



EPICS



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THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT

E EMOTIONAL P PHYSICAL I INTELLECTUAL C CULTURAL S SPIRITUAL

FEBRUARY 2020



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the February edition of EPICS. First let me express sincere gratitude for the parents and students for making our carnival to a great event. Let us pray for

our class X and XII students who are writing the CBSE examination in Feb/ March 2020. In this edition let's discuss 9 tips to being your own best friend.

There is a clear difference between being lonely and being alone. Loneliness is a negative feeling of isolation, sadness, and overall lack. But being alone does not have to be lonely- on the contrary! Alone time can be cultivated and made enjoyable and peaceful. You can turn the hours spent on your own into a time of recharge and growth, rather than waiting for the next 'thing' to happen.

Hopefully, these 9 tips on how to make the most of your alone time will inspire your Me Time habits.

1. Schedule the Time

For some people, the packed schedule of everyday commitments just doesn't have enough space for quality me time. If that is the case, you can add it to the agenda, just like you would do for a lunch date with a friend. That way, you give your alone time a place of importance, and it is not just a filler between events. It is a conscious choice you are making for your own wellbeing.

2. Stay Away from Social Media

One of the biggest mood killers (and time-wasters), when you're relaxing by yourself, is social media. Seeing what others are up to or checking emails might interrupt your peace of mind. If you have already made the time to enjoy your own company, you would do yourself a favor by putting your phone aside for a bit.

3. Get Creative

Being on your own is the perfect time to let your thoughts wander. We rarely have the capacity to think freely without any external interruptions. Give your thoughts and ideas an outlet by practicing your creative field of choice. It might be journaling, painting, cooking, playing an instrument, or even small house

repairs. Being creative is one of the most satisfying feelings.

4. Talk and Listen to Yourself

The time you spend alone gives you the chance to process things that happened while you were out there in the social world. Pay attention to the thoughts and emotions that come up, that you may not have noticed before. This awareness can make you feel more present and engaged in your upcoming social interactions, too.

5. Plan Ahead

Reflecting can often lead to thoughts about the future. Plan your day, week or year. Figure out what your personal goals are and how you would go about attaining them. Take care of short-term goals first, and then make sure you're on the right track for long term ones.

6. Go Out and About

There is something very liberating and special about doing something you would normally do with others, by yourself. Go out to dinner, or visit a museum or go for a walk. No one will ask for 'a bit' of your fries, or argue on what you did. It might help to remind yourself that people are not as engaged with you as you think. They're just doing their own thing, the same as you.

7. Observe

If you have decided to go out for a walk, or any other 'outside' activity, don't take out your phone or tablet and pretend to be busy. Look around you, people- watch, look at the sky and the street. You'll be amazed at the things you'll notice.

8. Learn Something New

We all need to rest sometimes, but avoid spending all your time alone in idleness. Always wanted to learn a language or how to play an instrument? There is no better time to start! Using your alone time to learn a new skill is fulfilling and important.

9. Realize You Are Self Sufficient

One of the biggest upsides to getting comfortable with your own company is that it makes you more attractive to others! Learning how to rely on yourself leads to a feeling of independence and confidence. There is nothing wrong with relying on your friend when you need to, but relying on yourself is an invaluable skill.

Once again Wish you the very best

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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



ICSK -The Indian Community School, Kuwait



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EDITORS' NOTE

Greetings from the editorial board.

Dear children,

Exams are round the corner .Face the examination with confidence. Do not procrastinate and regret about it later.Be more focused and emerge successful .

A short story to refresh your minds.

One night, just before the shopkeeper was about to close the shop, a dog came into the shop.

There was a bag in its mouth. The bag had a list of items to be bought and money. The shopkeeper took the money and kept the items in the bag.

Immediately, The dog picked up the bag of items and left. The shopkeeper was surprised and went behind the dog to see who the owner was.

The dog waited at the bus stop. After sometime a bus came and the dog got into the bus. As soon as the conductor came, it moved forward to show his neck belt which had money and the address as well. The conductor took the money and put the ticket in his neck belt again.

When it reached the destination, the dog went to the front and wagged his tail indicating that he wanted to get down. The moment the bus stopped, it got down. The shopkeeper was still following it.

The dog knocked on the door of a house with its legs. Its owner came from inside and beat it with a stick.

The shocked shopkeeper asked him "why are you beating the dog?", to which the owner replied, "he disturbed my sleep. It could have taken the keys with it."

This is the truth of life. There is no end to the expectations people have from you. The moment you go wrong, they start pointing at our mistakes. All the good done in the past is forgotten. Any small mistake committed then gets magnified. This is the nature of this material world.

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



Mrs. Susan George



Mrs. Tintu Wilson

Article of the Day

A person started to walk on a rope tied between two tall towers. He was walking slowly, balancing a long stick in his hands. He had his son sitting on his shoulders.



JOVEN JOSE
10 C

Every one on the ground was watching him in bated breath and was very tense. When he slowly reached the second tower, every one clapped, whistled and welcomed him.

He asked the crowd ,do you all think I can walk back on the same rope now from this side to that side?

Crowd shouted in one voice "Yes, Yes, you can.."

