hard and working harder. It's a mind set and it's something that you must train yourself on from the day you start studying for your exams until the day you take them.

Create a Study Plan According to Your Interest and Schedule

It is the best way to ensure you are covering all the topics you need to learn in time for the exam. Break down your studying into manageable chunks and use the plan to keep yourself on track. Whether you are sitting for the first time or are a returning candidate, creating a study plan and sticking to it is key. With the right preparation, you can maximize your energy and minimize stress so that you can do your best during the exam and give yourself the best possible shot at scoring well.

Take Regular Breaks and Stay Hydrated

Taking breaks during a study session and staying hydrated helps to ensure that you are in the right mood to retain the information you have just learned. Take regular breaks, eat well, and drink plenty of water during your study sessions. Even if you do not feel like studying you should still try to show up at least half an hour prior to the exam start time so that your mind is rested and ready.

Take a Balanced & Nutritious Diet

Eating healthy will also help you have less stress when

it comes to exams. Implement a healthy lifestyle; eat less processed foods and more organic food, drink plenty of water, get eight hours of sleep every day, and exercise regularly to keep your body energized. Students should also avoid junk food, coffee, and tea as these no good for their health and always affects their concentration.

Take Mock Tests to Assess Your Level of Preparedness

The best way to ensure you are prepared for the exam is to take a mock test so that you know how much time and effort it will take. Take practice tests along with, or as part of studying for your Board exams. The only way this can be done effectively is by taking several practice tests and working with a mentor who has taken the same topics before.

Get a Good Night Sleep to Stay Focused

The successful preparation for the exams requires not only a good study plan but also adequate time to relax, sleep and eat enough. Aim to have 8 hours of sleep as much as possible each day. Get plenty of sleep the night before your exams. A good night's rest will make you feel refreshed and your brain will be in peak condition.

Work on Your Strengths and Weaknesses

When you are preparing for the board exams, it is important to identify your strengths and weaknesses. Identify what areas need further study, and then decide so that you can overcome these weaknesses during exam time. With everything that needs to be done and the pressure of having to perform well under time constraints, it can be difficult to stay organized and remain mentally focused. By listing all your strengths and weaknesses, you can identify which areas of study need improvements in order to achieve your goals.

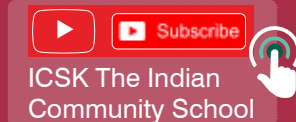
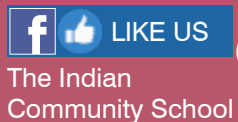
Reward Yourself for Completing Tasks.

Do yourself a favour and avoid stressing about studying for the exam. And for that, make sure you start with a routine and stick with it. Whenever you get bored, take a break and reward yourself for completing the tasks you set out to do. There are always a ton of things to do, and the more you focus on preparing, the harder it is to find the extra time! But you're not alone with this problem - most students feel the same way. Staying positive and rewarding yourself for completing tasks will help keep you on track and make sure you stay motivated throughout your studying process.

We, the teachers along with your parents, are always there to help and stand by you in all circumstances and are praying to the Almighty for your success. May God fulfil your dreams!

Regards

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EDITORS' NOTE

Dear Readers

The school magazine EPICS is a platform for the students to express their creative pursuit which develops in them originality of thought and perception. The Contents of the magazine reflect the wonderful creativity of thoughts and imagination of our students. Our key focus is at making each child ready for today's cut throat competitions by giving them free rein to their imagination and nurture a creative spirit through the platform EPICS.

We at The Indian Community School Kuwait keeping this spirit of education alive are continuously striving to nurture children into full-fledged personalities. EPICS aim is to nurture the child into a self-motivated individual. Artistic and Literary Talents of the children uphold the futuristic motto of the school "Creating Global Citizens" and offer umpteen opportunities for the students to explore their interests and innovate new ideas.

Over the years the school official magazine EPICS has provided an opportunity for students to portray their topics of interest and share their ideas .I feel extremely happy to speak to you through this Magazine, a full window glimpse into the immense talents and capabilities of the precious gems of this institute, along with a compilation of all the achievements of these same gems, is our Monthly School Magazine. A platform for showcasing where we have reached and where we want to ourselves. A reflection of the brilliant & glorious month that just went by boldly and confidently ushering into the next month.

As you scan through the pages, it will enlighten you with the important milestones that ICSK SENIOR has achieved this month. Besides, our budding talents have expressed their thoughts, ideas, hopes, feelings, aspirations and convictions in a creative way. The Faculty members are sent to seminars, workshops to improve the skills required. This magazine should be a good source of guidance for faculty and coming batches of students in choosing activities of their choice in their future for building their career reading articles of Mr Sethumadhvan , the renowned Career Counsellor every month.

Regards.

"Let noble thoughts come to us from every side"

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



Mrs. Shehnaz Hakim



Mrs. Tintu Wilson



DRAGON FRUIT

Dragon fruit is an exotic and tropical fruit that comes from the cactus family.

The outer covering of dragon fruit is in shades of red and pink or yellow. Their leaves resemble a dragon and have spikes that shoot up like a flame around the fruit. The inside of a dragon fruit is white, semi-solid fruit that can be eaten with a spoon and has nutty seeds sprinkled all over it. It is juicy with a slightly sweet taste, whereas the seeds have a nutty flavour.

Dragon fruit is safe to eat and offers many health benefits due to its vitamin C and antioxidant properties. The fruit is low in calories, making it a perfect everyday snack.

Reduces Risk of Diabetes

Dragon fruit is known to control diabetes. The pancreas produces insulin that breaks down sugar. Hence, dragon fruit is attributed to controlling sugar.

Helps Boost Immunity

is a major source of Vitamin C, eating 200 grams of dragon fruit every day to ward off diseases.

Improves Digestion

It contains prebiotics such as oligosaccharides which encourages the growth of good gut bacteria.

Improves Heart Health

They are a rich source of iron and hence aid in the manufacture of haemoglobin. The dragon fruit with red-coloured pulp contains betalains, they are uniquely known to lower the bad cholesterol in the body. The fruit also contains black seeds that are abundant in omega-3 and omega-9, which are good for the heart and lower the chances of cardiovascular diseases.

Good for Hair

It is suggested that taking dragon fruit every day with milk reduces hair damage caused by pollution and artificial colours. It also makes our hair soft and shiny, enhancing its beauty.

Dragon fruit can be part of a balanced diet and a healthy lifestyle. It can be enjoyed as a snack, added to fruit salads, and smoothies, or even used as a garnish in various dishes.

Dragon fruit grows on the Hylocereus cactus, also known as the Honolulu queen, whose flowers only open at night.

The plant is native to southern Mexico and Central America. Today, it is grown all over the world.

It goes by many names, including pitaya, pitahaya, and strawberry pear.

Ideas for serving dragon fruit:

- Simply slice it up and eat it as is.
- Chop it into small pieces and top with Greek yogurt and chopped nuts.
- Include it in a salad.

How to select an Engineering Institution?

Dr. T. P. Sethumadhavan

Education & Career Consultant
Professor, Transdisciplinary University of Health
Sciences & Technology, Bengaluru
Consultant to World Bank International Co-Operative Alliance



The year 2024 is the year for technology, entrepreneurship and startups. There will be quantum jump in use of artificial intelligence in all sectors. Use of AI in trade and services may reach around 80 percent. 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.

Engineering is emerging as one of the potential courses which can facilitate umpteen job opportunities across the globe in the era of Industry 4.0 revolution. It has been estimated that of the total engineers working across the World, 17 percent are Indian engineers. It has been envisaged to increase the percentage of Indian engineers to 25 percent by 2030.

Success in engineering depends on selection of engineering institutions. While selecting an engineering college, several factors like excellence in academics, research, infrastructure facilities, faculty strength, academia industry interface and placement statistics needs to be ascertained to ensure the quality of engineering education.

Students need to have an introspection about their future careers. It should be based on their interest, aptitude, goal and relevancy of the programme. Those students who are interested to pursue B.Tech/B.E programme must have major strengths in Physics and mathematics.

While selecting engineering branches, students must take in to account their interest, higher education and placement prospects, etc. Different ranking frameworks can be referred while selecting an engineering college. This include state and national ranking frameworks.

CIT, Chennai offers best Engineering programmes

Those students who are interested to pursue engineering can think of opting the best college in the country. Parents used to ask about the best engineering institutions in the country. Recently I had visited one of the best engineering colleges in the country, as suggested by one of my IIT friends - Chennai Institute of Technology at Perumpathoor in Chennai, TN. The college has been ranked as one of the most preferred engineering colleges in Tamilnadu as per Tamil nadu entrance examination authority statistics. The college which is under Anna University offers 14 undergraduate B.Tech and five M.Tech programmes.

Some of the programmes include B.Tech/ BE in Computer Science and Engineering, Information Technology, Computer Science & Business Systems, Computer Science & Engineering (AI & Machine learning), Cyber security, Mechanical engineering, Electronics & Communication, Advanced Communication technology, Electrical and electronics, Biomedical engineering, Civil and Mechatronics Engineering. M.Tech programmes are available in applied electronics, Computer Science & Engineering, Electronics & Communication, CAD/CAM along with doctoral programmes

The College has excellent academic achievements and this is the second preferred institution as per TNEA. Flexible industry supported curriculum, industry powered laboratories, and more than ten centres of excellences for research, promotion of study abroad programmes, skill development, facilities for innovation, incubation and promotion of startups and entrepreneurship are some of the unique features of the College. Moreover the institution has best air conditioned hostel facilities with active global alumni network.

Students aspiring for joining engineering programmes at CIT, Chennai can apply for seats under NRI/Management quota in respective branches in which they are interested. 50 percent of the seats will be filled through Tamilnadu entrance examinations. Compared to National institutes, this pioneering institution nurtures future engineers based on their talent. Moreover they provide 100 percent placement with best pay packages which the industry can offer.

For more details visit
www.citchennai.edu.in.
Email- info@citchennai.net.
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The Indian Community School, Kuwait Celebrates **61st AASHIRVAAD 2024** **The Blessing Ceremony for the students of Class XII**



With a heart full of blessings and prayers, The Indian Community School, Senior rolled out a carpet of welcome for the dignitaries, parents, teachers, staff and students to the 61st Aashirvaad 2024 - The Blessing Ceremony for outgoing class XII batch on Thursday 1st February 2024. The day marked with the auspicious significance of bestowing blessings to 430 young pillars of ICSK was celebrated with vibrancy and magnificent reverberation. The ceremony motivated the students to lead a prosperous and humble life and put forth the highest endeavors to bring forth a fruitful result.

The event was graced by the esteemed presence of the Chief Guest Honorable Ahmad Lari, Member of Parliament of Kuwait. Ms. Ancheta Ketwas, Second Secretary, Indian Embassy graced the occasion as the Guest of Honor and Dr. Manaf Behbehani, Marine Scientist and Environment Expert was the Special Guest. Among the dignitaries were Mr. Shaikh Abdul Rahiman, Hon. Chairman to the Board of Trustees, Mr. Vinukumar Nair, Hon. Vice Chairman to the Board of Trustees, Mr. Azharuddin Amer Muhammed, Hon. Secretary to the Board of Trustees, Mr. Agnello Sebastio Fernandes, Hon. Jt. Secretary to the Board of Trustees, Dr. V. Binumon, Principal and Senior Administrator of ICSK, K. Gangadhar Shirsath, Principal of ICSK, Khaitan, Mr. Rajesh Nair, Principal of ICSK, Amman, Mrs. Sherly Dennis, Director of The Indian School of Excellence and Mrs. C. Sheeja,



Principal of ICSK, Junior.

To the beats of the drums, resonance of trumpets, the tinkling vibrates of cymbals into the evening skies, mesmerizing dance and with a thunderous applause the guests were escorted to the auditorium in a ceremonial way. Bedecked with lights and vibrant hues, the auditorium had an ambience of serenity and happiness. The auspicious day commenced with the recitation of verses from the holy Quran by Mst. Yusuf Raoot followed by Aaradhana, a soulful rendition invoking the blessings of Almighty presented by the school choir.

Dr. V. Binumon, Principal and Senior Administrator of ICSK presented an august welcome to the gathering. In his address, he blessed the students for a bright and successful future. He advised the students that in their pursuit of achieving the zenith of success, they should be resilient, accept change and be a life-long learner. They should turn every challenge into opportunities and build positive relationship with people. He stressed on the importance of self – care.

