

E EMOTIONAL **P** PHYSICAL **I** INTELLECTUAL **C** CULTURAL **S** SPIRITUAL

JANUARY 2020



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the first edition of 2020 EPICS. Successful people are those who never give up in difficult situations and problems. You have a lot of potential to make the impossible to possible. Wish you a successful year ahead. Happy New Year to all of you. In many of our situations in life we fail to control ourselves, so we will discuss about that in this edition.

Reactions to a situation of your body is telling you to slow down. A short quick fix may seem like a good solution, but in order to get to the root of the problem, fundamental change takes time. These 9 powerful ways will help you take charge of your destiny and transform your life.

1. Be mindful while you eat

Studies show that mindful eating can lift your mood, decrease stress, and promote weight loss. But, mindful eating takes practice. It challenges you to consider the essence of everything you consume - where it came from, the nutritional benefits it has on your body, and how your food got to your plate. Mindful eating focuses on building a healthy, sustainable relationship with food.

2. Get (and stay) active

There's no better mood-booster and stress-reducer than movement. Exercise has been shown to protect memory and thinking skills. Exercising in the morning can help set the pace for the rest of the day, sharpening your focus. Try getting an extra 10 minutes of moderate activity each day, slowly working your way up to the recommended 30 minutes daily.

3. Take comfort in silence

Meditation really works. Around 80% of doctor's visits are due to stress-related problems. Meditation has been found to reduce stress, boost immunity, improve sleep, and, possibly, increase happiness. People who meditate are generally less anxious when confronted with challenges.

4. Do things that make you happy

As the saying goes: 'Starve your ego and feed the soul.' Just because something brings you a sense of

achievement, it does not necessarily mean that it will fill you with joy. Whatever you choose to do, do so, because it makes you happy, not because it's something to mark off your to-do list.

5. Listen to your intuition

Listen to that persistent gut feeling when making a big decision. Your body will tell you what it wants from you before you need it. If you're feeling tired, take a nap. If something doesn't feel quite right, look into it. Listening to your gut does take practice. Be patient and it will pay off.

6. Mix things up

Every now and then, challenge yourself to do something completely new at least once a week. It could be as simple as walking a new route to a familiar place. New experiences open your mind to new ways of thinking and perceiving, make you happier.

7. Surround yourself with positivity

Build healthy relationships by being mindful of whom you fill your life with. Take time to reassess your relationships and consider the value they add to your life and well-being. People who are mindful of their relationships tend to be more confident in their judgment.

8. Take the time to learn something new

Learning new things have the capacity to make us happy. They could also enable us to live longer, stay open-minded, and live our lives more fully. Whatever you decide to learn, in the long run, you will gain from keeping your brain sharp and young.

9. Keep Writing

Writing about something has been shown to relieve stress, boost comprehension, spark creativity, build confidence, and encourage you to accomplish your goals. You need not put too much pressure on yourself to write daily. The writing process itself is more important than how often you write. You can choose to write first thing in the morning, using a prompt like, 'how do I want my day to be?', or before bedtime, releasing all of your anxious thoughts.

Dear Children, Every problem has a solution, every student has talent. Let this new year make full use of your potential and talent. Once again Happy new year to all of you.

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ICSK ON FACEBOOK AND YOUTUBE

For enhancing our communication with parents, and for updating campus activities via our social media ie Facebook and YouTube, requesting the support of all stakeholders of ICSK in this regard s.

Like & Subscribe ICSK in Face book and Youtube



YouTube

ICSK -The Indian Community School, Kuwait



ICSK -The Indian Community School, Kuwait



EDITORS' NOTE

Dear children

A happy and prosperous new year to one and all.

Once a Crow, holding on to a piece of meat was flying to find a place to sit & eat.

However, an Eagle started chasing it. The crow was anxious and was flying higher and higher, yet the eagle was after the poor crow.

Just then "Garuda" saw the plight and pain in the eyes of the crow. Coming closer to the crow, he asked:What's wrong? You seem to be very "disturbed" and in "stress?"

The crow cried "Look at this eagle!! It is after me to kill me".Garuda being the bird of wisdom spoke "Oh my friend!! That eagle is not after you to kill you. It is after that piece of meat that you are holding in your beak. Just drop it and see what will happen.

The crow followed the advice of Garuda and dropped the piece of meat, and there you go, the eagle flew towards the falling meat. Garuda smiled and said . The Pain is only till you hold on to it. Just Drop it.

The crow bowed and said "I dropped this piece of meat, now, I can fly even higher".

Do we carry the huge burden called "Ego," which creates a false identity about us, saying "I need love, I need to be invited, I am so and so.. etc..." Just Drop.

Do you get irritated fast by "others' actions" it may be a friend, parents, children, a colleague, life partner... and get the fumes of "anger " - Just Drop.

Do you compare yourself with others.. in beauty, wealth, life style, marks, talent and appraisals and feel disturbed with such comparisons and negative emotions - Just drop the burden

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



Mrs. Susan George



Mrs. Tintu Wilson

STUDENT EDITORIAL

The biggest commitment you must keep is your commitment to yourself. Yes, if you start or take up something in hand, finish it. That's where commitment comes into picture, followed by resolutions that we often make in writing, in our minds and gradually let it die in the mind or paper a task left undone remains undone in two places – at the actual location of the task



KAAVYA
VAIDYANATHAN - 11G

and inside your head. Incomplete tasks in your head consume a lot of your energy, your attention as they gnaw and prick at your conscience. They siphon off a little more of your personal power every time you delay. I am not here to tell that we need to be a perfectionist, that's debilitating in an imperfect world, but it's good to be a 'completionist'.

So let's remember the pursuit to peace, wellbeing and happiness, is to commit to your true self and not only to your inner mind.

It is for us to remember, in the journey of life, moods are like tides in the vast sea. They constantly rise and fall, change and shift. When we are happy, our thinking is enthusiastic and more positive with clarity but a dip in the mood hampers the quality of our own thinking. So think dear friends what is the cause? Our own thinking is the answer. Unhappiness is due to repetitive -negative thinking so make attempts to balance your thoughts. Be pleasant, be happy, be invigorated. Create positivity and spread happiness around you. Yes that's the primary thing each one of us can certainly take up as a 2020 resolution.

ABCs of life

- Always be honest
- Be polite
- Care for others
- Do something new each day
- Every moment counts
- Forgive those who wronged you
- Give more than you get
- Have a big heart
- Instill good qualities
- Join good company
- Keep up with others
- Live to the fullest
- Make the most of opportunities
- Nurture hope
- Open your mind
- Pray with your heart
- Quit complaining
- Rethink your plans
- Speak wisely
- Think before you act
- Utilize your talents
- Value family
- Work together
- X-ray yourself first
- Yearn for peace
- Zoom into the future.



GOKUL
SREENIVASAN - 9B

LUMINESCENCE, THE GRAND FINALE OF YOUTH LEADERSHIP PROGRAMME



The Indian Community School reached the zenith of its excellence on 4 December 2019 when the first batch of Youth Leadership Programme of Toastmasters International came to an end. It stood up with its head held high in pride when it churned out 150 young smart leaders to the world. That was yet another milestone in the history of ICSK to boast of in its 60th year of inception.

The Grand Finale to recognise and appreciate the best leaders of YLP was conducted in the auditorium of ICSK, Senior. The programme began at 2.30 pm with 3 different segments of competition levels – 1. Prepared speech contest 2. Table topics speech contest 3.

Evaluation speech contest. The Prepared speech contest had ---- participants with varied worldly topics like Challenges in life, Failures, Fears, Ups and downs in life et al sensitised with personal experiences. Table topics segment was based on a topic given on the spot to test the skill of the contestants. The topic was selected from 2 topics enclosed in covers. The chosen topic – What Would I like to be if I were to become a super hero-- was disclosed to the contestant only on the spot when on stage. The other contestants were taken away to another room and thus were ignorant of the topic under discussion. Time allotted for the speech was 2 minutes. There were 12 contestants. It was a wonder

and thrill to watch and listen to the new young vibrant speakers. The last segment was the Evaluation speech round. A target speaker was given a topic selected on the spot by a lot—Stairs or Elevators. All selected evaluators were asked to evaluate the speech of the one target speaker. Out of the 12 Evaluators, each evaluator was called to make the evaluation speech. Competitions were all among the 6 different groups trained under a mentor. The groups and mentors /toastmasters were –

- Motivators - DTM Gayathri Ravindran
- Articlators - DTM Alifiya Lakdawala
- Visionaries - DTM Mohamed Makhoulouf
- Innovators - TM Tabassum Ali
- Pioneers - TM Balakrishnan
- Challengers - DTM Ola Rasheed

Finally the long-awaited certificate session began. The auditorium was thronged with parents teachers and students. All young leaders were awarded the Toastmaster certificates. Ten toppers were selected from each group and medals were awarded.