Do you trust me, he asked? They said yes, yes, we are ready to bet on you.

He said okay, can any one of you give your child to sit on my shoulder; I will take the child to the other side safely..

There was stunned silence. Every one became quiet.

Belief is different. Trust is different. For Trust you need to surrender totally.

This is what we lack towards God in today's world.

We believe in Almighty.... But do we really trust Him?



Enthusiasm is the key to any action



KAAVYA VAIDYA
NATHAN - 11G

A little boy named Veer was walking on the beach. High tides had left a large number of fishes stranded on the shore. To save the lives of the fishes, the boy determinedly picked up one by one and started throwing them back into the ocean.

A man seeing the boy filled with such enthusiasm, asked him," Why are you wasting your time? There are so many fishes that there is no way you can save them all. What difference can you make?"

The boy picked up one of them in his hand and threw it into the water and said, "I know for sure that I have made a difference in the life of this fish". And he continued to keep doing his work.

Moral: Enthusiasm is the key to any action. Without it we may give up too soon.

STUDY IN GUJARAT

"Intelligence plus character, that is the goal of true education."



The Hon' Minister of Education from the State of Gujarat Shri Bhupendrasingh Chudasama along with the other delegates from Gujarat paid a visit to the evergreen campus of the Indian Community School Senior on 16th January, 2020. The reason for their visit was to conduct a consultation programme on the new education policy of India and also to invite and encourage the children of ICSK to Gujarat in order to pursue their higher studies.

The centre of attraction was the Hon' Minister of Education, the State of Gujarat, Shri Bhupendrasingh Chudasama, Principal Secretary Ministry of Education Gujarat Mrs. Anju Sharma, Joint Secretary Ministry of Education Gujarat, Shri Dr. Nilay N Bhuptani, Deputy Chief of Mission Indian Embassy, Shri

Raj Gopal Singh, Second Secretary, Indian Embassy Mr. Fahad Ahmed Khan and the delegates representing various educational institutions of Gujarat. The Principals and Vice Principals of the other branches of ICSK, Mr. Gangadhar, Mr. Rajesh Nair, Mrs. Shirly Dennis, Dr. Sam T Kuruville, Dr. Mary Isaac and Mrs. Sheeja also witnessed the historical



programme.

The Principal Secretary Ministry of Education Gujarat Mrs Anju Sharma spoke to the children in order to edify them about the innumerable opportunities the state of Gujarat has in the field of education, for those who want to pursue their higher education in innovative courses.

A short film presentation highlighting the study in Gujarat was also showcased during the programme. A very elucidating and informative presentation was given by the innovative and amazing group of academicians and representing top universities of Gujarat for higher studies that left the children flabbergasted. An interactive session was also organized giving a chance to the upcoming doctors, entrepreneurs, engineers etc to help them choose their career and institutions for higher studies wisely.

SALT THE ESSENTIAL AND THE ESSENCE OF LIFE



Cities have been named after it... Economies have been built on it... Battles have been fought over it... Your life depends on it... Salt may be the most important, and the most divisive mineral in history. What is it worth to us today? What would happen to us if there were no salt in the world? Well, let's find out! There are more than 14000 applications of salt. For most of us, it would mean high blood pressure.

Back in the day, you might have been paid in salt. It could have preserved your food, healed your wounds and brought good fortune.

Today, beyond being the reason why those burgers and fries taste so good right now, salt is used for de-icing, chemical processing, water treatment, farming and for diverse uses in the oil and gas industry.

Salt is made up of 2 elements which on their own will kill you but together they will keep you alive.

Sodium explodes in the water while chlorine is a poisonous gas.



GOKUL SREENIVASAN
9 B

Salt has a number of crucial benefits like helping your body transmit nerve signals so that your muscles can relax & contract, enabling your heart to pump blood.

But hold on... you can't have too much of a good thing though. High salt content causes cardiac arrest. Your body has approximately 40 teaspoons of salt or 0.4% of our body weight. Every time you sweat, that salt needs to be replenished.

Not just us, plants and animals also need salt as much as we do.



REPUBLIC DAY OF INDIA



The Republic Day celebrates the birth of our constitution. It honors the date on which the constitution of India came into force on 26th January 1950, replacing the Government of India Act as the governing document of India.

The constitution was adopted by the Indian constituent assembly on 26th January 1949, and came into effect on 26th January 1950. 26th January was chosen as the Republic day because it was on this day in 1930, the declaration of Indian Independence (Purna Swaraj) was proclaimed by the Indian National Congress as opposed to the dominion status offered by the British regime.

On 28th August 1947, a drafting committee was appointed to draft a permanent constitution with Dr. B. R. Ambedkar as the chairman. On 24th January 1950, after many deliberations and modifications a 308 member assembly signed two hand written copies of the documents (one each in Hindi and English). Two days later, it came into effect throughout the whole nation.

Freedom fighters like Mahatma Gandhi (the father of our nation), Bhagat Singh, Chandrashekhra Azad, Sardar Vallabhbhai Patel, Lal Bahadur Shastri, Bal Gangadhar Tilak, Bipin Chandra Pal etc., fought against

the British to make our country free. We should never forget their sacrifice and should salute them. Our first president Dr.Rajendra Prasad said "We find the whole of this vast land brought together under the jurisdiction of one constitution.