The esteemed Chief Guest, Mr. Ahmad Lari, Guest of Honor, Ms. Ancheta Ketwas, Special Guest Dr. Manaf Behbehani, accompanied by Dr. V. Binumon formally inaugurated the programme by lighting the lamp of knowledge signifying great intellectual and spiritual energy.

'Success is the result of perseverance and perfection'. Students who excelled in academics were bestowed with certificates by the honorable Chief Guest Mr. Ahmad Lari. The title Best Scholar was bagged by Ms. Rea Sabu Pillai from the Science stream, Ms. Lavanya Nair from the Commerce stream, Ms. Hannah Rael Zachariah from Humanities stream and Ms. Shirley Coutinho from NIOS. Best leaders title was bagged by Mst. Johann Premjith from 12 A, Ms. Kanishka Ahujani from 12 B, Mst. Justin Samuel Saji from 12 C, Mst. Khuzaima Saifee Bamaniyawala from 12 D, Ms. Rea Sabu Pillai from 12 E, Ms. Nabaa Khan from 12 F, Ms. Lakshita Karthikeyan from 12 G, Mst. Afnaaz Mujawar from 12 H, Ms. Faith Maria Ashish from 12 I, Ms. Diya Mariam John from 12 L, Ms. Karen Preeth from 12 M and Ms. Shirley Coutinho from 12 N. Mst. Johann Premjith, Mst. Anas Atif Khanzada, Ms. Emma Kurian, Mst. Aamir Sohail, Ms. Diya Jay Patel, Ms. Jeslin Delviya D'souza, Mst. Aaron Mathew Tinku, Ms. Salwa Tanweer Nadkar, Mst. Alain Mathew Thomas, Mst. Taha Mohammed Hussain, Mst. Pranav Ashok Chudasama, Mst. Rovel Nikhil Cuthinha, Mst. Tanush Manoj Shetty and Ms. Ritaj Rizwan Rawoot were honored with certificates for 100 % attendance. Mr.

Shaikh Abdul Rahiman, Hon. Chairman to the Board of Trustees presented a memento to the esteemed Chief Guest as a token of love and appreciation.

The Guest of Honour, Ms. Ancheta Ketwas congratulated the students for the milestone achieved. She motivated the students to develop a close bond with their parents and seek their blessings in every journey they undertake. She encouraged them to follow their passion and never be afraid of failures. Mr. Azharuddin Amer Muhammed, Hon. Secretary to the Board of Trustees presented a token of love to the esteemed Guest of Honour.

Dr. Manaf Behbehani, Special Guest in his address appreciated the perseverance and dedication of the students for their success in their long academic journey of 15 years. Stressing on the value of time, he encouraged the students to follow and chase their dreams without wasting time. He urged the parents to be the strongest pillar of their ward and support them in realizing their dream. Mr. Vinukumar Nair, Hon. Vice Chairman to the Board of Trustees and Mr. Agnelo Sebastio



The musical extravaganza instilled hope, determination and positivity among the students. Dressed in gowns and capes, the young pillars of ICSK all set to embark their journey to build their own empire of dreams and vision, accompanied with their parents was presented with a memento followed by a family photograph with the dignitaries. A magnificent sight to behold was the prayer and blessing, where the entire auditorium and the campus sparkled with the bright and dazzling light of lamps and harmonious track of music played in the

background, each member of ICSK family comprising the eminent guests, board of trustees, parents, teachers, staff and students prayed and blessed the outgoing batch of class XII with success, health and happiness. Mrs. Susan Rajesh, Vice Principal of ICSK, Senior administered the exhortation and blessed the students. She stressed the qualities to be preserved throughout the life and insisted the students to spread the light of knowledge across the world. Students left their imprint on the open canvas, which will be treasured and valued by the institution forever.



Vote of thanks proposed by Mr. George Swamy, Chief Coordinator of Aashirvaad 2024 drew curtains to the auspicious and graceful evening. ICSK family enjoyed a scrumptious dinner spread with exquisite Arabic and Indian cuisine. Just as the rainbow promises hope and brightens the lives by bringing in new vitality, vigour and zeal, Aashirvaad 2024 was a day promising new hopes and a blessed future for 430 graduates of ICSK.

Fernandes, Hon. Jt. Secretary to the Board of Trustees presented a memento to the honorable Special Guest.

Ms. Sakina Culcuttawala, Senate President, Ms. Haya Anvar representing the Humanities stream, Ms. Lakshita Karthikeyan representing Commerce stream, Mst. Ahnaf Ashraf representing NIOS stream and Ms. Sakina Anis Bandoorkwala representing Science stream presented a medley of magical memories that marked their years spent in school, giving the audience a fascinating flashback of their journey. The day filled with mixed emotions left an indelible imprint in the hearts of the gathering.

The blooming buds of ICSK added shimmer and shine to this glorious night with their mesmerizing motivational song.



Aashish 2024 - The Blessing Ceremony for the Outgoing Batch of Class X at ICSK, Senior



'In the symphony of life, blessings are the notes that play the sweetest melody.'

Fostering the enriched Indian culture of seeking the blessings of the Almighty and the elders before venturing into something important, The Indian Community School, Senior organized 'Aashish 2024 – The Blessing Ceremony' to bless the outgoing batch of Class X consisting of 256 students on Sunday 28th January 2024 as they prepare themselves for the forthcoming CBSE Board Examination.

Commencement of CBSE Board examination points towards the beginning of a new phase, as children take their first step towards wrapping their school journey, bidding good bye to rather a crucial phase of their life. Parents, teachers and staff assembled in the school auditorium to pray in unison and bless the students of class X. The auspicious day commenced with the recitation of verses from the holy Quran by Ms. Rukaiya Junaid of class XB. The audience honored the national anthem of Kuwait followed by India. Mrs. Marie Syril Trina, Academic Supervisor of Secondary section presented an august welcome to the gathering. Dr. V. Binumon, Principal and Senior Administrator of ICSK and Mrs. Susan Rajesh, Vice Principal of ICSK, Senior accompanied by the captains of Class X formally inaugurated the programme with the traditional lamp lighting ceremony.

Dr. V. Binumon honored the students with certificates for their outstanding achievement in academics, Best Leaders and students with 100% attendance during the academic year 2023 – 24. Ms. Ananya

students. Dr. V. Binumon in his address wished the students good luck for the approaching examination and encouraged them to treasure the values learnt during the school life and make positive contributions to society. He blessed the students and wished that each one of them comes out with flying colors and make themselves, their parents, teachers and ICSK family proud. The school auditorium reverberated with positivity as the parents, teachers, staff and students led by Dr. V. Binumon prayed together for the success of each student.

Xavier of 10 B bagged the first position with 91.71 % in the academic year 2023 – 24 followed by Ms. Jenessa Amy Mathews of 10 D in the second position and Ms. Hridya Suja Pillai of 10A in the third position. Ms. Hridya Suja Pillai of 10A, Mst. Zuhair Abbas Vardawala of 10 B, Ms. Zairah Vinu of 10 C, Ms. Jeslyn Sara Shyju of 10 D, Mst. Alan Bobby of 10 E, Mst. Suryansh Patra of 10 F bagged the title 'Best Leaders' for the academic session. Full attendance certificate was awarded to Mst. Archith Madhavan Nair of 10 C, Mst. Abhinav Remesh Peratheril Tharayil of 10 D, Mst. Aiden Peter James of 10 D, Mst. Abel Bobby Sebastian of 10 E, Mst. Alan Bobby of 10 E, Mst. Anders Richard Sequeira of 10 E, Mst. Nevan Cael Mascarenhas of 10 E, Mst. Franklin Thambi of 10F and Mst. Sanjith Venu of 10F.

The inspirational song presented by the ICSK school choir pervaded the spirit of inspiration and aspiration among the

The Indian Community School, in its journey towards excellence strives to gift the society with responsible young leaders who can contribute positively for growth and prosperity of the world. Exhortation led by Mrs. Susan Rajesh, Vice Principal of ICSK, Senior witnessed the students taking an oath to undertake their responsibilities with honesty and sincerity, be a ray of hope in the lives of many and spread love and peace through their words and deeds. Vote of thanks proposed by Mr. Nitin, Head of the Department, Hindi and Coordinator of Aashish drew curtains to the auspicious day. 'Aashish – The Blessing Ceremony' at ICSK was a memorable event for students, parents and teachers alike, where each one would treasure the memories created close to their hearts forever.



Republic Day Celebration in ICSK SENIOR Campus



The school celebrated India's 75th Republic Day. The students took pride in glorifying and celebrating the spirit of unity. To mark the importance of this day, a grand celebration was held in the school. A special REPUBLIC DAY CELEBRATION was conducted by the students of Class 7 C under the guidance of their Class Teacher Mrs Sheerena Moosa .

The whole campus echoed with patriotic fervour as the children drew scenes of Republic Day celebrations, sang patriotic songs and even wore tri coloured clothes to mark the occasion. The function was highly appreciated by the Principal Dr V Binumon . He motivated the students by his inspirational speech.

There was a large gathering of students and teachers. The assembly included Islamic Prayer, thought, News Headlines, Speeches on the History and importance of Republic Day and on Constitutional Rights & Duties, a patriotic dance by students of Class 7 C under the guidance of their Class Teacher Mrs Sheerena Moosa .The recitation of a Hindi poem dedicated to the Nation, Speeches by Master Arnav in English on poignant aspects & nuances of the Indian Constitution, a group dance by

Ms Ann and team, Students were flawless at their performance. It was an emerging fun packed and message giving performance., a patriotic song by Ms Hessa and team was highly appreciated by the gathering. The spark and energy level of the students and their teacher was commendable. Overall the participation was a great matter of pride for the School.

The Principal in his address apprised the gathering, briefly about the making of the Indian Constitution, its unique features and the fact that all students and the younger generation need to know about the



Constitution in order to understand how they have to live life in future He apprised the gathering about the fact that the school is taking initiative to acquaint and enlighten students about the Constitution and its details in a staggering way.



GOODWILL AMBASSADOR

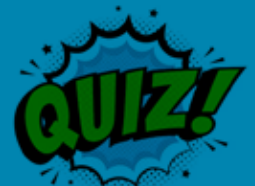


ANN BINISH CLASS 7 C



RHEA ALITA GEORGE CLASS 11B


























































"Epiquiz"