In the Best Toastmasters Group category the best group award was bagged by Innovators group and the runners up were the Visionaries

OMNIYA, THE CHANGE MAKER PROGRAMME



As a part of the plastic recycling awareness, 20 children of classes 8 and 9 from the Indian Community School Senior were selected to visit the Kuwait National Library to participate in the summit. Children from other different

schools had also come for the summit.

All the participants from various schools were made to take pledges on that occasion. There were different pledges for different

communities. For the student community, the pledge was as follows:

Daily Pledge: *I pledge to extend my knowledge by learning something new every day.*

Super Pledge: *I pledge to develop my skills by joining an online or offline training course or seminar. The usage of recycling was explained to them through power point presentations.*

Certificate of appreciation was awarded to the Indian Community School for the active participation. Further challenge would be continued for the collection of more bottles. ICSK encourages its children to avoid the usage of plastic wares and keep the environment, the school campus and the city of Kuwait clean and pollution free.

Birthday Arcade - January



ASMA JAVED QADRI
10B - JAN 1



ATIYAH
9B - JAN 1



JOSHNA TRISSA
12E - JAN 1



MANSHI BHAGAT
10B - JAN 1



MOHAMMED ALI
12J - JAN 1



REEM ABUBUCKER
?? - JAN 1



SYED HAIDER
10F - JAN 1



LAKSHMI PARVANA
10E - JAN 2



SANDRA BABU
11H - JAN 2



MERLIN ABRAHAM
12B - JAN 2



ALMA TRISA SUNIL
11B - JAN 2



FATEMA IQBAL NASIR
11G - JAN 2



JOEL JOSE
7B - JAN 2



SANJANA VENKATESAN
8A - JAN 3



AKSHITA BIPIN
12G - JAN 3



JEHOSHEBA SARAH
6A - JAN 4



JEFFREY JACOB
11D - JAN 5



TAHA ATTARI
12B - JAN 5



SHAWN ABRAHAM
12E - JAN 5



RUQAIYA ABDUL
9E - JAN 5



MUHAMMED FAYIS
11I - JAN 6



JARENA DEVA AMBILI
6B - JAN 7



ABHINAV RAJ
7D - JAN 7



ALEENA PAULY
10C - JAN 7



MUNIRA ABBAS
10C - JAN 7



HARNAM SINGH
12C - JAN 7



RONAK KISHORE
12K - JAN 7



NEHA ANN JINS-
8D - JAN 7



SYEDA MEHRISH
11A - JAN 7



KAREN SUSAN REJI
8A - JAN 8



MUSTAFA ANTRI
9B - JAN 8



MILAN PHILIP
12J - JAN 8



SHABBIR HUSAINI
6A - JAN 9



ASHFAQ AMAN SHIJU
8B - JAN 9



AFIFA MANSOOR
8E - JAN 9



SHREYA ANN
9AE - JAN 9



ALBIN BENNY
11E - JAN 9



CLEONA FERNANDES
12F - JAN 9



JEREMIAH MATHEW
10A - JAN 10



ANGEL MARY VINOD
11A - JAN 10



SENA AFTAB
6A - JAN 11



GURLEEN KAUR
7F - JAN 11



ALETA JOHNSON
8A - JAN 11



MOHAMMED AFNAN
8D - JAN 12



NIKHIL STALIN
8E - JAN 12



SHEHEEN JALAL
11J - JAN 12



TINA TONNY ALAPATT
12A - JAN 12



DEEPAK KUMAR
12D - JAN 12



GEORGE LEONAL
12I - JAN 12



RANOL SALVI
12K - JAN 12



SANA SUDHIR
7C - JAN 13



SULTAN FIROZ RAWOOT
8F - JAN 13



NAYANA JITH
10E - JAN 13



JOEL VARGHESE
11G - JAN 13



SHARON GRACE PITTA
8A - JAN 14



GAURI THAMATTOOR
8D - JAN 14



TOBIAS JOSEPH SAJJU
12C - JAN 14



CHARU AJIT KUMAR
6A - JAN 15



HAURA ABDUL RAZACK
9C - JAN 15



BENJAMIN BOBBY
9E - JAN 15



JESSICA ANNAMALI
12A - JAN 15



RANIYA MEHAK
12G - JAN 15



BIJOSH BABU
7D - JAN 16



ASHLY PHILIPOSE
10C - JAN 16



FARHANA ALLY
12B - JAN 16



PUNEET CHELLUBOINA
6A - JAN 17



ABUTTAIYEB MAZAHIR
7E - JAN 17



SUNNY THOMAS BIJU
7E - JAN 17



SAFA ABDUL SADIK
11F - JAN 17



DEVA PRIYA NANDANAM
11G - JAN 17



RITHIKA GEORGE
11H - JAN 17



ADITYA HALDER
8D - JAN 18



ADIL P ASIF
9B - JAN 18



SUSAN JACOB
11H - JAN 18



NAMITA NANDAKUMAR
12H - JAN 18



AIYANA MARTIN RAO
7D - JAN 19



NOEL GEORGE
12E - JAN 19



ADITYA RAVI
12G - JAN 19



JESLIN ANN JACOB
12H - JAN 19



VIKRAM RAVI
12K - JAN 19



ADINATH K ANURAJ
8B - JAN 20



MOIZ HANAN MAMU
10B - JAN 20



AVNI SRINIVAS
7D - JAN 20



YUNUS ASLAM
7A - JAN 21



SARRA KURBAN
8B - JAN 21



FAHAD MOHAMMED
10B - JAN 21



ALLEN JACOB ALEX
10C - JAN 21



JEFFREY SAM RICKY
10E - JAN 21



KAAVYA VAIDYANATHAN
11G - JAN 21



SHUBHALAKSHMI
10C - JAN 22



KOSAY YUSUF
12F - JAN 22



FATEMA BURHAN
12H - JAN 22



ANAMIKA ANUP
7D - JAN 23



MAVLEON FERNANDES
7F - JAN 23



RICHELLE MERLIN VINOD
8A - JAN 23



SNEHA MARIA SUJO
8C - JAN 23



ABY GEORGE
11J - JAN 23



CRISTINA ELIZABETH
12A - JAN 23



RASHIDA
12F - JAN 23



AISWARYA S.
12G - JAN 23



THAMEEM SALMA
8A - JAN 24



MARYAM KHAN
8C - JAN 24



MOHAMMED HASHIM ALI
9C - JAN 24



ANUSKA PRATAP
9D - JAN 24



FAIZ MOIZ
11C - JAN 24



MOHAMMED BADRI
11F - JAN 24



BREANNE BANZE
12H - JAN 24



INSIYA TAILOR
12K - JAN 24



FAJAR NISMA SAHULL
7B - JAN 25



ONEGA WILLIAM
7C - JAN 25



ALI AFTAB
9D - JAN 25



RHUCHA PIYUSH
11C - JAN 25



CELINE ANNA VARGHESE
7B - JAN 26



HANOCH LUTHER PITTA
7E - JAN 26



ADRIEL JOSEPH DAVID
8B - JAN 26



BURHANUDDIN
8C - JAN 26



ROHAN EASO MATHEW
9A - JAN 26



ARCHANA SRINIVAS
12H - JAN 26



JOTHAN JOHN
7C - JAN 27



ARSHYA SUNIL BABU
8E - JAN 27



SAMEER SALIM
8E - JAN 28



ANNA DEENA SANTHOSH
10A - JAN 28



HUSSAIN JOOZER
10C - JAN 28



KRISHNAPRIYA NANDAN
10C - JAN 28



AYESHA FAIZ AHSAN
10G - JAN 28



UMME SALMA
12G - JAN 29



SHAOLINE THOMAS
6B - JAN 30



ANASHEETA
7E - JAN 30



RIDHIN ISSAC ABRAHAM
12A - JAN 30



YUSUF PARVEZ
7B - JAN 31



YOHANN MATHEW
12J - JAN 31



MUHAMMED YASEEN
9D - JAN 17



PARMVIR SINGH
12F - JAN 17



MR. BABY THOMAS
- JAN 1



DR. NINS PETER
- JAN 14



MRS. ELIZABETH P.
- JAN 15



MRS. SUSY JOHN
- JAN 18



MR. ANURAG
- JAN 22



MRS. SHAMEENA K.
- JAN 28



MR. YUSUF SHABBIR
- JAN 29

ART OF KICK-BOXING



Another great benefit that kickboxing can do for you is to help increase your flexibility.



FATHIMA JHAN
JALEEL 11-A

4. Increasing Focus & Concentration

Kickboxing can help you to improve both your focus and concentration. This is because it is a form of martial art, which is something that requires a whole lot of dedication and concentration to master.

5. Increasing Endurance & Physical Output

Another great benefit that you get from doing kickboxing is that it can help increase your stamina, endurance, and your overall ability to perform physical activities.

6. Learn valuable self-defense moves

Having the ability to protect yourself is a valuable asset and it's empowering to know that if you were in a dangerous situation, you have the knowledge and confidence to help get yourself out of it safely.

Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate mixed with boxing. Kickboxing is practiced for self-defence, general fitness, or as a contact sport. You learn that your body is beautiful, not because of what it looks like but what it can DO. That's a wisdom no one can take from you because it comes from deep inside. You've got to earn it.

More women are getting into the ring than ever before. Find out what makes kickboxing such an amazing workout;

1. Kickboxing is A Great Cardiovascular Exercise – Aerobic & Anaerobic

Practicing kickboxing helps to make your heart and your lungs stronger.

2. Relieving Stress & Rage

Don't go to a therapist or an anger management class when you could spend your time and anger kicking and punching a 300-pound bag. There is really no better way to relieve all of your anger than by getting a little violent and crazy.

3. Increasing Your Flexibility & Balance

EPITRavel FRANCE

In this Epitravel we will take you to France

France officially the French Republic, is a country whose territory consists of metropolitan France in Western Europe and several overseas regions and territories. The metropolitan area of France extends from the Mediterranean Sea to the English Channel and the North Sea, and from the Rhine to the Atlantic Ocean. It is bordered by Belgium, Luxembourg and Germany to the northeast, Switzerland and Italy to the east, and Andorra and Spain to the south. The overseas territories include French Guiana in South America and several islands in the Atlantic, Pacific and Indian oceans.

When it comes to tourism in France, Paris is at the top of many travelers' bucket lists and

for a good reason. The city is full of incredible history, architecture, art, charm, and distinct cuisine. Whether you have a day, a week, or a month to explore, Paris is a travel experience in its own. Paris sure does dominate the headlines, but this doesn't mean other French cities should be overlooked! Disneyland is one of its major attractions. Be sure to visit the French countryside, the region of Provence, Bordeaux, the island of Corsica, and the French Riviera! The French Riviera (or Côte d'Azur) is the Mediterranean coast of southern France, and comprises the charming resort towns of Marseille, St. Tropez, Cannes, Nice and the tiny nation of Monaco!

France is a member of the European Union and one of 23 countries in the region that uses the euro (abbreviated €) as its national

currency. One euro is divided into 100 cents. They also use Francs.

The best time to visit France is during its shoulder seasons. From April to June and September to November.

French cuisine consists of the cooking traditions and practices from France. French cuisine developed throughout the centuries influenced by the many surrounding cultures. Guillaume Tirel, a court chef known as "Taillevent", wrote *Le Viandier*, one of the earliest recipe collections of medieval France. Other delicacies are Oysters (Huîtres), Cassoulet, Basque-Style Chicken (Poulet Basquaise). Le Cordon Bleu is an international chain of hospitality and culinary schools teaching French cuisine.

ICSK TRANSCENDING GIG IN THE EXTEMPORE SPEECH COMPETITION



"Life is like speech. But don't learn it. Let it be an extempore."

The Alumni Association of St. Berchmans College Kuwait Chapter organized an extempore speech competition for the Indian school students of classes 7 to 12 in Kuwait on 6th December 2019 at United Indan School, Jleeb Al Shuyoukh.

The children of the Indian Community School Kuwait also participated in the competition and secured awards and positions. It was a tough competition as there were lots of participants from different Indian schools in Kuwait.

- Pteronophobia is the fear of being tickled by feathers.
- So far, two diseases have successfully been eradicated: smallpox and rinder pest.
- Cherophobia is an irrational fear of fun or happiness.
- Bananas are curved because they grow towards the sun.
- The inventor of the Frisbee was cremated and made into a Frisbee after he died.
- Polar bears could eat as many as 86 penguins in a single sitting.
- A lion's roar can be heard from 5 miles away.
- Saint Lucia is the only country in the world named after a woman.
- In Uganda, around 48% of the population is under 15 years of age.
- Some fungi create zombies, then control their minds.

DID YOU KNOW?

The on-duty nurse took the anxious young Army Major to the bedside. "Your son is here," she said softly, to the old man lying there on the bed. She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Major standing outside the oxygen tent. He reached out his hand.

The Major wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement. The nurse, observing the touching moments, brought a chair so that the Major could sit beside the bed.

All through the night, the young Major sat there in the poorly lit ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the officer move away and rest

Whenever the nurse came into the ward, he was oblivious of her and of the night noises of the hospital - the clanking of the oxygen

tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Major released the now lifeless hand he had been holding and went to tell the nurse.

While she did what she had to do, he waited.

Finally, she returned & started to offer words of sympathy, but the Major interrupted her "Who was that man?" he asked.

The nurse was startled, "He was your father," she answered.

No, he wasn't," the Major replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake,

but I also knew he needed his son, and his son just wasn't there .

"When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed."

"So then what was the purpose of your visit here, at the hospital, Sir?", the nurse queried of him. I came here tonight to find a Mr. Vikram Salaria. His son was Killed in J&K last night, and I was sent to inform him.

"But the man whose hand you kept holding whole night was Mr. Vikram Salaria!"

They stood in complete silence. There couldn't be anything more assuring for a dying man than his son's hand!

The next time someone needs you , stay there .

WE ARE NOT HUMAN BEINGS GOING THROUGH A TEMPORARY SPIRITUAL EXPERIENCE.....

WE ARE SPIRITUAL BEINGS GOING THROUGH A TEMPORARY HUMAN EXPERIENCE...

BEST STUDENTS - DECEMBER



RHODA
- 12I



SHARA JOHN V.
- 12J



MOHAMMED SALIH
- 12K



IMAD PARKER
- 11A



MOHAMMED IZZAT
ALI - 11B



JOSH THOMAS
- 11C



ARWA MOHAMMEDI
- 11D



RUQAYYAH SHERIFF
- 11E



HUSAIN
FARHANULLAH - 11F



KAAVYA
VAIDYANATHAN - 11G



MAYSA RODRIGUES
- 11H



ANFAL ASHRAF
- 11I



SHIHAB MOHAMMED
- 11J



ANNA NIXON
- 10A



VEDANT M DARJI
- 10B



JOVEN C JOSE
- 10C



FATHIMA
- 10E



ALIAS SAJU
- 10F



IMMANUEL MATHEW
SAJU - 10G



SHREYA ANN
ABRAHAM - 9A



JEFFRIN RUBAN
- 9B



NITHYA PRASHANTHI
- 9C



ARFANA
- 9D



RUQAIYA ABDUL
HUSSAIN - 9E



AYMAN NASUH
- 9F



RUBIN BENNY
- 8A



ZAARA MOHAMMED
- 8B



MARYAM KHAN
- 8C



JOANNA ABIGAIL
- 8D



SANVI SURESH
- 8E



SHEIK NOMAAN
- 8F



ADONA VINU
MATHEW - 7A



JASPREET KAUR
- 7B



AASHKA ESTHER
- 7C



ALRIYA JAYCE
- 7D



DRISHYA SAUMYA
- 7E



ZEYAD
- 7F



ROSHIN ANNA BINU
- 6A



ROHIT SAJEEV
- 6B

ICSK, SENIOR ORGANIZES "JOB SHADOW"



ICSK, Senior organized a job shadow to Gulf Trading And Refrigeration Company, a branch of Alghanim.

The students along with their teachers visited the premises of Alghanim Industries Head Office where an interactive session was held with Mr. Sunil who is the Senior Manager with GTRC. He lead the session and talked about GTRC and Alghanim. Alghanim had begun its journey since the 18th century and still continues to grow and expand to different parts of the country. It has emerged as the largest private sector companies in Gulf. Alghanim is divided into three: Alghanim International



which is the investment arm, Alghanim Investment where Gulf Bank is a part of it. and Alghanim Industries where GTRC plays a role.

Alghanim Industries consists of General Motors like Honda, Ford, Lincoln, Cadillac and Electronics like Xcite along with Safat Alghanim for furniture . The firm also imports products like Colgate and chocolate like snickers, galaxy, etc. World's leading premium coffee brand - Costa Coffee is owned by the business. Also KIRBY and CIMMCO are the manufacturing units owned by the company.

The company provides great work environment, great team which makes it the best all through GCC. 300+ global brands, 30+ businesses, 40+ countries, 15000+ employees, 66+ different nationalities, Alghanim doesn't fail to promote gender diversity, multi-ethnicity, multi-nationality and open culture. The strong operational presence in 4 key regions is India, Turkey, China, and Mena.

Commercial Group: Largest service centre for General Motors is Alghanim, Kuwait. Maximum number of cars serviced in Bumper-To-Bumper everyday is 1000. Honda, Ford, Lotus, Lincoln are known for having the best technology used for the best drive. The company also constitutes Atlas which is a supply chain for other companies. Overall, the experience was a memorable and exciting one.

Training cum workshop for classes 8th and 9th



The training cum workshop commenced with the welcoming of the guest Ms. Rukayya Khan by the Principal and Senior Administrator Dr. V Binumon. The

workshop for the children of classes 8 and 9 was presided over by Ms. Rukayya Khan, who is a smile perfectionist and also happens to be an ex- alumni of

ICSK, Salmiya. A lot of activities were conducted with the children being a part of it. The activities were organized solely to make the children realize where they stand and to realize their weaknesses.