JOHANN PREMJI
8 B

Republic Day is one of the three national holidays in India. We celebrate it with lots of joy and happiness. Every year 26th January celebrations is a big arrangement that takes place at the Rajpath in front of the India Gate in New Delhi. The president hoists the tri colored national flag that denotes strength, courage, peace, growth and prosperity followed by the melodious national anthem Jana Gana Mana written by Rabindranath Tagore which expresses peace and unity. Floats depicting various cultural and social heritage of all the states and union territories are rallied. The parade showcases India's defence capability.

A chief guest is invited every year for the Republic Day celebrations to fulfill the purpose of "Athithi Devo Bhava" as well as to enhance the glory of the occasion. The invitee this year on our 71st Republic Day was the Brazilian President Mr.Jair Messias Bolsonaro.

I'm indeed proud to be an Indian. **JAI HIND**

Sir C. V. RAMAN



The Great Indian physicist Chandrasekhara Venkata Raman, popularly known as C.V Raman, was born on 7th November, 1888 at Trichirapalli in Tamil Nadu. As a brilliant and promising child, he passed his matriculation examination at the young age of 12 from Madras University. During his student days he conducted many researches and published his papers in many reputed magazines. He was elected as the Fellow of

the Royal Society of London in 1924. He discovered the "Raman Effect" in 1928. For it, he was awarded the Nobel Prize for Physics in 1930. He became the first Indian to win this prestigious honor. With this award, his reputation increased by leaps and bounds and many Universities and institutions honored him with PhD and D.Sc. degrees.



MAHILLYA MOHAN
11 A

Raman Effect happens when molecules of a medium scatter light energy particles known as photons. The spectrum varies with the nature of the transparent medium used to scatter the light. Raman Effect has proved to be of great scientific value and with its help the structure of more than 200 compounds has been known. He also gave us the scientific explanation for the blue colour of the sky and the ocean. His contributions to the mechanical theory of bowed, stringed and other musical instruments like violin, sitar, cello, piano, veena, tanpura and mridangam have been very significant.

*In good times and
in bad times.*



ASAD ALI HAKIM
- 10 F

If you have friends in your life,
They will do anything for your sake.
As they motivate you in every step you take.
They shine like the light from the sun.
Thanks to them, our life is full of fun.
They are like the jewels you wear.
As they know the value of every tear you bear.
When you are scared they will comfort your fear.
When you are worried they will give you hope.
When you are confused they will help you to cope.

ICSK FLAGS OFF HIGHER EDUCATION FAIR 2020 WITH GREAT ZEAL



The Indian Community School, Kuwait, took pride in hosting the Higher Education Fair 2020, a mega event, on the 17th and 18th of January 2020. ICSK conducted this Education Fair for the second time as the school is commemorating the 61st year of its glorious existence. The school had conducted this fair last year for the first time as a part of its Diamond Jubilee celebrations.

The education fair is an enterprising venture, offering career talks, aptitude tests, career counselling and multiple courses in a single program. The Education Fair supplied a platform to interact with many of the leading universities from around the globe. The fair offered unlimited opportunities to students who wished to pursue higher education at various Universities.



This year, Indian Institute of Technology-IIT Roorkee & National Institute of Fashion Technology-NIFT New Delhi also conducted separate sessions for the first time in the Middle East, to guide the students towards the right career path. The world renowned Career Guru & popular columnist Dr B.S.Warrier (Indian universities) and prominent USA



based career guidance specialist Mr. Jihad Yaacoub (Foreign universities) conducted the career guidance seminars and cleared all the queries regarding various career prospects enabling the students to benefit from the wide range of opportunities available to them. The seminars were free of cost.



The spotlight was on more than 50 universities & colleges from around the world who were the participants in this exclusive programme. They extended their plethora of opportunities to the career aspirants.

HEALTH TIPS FOR EVERYONE

A. Two things to check most often are:

- (1) Your blood pressure
- (2) Your blood sugar

- (3) Fruits
- (4) nuts

B. Three things to reduce:

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

D. Three things to forget:

- (1) Your age
- (2) your past
- (3) Your hatred

C. Four things to increase:

- (1) Green leaves
- (2) Vegetables

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

G. Four things not to wait for ...

- (1) Do not wait until you fall asleep.
- (2) Don't wait until you're tired to relax.
- (3) Don't go to see your friend until he gets sick.

Our health is our responsibility.



17TH SUPER MEGA CARNIVAL AT ICSK - AN ABSOLUTELY MAGNANIMOUS AND BREATHTAKING SHOW

The Indian Community School unfolded its much awaited 17th Super Mega Carnival on 24th January 2020 in the premises of ICSK Senior School keeping afloat the spirit of the school motto high. The most envisioned episode among all the Indians in Kuwait, the Super Mega carnival lured huge crowds during the day-long event which spoke volumes about the popularity of the episode as all roads seemed to lead to ICSK.