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

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

CAPTAINS & VICE CAPTAINS - FEBRUARY

<p>CLASS 12A</p>  <p>SWETA</p>  <p>NARGEES SHEFFIK</p>	<p>CLASS 12B</p>  <p>JOANN SHERLYN</p>  <p>ASHWITHA ANANDHRAJ</p>	<p>CLASS 12C</p>  <p>JOHN JAMES ALAPAT</p>  <p>SANIYA SHAJAN</p>	<p>CLASS 12D</p>  <p>SANJAIKUMAR</p>  <p>SHRUTHIKA SIVAKUMAR</p>	<p>CLASS 12E</p>  <p>SANDRA BIJU</p>  <p>AMNA KHADEEJA</p>
<p>CLASS 12F</p>  <p>SURAJ REDDY</p>  <p>SUSANNE GRACE</p>	<p>CLASS 12G</p>  <p>LAVANYA VENKATESH</p>  <p>SAKINA ALI ASGAR</p>	<p>CLASS 12H</p>  <p>GUNEET KAUR</p>  <p>ARWA ABDUL HUSAIN</p>	<p>CLASS 12I</p>  <p>ZAINA HASHIMI</p>  <p>PRIYAMANI KONANKI</p>	<p>CLASS 12L</p>  <p>IFRA ARIF MOMIN</p>  <p>BASIL AHMED</p>
<p>CLASS 12M</p>  <p>NICOLE JULIA</p>  <p>BURHAN MOHAMMED</p>	<p>CLASS 12N</p>  <p>ANNIE D SOUZA</p>  <p>AMAAN</p>	<p>CLASS 10A</p>  <p>MURTAZA TYPIST</p>  <p>JENNIFER MARIAM</p>	<p>CLASS 10B</p>  <p>HUSSAIN HAKIMUDDIN</p>  <p>ROSHNI VIVEKANAND</p>	<p>CLASS 10C</p>  <p>SARRA MUSTUFA</p>  <p>SAMUEL CHARLES</p>
<p>CLASS 10D</p>  <p>ADITHYA AJAYRAJ</p>  <p>STUTI RATNAWAT</p>	<p>CLASS 10E</p>  <p>ZAINAB ALI ASGAR</p>  <p>ALEENA THEJES PATHIL</p>	<p>CLASS 10G</p>  <p>MUHAMMED SHOUHEED</p>  <p>ADIN</p>	<p>CLASS 10H</p>  <p>YUSUF MOHAMMED</p>  <p>NOORA</p>	<p>CLASS 8A</p>  <p>LEONA JOSEPH</p>  <p>ALLAN VARGHESE</p>
<p>CLASS 8B</p>  <p>ALEX JAISON</p>  <p>NANDITHA NAIR</p>	<p>CLASS 8C</p>  <p>DIYA SHENOY</p>  <p>AYESHA NASIR KHAN</p>	<p>CLASS 8D</p>  <p>STEVE SOBIN</p>  <p>FAREEHA JUNAID</p>	<p>CLASS 8E</p>  <p>ABDUL AZBAT</p>  <p>ASHISH ANOOP</p>	<p>CLASS 8F</p>  <p>LEVI VARKEY</p>  <p>SAFA</p>
<p>CLASS 7A</p>  <p>JESWIN JINU</p>  <p>AARIN KURIAKOSE</p>	<p>CLASS 7B</p>  <p>JEWEL JULET</p>  <p>EHZAN ZAIR</p>	<p>CLASS 7C</p>  <p>JAISE JAYAN</p>  <p>NANDITA</p>	<p>CLASS 7D</p>  <p>SHASHANK REDDY</p>  <p>FATIMA SOHEB</p>	<p>CLASS 7E</p>  <p>TANAV DAMODAR</p>  <p>AAFREEN NATH</p>
<p>CLASS 7F</p>  <p>FAHAD IMAM</p>	<p>CLASS 7G</p>  <p>HANIN MUNAWER</p>	<p>CLASS 6A</p>  <p>MUHAMMED RAYAN</p>  <p>ALIYA MALAYANOOR</p>	<p>CLASS 6A</p>  <p>SHRINAND SURAJ</p>  <p>AMMAR SHABBIR</p>	



"To succeed in life and achieve results, you must understand and master three mighty forces - *desire, belief and expectation.*

- Dr. APJ Abdul Kalam

VISIT TO KUWAIT TIMES



Humanities students from ICSK, Kuwait embarked on a journey into the realm of journalism, where they were provided with an authentic taste of it and met Kuwait Times staff. The experience served as a powerful testament to the potential and diversity that journalism holds. Under the guidance

of Jana Alnaqeeb, Public Relations and CSR manager at Kuwait Times and Kuwait News, the students were taken on an enthralling tour of the newspaper's various departments. Each department's role in delivering content to Kuwait and the world was explained, accompanied by

giving each student their copy of Kuwait Times' 63-year-old inaugural newspaper edition. The archive room, where Kuwait Times preserves its invaluable historical documents spanning six decades, was one of the remarkable experiences for the students, as they flipped through the pages of history. They were led to the warehouse, where they witnessed the vibrant artistic coworking space, making it another astonishing area for the students. They enjoyed discovering every small and big detail that leaves a memorable impression on Kuwait Times' visitors. Their journey of exploration finally culminated in the studio, where Dhoha Al-Issa, video reporter and content creator, filmed a fun game with students who volunteered to be on camera for sharing on Kuwait Times' social media platforms.

Six Young Pillars represents The Indian Community School, Kuwait at Harvard Model Congress Conference, Dubai



The young leaders of The Indian Community School, Kuwait participated in prestigious Harvard Model Congress Conference hosted at the Canadian University, Dubai from 17th January 2024 to 21st January 2024. Penned as 'the nation's premier conference', Harvard Model Congress Conference is one of the most dynamic model congress simulations available to high school students. It is an international event that brings together students from around the world to engage in stimulating debates and discussions on global issues. With renowned speakers and interactive sessions, the conference offers a unique platform for learning and diplomacy.

Harvard Model Congress Conference 2024 was blessed with the gracious presence of Ms. Meredith Zielonka, a strategist for the Harvard Crimson's Business Board and President of HMC Middle East and Chairpersons of different committees Mr. Andy Wang, Ms. Tomi Siyanbade, Mr. Hayden Fredrickson and Ms. Arsema Aklog. The conference was formally inaugurated by Ms. Meredith Zielonka.

Delegates from 20 schools from different corners of the world participated in the conference. On the basis of the personal interview conducted by Mr. Jihad Yaacoub, Founder and CEO, The Council: Leadership Academy, Lebanon, Mst. Arash Abidi Husain of 9A, Mst. Joshwa Alvin Cardoza of 11 B, Ms. Jennifer Mariam George of 9B, Mst. Nathaniel Johan Kurian of 12 B, Ms. Alaina Thomas Jinu of 11A and Ms. Rhea Alita George of 11 B were selected to represent The Indian Community School, Kuwait at Harvard Model Congress Conference, Dubai. The delegates were presented with a platform to engage in debates, navigate discussions and contribute to resolutions on a wide range of topics that preoccupy world leaders and affect millions around the world today.

The most outstanding feature of the conference was the crisis session where delegates of different countries engaging in brain-storming sessions, collaborated to craft resolutions to global issues. It honed the skills of the participants in diplomacy and crisis resolution enabling them to immerse into the intricate web of

international relations.

The intense debates, the back-and-forth negotiations, and the pressure to communicate effectively in a formal setting sharpened the critical thinking and public speaking abilities of the participants. Articulating the ideas with conviction, while respectfully engaging with opposing viewpoints, Model Congress Conference honed the public speaking skills of the delegates. Engaging question - answer session with the chairs enriched their understanding of college applications and academic pursuits.

The closing ceremony on 21st January 2024 included committee bonding, felicitations, and award presentations. Mst. Joshwa Alvin Cardoza from the World Health Organisation (WHO) committee, Mst. Arash Adibi Husain from House Space Science Technology and Ms. Rhea Alita George from the Group of 20 Committees received the title 'Honourable Mention 1' while others were recognized with participation certificates. Ms. Lubna Sayed, Head of the Department, French was awarded with Teacher Chaperon certificate. The educational and cultural journey to Dubai provided a blend of academic enrichment and cultural exploration, leaving participants with lasting memories and newfound friendships. The experience explored the diverse facets of Dubai, from its mesmerizing landscapes to the intellectually stimulating Harvard Model Congress Conference 2024.

EPITOME OF SUCCESS

MANOJ KUMAR SHARMA



The inspiring success story of Manoj Kumar Sharma, hailing from a remote village in Madhya Pradesh, is one that can motivate anyone. Despite facing setbacks such as not clearing his 12th-grade

examination and failing in three successive UPSC attempts, Manoj realized his dream of becoming an IPS officer through sheer grit and determination.

The Hindi movie '12th Fail' depicts the life story of Manoj Sharma, who was born and raised in the financially challenged Bilgram village. In his hometown, quality educational facilities were scarce, and the prevalent practice of cheating during examinations was rampant. Manoj's perspective on life changed when DSP Dushyant visited his school and discouraged cheating, urging students to walk the path of honesty. Coming from a financially modest background, Manoj's grandmother displayed incredible generosity by providing him with her pension money to pursue UPSC coaching in Delhi. However, the harsh realities of Delhi's competitive environment proved challenging for Manoj. Unfortunately, he lost the money in a mugging incident.

Undeterred, he refused to return home and found support from his friend Anurag Pathak.

Despite studying diligently, Manoj faced failure in his first three attempts at the tough UPSC exams. Disheartened, he returned to his village, where the passing of his beloved grandmother added to his challenges. Nevertheless, his unwavering dream of becoming an IPS officer brought him back to Delhi with the support of his parents. To meet expenses, Manoj took up odd jobs and dedicated himself to UPSC preparation, often sleeping on the streets alongside beggars. Despite the challenges, his determination remained unyielding. In his fourth attempt, Manoj achieved success, securing AIR 121, and fulfilled his childhood dream of becoming an IPS officer.



AFNAZZ MUZAWER
- 12 H

ZOYA AKHTAR



Zoya Akhtar (born 14 October 1972) is an Indian film director and screenwriter who works in Hindi cinema. Born to Javed Akhtar and Honey Irani, she completed a diploma in filmmaking from NYU and assisted directors Mira Nair, Tony Gerber and Dev Benegal, before becoming an independent writer and director. She is the recipient of several accolades, including four Filmfare Awards. Akhtar, along with Reema Kagti, founded Tiger Baby Films, a

film and web studio in October 2015.

She made her directorial debut with the drama Luck by Chance (2009), and achieved her breakthrough with the ensemble buddy road comedy-drama Zindagi Na Milegi Dobara (2011), winning the Filmfare Award for Best Debut Director for the former, and the Filmfare Award for Best Director for the latter. She followed it up with co-writing the psychological crime thriller Talaash: The Answer Lies Within (2012) alongside Reema Kagti, and directing Sheila Ki Jawaani, a segment of the anthology film Bombay Talkies (2013).

Akhtar then went on to direct the ensemble family comedy-drama Dil Dhadakne Do (2015), segments in the anthology films Lust Stories (2018) and Ghost Stories (2020), and the musical drama Gully Boy (2019), winning her second Filmfare

Award for Best Director for the latter, thus becoming the only female director to have won the award twice. She ventured into the OTT space with the romantic comedy-drama series Made in Heaven (2019–present) and the crime thriller series Dahaad (2023–present). In 2023, she helmed the live-action feature film adaptation of The Archies for Netflix.



SARRA MUSTUFA
- 10C (AY 24-25)



Photo of the Month

Go Green Drive : ICSK SENIOR - Vegetable Garden



ICSK, Senior Hosts Prayaan -

The Blessing Ceremony to welcome the New Batches of Class X and XII



The start of the new academic year is a canvas of opportunities, a chance to create a positive and inspiring learning environment that sets a tone for months of growth and discovery. Prayaan – The Blessing Ceremony was organized by The Indian Community School, Kuwait on Sunday, 4th February 2024 to welcome the New Batches of Class X and XII marking the commencement of the new academic year.

ICSK believes in fostering the enriching tradition of seeking blessings of the divine and the elders before beginning any important phase of our life. As the students take their first step to grade X and XII, the ICSK family got together to welcome and bless them with limitless success and happiness.

The ceremony was conducted in two separate sessions. Teachers and students assembled in the auditorium to celebrate a new beginning marked with hope, aspiration and success. Sr. Christy Maria A.C, Principal of Carmel School, Kuwait graced the occasion as the Chief Guest. The auspicious day began with the recitation of verses from the holy Quran. A melodious rendition of the prayer song by the school choir added a divine aura to the proceedings. Dr. V. Binumon, Principal and Senior Administrator of ICSK presented an august welcome to the gathering. In his address, he motivated the students to set priorities, have an inquisitive mind and positive mindset. He inspired the

students to be a lifelong learner and stressed on the need of time management. He also announced that class test would be conducted every Sunday to help the students improve their academic performance.

The audience paid tribute to the national anthem of Kuwait and India. An inspirational video was played to boost the confidence and self-esteem of the students and help them stay focused on their goals. The esteemed Chief Guest, Sr. Christy Maria A.C conveyed the message of blessing. In her address, she stressed on the importance of hard work to achieve relentless success. She inspired them to embrace challenges and learn from their mistakes. Visualizing the dreams and having immense faith in the supreme Almighty is the cornerstone of success. In the prayer led by Sr. Christy Maria, the ICSK family prayed in unison for the success and well-being of everyone.

The school choir uplifted the audience to a world of enchantment through their soulful inspirational song. It motivated the young hearts, instilling among the children a growth mindset and positive outlook in life. Blessing the students with wisdom, knowledge, quick understanding, social discretion and true human values, Mrs. Susan Rajesh, Vice Principal of ICSK, led the oath. The students committed themselves to righteousness and honesty. They promised to uphold the values learnt at school and at home.