Ms. Rukayya, with a presentation made the children understand how a simple and healthy smile can change their way of thoughts. The main idea behind these activities and presentations was to educate and edify the children on how to live a happier life. We must set our limits and our capabilities are more than what we think. So we must realize them accordingly and decide things accordingly. The children also got their queries cleared during the session.



What every student should be doing for Career Success?

Shelcy V Joseph - Contributor: Career



There are different students: the ones who spend their years locked away in the library, the ones who leave everything to the last minute, the ones who spend more time socializing than studying, the ones who split their time between work and the classroom, the ones who do either one of the above things and the ones who try to do them all.

With all these experiences college comes with, preparing for the future from the first day may not be a priority. And by this I mean, the post-graduation life. I know I didn't start thinking about it until my sophomore year. In retrospect, I should've probably started planning sooner. But since I can't undo the past, I can only share what I've learned and help someone in the situation I was in.

If possible, every college student should start planning for the future early. This means being involved on campus and staying in the know of what's happening, networking with professors and going after professional experiences—this is all in addition to studying and acing your classes of course. Doing this can be the difference between many job offers by the time its graduation season or a long period of unemployment or underemployment. As a college student, you want to stay on top of what needs to be done to create a positive outcome.

CREATE YOUR OWN CAREER MANTRA



1. Consider Your Values

What are your biggest strengths, and what do you value you most about your work? Your organization? Your integrity? Your innovation? Use those qualities to make a list of power words that you associate with yourself and how you'd like your career to evolve.

2. What Problem Can You Solve?

This is maybe a glaringly obvious statement, but people hire you to help them solve the problems that they can't or don't feel like fixing by themselves. So, when writing your mantra, think about how your strengths can provide a service to your employers, coworkers, and the public. What's the big picture problem you'd like to solve in your career? Consider ways to fold those answers into your mantra.

3. Make It Actionable

Once you write your mantra, cross-check it. Make sure it's an actionable statement that you can use as a roadmap moving forward.

When you're presented with a new opportunity, refer back to that mantra to determine whether it aligns with your core values and future goals. Does that job offer check the boxes? Or does it just mean more money? Especially if you're caught in that classic "passion versus paycheck" debate, your mantra can give you the confidence to walk away from a bad fit.

10 Things for Students to Remember

Believe it or not, if you're in high school right now, you're at a great point in your life. You have your whole life in front of you. And now is a good time to start thinking about your future, to make some initial plans; just remember that plans can be easily changed.

And as you start thinking about one or more potential educational and career paths, here are 10 things to remember in the days ahead.

1. Take time to think about what you like to do, and dream and imagine ideal careers.

There are so many opportunities, so many different types of jobs and careers in a wide variety of industries -- and there are also other career paths that are just emerging.

Even if you are fairly sure of a career choice, take the time in high school to explore similar (or even vastly different) careers. Explore all your options. Examine your likes and dislikes and take a few career-assessment tests.

2. Challenge yourself in high school, but don't overwhelm yourself.

Do get the most out of high school as possible. When you can, take the tough and challenging schedule of classes; you'll learn more -- and it will look good to the college admissions staff. Obviously, you need to stay focused on getting good grades, but don't overload your schedule -- or yourself -- so that it makes you sick or burnt out. Be sure to include at least one fun course in your schedule. If you have a passion for something, such as photography, find a way to schedule a photography course along with your other tougher college-prep courses.

3. Work, volunteer, or otherwise gain some experience.

As with your education, the more you are exposed to, the more options will open to you as you search out careers. There are even a growing number of internship opportunities for high-school students. Seek work and volunteer experiences in and out of school. And from a practical standpoint, work experience looks good on college applications -- and on future job applications and resumes.

4. Get as much education as you can.

We are now a society in which many jobs and careers require additional education or training beyond high school. Some careers even require a graduate degree before you can work in the field. Take advantage of all educational opportunities that come your way, such as summer educational opportunities and educational trips abroad.

5. Talk with as many adults as possible about careers and colleges.

The best way to find out about different careers is to ask people --

family, neighbors, friends, teachers, counselors -- and get them to tell you about their career and college experiences. If you have not already, begin to build a network of adults who know you and are willing to assist you in your educational and career endeavors. And for careers that truly interest you, consider asking each person if you can shadow him/her at work

6. Remember that everyone must follow his or her own path in life.

Don't spend too much time worrying what other people in your high school are doing -- or letting their opinions about your dreams and ambitions affect your decision. And don't worry if you leave high school with no clear career path -- that's partly what college is all about, discovering who you are and what you want to do in life. Everyone develops/matures/grows at their own pace, so don't feel the need to rush to make a decision now

7. People change; don't feel locked into any college or career now.

It's great to have an ideal plan for your life, but remember that things happen, and your plans may need to change... so keep an open mind -- and keep your options open. Some of your friends -- or perhaps you -- already know, or think you know, what you want to do in life. Don't become so myopic that you lose sight of other interesting opportunities.

8. Don't let anyone control your dreams and ambitions.

You will be horribly miserable at best if you let a parent or other family member dictate your major or your career. Students often feel pressure to follow in an adult family member's career path, especially if s/he is footing the bill for college, but the worst thing you can do is choose a career to please someone else.

9. It's never too early nor too late to get organized and begin making plans.

No matter where you are in high school, now is the time to plan the remainder of your high-school years -- as well as your plans after high school. Research your options for after graduation -- technical schools, community colleges, four-year universities, etc. Start or continue your preparation for the various standardized tests (such as the SAT and ACT).

10. Never stop learning: read, grow, and expand your mind.

Don't pass-up opportunities to learn and experience new things. Many teachers offer or assign summer and supplemental reading lists -- look at these as opportunities for growth rather than a drag on your summer. The more you read, the more you'll know.

Exploring List of Career Choices with Your High School Student

While online games are fun, hands-on activities and clubs can give students the chance to ask questions and explore their interests in more depth. Sitting down with your child and discussing possible career choices could help to give you both an idea of future career opportunities. If you are having trouble knowing where to start, ask your child a few of the following questions:

What are your two greatest academic strengths?

List the two subjects in which you best perform academically - English, social studies, sciences, mathematics, computer science, etc. For the sciences and mathematics, be specific about the subject area or level—biology, chemistry, algebra, calculus, and so on.

Which academic subjects interest you most? Add your top two favorite high school subjects to the list.

What are your five greatest personal or social strengths? If you're unsure about your strengths and abilities, ask your friends, parents, or teachers what they think. You can even show them the list below and ask them to pick those traits that best describe you. Your school counselor may also have aptitude tests that can help to pinpoint your strengths.

Ask your child what interests, conditions, or rewards do they think will be most important in the career they have shown interest in? With some conscious effort, we can point our students to a breadth of career possibilities outside our own experience.



“Every child deserves a Champion”



“Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be.” – Rita Pierson, Educator.

High school is a time of real transition for teens, as they move into adulthood and the more adult issues of work, careers, and college. It is a time of growth as well as a time of challenge. Most students often find themselves at crossroads when it comes to career choices. They are curious about the world of work for want of information about entry level requirements, the day to day tasks performed, the remuneration, the opportunities to travel etc. They occasionally also want to demystify, confirm or cross check information received from other sources.

Studies have shown that many students choose careers in the abstract. While the best determinant of a career choice is ones interests, strengths, skills and abilities, most students make their choices based on:

1. Peer pressure
2. What they deem as cool careers
3. The big name in a career. Many students talk of neurosurgeon, aeronautical engineer, etc
4. Lack of information that makes students and guardians only think of the top 5 careers (doctor, engineer, architect, lawyer, IT) and yet we have over 300 careers
5. Parents & teachers influence
6. Subjects taken in secondary schools
7. Jobs that are deemed to be available and marketable

The list is endless.

“Students, if you’re in high school right now, you’re at a great point in your life. You have your whole life in front of you. And now is a good time to start thinking about your future, to make some initial plans; just remember that plans can be easily changed. Now is the time to pursue your dreams!”

Good Luck!

Counselor’s Desk

Career counselling is an essential factor for identifying the real potential and guiding students towards a right career path. Students need to know the importance of career coaching and right guidance before they are going to choose an academic stream after taking the board exams. Career counselling will be helpful choosing a career goal, planning and give a direction to students for a better future ahead. Read here significance of career counselling and proper guidance for school students –

In current times, career counselling is a need as most students pick commonly known domains as their career option. Career counselling is an effort for students’ career guidance right from their school about the available career options as per their interest and stream of academics. Through career counselling, an analysis can be done for students which will help them find out their interests and also their strengths and weaknesses. Why is career counselling important for high school students?