The Super Mega Carnival was blessed with the gracious presence of a lot many dignitaries. To begin with, ICSK felt glorified with the benign presence of the Honorable Chief Guest Mr. Raj Gopal Singh, Deputy Chief of Mission and Appellate Authority, Indian Embassy Kuwait, Guest of Honour Mr. Ali Asgar, renowned TV Actor and Stand-up Comedian, Honorary chairman Board of Trustees Mr. Shaikh Abdul Rahman, Honorary Secretary Board of Trustees Mr. Amir



Mohammed, Honorary Vice Chairman Board of Trustees Mr. Vinu Kumar Nair, Honorary Joint Secretary Board of Trustees Mr. Agnelo A.S. Fernandes, Honorary Treasurer Board of Trustees Mr. S.N Raju. The Principals and Vice principals of all the Branch schools also witnessed the inaugural function of the 17th Super Mega Carnival.

An enchanting and entrancing performance was showcased by Gino, popularly known as Junior Sivamani along with some of the budding artists of ICSK. The DJ, gaming stalls left the youngsters flabbergasted who went bonkers at the Disco. The evening witnessed magical shows by Javier Saba, the renowned Mentalist and Illusionist, that left the crowd dazzled. The juggling show by the precision juggler, the bamboo fusion music for the first time in Middle-East turned the Super Mega Carnival to an incredible one. The stand-up comedy performance by Ali Asgar, an Indian





Actor and stand-up Comedian left the crowd to tickle their funny bones. He also has hosted many TV shows. The musical show by Gino fired the imagination of thousands who thronged there. Various cultural events by Sahasra Dance Studio, Taal Studio, Beat Buster, Divya Jyoti, Garba Nilaxi Group, Tapasya Group, Rahda Group Dandiya, Bhangra and many more enthralled the whole crowd. The dance performances by the very own children of ICSK was just an icing on the cake and a treat to the eyes.

The 60th Golden Jubilee song was also presented to the entire crowd. The flavoursome cuisines from the best restaurants, on-the-spot prizes, rounds of Bingo were the exact combo for the very successful 17th Super Mega Carnival. The zeal and zest exhibited

by an enthusiastic crowd of visitors and participants made the 17th Super Mega Carnival the most memorable one.