The session continued with introduction of class teachers and subject teachers. Students were exhilarated and welcomed their teachers on the dais with thunderous applause. To keep a track of events in the classroom, important classroom management tools like personal log, class log and timetable was presented to the teachers by the esteemed Chief Guest Sr. Christy Maria A.C. Chocolates for the class were handed to the class teachers. As a token of love and appreciation, Sr. Christy Maria A.C. was presented with a memento by Dr. V. Binumon, Principal and Senior Administrator of ICSK.

Teachers are the architects of students' life. They are the guiding stars in the lives of their students. Acting as mentors, guide and learning facilitators, they mould the lives of the students equipping them to face the challenges of their lives and become noteworthy leaders of the society. Mrs. Trina, Academic Coordinator Secondary, Mr. Jithin Thomas, Department of Social Science, Mrs. Deepa Biju, Department of Mathematics, Mrs. Nigy Jacob, Head of the Department, Biology, Mr. Pratap, Department of Physics and Mrs. Shehnaz Hakim, Department of English motivated and inspired the students with pearls of wisdom. The programme concluded with vote of thanks proposed by the Chief Coordinators of Prayaan 2024, Mrs. Soumya Vipin and Mr. Vinod Lakshman for classes X and XII respectively.

Prayaan 2024 at The Indian Community School, Kuwait was a grand success promising a renewed sense of hope and optimism, as the students embark on the new journey, navigating the challenges of the past and embracing the opportunities ahead.

BEST STUDENTS - JANUARY



NIA NIDHEESH
- 12A



ALVIN BINOY
- 12B



SARAH PARVESH
- 12C



AARON JOE
CHERIAMADOM - 12D



SALWA TANWEER
NADKAR - 12E



ARYAN MENON
- 12F



KAREN FERNANDES
- 12G



FARHAN SHEIKH
USMAN - 12H



ESHITA MARY MANOJ
- 12I



MOHAMMED OMAR
- 12L



CASSANDRA NICOLE
- 12M



AARON
- 12N



NADIRA YASMEEN
- 10A



SREEYUKTHA
PRAMOD - 10B



ZAIRAH VINU
- 10C



NAMITHA NAIR
- 10D



BAASIM MUSTAKHU
SEN - 10E



BRITNEY JOHN
- 10F



HUSSAIN BHUN-
GRAWALA - 10G



ABED MOHAMMED
- 10H



ADINA ANN JACOB
- 8A



ZAINAB FAWAZ
MOOSA - 8B



DIYA SHENOY
- 8C



UMANG SAINI
- 8D



AYSHA NUHA
- 8E



ABDUL REHMAN
- 8F



REHAAN SALMAN
KAZI - 7A



GAVIN WILLIAM
- 7B



TANISHKA
- 7C



TANVI CHOWDESHA
- 7D



KEVIN SHAJI
- 7E



ANNA MARIYA ROBIN
- 7F



AFSHAN VIQAR
AHMED KHAN - 7G



AJAIKUMAR NAND-
HA KUMAR - 6A

BEST CLASS REPORT



Achievements of today are the stepping stones for the future ones. Celebrating the accolades of the students is like moulding them and motivating them to give their best every time they follow the given norms by our school i.e. the panellists decides on the given criteria.

1) CHARITY

- 2) DRESS CODE AND DISCIPLINE
- 3) CLEANLINESS OF THE CLASSROOM
- 4) LOG BOOK AND NEWS BOOK MANAGEMENT
- 5) WHITE BOARD MANAGEMENT

BEST CLASS JANUARY

CATEGORY 1 (CLASS 6 7 8) CLASS 8A
MRS NIMMY



Nukkad Natak Competition



In connection with World Hindi Diwas, Indian Education School, Kuwait arranged an Inter-School Nukkad Natak competition on Saturday, 28th January 2024. The competition started with an inauguration ceremony at 9am. Mr. Anand Victor Principal, Bhavans inaugurated the ceremony. The Nukkad Natak Competition showcased a diverse array of talent and creativity, bringing forth compelling narratives and impactful performances. The competition, aimed to promote peace and brotherhood through street plays. Participating teams brought forward thought-provoking performances. The performances captivated the audience with their innovative use of public spaces as makeshift stages, creating an immersive experience for onlookers. It was a memorable day for ICSK Senior as out of 12 Schools our children bagged the Second position in the competition. The compelling script, combined with impactful performances, left a lasting impression on

both the judges and the audience.

The participants are from classes 6,7 & 8.

1. UTHARA VIPIN - 7 D
2. TANVI CHOWDESHA - 7 D
3. SHEHREBANU HUJEFA GARBADAWALA - 7 D
4. AFIA SHAIKH - 8 D
5. RISHON ARANHA - 8 D
6. HASAN AZIZ PAINTER - 8 D
7. MUKARRAM - 7 D
8. JUZER MUSTAFA PALODA - 7 D
9. MUFADDAL ADNAN MANDLIWALA - 8 D
10. DISHLEEN KAUR - 8 D
11. MOHAMMED HASHIR - 8 D
12. GARIMA JOSHI - 6 A

The judging panel comprising Dr. Navaneeth Gandhi and Dr. Radhika Guleri Bharadwaj, seasoned in literature and writing, faced the challenging task of evaluating the entries based on script, acting, relevance, and audience engagement. The teams exhibited commendable teamwork and



dedication, reflecting their commitment to the art of street theater. Apart from the competitive aspect, the event fostered a sense of community and dialogue among participants and spectators alike. In conclusion, the Nukkad Natak Competition not only celebrated the art of street theater but also served as a catalyst for social awareness and change. The dedication of the participating teams and the engaged audience contributed to making this event a successful blend of creativity and advocacy.

APPRECIATION CORNER

TALENT SHINES



LULU Hyper recently celebrated and conducted LULU INDIA UTSAV 2024 where our promising students of ICSK SENIOR won certificates and money vouchers in FANCY DRESS COMPETITION in different categories. ICSK family extend their hearty congratulations to all the winners.



ETHAN SAJAY of Class 12 B recently scored 1st position and received trophy in INTERMEDIATE MENS DOUBLES SMASH TOURNAMENTS 2024 held in Ahmedi . ICSK family extend their hearty congratulations to him .

ASSEMBLY REPORT AFTERNOON



their leadership and contributions.

Furthermore, the assembly celebrated the outstanding performance of the best classes for January, namely 8F from the Secondary wing and 12M from the senior secondary wing. Students and Class teachers of these classes proudly lifted their trophies together, symbolizing their collective achievements and hard work.

The afternoon assembly at Indian Community School (Senior), Salmiya, served as a platform to showcase student talent and commend academic achievements, instilling a sense of pride and motivation within the school community.

ICSK Salmiya, February 11, 2024: The afternoon Session Assembly organized by the 12M students at Indian Community School (Senior), Salmiya, was a dynamic event brimming with lively performances and notable acknowledgments. Students from 12M dazzled the audience with their energetic dances, complemented by a motivating speech emphasizing the Importance of Exam and goal-setting for academic success.

Addressing the students, Mrs. Mini Shaji, the Deputy Vice Principal underscored the significance of commitment in achieving academic excellence. This was followed by the announcement of Goodwill ambassadors for the Secondary and Senior secondary wings - Ihsaan Fakir Mohammed from class 10 H and Mahasin from class 11 I, respectively - recognizing



PANIC ATTACKS



What is a panic attack?

A panic attack is a brief episode of intense anxiety, which causes the physical sensations of fear. These can include a racing heartbeat, shortness of breath, dizziness, trembling and muscle tension. Panic attacks occur frequently and unexpectedly and are often not related to any external threat. Panic attacks are common.

Symptoms of a panic attack

Symptoms of a panic attack can include:

- anxious and irrational thinking
- tingling and chills, particularly in the arms and hands
- trembling or shaking, sweating
- accelerated heart rate
- a feeling of constriction in the chest

The 'flight-or-fight' response

When the body is faced with immediate danger, the brain orders the autonomic nervous system to activate the 'flight-or-fight' response. The body is flooded with a range of chemicals, including adrenaline, that trigger physiological changes. For example, heart rate and breathing are accelerated and blood is shifted to the muscles to prepare for physical combat or running away.

Always seek professional advice

Always seek medical advice if you are not sure whether your symptoms, indicate a panic attack.



DIYA MARIAM
JOHN - 12L

Self-help suggestions

Suggestions on how to cope with a panic attack include:

- Remind yourself that the symptoms of a panic attack are uncomfortable, but not life threatening. Reassure yourself that you've felt these feelings before and nothing bad happened to you.
- Focus your attention on something outside your own body and symptoms. For example, distract yourself by counting backwards in threes from 100, recall the words from a favourite song or concentrate on the sights and sounds around you.

BIRTHDAY BOOK DONATION DRIVE



Ms. RAMLATH



Ms. SHIBNA ZAINUDDIN



Mr. JOEL JOHN D'SOUZA



GALRON KEITH CRASTA



BILAL AHMED QUADRI



Madam Susan Rajesh (VP)



MOHSINALI MULLA



Ms. APARNA SAMEER KULKARNI



Ms. TINTU WILSON



Ms. MARIE SYRIL TRINA

FACTS YOU PROBABLY DIDN'T KNOW

1. The Mona Lisa has no eyebrows

People always wonder why Mona Lisa doesn't have any eyebrows. This mystery has been solved, all thanks to an engineer named Pascal Cotte. When Da Vinci had painted Mona Lisa, he indeed painted her eyebrows but over time these eyebrows were eroded due to cleaning over time to the point where it's no longer visible today.

2. "I Am" is the shortest complete sentence in the English language.

True, to make a sentence in English, it should both include a subject and predicate. In the sentence, 'I am', 'I' is subject and 'am' is a predicate and also expresses a complete thought. Thus, 'I am' is the shortest sentence in English.

3. Coca-Cola was originally green.

This is a total myth as Coca-Cola has always been the same colour right from the start since its invention in 1886. You should try reading Coca-Cola story of John S. Pemberton from Atlanta in 1886 for better clarifications.

4. When the moon is directly overhead, you will weigh slightly less.

Yes, this is true, as per the calculation it is said that a person will weigh 0.48g lighter for a 100kg person. When the moon is directly overhead, they are going to weigh 0.5g lighter as the moon attracts you in the same way it attracts water when it makes tides.

5. Camels have three eyelids to protect themselves from the blowing desert sand.

Camels have different ways to adapt to

their environment. They have a third clear eyelid that helps in protecting their eyes from blowing sand. Also, two rows of long lashes protect their eyes.

6. Minus 40 degrees Celsius is exactly the same as minus 40 degrees Fahrenheit.

Indeed true, Celsius and Fahrenheit are two different temperature scales. The Fahrenheit and Celsius intersect at one point and they equal at -40°C and -40°F .

7. Women blink nearly twice as much as men!

This is pure myth! Blink rates are pretty identical of both the sexes. Scientists have suggested that the interval between blink is nearly about 2-10 seconds so an average person blinks about 10 times per minute. Another interesting fact is that, we blink less frequently if our eyes are focused on one thing. For instance, while you read, you only blink three times per minute because while reading you are very focused.

8. It is impossible to lick your elbow.

This is true, the entire joint of the elbow is between the upper and lower arm and most people seem to think that the elbow is the pointy part on the outside of their arm when they bend it.

9. People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.

Your heart doesn't stop completely but, it may slow down or skip a beat. But it has nothing to worry about.

10. It is physically impossible for pigs to

look up into the sky

The anatomy of a pig's neck muscles and spine has certain limitations to the movement of their head and restricts them to look upwards. This makes it impossible for them to look up straight to the sky.



HAYYAN AHMED
-7C

11. The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.

This tongue twister is considered as the toughest one to say by the Guinness Book of Records known as "sixth sick sheik's sixth sheep's sick". This tongue twister is extremely difficult to say as these string of words quickly multiple times. This may not make much sense, but then tongue twisters are not more than just a series of words put together to exercise your tongue.

12. If you sneeze too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.

Yes, if you block the pressure of the sneeze, it can cause a rupture of the eardrums, irritation of the the throat and in worst cases, rupture blood vessels in your brain or eyes.