Career counselling should be done in the school itself for class 9-11 students specifically because these are the levels where students choose a particular stream as their specialization and also, it will be helpful for them to decide the stream they should opt for. This is because many students are not satisfied with the stream they choose and tend to change it; this happens in absence of proper guidance about options available as per their interest and different education stream.

Nowadays, many counsellors prefer psychometric tests to analyze interests of students because generally, students are confused between their various interests but these psychometric tests help figure out students’ capabilities towards each of their interest.

- With career counselling, students would be able to know –
- Their aptitude and interests
- Strengths and weaknesses of a particular interest
- Making choice of stream for education after class 10
- Career options available in market as per their academic choice
- Career options available as per their interest
- Some alternate career options if they decide to change their stream in future

Career coaching or counselling does not only require professional counsellors but it can be done as mentioned below –

Be your own career coach –Who knows better about your interests, your hobbies, your personality and your academic interests than you. You can analyse the below-mentioned facts to find your career goals and help yourself in achieving them –

- Your interest
- Academic profile
- Career options available as per your interests and education qualification

Seek suggestions from your friends and parents to get better advice about career options.

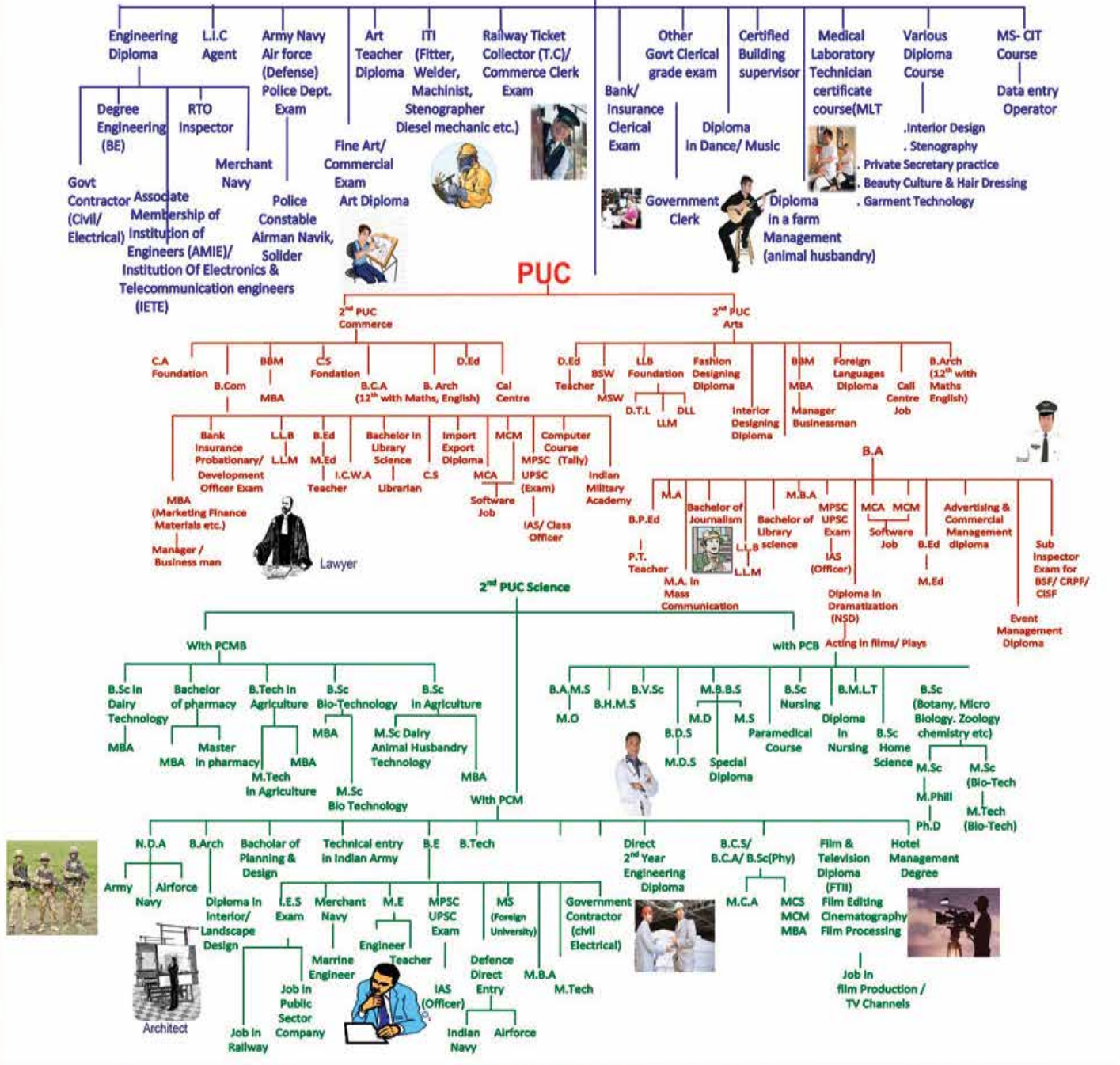
Seek advice from your parents –Your parents have been the primary coach for your education and career life. They got you admitted in best suitable kindergarten, primary school and now when you need to decide the stream choice and career, they should be the first one to advise you and help you decide the best alternative. Your parents know the best about your aptitude and capabilities, so they will be able to guide you best in making education as well as a career choice.

Proper guidance from your teachers – The third person after you and your parents who will be able to help you decide the best alternative to a career is your teacher. You have been handled, guided and improved over the years by your school teachers. So, they have complete knowledge about your capabilities and also, teachers have the best idea about the different streams of education that students can choose after class 10th.

A career coach in your friends or your elder siblings – Your friends or your siblings know your interests because you can open up before them without an uneasiness which you may feel with your parents or your teachers. Your elder brother or sister will be the best to advise you on the matter of choosing a career because they themselves have gone through the same situation and have faced the same doubts regarding the career choices. And your friends who will be making career choice along with you also are seeking guidance for their career choices, therefore; they will be helpful by sharing the same career guidance tips with you.

Career Path Finder

10th SSLC



List of Short Forms

B.Sc - Bachelor of Science M.Sc - Master in Science B.Com - Bachelor of Commerce M.Com - Master in Commerce B.A - Bachelor of Arts M.A - Master in Arts Ph.D - Doctor in Philosophy	D.Ed - Diploma in Education B.Ed - Bachelor of Education M.Ed - Master in Education B.P.Ed - Bachelor of physical Education B.E - Bachelor of Engineering M.E - Master in Engineering B.Tech- Bachelor of Technology	M.Tech- Master in Technology M.S - Master in Science IES- Indian Engineering Service Exam IIT- Indian Institute of Technology MBBS- Bachelor of Medicine & surgery BHMS- Bachelor of Homeopathy Medicine & surgery BAMS - Bachelor of Ayurvedic Medicine & Surgery BDS - Bachelor of Dental Surgery	BMLT - Bachelor of degree in medical lab Technology Paramedical Course, Physiotherapy, X-Ray Technology B.V.Sc- Bachelor of Veterinary Science M.S - Master in Surgery M.D - Doctor of Medicine M.D.S - Master in Dental Surgery BBA- Bachelor of Business Administration	BCA - Bachelor of Computer Application MCM- Master in Computer Management MCA - Master in Computer Application MBA - Master in Business Administration NDA - National Defence Academy B.Arch - Bachelor of Architecture LLB - Bachelor of Law D.L.L- Diploma in Labour Laws	D.T.L - Diploma in Taxation LL.M- Master in Law C.S - Company Secretary C.A - Chartered Accountant I.C.W.A - Institute of Cost & Works Accountant B.S.W - Bachelor of Social Work M.S.W - Master in Social Work
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Some Entrance exam After 10th

- Exams for Recruitment as Lady Constable after S.S.L.C.
- Exams for Recruitment as Sailors in Indian Navy.
- Exams for Recruitment Matric Entry for Trade in Sea Men, Engineering/ electrical/ Medical & Logistics.
- Exams for Recruitment of Naviks in Indian Coast Guards after S.S.C.
- Exams for Recruitment of Airman Technical & Nontechnical Trade.
- Exams for Recruitment of Driver, Mechanical, Transport Trade after S.S.C.
- Exams for Recruitment in Books after 10/10+2 Yrs.
- Exams for Recruitment of Railway to the non Technical Cadres after 10/10+2 Yrs.