Birthday Arcade - February



ASIYA YUSUF KHAN
8D - FEB 1



NAYANA RUDRARAJU
12K - FEB 1



NADIYA ADNAN
- FEB 1



TAHER MUSTUFA
6A - FEB 2



SAHIL MANOJ
9C - FEB 3



YUNUS MOHD SHAFI
9E - FEB 3



SREYA MATHEW
10A - FEB 3



ADAM MOHAMMED
11E - FEB 3



LEXI MERIN BENNY
11C - FEB 3



ZAINA MUNIR THAKUR
12K - FEB 3



AKASH VAITHYANATHAN
12C - FEB 4



ALISHA IRASHAD
12C - FEB 4



TAHA IMAM
9B - FEB 5



ARSHIYA NAAZ
12B - FEB 5



AARON DSOUZA
12E - FEB 5



ASRAR ALTAF RAWA
8A - FEB 5



PRAJITH DAMODAR
7B - FEB 6



NEEDA KAHLID
7D - FEB 6



AYAAN SYED
8C - FEB 6



PRONUY SIMON
9B - FEB 6



SRI LAKSHMI
11A - FEB 6



TALEN NEIL
11D - FEB 6



SHELDON ALRIDGE
12J - FEB 6



LANCIA CHRISTIAN
8A - FEB 7



MOHAMMED RIZAN
11D - FEB 7



AMEENA HAMZA
9F - FEB 8



RISHON LEWIS
10B - FEB 8



FORHAD HAZRAT
10F - FEB 8



ELEORA ELISHA
10G - FEB 8



MANHA SYED
10B - FEB 8



JOHANN LAJI PHILIP
12B - FEB 9



GEORGE VARGHESE
12E - FEB 9



SYED ABDULLA
11E - FEB 9



FATHEMA ZAHRAH
8E - FEB 10



VALENTEENA LOBO
10A - FEB 10



AMATULLAH ABBAS
12J - FEB 10



YUSUF SALIM
12J - FEB 10



HARSHIT GIANANI
9A - FEB 11



ANDREW P. THOMAS
11A - FEB 12



RAKSHITA AMARNATH
12F - FEB 12



NOLAN THOMAS
9A - FEB 13



SURAJ MURALI NAIR
10G - FEB 13



MARIYA GHADIYALI
11I - FEB 13



SIDHARTH V SIJU
12C - FEB 13



TONEY RONY CHACKO
12I - FEB 13



BARNI SHREE VINOD
7B - FEB 13



SHAIKHA ABDUL KADAR
11G - FEB 14



MELAN VARGHESE
12A - FEB 14



JEWEL JOHN
8A - FEB 15



SHEIK NOORDEEN
10C - FEB 15



GAYATHRI HARI
11C - FEB 15



AARON VARGHESE
7E - FEB 16



ANOL ALWYN DSOUZA
11J - FEB 16



TASNEEM KHAANJI
12F - FEB 16



ADNAN ISMAIL
7E - FEB 17



DELWIN MORAS
9A - FEB 17



JERRY SAM JOSE
10B - FEB 18



SAALIHA ZAMEER
11B - FEB 18



SHAYAAN SAJID
11D - FEB 18



SAIF RAFIQ AGARIA
8C - FEB 19



MOHAMMED YASEEN
8D - FEB 19



RASHIDA BAKRIWALA
9B - FEB 19



SANIYA JAVED SURTI
11C - FEB 19



NIKITA RAJESH
12B - FEB 19



NAFISA MOIZ ALI
6B - FEB 20



ANSIYA SUHITHA BABU
7A - FEB 20



AAVANI VINOD
7C - FEB 20



JOHN GEORGE
7C - FEB 20



NATHAN JOHN JIBI
8A - FEB 20



NEZLA NIYYAS
8B - FEB 20



KASHI ALPESH
9B - FEB 20



TREVOR BRAGANZA
11F - FEB 20



RUHI FAISAL
10B - FEB 21



HIBA HAMEED
11C - FEB 21



MOHAMMED FAAIZ
11C - FEB 21



ROYSTON NICHOLAS
11G - FEB 21



ILHAM IQBAL
8E - FEB 22



ADNAN KUTBUDDIN
9D - FEB 22



BURHANUDDIN
11D - FEB 22



ATHIRA RAJENDRAN
12B - FEB 22



AHALYA NARAYANKUTTY
12E - FEB 22



AKSHAYA JAYASANKAR
7C - FEB 23



MADIHA SHAKEEL
8C - FEB 23



VIGNESH NITHYANANDAM
9C - FEB 23



SUMAYYA
11A - FEB 23



ATHIYA BINTH
12B - FEB 23



SHAIK MOHAMMED ANAS
11GB - FEB 24



BENEETA ANN JACOB
12D - FEB 24



MOHAMMED MUFADDAL
7B - FEB 26



JAYAVED NEEDHIVEDAN
11D - FEB 27





TIMOTHY THOMAS
12C - FEB 27



AYMAN JAVID
7B - FEB 28



ISAAC MATHEW
7D - FEB 28



SALWA TANWEER
8E - FEB 28



KHALID MAOHAMMED
9E - FEB 28



MOHAMMED BADRI
10F - FEB 28



JAI SEKHRI
11F - FEB 28



MEHMOOD A.
12I - FEB 5



PRESTON SHANNON
12K - FEB 17



MRS. ANNIEF MATHEW
- FEB 2



MRS. SHIBNA
- FEB 2



MR. JOEL JOHN
DSOUZA - FEB 4



MRS. SUSAN RAJESH
POTHAN - FEB 7



MR. HASHIM
FEB 9



MRS. MEHTAB
FEB 10



MRS. TINTU WILSON
- FEB 10



MRS. NAGESWARI
- FEB 10



DR. NAVJOT KAUR
FEB 13



MR. JAYESH
- FEB 18



MRS. SEEMA
JAYAPRAKASH - FEB 20



MRS. SUBHASHINI
- FEB 23

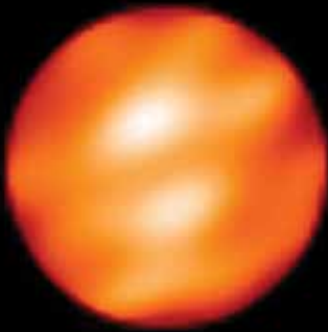


MRS. ALINA MATHEWS
- FEB 24



MRS. K.SABHARWAL
- FEB 26

Betelgeuse, the Fainting Star



The red supergiant is no closer to exploding, it seems. It also no longer appears round. Betelgeuse, the red supergiant star that marks the armpit of Orion the Hunter, has been dramatically and mysteriously dimming for the last six months.

Some astronomers and excitable members of the public have wondered if the star is about to explode as a supernova. Others have suggested more prosaic explanations, involving long-term cycles of variability, sunspots or dust.

Now new light, so to speak, has been shed on the mystery.

Recent high-resolution photographs of the star suggest that it is changing shape, astronomers from the European Southern Observatory said in a news release on Valentine's Day. Instead of appearing round, the star now appears squashed into an oval.

A team led by Miguel Montargès of KU Leuven in Belgium used a special camera on the Very Large Telescope of the European Southern Observatory in Chile. The camera,

called Sphere, for Spectro-Polarimetric High-contrast Exoplanet Research instrument, was designed to take pictures of worlds that orbit distant suns light years away from Earth.

The portrait is not as detailed as the close-up images of our own sun obtained recently by the new solar telescope on Haleakala, which revealed a surface resembling popcorn. Nonetheless, Betelgeuse, one of the great beacons of the sky, is quite clearly going through some changes.

In January 2019, before all this began, the Betelgeuse that Dr. Montargès viewed through the camera was "a bright round disk," he said in an email. A year later, all the brightness of the star had been squashed into an oval occupying the northern half of the star.

Dr. Montargès declined to discuss any deeper details, pending a peer-reviewed publication of his scientific conclusions.

"Well, what I mean is that visibly we do not see a bright round disk anymore," he said. "It could be either a local cooling of the surface that causes the star to look asymmetric, or a dust cloud hiding part of the star."