13. Each king in a deck of playing cards represents a great king from history.

Clubs - Alexander the Great,
Spades - King David
Diamonds - Julius Caesar
Hearts - Charlemagne

Birthday Arcade - FEBRUARY



AMMAR MUSTAFA
8E - FEB. 1



ASIYA YUSUF KHAN
12G - FEB. 1



GALRON KEITH
7E - FEB. 2



ASWATHI AJITH
12E - FEB. 2



NETHANEEL NEVIL
12L - FEB. 2



BURHAN MOHAMMAD
12M - FEB. 2



LOHETHASHVAA
10D - FEB. 2 (AY 24-25)



ADITYA AJIT BAROT
12E - FEB. 2 (AY 24-25)



JESWIN JINU
7A - FEB. 3



QAID JOHER MOAZZAM
8A - FEB. 3



JUMANA ABBAS
8C - FEB. 3



CARISSA DANIA
10C - FEB. 3



ARJUN K. UNNI
12G - FEB. 3



MARIYAM FAIYAZ
12M - FEB. 3



HUSSAIN HAKIMUDDIN
10B - FEB. 3 (AY 24-25)



SREYA SREEKUMAR
12B - FEB. 3 (AY 24-25)



RUBY SUSAN TONY
10C - FEB. 4 (AY 24-25)



JEBIN JOSHUA
8B - FEB. 5



BENJAMIN MANUEL
12C - FEB. 5



TAHA IMAM
12C - FEB. 5



ASRAR ALTAF RAWA
12H - FEB. 5



HASAN MOIZ GABUJI
10E - FEB. 5 (AY 24-25)



JIVIKA THIRUNAVUKKARASU
12A - FEB. 5 (AY 24-25)



SHAIKH ANAS SAJEEED
12H - FEB. 5 (AY 24-25)



MERIN ANNA JAISE
8C - FEB. 6



AFRAH
10F - FEB. 6



MOHAMMED SAQIB
10B - FEB. 6 (AY 24-25)



STUTI RATNAWAT
10D - FEB. 6 (AY 24-25)



NEEDA KHALID
12E - FEB. 6 (AY 24-25)



ZOHAIR ABBAS ALI
10A - FEB. 7



ARCHITH MADHAVAN
10C - FEB. 7



REA SABU PILLAI
12E - FEB. 7



MOHAMMED FAKHRUDDIN
10B - FEB. 7 (AY 24-25)



NANDIKA SURESH BABU
10B - FEB. 7 (AY 24-25)



MOHAMMED ABBAS
7B - FEB. 8



SUDHANY MITTAPALLI
7F - FEB. 8



RACHEL VERBENA
10C - FEB. 8 (AY 24-25)



FADIL RIFAI
12D - FEB. 8 (AY 24-25)



MUHSIN MAROOF
7E - FEB. 9



AHMED SIBGATULLAH
8D - FEB. 9



GOWDHAM RANGARAJAN
10F - FEB. 9



SURYANSH PATRA
10F - FEB. 9



LIYAH V. JOSHY
10A - FEB. 9 (AY 24-25)



JUZAR ABBAS ALI
12G - FEB. 9 (AY 24-25)



ALEX JAISION PORIYATHU
8B - FEB. 10



ZAHRAA FEROUZ
8F - FEB. 10



MAZIN MUNIR
10E - FEB. 10



MARIYA KUTBUIDDIN
10E - FEB. 10



RIDA KHAN
8D - FEB. 11



SHAHAB JAMIL
8E - FEB. 11



DIYA JAY PATEL
12D - FEB. 11



MUSTAFA ABBASALI
12D - FEB. 11



JAKES AGY MATHEW
8A - FEB. 12



MUFIDHA NAZEER
12H - FEB. 12



NAJA FATHIMA
12A - FEB. 12 (AY 24-25)



NANDITHA MADHU
12C - FEB. 12 (AY 24-25)



MOHAMMED AYAAN
8F - FEB. 13



MISHEL MATHEW
12E - FEB. 13



TAHA MOHAMMED
12G - FEB. 13



ADEENA PRADEEP
10B - FEB. 13 (AY 24-25)



BARNI SHREE VINOD
12G - FEB. 13 (AY 24-25)



JEJITH JINENTH
7C - FEB. 14



ASMA ALTHAF
12A - FEB. 14



AWWAD KANCHWALA
12C - FEB. 14



SEEDRA MAHBOOB
12N - FEB. 14



STELLA MARY SOJAN
12E - FEB. 14 (AY 24-25)



NITIKA JACOB
7A - FEB. 15



ASTRIN DARREL
7B - FEB. 15



JEWEL JOHN
12F - FEB. 15



TULIKA BISWAS
12I - FEB. 15



IRENE BOBBY
10D - FEB. 15 (AY 24-25)



SHEZA KHAN
8C - FEB. 16



AMIRA MOHAME
12C - FEB. 16



ABRIN SIBU
12N - FEB. 16



IDRIS MANNAN
12F - FEB. 16 (AY 24-25)



ANANDIKA DILIP
12B - FEB. 17



ADRIL PEARL DSILVA
12I - FEB. 17



ABBAS
12N - FEB. 17



MAMUDURI NYREL
12D - FEB. 17 (AY 24-25)



MOHAMMED ABAAN
8C - FEB. 18



SUSSANA REBECCA
12I - FEB. 18



CHRISTELLE ANN
12F - FEB. 18 (AY 24-25)



ABIGAIL ELSA AJU
8A - FEB. 19



SAYED UDDIN
10G - FEB. 19



SAIF RAFIQ AGARIA
12H - FEB. 19



SANSKRUTI SANDEEP
12I - FEB. 19



ELAINE MARY BINU
10B - FEB. 20



NAFISA MOIZ ALI
10F - FEB. 20



NATHAN JOHN JIBI
12C - FEB. 20



NEZLA NIYAS
12F - FEB. 20



ZAKI UR REHMAN
12L - FEB. 20



ANSIYA SUHITHA
12B - FEB. 20 (AY 24-25)



MEECHAL MERCY
12L - FEB. 20 (AY 24-25)



AAVANI VINOD
12F - FEB. 20 (AY 24-25)



RON VARGHESE
7C - FEB. 21



AFIYA ALIM SHAIKH
7D - FEB. 21



MOHAMMED ADIL
8A - FEB. 21



MOHAMMED USMAN
8E - FEB. 21



RYAN JOHN SAM
8E - FEB. 21



JOEL TIGITH PHILIP
10H - FEB. 21



SHABBIR
10B - FEB. 21 (AY 24-25)



BURHAN UDDIN
12G - FEB. 21 (AY 24-25)



SAIFUR RAHMAN
10G - FEB. 22



AAISHA
7G - FEB. 23



AHMAD SAMEER
7E - FEB. 23



RITHIK JITHESH
7F - FEB. 23



RUTH MARIA ABEY
8B - FEB. 23



ZOHRA MUSTAFA
10G - FEB. 23



AAMIR SOHAIL
12D - FEB. 23



MAHELAM
12I - FEB. 23



RUDRA NARAYAN
10E - FEB. 23 (AY 24-25)



MADIHA SHAKEEL
12E - FEB. 23 (AY 24-25)



HATIM ALIASGAR
12I - FEB. 23 (AY 24-25)



MOHAMMAD SAAD
7D - FEB. 24



ISHA SUSAN GEO
8E - FEB. 24



IBRAHIM HUSAIN
10A - FEB. 24



SANJIT VELU
10F - FEB. 24



FIZZA SAFIYA
12B - FEB. 24 (AY 24-25)



VAISHNAVI NAIR
12F - FEB. 25



SAMUEL CHARLES
10C - FEB. 25 (AY 24-25)



ALVINA JOBI
7C - FEB. 26



LEONA FERNANDES
7C - FEB. 26



SAARA AFTAB
8D - FEB. 26



RIYA REJI THOMAS
8E - FEB. 26



MUSTAFA HAKIMUDDIN
12F - FEB. 26



DELMA FERNANDES
12G - FEB. 26



ERWIN MATHEW
10C - FEB. 26 (AY 24-25)



MOHAMMED MUFADDAL
12G - FEB. 26 (AY 24-25)



SAKINA ALI ASGAR
12G - FEB. 26 (AY 24-25)



ESTHER D SA
12I - FEB. 26 (AY 24-25)



SAMRATH GAGANDEEP
12I - FEB. 26 (AY 24-25)



HAMZA MOHAMED
7C - FEB. 27



MOHAMMAD OMER
7E - FEB. 27



SAFA MUBINK PARKAR
8C - FEB. 27



SARA ANNIE BOBBY
8D - FEB. 27



UMAIR ASIF BIYA
12G - FEB. 27 (AY 24-25)



AISHA GAURU
6A - FEB. 28



JEFIN JOSEPH JOSE
7A - FEB. 28



FRANKLIN THAMBI
10F - FEB. 28



ZAIN HUSAIN THAKUR
10G - FEB. 28



AKSHIT ARUN
10H - FEB. 28



SALEHA AFSHEEN
12B - FEB. 28



SALWA TANWEER
12E - FEB. 28



NINA SARA RINCHU
12A - FEB. 28 (AY 24-25)



AYMAN JAVID
12B - FEB. 28 (AY 24-25)



ISAAC MATHEW
12B - FEB. 28 (AY 24-25)



ISAAM THALHATH
12D - FEB. 28 (AY 24-25)



MRS. SHIBNA
- FEB 2



MR. JOEL JOHN
DSOUZA - FEB 4



MRS. RATNACHIRA
MISHRA - FEB 5



MRS. SUSAN RAJESH
POTHAN - FEB 7



MRS. MARIE SYRIL
TRINA - FEB 9



MR. HASHIM MU-
HAMMED - FEB 9



MRS. NAGESHWARI
- FEB 10



MRS. TINTU WILSON
- FEB 10



MR. JAYESH
- FEB 18



DR. SHYAM KANNAN
- FEB 23



MRS. ALINA MATHEWS
- FEB 24

BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF JANUARY 2024

Income (December 2023)	KD	Expenditure (January 2024)	KD
Balance c/f from December 2023	3054.935	1. Cancer Patient	150.000
		2. Cancer Patient	150.000
		3. Cancer Patient	150.000
		4. Cancer Patient	150.000
			600.000
Balance c/f from December 2023	2454.935		
Contribution from Students (January 2024)	190.445		
Miscellaneous	10.000		
Balance in Hand	2655.380		

CHARITY JANUARY 2024

CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL	CLASS / SEC	BIRTHDAY FUND	CHARITY FUND	TOTAL	
11A	-	-	1.200	7F	-	-	3.700	
11B	-	-	12.300	6A	-	-	2.200	
11D	-	-	1.500	TOTAL			150.385	
11E	-	-	4.450	AFTERNOON				
9A	-	-	4.500	7G	-	-	-	
9B	-	-	0.650	8F	-	-	3.410	
9C	-	-	2.800	9F	-	-	1.355	
9D	-	-	4.920	10G	-	-	6.080	
9E	-	-	0.690	10H	-	-	7.520	
8A	-	-	4.115	11H	-	-	0.750	
8B	-	-	12.495	11I	-	-	4.910	
8C	-	-	7.040	11J	-	-	2.350	
8D	-	-	6.850	11K	-	-	4.005	
8E	-	-	10.160	12L	-	-	0.855	
7A	-	-	7.850	12M	-	-	4.375	
7B	-	-	1.800	12N	-	-	4.450	
7C	-	-	51.000	TOTAL			40.060	
7D	-	-	8.325	GRAND TOTAL				190.445
7E	-	-	1.840					



CHARITY CONVENERS - FEBRUARY



SAMUEL SAJI
VARGHESE - 12A



ONEGA WILLIAM
- 12B



SUCHIT HONAMAL-
LAPPA - 12C



HANNAH SAIRA GEEV
- 12D



ZINIYA AFROZ
- 12E



JAI MEHTA
- 12F



JOEL SHIBU
- 12G



JIANNA SUSAN JERIN
- 12H



ANNA KARINA
EPHREM - 12I



JANA BENITA
FALCO - 12L



KAREN PREETH
- 12M



ABRIN SIBU
- 12N



DEEPSHIKHA
- 10A



MOHAMMED SAQIB
- 10B



JANE JAYSON
- 10C



EVAN SANTHOSH
- 10D



FATEMA SAIFEEBHAI
DHUNDHIAWALA - 10E



AEBIN
- 10G



KIRTHI NOUDURI
- 10H



MOHAMMED ADIL
FAYIZ - 8A



PRANATHI PULLUR
- 8B



ABDULWAHAB
MUREN ABDU - 8C



KAYVAN RAJESH
PARKKOTH - 8D



AMMAR MUSTAFA
- 8E



MUHAMMED SAWLIHI
- 8F



OMAR GAJARIA
- 7A



AYAN AFRIN
- 7B



NATHAN AMIT
- 7C



KHADIJA
- 7D



JABIR ABDUL JABAR
- 7E



SAI NANDALURU
- 7F



MOHAMMED ANAS
MOINUDDIN - 7G



RACHANA MOHAN
- 6A

The Essence of True Beauty: A Beautiful Mind



has been misconstrued by many, often equating it with physical attributes such as fair skin. However, a deeper understanding reveals that beauty is rooted in the purity of the heart and the brilliance of the mind. This article aims to explore the distinction between external and internal beauty, emphasizing the enduring nature of a beautiful mind over fleeting physical appearances.