Some Entrance exam after PUC

- | Name of the Examination | Age Limit |
|---|-------------------|
| 1) NDA Entrance After PUC with PCM | 16 & 1/2 - 19 Yrs |
| 2) IIT Joint Entrance Exam- After PUC with PCM | 25 Yrs |
| 3) All India Engineering Entrance Exam - After PUC with PCM | 25 Yrs |
| 4) Paramedical Test (For MBBS) | 25 Yrs |
| 5) Armed Forces Medical College Entrance (For MBBS) | 28 Yrs |
| 6) KA - CET Joint Entrance Examination- For Admission to Engineering / Medical (BAMS, BHMS), Pharmacy Colleges in Karnataka | |
| 7) Exams for Recruitment of Soldiers - a. General Duty (10+2yrs) | |
| b. Technical | |
| c. Nursing Assistant (12th with Biology) | |
| d. Clerical | |
| 8) Exams for Recruitment as Cadet Entry Scheme after 12th Indian Navy | |
| 9) Exams for Recruitment of Sub Inspector (Stenographer) & Assistant sub Inspector in C.B.P.F. | |
| 10) Exams for Recruitment of Sub Inspector Clerk in C.B.P.F. | |
| 11) Exams for Recruitment of Assistant Sub Inspector Clerk in B.S.T. | |
| 12) Exams for Recruitment of Special Clerk in Railway Apprentices after 12th in Science. | |

Some Entrance Exam after Graduation

- Common Aptitude Test (CAT) for Admission in Indian Institute of Management.
- PG CET - for Admission to Management Institutes in Karnataka.
- Graduate Record Exam (GRE) for Education in Foreign University (U.K, U.S.A)
- Graduate Aptitude Test for Engineering (GATE) for M.Tech & M.E.
- UPSC- Union Public Service Exam. For (IAS/IPS/IES Etc)
- KPSC- Karnataka Public Service Commission. (For Deputy Collector, Dypp, and PSI Etc)
- Exam for Probationary Officer in Banks/ Development Officer in NABARD, Insurance Companies.
- Exam for Different Post Through Reserve Bank of India (RBI), Service Selection Board.
- Entrance Exam for B.Ed Course.

KPSC Examination After Graduation

- State Civil Service Exam.
- Engineering Examination.
- Agricultural Service.
- Assistant (Secretariate) & Sales Tax Inspector Exam.
- Forest Service Exam. (Assistant conservator of Forest)
- Range Forest Officers Exam.
- Police Sub- Inspector (Unarmed) Exam.
- Assistant Inspector of Motor Vehicle Exam After Engineering Diploma (Mechanical / Automobile)
- Clerical & Typist Exam.
- Stenographers Exam.



PARADOXES AND CONTEMPORARY LOGIC



from the discussion on paradoxes from the beginning of the 20th century until 1945, and attempts to assess their importance for the development of contemporary logic. Paradoxes involving vagueness, knowledge, belief, and space and time are treated in separate entries.

A terminological warning is in order. The word “antinomy” is used below as alternative to, and synonymous with, “paradox”. Most paradoxes—but not all—involve contradictions; for such cases, we often use the word “contradiction” as well.

About 25000 years ago, a Greek named Zeno of Elea confounded his contemporaries by a series of startling arguments. These were designed to show that the science of geometry is beset by a paradox and that any attempt to provide a mathematical description of motion becomes ensnared in contradictions. So seminal was the scientific

refuting philosophical theses (think of the celebrated paradoxes credited to Zeno of Elea, concerning motion, the continuum, the opposition between unity and plurality, or of the arguments entangling the notions of truth and vagueness, credited to the Megarian School, and Eubulides of Miletus). Paradoxes—termed as Insolubilia—form also a substantial part of logical and philosophical investigations during the Middle Ages.

This entry concentrates on the emergence of non-trivial logical themes and notions



SRI LAKSHMI
- 11 A



JONATHAN
NAJARE - 11A

challenge bequeathed to posterity by Zeno’s polemic that the contemporary philosopher Bertrand Russell paid tribute to him saying: “Zeno’s arguments, in some form, have afforded grounds for almost all the theories of space and time and infinity which have been constructed from his day to our own.”

Authorities disagree on the identity of the adversaries at which our searching Greek aimed his intellectual broadside. Disregarding entirely the question of historical authenticity, most consider Zeno’s paradoxes to be directly relevant to modern science.

“The way of paradoxes, is the way of truth.”

ICSK’s FIRST EVER GAVELS CLUB TAKES SHAPE



“Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, its amazing what they can accomplish.”

On 14th December, 2019 the much awaited Gavels club was inaugurated at ICSK Senior in the school auditorium. Gavels clubs are a way of providing the Toastmasters experience to groups who may be eligible for regular membership due to age, or other circumstances. Following similar Toastmasters club meeting protocols, Gavels clubs use club officer titles and education manuals.

DTM Mr. Balakrishnan and DTM and lead councilor Mrs. Gayathri Radhakrishnan were the distinguished guests. The training

programme will be of one and a half years involving two levels....

- 1] Competent Communication
- 2] Competent Leadership

The difference between YLP and Gavels club was also discussed in the inaugural ceremony. The process of Gavels club is intended to upgrade the children for the future reality and the training would be geared for the same. They would be mentored in such a way that children would be able to speak without preparation for a whole five minutes. The group of children who completed the first phase of YLP would be the members of Gavels club.



ESTHER THOMAS
- 10C

Though life can be difficult
Though we feel like to quit
There can be something great
That makes life worth living.

Let the down hills not break you
But rather push you over limits
Let not the little pains crush you
But rather make you stronger.

Life is a wonderful gift
That is not to be wasted
Let the boundaries be crossed
And let the stereotypes be broken.

Find joy in the good little things
Be content with what you are
Don’t let others judging eyes
Affect your life in any way.

Our life should be our signature
Don’t make it a copy of others
Make your life your unique one
Filled with joy, happiness and fun.



CAPTAINS & VICE CAPTAINS - JANUARY

CLASS 12I



AFRAH



RAYYAN KAZI



FARJANA MOHD



FARZANA YASMEEN



ZAID NAEEM



CALVIN



JOSHUA BASIL



ANDREW THOMAS



ANANDITHA PREETHYMON



FATHIMATHUL FARSAANA

CLASS 12J

CLASS 12K

CLASS 11A

CLASS 11B

CLASS 11C

CLASS 11D

CLASS 11E

CLASS 11F

CLASS 11G



SHARON BABY THOMAS



HIBA HAMEED



MOHAMMED SAAD



RAAFIYA RAFFE



KHALID JAVID



JESSICA ANN LEJO



BLESSEN REJI



VINOLA DSOUZA



JOSH THOMAS



RANA ABDU RAHEEM

CLASS 11H

CLASS 11I

CLASS 11J

CLASS 10A

CLASS 10B



LOVELY VEERWANI



SAKSHI



FATHIMA HASHIM



QASAM HAKIM



SHAHEEN JALAL



FEB A ALEX



ROHIT RAM



RACHEAL PINHO



HUSSAIN BEDAWALA



ERICA GRETTEL

CLASS 10C

CLASS 10E

CLASS 10F

CLASS 10G

CLASS 9A



HUSSAIN JOOZER



HARSHANTH RAJA



JEROM THOMAS



SUYASH KUMAR



MOHAMMED OMAR



TAWHIDUL ALAM



SURAJ MURALI NAIR



SAMYA MOHAMMED



JOSEPH MORAIS



GOPIKA PROMOD

CLASS 9B

CLASS 9C

CLASS 9D

CLASS 9E

CLASS 9F



ALVIN LIAN LIJO



ATIYAH



DANAH ABDUL RAHIM



JEFFIN VARUGHESE



SAAD FAISAL



TASNEEM MUFAZZAL



HUSSAIN SARFRAJ



BENJAMIN BOBBY



MARWAN MANSOOR



DITZA ANN

CLASS 8A

CLASS 8B

CLASS 8C

CLASS 8D

CLASS 8E



RICHELLE MERLIN



BRYAN AJITH



APEKSHA ASHOK



AISHWARYA



NABIA



HUSAIFA



LENA LUKOSE



NABAA KHAN



NAWAAL SHAFEEQ



SYED HAIDER

CLASS 8F

CLASS 7A

CLASS 7B

CLASS 7C

CLASS 7D



TANUSH M SHETTY



S. SYED MOHD AMEER



YOUSUF ZILLUR



SHAIMA RAHAMAT



NESRIN NIYAS



MUHAMMAD ZAID



JOHN GEORGE



KATHRINA



AIYANA MARTIN



K.A.ROHIT RUSHI

CLASS 7E

CLASS 7F

CLASS 6A

CLASS 6B



AARON VARGHESE



MEKHA MARIA



MAVLEON FERNANDES



GURLEEN KAUR



SIMRAN KAUR



SHABBIR HUSAINI



ALONA MARY MATHEW



ANVIN SHAJI VARGHESE

ICSK WALKS IN PRIDE AT NBK ANNUAL WALKATHON



‘Strength does not come from physical capacity. It comes from an indomitable will.’ We ourselves must walk the path. In every walk with nature one receives far more than he seeks. The National Bank of Kuwait popularly known as the NBK had arranged a walkathon on 7th December 2019 that was open to all. The Indian Community School Kuwait has always put an effort to keep health as the priority. In order to encourage the concept of

sound mind and healthy body, around 250 ICSKians including the staff and children had participated in the walkathon. The walkathon saw a proactive leadership with members of the school board, Principals, Vice Principals and teachers leading, which also included the supporting parents.