As supergiant stars like Betelgeuse evolve into supernova funeral pyres, they typically go through unstable periods in which they shed layers of gas dust into nearby space, shrouding themselves.

The possibility that dust might be responsible for Betelgeuse's dimming was underscored

by other infrared, or heat, images from the Very Large Telescope. Those images showed huge, flame-like protuberances of dust arcing out from the limb of Betelgeuse.

Edward Guinan, an astrophysicist at Villanova University who has been following Betelgeuse, called the new images of a squashed star "fantastic." But based on his own observations he took exception to the idea that Betelgeuse was hiding behind a veil of dust.

"We think the star itself is doing this - not dust," he said by email.

Like our own sun, Betelgeuse transfers its thermonuclear energy by convection from the center, where it is generated, to its surface. Picture boiling oatmeal, with giant gobs of hot gas rising, radiating away their heat and energy and then cooling, turning over and sinking again.

Dr. Guinan said that the dimming of Betelgeuse was likely caused by the sinking and cooling of one of these giant globs or convective cells. Another, less likely explanation is a massive outbreak of starspots, akin to the dark blemishes that appear in great numbers on our sun every 11 years.

But the show might already be over. Dr. Guinan reports that the dimming of Betelgeuse has slowed and may have even stopped over the last week.



SRILAKSHMI
ANNAPOORNA - 11 A



What you think about your Emotions Matters



The evolution of mankind from the Stone-Age till today has not only altered our machineries but also us humans. Today, 27% of the society succumbs to suicide every year as a result of emotional depressions. These emotions have given rise to people who have been in stupor for over decades. Why?

Emotions can be mystifying at times. After all, who hasn't been waylaid by sudden anger out of proportion to whatever prompted it, or felt gloomy for seemingly no reason?

Youths who believed emotions were controllable used reappraisal more and

were less depressed 18 months later than those who didn't. In addition, they didn't try to suppress their feelings nearly as often as other young people—a good sign, as suppression has been tied to poorer emotional health.

People often judge feelings as “good” or “bad” by whether or not they are pleasant or unpleasant: Happiness is good, while anger is bad. Yet many emotion researchers believe feelings, whether pleasant or unpleasant, are adaptive and useful, providing important information about what's going on around us. In other words, even unpleasant emotions can be “good.”

All this raises the question: Can our beliefs about emotions be changed? Of course, there may be many good strategies for handling difficult emotions - such as mindfulness meditation training or expressive writing. More research is needed to tell us which combinations of practices are most effective.



SIDHARTH SUDHEER
12C

And, while emotions may be changed with effort, that doesn't mean they are completely controllable—nor should they be, says Eric Smith, a researcher in Stanford University. We shouldn't expect to completely avoid certain feelings, or be able to get rid of one on the spot whenever it arises. But we can learn to soothe them in hard times or when it's socially appropriate to do so.

Given how young people - particularly young teens - are developmentally primed to experience emotions more intensely, providing them with tools to manage those emotions better seems like a no-brainer. The research on emotion beliefs give us hope that we can impact people's lives using a fairly simple lesson that costs almost nothing to impart.