The Fallacy of External Beauty: Many people erroneously associate beauty with fair skin, investing in various products and treatments to conform to societal standards. This mindset not only undermines the confidence of individuals with darker complexions but also perpetuates racial

discrimination. It is pivotal to recognize that a person's complexion should not serve as a basis for judgment. Instead, social, economic, political, and humanistic factors should define a person's beauty.

The Eternal Radiance of Inner Beauty: Contrary to physical beauty, which diminishes with time, the beauty of a pure mind and heart remains constant. Our social behavior, acts of kindness, compassion, and gracefulness are reflective of our inner beauty. While physical beauty fades, inner beauty endures, leaving a lasting impression on those we encounter.

Embracing Inner Beauty: Quotes emphasizing the significance of a beautiful mind over the body serve as poignant reminders of the true essence of beauty. It is not about having the fairest skin or prettiest face, but about possessing a beautiful heart. Inner beauty fosters perceptual experience, pleasure, and satisfaction, inspiring individuals to engage in benevolent deeds and actions.

The Magnificence of a Beautiful Mind: A beautiful mind transcends the allure of physical beauty, captivating and inspiring others through its openness, compassion, wisdom, and resilience. It is characterized by its ability to empathize, seek knowledge, and weather life's challenges with grace and courage. A beautiful mind is also marked by creativity, imagination, and an unwavering commitment to kindness and love.

Conclusion: While physical beauty may initially captivate, it is the beauty of a person's mind that truly shines through. A beautiful mind, with its resilience, creativity, and kindness, is a rare and precious gift that should be cherished and celebrated. It serves as a beacon of light in a world often shrouded in darkness, reminding us of the enduring power of positivity, resilience, and love. Ultimately, a beautiful mind is a treasure that far surpasses the value of fair complexion, inspiring long-term happiness and peace.



ANAND ARJUN
- 10E (AY 24-25)

EPITravel ICELAND

The Land of Fire & Ice

Iceland is a country of extreme contrasts and dramatic landscapes. Iceland is home to some of the largest glaciers in Europe and some of the world's most active volcanoes. Iceland is also the land of light and darkness. Long summer days with near 24 hours of sunshine are offset by short winter days with only a few hours of gloomy daylight - the perfect scenario for enjoying the magical Northern lights. Reykjavík (pronounced as "Rayk-yah-veek") is the capital, and largest city of Iceland. It is located on the Seltjarnar Peninsula, at the southeastern corner of Faxa Bay, in southwestern Iceland. Nailing down the most beautiful places in Iceland is no easy feat - practically every square inch of the country is downright stunning. Iceland has quietly come into the spotlight to show the world what it's been missing all these years: expansive underground ice caves, towering volcanoes, thermal baths, and landscapes so convincingly lunar that astronauts once trained there. There is no shortage of beautiful vistas in the country, but these are some of the very best.

1. Skógafoss

Skógafoss is a waterfall on the Skógá River in the south of Iceland at the cliff marking the former coastline. The breathtaking view of Skógafoss waterfall and picturesque surroundings, and the snow-capped heights of two towering glaciers are Skógar's major summer attractions. If the sun conditions are favorable - one can see a vivid rainbow in front of the waterfalls. The river below the falls holds a large salmon and char population, and fishermen are seen here fishing July - October. The path leading to the top of the waterfalls continues following the river upstream - where numerous more dramatic waterfalls of sheer beauty are found. A great hike - to say the least!

2. Vatnajökull

Vatnajökull literally "Glacier of Lakes", sometimes translated as Vatna Glacier in English) is the largest and most voluminous ice cap in Iceland, and the second largest in area in Europe after the Severny Island ice cap of Novaya Zemlya. It is in the south-east of the island, covering approximately 8% of the country. Vatnajökull National Park is one

of our favorite places to explore ice caves. But there's more than just ice rivers to see at Vatnajökull, which covers much of Iceland's eastern half. It holds two of the island's most active volcanoes, herds of reindeer around Mt. Snæfell, and several breathtaking waterfalls, including Svartifoss, Dettifoss, and Selfoss.

3. Westfjords

The Westfjords or West Fjords is a large peninsula in northwestern Iceland and an administrative district, the least populous administrative district. It lies on the Denmark Strait, facing the east coast of Greenland. Only about 14 percent of visitors to Iceland ever get to this large peninsula in the northwestern part of the country, which makes it a fitting destination for those looking to escape the (relative) hustle and bustle of Reykjavík (capital of Iceland). Home to some of Iceland's most dramatic landscapes, diverse wildlife, and charming beach towns (like Breiðavík, pictured), the Westfjords are more inaccessible than other parts of the country, but are well worth the trip.

4. Reynisfjara

Reynisdrangar are basalt sea stacks situated under the mountain Reynisfjall near the village Vík í Mýrdal in southern Iceland. It is framed by a black sand beach that was ranked in 1991 as one of the ten most beautiful non-tropical beaches in the world. Just a 20-minute drive from Vík, in southern Iceland, jet-black sand and spectacularly shaped basalt columns make Reynisfjara one of the most impressive sites in the country. Spend a foggy afternoon strolling along the rugged coast (just strolling-these waters are not made for swimming) and photographing the moon-like rock formations, deep caves, and towering cliff faces.

5. Blue Lagoon

Grindavík's Blue Lagoon (about a 50-minute drive from the capital) is otherworldly in appearance - black lava rock punctuated with milky blue waters, and steam billowing like clouds. But the visual appeal is only part of the experience. A soak in the 100-degree waters (which come from the output of a nearby geothermal plant) is a spa-like experience all its own, with silica mud masks

and mineral salts ensuring your skin will look and feel better than it did when you got there.



LOVIS LIZA POTHÉN
- 10C (AY 24-25)

6. Landmannalaugar

Located in Iceland's southern Highlands, the area of Landmannalaugar has some of the most colorful landscapes in the country thanks to its high geothermal activity. It's an extremely popular hiking area during the summer months, where lucky visitors can be surrounded by a veritable kaleidoscope of greens, oranges, reds, blacks, browns, and more.

7. Hvítserkur

Often referred to as the "troll of northwest Iceland," Hvítserkur rises 49 feet from Húnaflói Bay like some sort of mythical beast. The rock-best viewed from Iceland's way often looks like it's moving due to the birds that love to perch atop it, making the formation feel more like a living creature.

8. Thingvellir National Park

Thingvellir is one of Iceland's two UNESCO sites and one of the most consistently popular tourist destinations in the country. You could spend hours hiking and horseback riding through the national park on your own, but it's suggested booking a snorkeling or diving excursion to swim the Silfra fissure—a slowly widening rift between the Eurasian and North American tectonic plates.

9. Seljalandsfoss

Aside from being among the most photographed places in Iceland, Kirkjufell is one of the best spots in the country to view the Northern Lights. (And before you ask: Yes, that is Arrowhead Mountain from Game of Thrones.)

10. Jökulsárlón

The glacial lake of Jökulsárlón and its frozen beach are considered natural wonders of Iceland, with black volcanic sands providing a stark backdrop for the chunks of ice that wash ashore. The spot earns even more visual bonus points when it's reflecting the Northern Lights.

Harmony Beyond the End

Once upon a time, in a world not too different from our own, where mystical energies flowed through the air, and fantastical creatures roamed freely, there existed a place known as Eldoria. Eldoria was a land of beauty and magic, but it was also a land plagued by the aftermath of a cataclysmic event that had reshaped the very fabric of reality.

In this peculiar realm, there lived a spirited young girl named Luna. Luna was not your typical heroine; she had a unique ability to communicate with the remnants of the old world, mysterious entities that held the knowledge of what came before the end. Luna's journey was to uncover the secrets of Eldoria's past, present, and future.

One day, as Luna ventured into the ruined city of Eldor, she stumbled upon an ancient artifact known as the Crystal of Whispers. The crystal whispered tales of a legendary hero who could bring balance to Eldoria and restore harmony. Intrigued and determined, Luna set off on a quest to find this hero and rewrite the destiny of her world.

Her journey led her through enchanted

forests, treacherous mountains, and desolate wastelands. Along the way, she encountered a mischievous yet endearing creature named Pippin, who became her loyal companion. Pippin had an uncanny ability to sniff out hidden truths, and his antics provided much-needed comic relief in their arduous quest.

As Luna and Pippin traversed the vast landscapes, they faced challenges from magical beings corrupted by the chaotic energies that lingered after the end. Luna's unique power allowed her to forge alliances with these beings, turning former foes into powerful allies.

Their adventure took an unexpected turn when they encountered a mysterious warrior named Blaze. With a fiery spirit and unparalleled combat skills, Blaze became an integral part of their quest. Luna discovered that Blaze was the key to unlocking the true potential of the Crystal of Whispers.

United as a trio, Luna, Pippin, and Blaze faced the ultimate challenge: a malevolent force known as the Voidbringer, an entity that sought to plunge Eldoria into eternal

darkness. The trio delved into the heart of the void, facing trials that tested their friendship and resolve.



JASWANTH JANGITI
- 12H (AY 24-25)

In a climactic battle, Luna used the Crystal of Whispers to channel the combined strength of the old world's remnants, Pippin's wit, and Blaze's fiery prowess. Together, they vanquished the Voidbringer and restored balance to Eldoria.

As the land healed and blossomed anew, Luna, Pippin, and Blaze stood as symbols of hope. Eldoria thrived once again, and the tales of their adventures echoed through the ages, inspiring generations to come.

And so, in a world that had faced its end, a new beginning emerged - a harmonious world shaped by the courage and camaraderie of a spirited girl, a playful creature, and a fiery warrior. The echoes of their laughter and triumphs reverberated, creating a legacy that would endure in the hearts of those who believed in the power of friendship and the magic that lay beyond the end.

DID YOU KNOW?

- Bananas are berries, but strawberries aren't, according to botanical definitions.
- Honey found in ancient Egyptian tombs is still edible after over 3,000 years.
- The Eiffel Tower can grow taller in the summer due to thermal expansion of its iron structure.
- Cleopatra lived closer in time to the moon landing than to the building of the Pyramids.
- Hamilton Mausoleum in Scotland holds the record for the world's longest echo, lasting about 15 seconds.
- A day on Venus is longer than a year on Venus due to its slow rotation on its axis.
- The Shigir Idol, the world's oldest wooden sculpture, dates back around 11,000 years.
- Cows form close friendships and can become stressed when separated from their best buddies.
- The potato chip was invented by chef George Crum in 1853 in response to a customer complaint.
- The Great Wall of China is not easily visible from space with the naked eye.
- Wombat poop is cube-shaped to prevent it from rolling away in the Australian outback.
- Honey never spoils, and pots of honey found in ancient tombs are still perfectly edible.
- Octopuses have three hearts, and blue blood due to the copper-based molecule hemocyanin.
- The world's largest desert is Antarctica, as deserts are defined by low precipitation, not just sand.



JOHN BIJU
- 12A (AY 24-25)

DISCOVER

india

The Aravalli Range: Nature's Silent Guardian of India

The Aravalli Range, a majestic and ancient mountain range, weaves its way across the northwestern part of India, spanning approximately 692 kilometers from Gujarat to Delhi. Rich in geological and cultural significance, the Aravallis have been witnesses to the rise and fall of civilizations, providing sustenance and a unique ecosystem to the region.