The starting point was Green Island and the finishing point was The Grand Mosque at

Shuyoukh. The walkathon commenced sharp at 8.30 am and was completed by 11.30 am. The participants covered an incredible journey of 11 kilometres walking shoulder to shoulder. Medals were awarded to all those who completed and covered the entire 11 kilometers journey of walkathon.

Yet another feather added to the cap of ICSK.

THE ARCHITECT OF INDIA



Pandit Jawaharlal Nehru, the 1st Prime Minister of India was born on 14 November 1889 at Allahabad in Uttar Pradesh. He was an Indian Independence activist and was a central figure in Indian Politics before and after independence. He

emerged as an eminent leader of the Indian Independence Movement under the tutelage of Mahatma Gandhi and served India as the Prime Minister from its establishment as an independent nation in 1947 until his death in 1964.

Pandit Jawaharlal Nehru graduated from Trinity College, Cambridge where he was trained to be a Barrister. When he returned to India, he enrolled at the Allahabad High Court and took interest in National Politics, which eventually replaced his legal practice. He became the prominent leader of the Left Wing Factions of the Indian National Congress. As the Congress president in 1929, Nehru called for complete independence from the British Raj.

Pt.Nehru is often called as the Architect of India and this attributes to the National Philosophy for India that Nehru formulated. For him, modernization was a national philosophy with 7 goals: National Unity, Parliamentary Democracy, Industrialization, Socialism, Development of Scientific Temper and Non-Alignment. And

these philosophy and policies benefitted a large section of society such as the public sector workers, industrial houses, middle and upper peasantry.



JOHANN PREMJITH
8B

He was a passionate advocate of education for India's children and youth believing it essential for India's future progress. Chacha Nehru was fond of children and roses. He believed that the children are the strength of the country and the foundation of the society. He always liked to be in the middle of the children. After independence he did a lot of good work for the children. Children's Day is celebrated every year to raise awareness about the rights, care and education of the children.

Quote Garden

- “Don't Let Yesterday Take Up Too Much Of Today.” – Will Rogers
- “We May Encounter Many Defeats But We Must Not Be Defeated.” – Maya Angelou
- “The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.” – Mark Caine
- “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” – Helen Keller
- “Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.” – Mark Twain
- “A successful man is one who can lay a firm foundation with the bricks others have thrown at him.” – David Brinkley
- “Those who dare to fail miserably can achieve greatly.” – John F. Kennedy



BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF DECEMBER 2019

INCOME (NOVEMBER)	KD	EXPENDITURE (DECEMBER)	KD
Balance c/f from November	2812.500		
Contribution from students & Staff (December)	255.980		
Miscellaneous	6.000		
Balance in Hand	3074.480		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - DECEMBER 2019

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total	CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	6.300	6.300	8B	-	1.605	1.605
12B	-	1.500	1.500	8C	-	8.085	8.085
12C	-	2.050	2.050	8D	-	3.025	3.025
12D	-	1.700	1.700	8E	-	2.870	2.870
12E	-	2.300	2.300	7A	-	45.900	45.900
12F	-	1.500	1.500	7B	-	3.100	3.100
12G	-	1.815	1.815	7C	-	2.520	2.520
12H	-	-	-	7D	-	5.220	5.220
11A	-	2.250	2.250	7E	-	17.810	17.810
11B	-	9.350	9.350	6A	-	3.100	3.100
11C	-	2.250	2.250	6B	-	7.215	7.215
11D	-	4.730	4.730	Total	2.000	206.460	208.460
11E	-	3.440	3.440	AFTERNOON			
11F	-	7.540	7.540	VII F	-	1.230	1.230
11G	-	3.420	3.420	VIII F	-	0.350	0.350
11H	-	5.240	5.240	IX F	-	0.845	0.845
10A	-	1.450	1.450	X E	-	8.880	8.880
10B	-	3.740	3.740	X F	-	13.375	13.375
10C	-	5.700	5.700	X G	-	2.150	2.150
9A	-	7.550	7.550	XI I	-	2.605	2.605
9B	-	7.880	7.880	XI J	-	-	-
9C	-	5.600	5.600	XII I	-	5.395	5.395
9D	-	1.420	1.420	XII J	-	4.145	4.145
9E	2.000	14.000	16.000	XII K	-	6.545	6.545
8A	-	3.285	3.285	Total		45.520	45.520
				Grand Total	2.000	251.980	253.980

EPI-Facts

- Because of its unique tilt, a season on Uranus is equivalent to 21 Earth years.
- We have only explored about 5% of the world's oceans. There's a lot more to be discovered!
- The planet's longest mountain range is underwater and is 10 times longer than the Andes.
- A cow gives nearly 200,000 glasses of milk in a lifetime.
- The heart of a shrimp is located in its head.
- A snail can sleep for three continuous years .
- Pluto(2374km) is smaller than the United States(4650km) in terms of Area
- The name "Pacific Ocean" comes from the Latin name Tēpe Pacificum, meaning "peaceful sea".
- Tigers legs are so powerful that they can remain standing even when dead
- Mercury, the hottest planet in our solar system has ice glaciers on its surface.



CHARITY CONVENERS - JANUARY



SABIA PARVEEN
- 12I



SONU BASCO
- 12J



SAYEM ABDUL
- 12K



KEYUR SOLANKI
- 11A



AARON THOMAS
ANIL - 11B



SONYEL D'SOUZA
- 11C



HASAN KHAN
- 11D



ROHAN DAS GUPTA
- 11E



JAI SEKHARI
- 11F



ROYSTON NICHOLAS
- 11G



PRERANA
- 11H



NEHA SULTANA
- 11I



AREEBAH NAWAZ
- 11J



JOEN JAMES JOHN
- 10A



PULAK SINGH
- 10B



MURTUZA TOFFIK ALI
- 10C



NAYANA JITH
- 10E



SHAIKH ABDUL AZIZ
- 10F



TALHA ABDUL
- 10G



THEAJUS PRAKASH
- 9A



MARIA MOJALI
- 9B



JANANI
- 9C



AFAF ARIF
- 9D



AZEES ABIZAR
- 9E



BADER BASIM
- 9F



JANIS JESTINE
- 8A



ASHFAQ AMAN
- 8B



AYAAN SYED
- 8C



MISHAL SHANAVAS
- 8D



ANAGHA HOMBALI
- 8E



RAJARATNAM
KUMAR - 8F



SREEHARI ANOOP
- 7A



INSIYA SAIFEE
- 7B



ABHISHEK
SATHEESH - 7C



AAMNA IRSHAD
- 7D



HANOCH LUTHER
- 7E



K. SHANMUKHA
- 7F



CHARU AJITH
KUMAR - 6A



SERAH GIJU
GEORGE - 6B

Health tips for everyone

A. Two things to check most often are:

1. Your blood pressure
2. Your blood sugar

B. Three things to reduce:

1. Salt
2. Sugar
3. starch (carbohydrates)

C. Four things to increase:

1. Green leaves
2. Vegetables
3. Fruits
4. nuts

D. Three things to forget:

1. Your age
2. your past
3. Your hatred

E. Three things you must have :

1. True friends
2. A loving family and
3. positive thoughts

F. Four actions to stay healthy:

1. Fasting
2. Laughing
3. Exercise
4. Reduce and balance weight



The Maurya Kala Organisation celebrated Hindi Divas by conducting various competitions. Along with this they also gave away an award for the highest scorer in the subject Hindi.

Sanskar Mishra of class 9 A won the first prize (DINKAR AWARD) for self-written recitation and first prize for debate.

Hiba Hameed of class 11 C received an award for scoring the highest mark in Hindi for the AISSE examination.

Student Name:

Class : Section: Roll No.:

Serial No.

ACKNOWLEDGEMENT

I, the parent of studying in class section hereby, acknowledge the receipt of the January, 2020 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:



Prestigious UN medal for Indian peacekeepers: About 850 Indian peacekeepers serving in South Sudan have been awarded the prestigious UN medal for their service and contribution to building peace in the strife-torn nation and supporting the local communities. India is among the largest troop contributing countries to UN peacekeeping operations. Currently, 2,342 Indian troops and 25 police personnel are deployed with the UN Mission in South Sudan (UNMISS).



AAI recommends Centre to privatise 6 airports including Amritsar, Varanasi: The Airports Authority of India (AAI) has recommended the Centre to privatise airports at Amritsar, Varanasi, Bhubaneswar, Indore, Raipur and Trichy, a senior government official said. The AAI,

which works under the Ministry of Civil Aviation, owns and manages more than 100 airports across the country.



Ethiopia launches first satellite into space: Ethiopia launched its first satellite into space, as more sub-Saharan African nations strive to develop space programs to advance their development goals and encourage scientific innovation. Senior officials and citizens gathered at the Entoto

Observatory and Research Centre just north of the capital Addis Ababa to watch a live broadcast of the satellite's launch from a space station in China.