BEST STUDENT - JANUARY



JANIS JESTINE
- 8A



AARAV DODEJA
- 8B



MARYAM IRFAN BURUD
- 8C



ISHAAN SHARMA
- 8D



SOUMYA SARAH
- 8E



SAI AKHI NAIL
- 8F



SHAIKH AYESHA
- 7A



EHAAN ABDUL GAFUR
- 7B



SANA SUDHIR
- 7C



ANAMIKA ANUP
- 7D



ABEERAH SHEHZAD
- 7E



SAJILA
- 7F



ADITYA ULLAS NAIR
- 6A



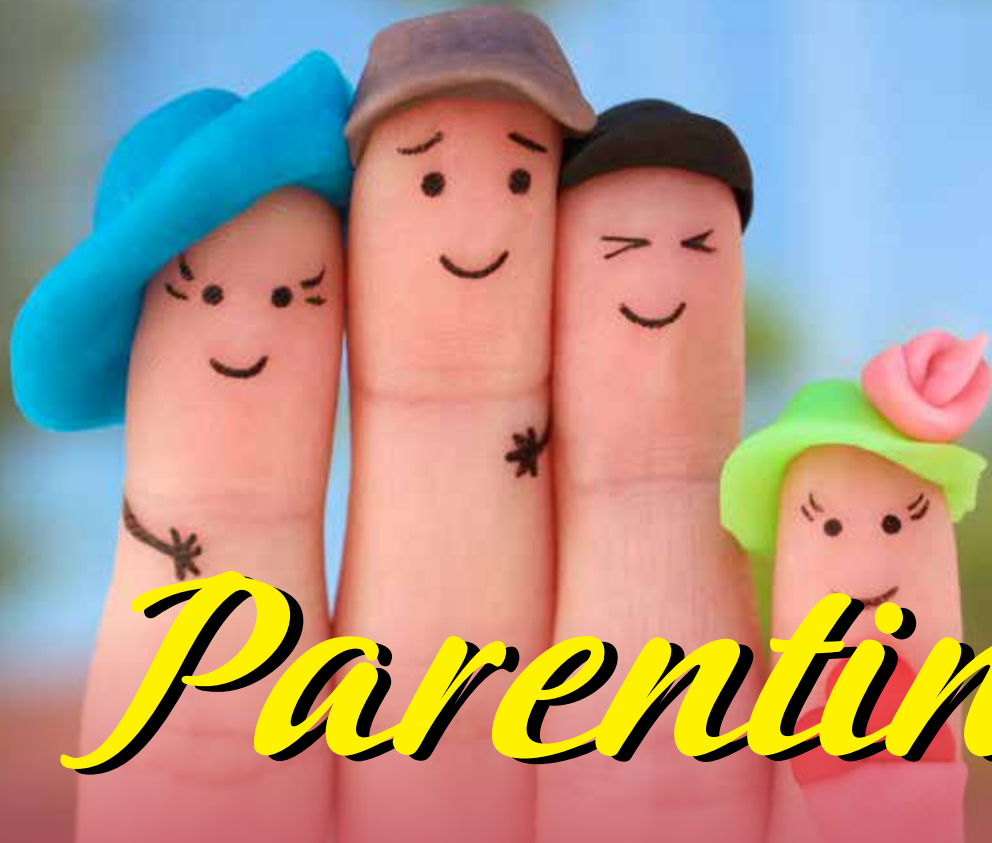
REUBEN MATHEW
- 6B



Rida Faizal Khan of 7 D secured first position for Quran recitation competition conducted by Ministry of Education.

LIFE LESSON

- Anything that annoys you is teaching you patience.
- Anyone who abandons you is teaching you how to stand up on yr own two feet.
- Anything that angers you is teaching you forgiveness and compassion.
- Anything that has power over you is teaching you how to take your power back.
- Anything you hate is teaching you unconditional love.
- Anything you fear is teaching you courage to overcome your fear.
- Anything you can't control is teaching you how to let go.



From the Counselor's Desk ...

Parenting is a challenge that faces every culture, creed, and nation. It carries a variety of assumptions, values, and perspectives that indicate how proper parenting should look. Much has been written with the hope of supporting positive parenting within the counseling and psychology literature, but putting these concepts into practice can prove challenging from the counseling office. Understanding these concepts remains important for counselors to remain competent in supporting families, parents, and children on an international level. Counselors are presented with a simple, practical format for parents to enhance parenting experiences: the four Cs.

Applying the Four Cs of Parenting

Parents may come to counseling or bring their children to counseling with a desire to apply principles that support their child's healthy development and growth. The four Cs describe the following concepts: care, consistency, choices, and consequences.

1. Care

Although care might be considered an obvious trait necessary for supporting children, care is a concept that deserves important attention. Care may seem to be a vague concept, but counselors can explore a definition of care with parents by addressing some key points.



2. Acceptance

The core principles of acceptance become apparent through warmth and value. Young children come to know the acceptance of a parent in different ways throughout cultures, as expressed above. Ultimately children will feel accepted when love is expressed unconditionally and when they are affirmed in their growth process through parental awareness. As children grow and develop greater autonomy, parents naturally fade out of the role of making all the decisions. Counselors can work with parents to demonstrate acceptance even when a young person does something different than they would do or when a child does something the parent does not permit. Counselors can explore ways. This form of care can be expressed in a way that is culturally acceptable.

3. Positive affection

Caring parents are involved and use positive affection in their interactions. Parental

warmth has been associated with prosocial behaviors, in that the child demonstrates positive actions that benefit others both in actual behavior or emotional intelligence. While positive affection does look different among various cultures, children need the affectionate support of a parent that will communicate care and meet the security needs of a child. Even when a child is experiencing discipline or consequences, parents have the opportunity to frame the experience within the context of care and concern. Parents may show affection in both word and action, further modeling an emphasis of care in their relationship.

4. Consistency

The value of expressing care is greatly supported with the principle of consistency. Remaining consistent may be one of the most difficult steps, as many parents may attest because there can be many variables in each situation they encounter. Consistency becomes additionally difficult when two parents with two different personalities and thoughts work together to rear the same children. Counselors can assist parents toward developing consistency in a number of specific ways. "Gradually across development, the external controls that parents provide are internalized; parental warmth/responsivity increases the likelihood that children will attend to parents' guidance for developing strategies for self-regulation"

HOW TO BE A BETTER PARENT: 5 Parenting Do's And Don'ts



1. DON'T ask questions for everything

Quite without meaning to, we often overuse these words when speaking to our children, and the result is that a simple instruction gets turned into a request. Of course, questions can be great parenting aids and tools when used appropriately, but too much of a good thing is unnecessary and self-defeating.

Instead, do choose your questions wisely. Express instructions clearly and factually – although you can leave room for some negotiation. This way, you are creating less opportunity for a battle of wills and helping your child to understand that some things are non-negotiable.

2. DON'T give too many options at once

In our desire to offer our children choices and explore possibilities for ourselves, we often throw out a barrage of options for them. But most children can't deal with more than three options at any one time. In fact, two is probably best.

DO limit your offer to 2-3 options, and give them some time to decide. Some kids take a longer time than others to process the information and make a choice. When there are really too many options possible (e.g. food in a hawker centre), limit the choices for them.