Biodiversity:

The Aravalli Range is considered one of the oldest mountain ranges in the world. It is estimated to be around 350 million years old, making it one of the ancient mountain systems on Earth. The Aravalli Range has undergone significant geological changes over millions of years, including erosion and weathering, resulting in its current form. It has rich mineral resources and is known for its diverse flora and fauna. Despite being relatively modest in height compared to other mountain ranges, the Aravallis are biologically diverse. The forests and foothills are home to a variety of flora and fauna. Dry deciduous forests, thorny scrublands, and grasslands dominate the landscape. The region is a habitat for leopards, striped hyenas, various species of deer, and numerous bird species.



Cultural Significance:

The Aravalli Range is deeply ingrained in the cultural fabric of the region. Historical sites such as the Kumbhalgarh Fort in Rajasthan and the Dilwara Temples in Mount Abu bear testimony to the rich history and architectural heritage of the Aravallis. The range has been a source of inspiration for poets and artists, finding its way into folklore and mythology.

Moreover, the Aravallis have been a vital source of water for communities living in its vicinity, with ancient stepwells and reservoirs reflecting the traditional water management practices of the region.



Ecological significance of Aravalli ranges

Acts as a barrier to check further spread of desertification to the east of Rajasthan and subsequently to Gangetic plains.

The events of dust storms could be more intense and frequent if destruction of the natural barrier- 'The Aravali' continued unabated.

Responsible for adequate monsoon rainfall and therefore sustaining a plethora of diverse flora fauna, rich biodiversity, livelihood and agriculture in the constituent states.

Major rivers such as Luni and Sabarmati originate from the Aravalli range. Seasonal streams along with their tributaries control the water budget in the arid regions of Rajasthan.

The Aravalli acts as a barrier for the clouds to shift eastwards to the lower Himalayas, thus contributing to the climate of north India as well.



AZIZA RIYAZ
- 12C

Protects the plains from the effect of westerly flowing from the Central Asia region. The Aravalli even with its shrinking forest resources acts as a buffer for the urban landscape to absorb the pressure and shock of increasing anthropogenic activities and pollution.

A greener Aravalli acts as a groundwater recharge for the region facing acute water scarcity.

Conclusion :

Despite its ecological and cultural significance, the Aravalli Range faces numerous contemporary challenges. Urbanization, mining activities, and deforestation have taken a toll on the delicate balance of the ecosystem. Rampant quarrying and illegal construction have led to habitat loss, soil erosion, and reduced water retention capacity. Efforts are being made by environmentalists and local communities to raise awareness about the importance of sustainable development and the need to protect this fragile ecosystem.

The Aravalli Range stands as a silent guardian, symbolizing the endurance of nature against the test of time. As we navigate the challenges of the modern world, it becomes imperative to recognize the importance of preserving and protecting the Aravalli Range. Sustainable development practices, conservation efforts, and community participation are essential to ensure that this ancient mountain range continues to be a source of inspiration, biodiversity, and cultural heritage for generations to come.

HOW TO ROMANTICIZE STUDIES



Romanticizing studies can be a great way to make learning more enjoyable and effective. By adding a touch of romance and passion to your studying routine, you can create an environment that inspires and motivates you to excel academically. Here are a few tips on how to romanticize your studies:

1. Set the mood: Create a study space that is aesthetically pleasing and comfortable. Surround yourself with items that inspire you, such as motivational quotes, flowers, or soft lighting. Playing soft instrumental music in the background can also help create a soothing atmosphere.

2. Treat studying like a date: Instead of

dreading your study sessions, think of them as dates with knowledge. Plan ahead, set a specific time, and commit to giving your undivided attention to your studies during that time. Take breaks and reward yourself with small indulgences, like a cup of tea or a piece of chocolate.

3. Dress up for success: Just like getting dressed for a special occasion can boost your confidence, dressing up for studying can put you in the right mindset. Wear clothes that make you feel good and put together. You'll be surprised at how this simple act can elevate your mood and focus.

4. Create a beautiful study schedule:

Instead of using plain and boring planners, invest in a visually appealing one. Use colorful pens and stickers to highlight important deadlines and tasks. Make your schedule look like a work of art that you'll look forward to consulting every day.



NAFISATH
YASIRAH - 7C

5. Find inspiration in literature and movies: Many famous literary works and movies revolve around the theme of intellectual pursuits and academic success. Read books or watch movies that inspire you to be a better student. Immerse yourself in stories that celebrate the beauty of learning and academic achievement.

6. Share your journey: Find a study buddy or a supportive group of friends who share your love for learning. Engage in discussions, swap study tips, and motivate each other to achieve academic success. Celebrate your milestones together and create memories that make studying a cherished part of your life.

Remember, the key to romanticizing studies is to find joy and passion in the process of learning. By infusing your studies with romance, you'll not only improve your academic performance but also develop a lifelong love for knowledge.

PATHWAY OF SUCCESS

The pathway of success is often seen as a journey with ups and downs, challenges and triumphs. It is different for everyone and can take various forms. Some people define success as achieving their goals and dreams, while others see it as finding fulfillment in their personal and professional lives.

One key aspect of the pathway to success is setting clear goals and working towards them with determination and perseverance. This involves identifying what you truly want to achieve and creating a plan to reach those objectives. It also requires the willingness to learn from failures and adapt your approach when needed.

Another important factor in the pathway to success is developing a positive mindset. Believing in yourself and maintaining a positive attitude can greatly impact your ability to overcome obstacles and stay motivated during challenging times. Additionally, surrounding yourself with

supportive and like-minded individuals can contribute to your success. Building a network of mentors, colleagues, and friends who inspire and motivate you can provide guidance and encouragement along your journey.

Furthermore, continuous learning and personal growth are essential components of the pathway to success. Seeking out opportunities to expand your knowledge, acquire new skills, and improve yourself can open doors to greater achievements and personal development.

The pathway of success is unique for each individual, and it may require patience, perseverance, and resilience. It is important to remember that success is not an overnight achievement but rather a lifelong pursuit. Embracing the journey and staying focused on your goals can lead you down a fulfilling and rewarding path. Continuing to learn and grow is essential for personal development. There are

many ways to do this, such as reading books, taking online courses, attending workshops or seminars, or even seeking mentorship from professionals in your field of interest.

By actively seeking out these opportunities, you can expand your knowledge base, acquire new skills, and gain valuable insights that will benefit you both personally and professionally. Additionally, developing a growth mindset and being open to new ideas and experiences allows you to adapt to changing circumstances and stay ahead in today's fast-paced world.

Remember, success is not just about achieving specific goals, but also about continually evolving and improving oneself. So never stop learning and exploring new possibilities – the journey towards success is lifelong, and every step you take brings you closer to your full potential.



NAFISATH
YASIRAH - 7C

EPHILATELY

M. A. Muthiah Chettiar



Raja Sir Muttaiya Annamalai Muthiah Chettiar was an Indian banker, politician,

philanthropist, socialite and cultural activist who served as Mayor of Madras city and Minister of Excise and Education in the provincial government of Madras Presidency. He was holder of the hereditary title Kumar-rajah and later, Raja of Chettinad. The Indian government honoured him with a postal stamp issued on his memory on 21 December 1987.

Ritwik Ghatak



Ritwik Kumar Ghatak was a noted Indian film director, screenwriter, and playwright. Along

with prominent contemporary Bengali filmmakers Satyajit Ray, Tapan Sinha and Mrinal Sen, his cinema is primarily remembered for its meticulous depiction of social reality, partition and feminism. He won the National Film Award's Rajat Kamal Award for Best Story in 1974 for his Jukti Takko Aar Gappo and Best Director's Award from Bangladesh Cine Journalist's Association for Titash Ekti Nadir Naam. The Government of India honoured him with the Padma Shri for Arts in 1970. A stamp was issued for him on 31 December 2007.

M. S. Subbulakshmi



Madurai Shanmukhavadiyu Subbulakshmi was an Indian Carnatic singer from Madurai,

Tamil Nadu. She was the first musician ever to be awarded the Bharat Ratna, India's highest civilian honour. She is the first Indian musician to receive the Ramon Magsaysay award in 1974 with the citation reading "Exactingly purists acknowledge Srimati M. S. Subbulakshmi as the leading exponent of classical and semi-classical songs in the Carnatic tradition of South India. She was the First Indian who performed in United Nations General Assembly in 1966." A commemorative postage stamp on her was issued on 18 December 2005. United

Nations decided to issue stamp to mark birth centenary M.S. Subbulakshmi.

Mangal Pandey



Mangal Pandey was an Indian soldier who played a key part in the events immediately preceding the outbreak of the Indian rebellion of 1857. He was a sepoy (infantryman) in the 34th Bengal Native Infantry (BNI)

regiment of the British East India Company. His life and actions have also been portrayed in several cinematic productions. In 1984, the Indian government issued a postage stamp to remember him.

Arjan Singh



Marshal of the Indian Air Force Arjan Singh, was a senior air officer of the Indian Air Force. He served as the 3rd Chief of the Air Staff from 1964 to

1969, leading the Air Force through the Indo-Pakistani War of 1965. He was the first and only officer of the Indian Air Force (IAF) to be promoted to five-star rank as Marshal of the Indian Air Force, equal to the army rank of Field Marshal. The Indian government released a stamp on October 9 2019 to commemorate Arjan Singh.

Ravidas



Ravidas or Raids was an Indian mystic poet-saint of the Bhakti movement during the 15th to 16th century CE. Venerated as a guru in the modern regions of Uttar Pradesh, Bihar,

Rajasthan, Gujarat, Maharashtra, Madhya Pradesh, Punjab, and Haryana, he was a poet, social reformer and spiritual figure. The life details of Ravidas are uncertain and contested. Scholars believe he was born in 1450 CE. He taught removal of social divisions of caste and gender, and

promoted unity in the pursuit of personal spiritual freedom. Ravidas's devotional verses were included in the Sikh scriptures known as Guru Granth Sahib. The Panch Vani text of the Dadu Panthi tradition within Hinduism also includes numerous poems of Ravidas. He is also the central figure within the Ravidassia religious movement.



LAKSHITA KARTHIKEYAN - 12G

Durgadas Rathore



Durgadas Rathore was the Rathore Rajput General of Kingdom of Marwar. He is credited with having preserved the rule of the Rathore dynasty over Marwar, India, following the death of Maharaja

Jaswant Singh in the 17th century. In doing so he had to defy Aurangzeb, a Mughal emperor. He commanded the Rathore forces during the Rajput War (1679–1707) and played a major role in the Rajput Rebellion (1708–1710) which became one of the main reasons for the decline of Mughal Empire. He was elected as the leader of the revolt along with Raja Jai Singh II of Jaipur. He won a number of victories against the Mughals and forced many Mughal officers to pay tribute to him in the form of chauth.

Bishnu Prasad Rabha



Bishnu Prasad Rabha was an cultural figure from Assam, known for his contributions in the fields of

music, dance, painting, literature as well as political activism. As an advocate of people's cultural movement, he drew heavily from different genres of classical and folk cultural traditions. Considered a doyen of the Culture of Assam, the Assamese people affectionately call him Kalaguru. He is also called by Marxists as Sainik Silpi for his active participation in the armed struggle, led by the Revolutionary Communist Party of India (RCPI).



LEVINA RACHEL
- 12F (AY 24-25)

In the meantime, Marty forms a friendship with the younger version of his parents and assists George in standing up to Biff. Through a series of comical and suspenseful events, Marty manages to bring George and Lorraine closer together and changes their lives for the better. However, as the crucial moment to return to the future approaches, Marty risks being stuck in 1955 due to a malfunctioning DeLorean.

Ultimately, with the help of Doc and the clock tower, Marty successfully returns to 1985 just in time, averting disaster. His family is now happier and more successful thanks to Marty's interventions in the past. Marty's adventure leaves him with a newfound appreciation for his family, the importance of taking risks, and the consequences of altering the space-time continuum. Yet he is again met with another ordeal regarding the future of his children, which is seen in the sequels.

The three films of Back to the Future have captivated people of all ages and still are dearly loved classics amongst everyone. Back to the Future, a movie based on time is unquestionably TIMELESS.

Everyone loves a good old sci-fi, but what would happen if an element of comedy is incorporated? Look no further than one of the most iconic film series of the 80s, Back to the Future.