Government to redevelop Parliament building or build new one by 2022: The Monsoon Session of Parliament in 2022 will be held in a newly-developed Parliament building, government sources said. The project to build a composite complex for various ministries will also kick

off very soon, besides the redevelopment of the Central Vista, a 3-km stretch from the Rashtrapati Bhavan, North and South Block to the India Gate, they said. These new iconic structures will be a legacy for 150 to 200 years at the very least, according to the RFP.



Vice President laments poor world ranking of Indian varsities: Vice President M Venkaiah Naidu said it was sad that no Indian university figured among the top 300 in this year's Time World University Ranking, and stressed on the need to improve quality of education in

the country. Addressing students at the 16th convocation ceremony at Symbiosis International University here, Naidu said there was a need to strategise to ensure Indian universities can rank among the top 100 and then in the top 50 in the world.



Education is the best tool for social empowerment, says President Ramnath Kovind: President Ram Nath Kovind has said that students and teachers should be sensitive towards empowerment of the marginalised sections of the society. Addressing the Platinum Jubilee

Celebrations of Utkal University in Bhubaneswar, he said education is the best tool of social empowerment. He said he stands as a proof of it too.



Govt appoints Soma Roy Burman as new Controller General of Accounts:

The government said it has appointed Soma Roy Burman, a 1986-batch Indian Civil Accounts Service Officer, as the new Controller General of Accounts (CGA). Burman is the 24th CGA and is the seventh woman to hold this position. "The government appointed Burman, as the Controller General of Accounts (CGA) with effect from December 1, 2019," the Finance Ministry said in a statement.



'One Nation One Ration Card' to be effective nationwide from June: the government's 'One Nation One Ration Card' initiative that will largely cover migrant labourers and daily wagers will come into force across the country from June 1, 2020, Union minister Ram Vilas Paswan

said. Under the initiative, eligible beneficiaries would be able to avail their entitled food grains under the National Food Security Act from any Fair Price Shop (FPS) in the country using the same ration card.

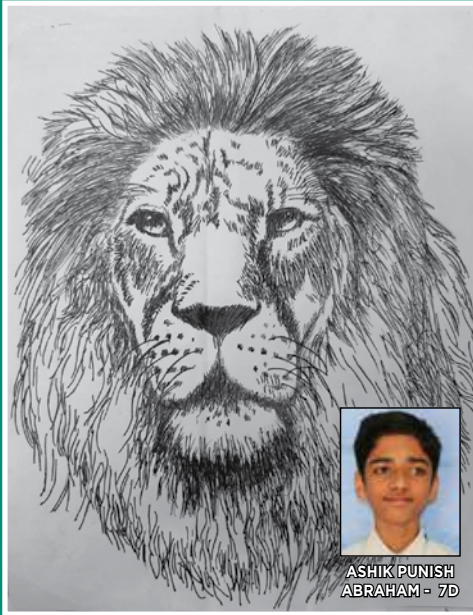


India donates solar lamps to Palestinian kids: India has donated solar powered study lamps to Palestinian elementary school children from a marginalised Bedouin community to spread the principles of self-sufficiency and raise awareness towards the adverse

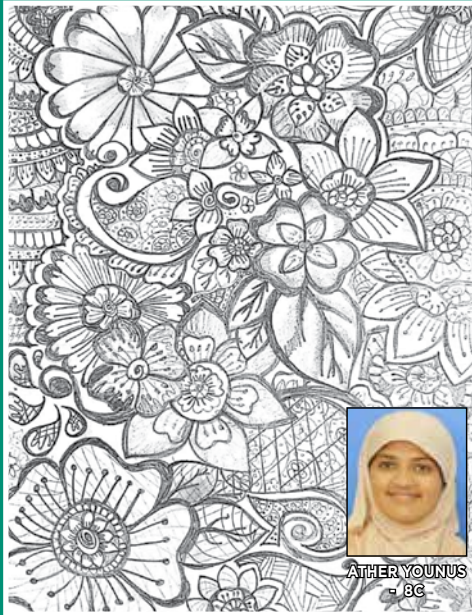
effects of climate change. The solar powered study lamps supplied by IIT-Bombay as part of the initiative on Mahatma Gandhi's 150th birth anniversary to promote renewable sources of energy.

Look for something Positive in each day,
even if some days you have to look
a little harder.

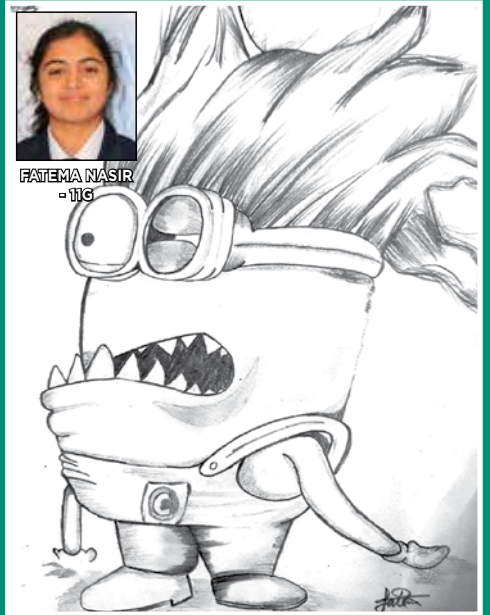
Art Gallery



ASHIK PUNISH
ABRAHAM - 7D



ATHER YOUNUS
- 8C



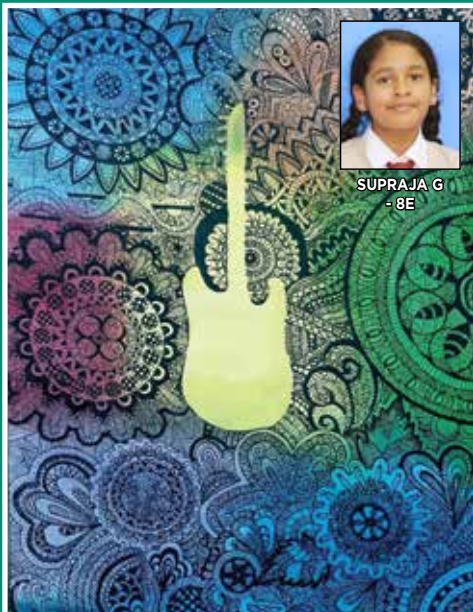
FATEMA NASIR
- 11G



CLEONA
FERNANDES - 12F



ONEGA WILLIAM
- 7C



SUPRAJA G
- 8E



NEHA SHEJU
VADAKKADTH - 7B



RITAJ RIZWAN
RAWOOT - 8D

EPIctionary

1. **Garullous** - Meaning: excessively talkative

Used in a sentence: The garullous politician couldn't deliver on the promises he had made.

2. **Obdurate** - Meaning: stubborn, refusing to change one's opinion

Used in a sentence: The obdurate three-year-old child refused to eat any vegetables however they were given.

3. **Venerate** - Meaning: regard with respect.

Used in a sentence: The police chief was venerated for his forty years of service.

4. **Ephemeral** - Meaning: lasting for a very short time.

Used in a sentence: Ephemeral art painted on the sidewalks will wash away in the rain.

5. **Abstain** - Meaning: To restrain oneself from something.

Used in a sentence: Doctors encourage patients to abstain from smoking.

6. **Prosaic** - Meaning: not challenging, lacking excitement.

Used in a sentence: The project submitted by the committee was full of prosaic ideas.

7. **Scrupulous** - Meaning: diligent, thorough, extremely careful.

Used in a sentence: The health inspector was scrupulous in his observation of the restaurant's kitchen.

8. **Pithy** - Meaning: brief, to the point.

Used in a sentence: The professor was not known for talking too much, but what he did say was always pithy.

9. **Lionize** - Meaning: treat someone as a celebrity.

Used in a sentence: The retired principal was lionized as a paragon of integrity and diligence.

10. **Frivolous** - Meaning: trivial, silly

Used in a sentence: Ram was passionate about collecting coins but his friends thought it was a frivolous activity.

ICSK SENIOR ELATED IN CHRISTMAS FESTIVITIES



The much awaited festival of Christmas was celebrated with fervor and zeal by the children of the Indian Community School ,Senior on 22nd December, 2019. The children presented an array of interesting programmes. The school echoed with Christmas carols and holy hymns sung melodiously by the children ushering the festive seasons. An amazing skit was showcased depicting the birth of Jesus Christ. The children were filled with joy and excitement as Santa came dancing to the tune of jingle bells.

Forthcoming Events



- Medical Camp for ICSK staff.
- Blood donation camp.
- Induction of School cabinet.
- Fire drill -Disaster management.
- Model Examination for Class XII.
- Evening Special Classes for Arts.
- Class XII CBSE practical Exam
- Higher Education Fair 2020
- Mega Carnival 2020
- Aashirwad 2019-2020
- Visit of Vice Chancellor's of Gujarat University to ICSK
- How to Learn and how to write exams - A training by Dr. B.S. Warrior



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