When it came out in the summer of 1985, Back to the Future was a huge hit, becoming the highest-grossing film of the year, loved by the critics, and adored by the public. A perfect example of an accomplished family movie, a skillful mixture of genres able to satisfy all generations of film lovers: comedy, science-fiction, adventure, and action.

"I wondered whether or not I would have been friends with my dad if I had gone to high school with him. And that was the germ of the idea. It connects with this very human thing that everybody has. It doesn't matter when you were born, you come to the realization that your parents were once kids, and nobody had ever made a movie about it," said Bob Gale, co-writer of the film with Robert Zemeckis, and thus the idea was born! It is hard to believe that the completed script was rejected over 40 times. It finally ended on Universal's table, where President Sidney Sheinberg had more than a couple of ideas for improving the script. Most of them were accepted but the most notorious one of changing the title to 'Spaceman from Pluto'. This was successfully shunned only after the producer Steven Spielberg sent him a genius letter commending him for his humour. "We all got a big laugh, keep them coming," Spielberg wrote, shaming Sheinberg into conceding defeat.

Back to the Future follows the story of Martin 'Marty' McFly, a teenager living in Hill Valley, California, who accidentally travels back in time using a time machine invented by his eccentric friend, Dr. Emmett 'Doc' Brown. The movie begins in the year 1985 in the small town of Hill Valley, where Marty lives with his family. Marty befriends the eccentric inventor, Doc Brown, who unveils his latest invention, a DeLorean car

converted into a time machine powered by plutonium. The movie takes an interesting twist when Libyan nationalists, from whom Doc had stolen plutonium, found them. To save himself from the Libyans, Marty tries to escape in the DeLorean, which triggers the time machine, sending him back to the year 1955.

Stuck in the past with no way of going back, Marty goes through a number of challenges in order to return back to the year 1985. Along the way, he accidentally interferes with his parents' first meeting, which critically endangers his existence. He must find a way to ensure that his parents, George and Lorraine, meet and fall in love, so he can eventually be born. Marty seeks the help of a younger Doc Brown from 1955, who is initially skeptical of his time travel claims. Together, they devise a plan to reunite George and Lorraine and repair the timeline.

While attempting to fix things, Marty faces various challenges. He encounters Biff Tannen, a bully who makes life difficult for George. Marty also learns that the DeLorean needs a substantial amount of electricity to generate the power required for time travel. With this knowledge, he comes up with a plan to harness the lightning that will strike the town's clock tower at a precise moment.





Australian Open Final: Rohan Bopanna becomes oldest-ever man to win Grand Slam:

India's 43-year-old Rohan Bopanna has today become the oldest man to win a Grand Slam, after winning the Australian Open 2024

men's doubles title. Pairing with Matthew Ebden, the second-seeded duo clinched the Australian Open 2024 men's doubles title with a 7-6 (7/0), 7-5 victory over the unseeded Italian pair Simone Bolelli and Andrea Vavassori on Rod Laver Arena. This marked their maiden title as a team and Bopanna's first in men's doubles after 60 previous Grand Slams, a record for most attempts before winning. In a high-voltage game of tennis, Bopanna and Ebden won the final that lasted one hour and 39 minutes.



India's 75th Republic Day Parade celebrated women's prowess in defense and diverse cultural heritage:

India proudly celebrated its 75th Republic Day with a spectacular parade, shining a spotlight on the

incredible strength of women and the impressive strides made in defense technology. The heart of the parade featured a captivating display from the Defence Research and Development Organisation (DRDO), with scientist Sunita Jena leading the way, showcasing the essential role of "Women Power" in bolstering the nation's security through advanced defense technologies. The parade marked a historic moment with an all-women tri-service contingent, presenting a united front from the Army, Navy, and Air Force. Additionally, the Delhi police contingent proudly featured women personnel, echoing the theme of 'Nari Shakti' – the power of women. The dynamic leadership of Capt Sandhya Mahla showcased the dedication and capabilities of women across the armed forces.



9-year-old Indian-American girl on 'world's brightest' students list by Johns Hopkins Centre:

Nine-year-old Indian-American student Preesha Chakraborty has been named in the "world's brightest" students list by the

Johns Hopkins Centre for Talented Youth, based on the results of her exceptional performance in the above-grade-level tests, which assessed over 16,000 students from 90 countries. Preesha is a Warm Spring Elementary school student in Fremont, California, and took the US-based Johns Hopkins Centre for Talented Youth (JH-CTY) test in Summer 2023 as a Grade 3 student. At the age of six, the child prodigy secured a lifetime membership in the esteemed Mensa Foundation, the world's oldest high-IQ society.



India's first National Highway Steel Slag road section on NH-66 Mumbai-Goa National Highway inaugurated:

For sustainable infrastructure, Dr. V.K. Saraswat, Member (S&T) at NITI Aayog, inaugurated India's first

National Highway Steel Slag Road section on NH-66 Mumbai-Goa National Highway. Developed by CSIR-Central Road Research Institute (CSIR-CRRI), the Steel Slag Road Technology is turning

steel industry waste into a valuable resource, contributing to the construction of robust and eco-friendly national highways in India. JSW Steel, guided by CSIR-CRRI's technological expertise, has successfully constructed a 1 km long four-lane steel slag road section on the Indapur-Parvel Section of NH-66 Mumbai-Goa. This achievement involved converting around 80,000 tons of CONARC Steel slag into processed steel slag aggregates at JSW Steel's Dolvi, Raigad plant. These processed steel slag aggregates exhibit superior mechanical properties compared to natural aggregates, making them a preferred choice for all layers of the road instead of natural aggregates.



ISRO successfully launches its maiden X-ray polarimeter satellite:

The Indian Space Research Organisation (ISRO) has achieved yet another milestone by successfully launching the X-ray Polarimeter Satellite

(XPOSAT). This significant launch, part of ISRO's PSLV-C58 Mission, aims to explore and understand space-based polarisation of X-ray emissions originating from a variety of celestial sources. India has now become the second country after the United States, to deploy a dedicated astronomy observatory specifically focused on studying black holes and neutron stars.



WHO launches groundbreaking ICD-11 classification, integrating traditional medicine:

World Health Organization (WHO) is set to unveil its International Classification of Diseases 11th Edition (ICD-11) with

a groundbreaking inclusion: data and terminology relating to diseases based on Ayurveda, Siddha, and Unani systems. The launch event, scheduled for January 10th, 2024, in New Delhi, signifies a global milestone in healthcare as traditional medicine gains recognition on an international scale. The initiative aims to establish a universal code of vocabulary defining diseases in Ayurveda, Siddha, and Unani (ASU) medicine, fostering global uniformity. Notably, the effort marks a significant departure from the current ICD series, which primarily relies on healthcare practices associated with modern biomedicine. Diseases rooted in Ayush systems, such as Ayurveda, Siddha, and Unani, have thus far been absent from the WHO's global disease classification. The impetus for this transformative step emerged from collaborative efforts between the Ministry of Ayush and the WHO.



Kyrgyzstan declares snow leopard national symbol:

Kyrgyzstan has officially declared the snow leopard as its national symbol, underscoring its commitment to conservation and ecological balance. A decree signed

by President Sadyr Zhaparov of the Kyrgyz Republic, states: "The snow leopard is not only a symbol of natural wealth and cultural prosperity, but also an indicator of the stability and health of the mountain ecosystem, which occupies 1/3 of the global territory. The loss of snow leopards in the wild will lead to the risk of disturbing the fragile ecological balance, which will have a detrimental impact on various animal species and on humans."

Art Gallery



GAURI LAJU
-7C



AAYUSH KADAM
-12D (AY 24-25)



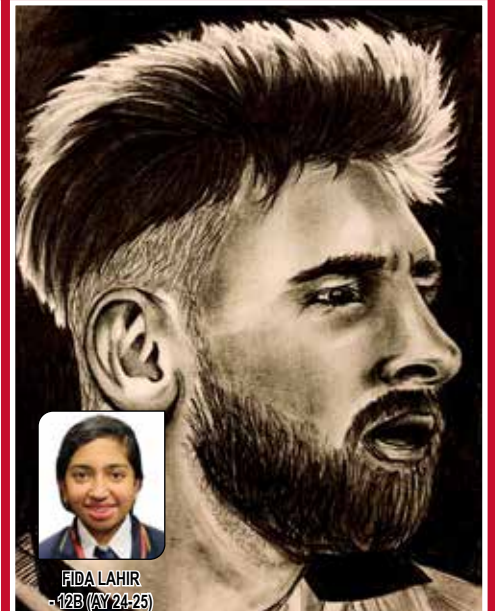
ARUSHI RAJESH
-12I



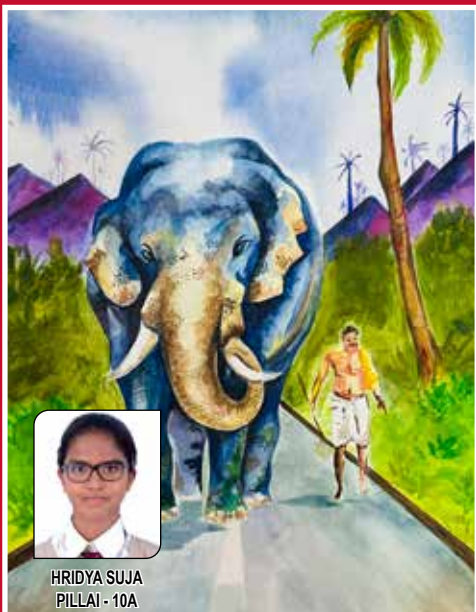
ROSHIN ANNA
BINU - 10C



RUTH RACHEL
-10D



FIDA LAHIR
-12B (AY 24-25)



HRIDYA SUJA
PILLAI - 10A



AASHNA RAM
-10B (AY 24-25)



ROSHNA JEEMON
-12C (AY 24-25)

EPIctionary



SARAAH SALIM
- 12G

1. **"Lethargic" means sluggish**
Sentence: The hot weather made everyone feel lethargic.
2. **"Facetious" means joking inappropriately**
Sentence: His facetious remarks during the meeting were unappreciated.
3. **"Ubiquity" means the state of being everywhere**
Sentence: The ubiquity of social media is undeniable.
4. **"Conundrum" means a confusing problem**
Sentence: The mystery posed a conundrum.
5. **"Perspicacious" means insightful**
Sentence: Her perspicacious analysis revealed hidden connections in data.
6. **"Capitulate" means to surrender**
Sentence: The army was forced to capitulate.
7. **"Esoteric" means understood by few**
Sentence: The professor's lecture was esoteric.
8. **"Pernicious" means harmful**
Sentence: The pernicious effects of the invasive species are evident.
9. **"Surreptitious" means secret**
Sentence: She made a surreptitious entrance into the room.
10. **"Obfuscate" means to deliberately make something unclear or difficult to understand.**
Sentence: The professor's lecture on quantum mechanics only served to obfuscate the topic further.



"Culinary tourism : Exploring the World Through Food"

Embarking on a global gastronomic adventure reveals more than just flavors; it unveils the rich tapestry of cultures interwoven with diverse culinary traditions. From street vendors to haute cuisine, the world of food provides a unique lens through which we can understand and appreciate the intricacies of different societies.



KRIPA REJI
- 10A

Delve into how food serves as a reflection of cultural identity. Explore how ingredients, cooking techniques, and dining rituals are passed down through generations, shaping the unique character of each cuisine. They Highlight specific traditional dishes from various regions and uncover the stories behind them. Whether it's the symbolism in Chinese New Year dishes or the historical roots of Italian pasta, each plate carries a narrative. Examine the dynamic exchange of culinary ideas between cultures. Discuss how globalization has led to fusion cuisines and the blending of flavors, creating new and exciting gastronomic experiences. Explore how communal dining experiences foster social bonds. Investigate the significance of sharing meals in different cultures, from family dinners to elaborate feasts during celebrations. They Address the environmental and ethical aspects of food consumption. Discuss the impact of our dietary choices on the planet and how embracing sustainable practices can contribute to a healthier world.

In conclusion, our global culinary journey not only tantalizes our taste buds but also opens a door to understanding the richness and diversity of humanity. Through food, we can celebrate cultural heritage, connect with others, and build bridges across borders. So, next time you savor a dish from a different corner of the world, remember that you're not just eating; you're embarking on a flavorful exploration of our interconnected global society.



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KUWAIT

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