3. DON'T over-react to everything

Yes, if your child has bashed his head against a lamp pole and the blood is gushing down, you should immediately rush to his aid, and even call for backup medical assistance. But most scrapes that our children get into on a daily basis don't warrant that kind of response, really. Not all emergencies are equal.

Do some basic first aid, and don't panic at the first sight of blood. And it's not just about physical scrapes. Too often we hover over our children at the playground or at the school gate, on standby to bail them out of a difficult situation or conflict etc. Where possible, do let your children 'fight' their own battles and

learn to stand on their own two feet – cheer them on in your heart!

4. DON'T hide your feelings all the time

Fathers, perhaps this is a point more for you than the mothers, since women are generally more expressive, parents or otherwise. Of course, there are feelings and thoughts that would wisely be kept secret from your children, for example, your rage at an irresponsible driver on the road, or your anxiety about your child's first day of school. However, it's equally important for parents to be authentic with their children, so that they see that you are fully human, learn how to express and process their own emotions appropriately, and feel better connected to you.

DO seek to be real with your children, and even to invite them to offer suggestions on what you can do. Allow your children a window into your soul and to learn to empathize with how you feel. And you might be surprised by what they say next.

5 DON'T over-criticize

We often notice the mistakes our children make more than the good that they have done, and we are quick to point it out to them. 'Constructive Criticism,' we say, 'they need it'. And it's true, our children do need to learn from their mistakes and improve from feedback. However it's important not to over-do it, and not to neglect their great need for affirmation and approval.

DO find ways to encourage and praise your children every day. Flattery? According to experts, we should communicate at least five positive messages to our kids, for every negative one.

ROLE OF TEACHER AS A PARENT

Dr. Saroj . V. Haridas

with infinite love, compassion, consideration, kindness, sympathy and tenderness . They are selflessly devoted to their children. They will scold you but the next moment they will declare their love for you .They may burst out that they hate you when their heart would be bursting in love for you. They frown upon you but will fondle you soon.

Confide your pain to her ,she will carry it in her head for you and will wipe out your tears ,hug you and comfort you. Their hearts are so spacious they can contain almost anything and anybody there. They are ever

willing to love infinitely , to forget and forgive endlessly. These are our mothers and these are our teachers. After all school is the second home of a child.

As APJ Abdul Kalam said, "Teaching is a very noble profession that shapes the character, caliber, and future of an individual" But it is a mother who lays the foundation for it all. Are they not angels who descended from Heaven? Aren't our teachers trying persistently to keep lighted the ignited minds handed over to them by the mothers? Hats off to all mothers and teachers!!!!



Who is a teacher and who is a mother? Is there any difference between them ? A teacher and mother are synonymous in character, word and deed. They are both enriched

HOW PARENTING AFFECTS A CHILD'S DEVELOPMENT?



sensitivity with clear behavioral expectations. Parents may find the Four C's to be a helpful acronym: care (showing acceptance and affection), consistency (maintaining a stable environment), choices (allowing the child to develop autonomy), and consequences (applying repercussions of choices, whether positive or negative).

What Are Unhealthy Parenting Styles?

Not every parenting style is in the child's best interest. There is such a thing as over parenting, which can cripple children as they move into adulthood and render them unable to cope with the merest setbacks.

Two well-known examples of over parenting styles include "helicopter parenting," in which children are excessively monitored and kept out of harm's way, and "snowplow parenting," in which potential obstacles are removed from a child's path. Both can negatively impact a child's later independence, mental health, and self-esteem.

Of course, there is such a thing called too little parenting, and research establishes that lack of parental engagement often leads to poor behavioral outcomes in children. This may be, in part, because it encourages the young to be too reliant on peer culture. Ironically, overly harsh or authoritarian styles of parenting can have the same effect.

Ultimately, parents should strive to be loving but firm, while allowing children enough space to develop their own interests, explore independence, and experience failure.

From encouraging schoolwork and sports to modeling values as a child grows (remember, they do as you do, not as you say!) parents exert enormous influence over their children's lives. They are, however, not the only on-the-ground influencers-especially after children enter school and begin interacting with the world at large.

Most parents work to give children the best start possible, but it's also important for parents to recognize that kids come into the world with their own temperaments, personalities, and goals. While parents may want to push their child down a certain path, a parents' job is to provide an interface with the world that ultimately prepares a child for complete independence and the ability to pursue whatever path they choose.

In a rapidly changing world, parenting can be subject to fads and changing styles, and parenting in some privileged circles has become a competitive sport. But the needs of

child development as delineated by science remain relatively stable: safety, structure, support, and love.



How to be a Good Parent?

To parent effectively, it's not enough to simply avoid the obvious dangers like abuse, neglect, or over indulgence. Indeed, The National Academy of Sciences delineates four major responsibilities for parents: maintaining children's health and safety, promoting their emotional well-being, instilling social skills, and preparing children intellectually.

Numerous studies suggest that the best-adjusted children are reared by parents who find a way to combine warmth and

MY PROMISE TO MY CHILDREN

As long as I live, I am your parent
 Also your friend
 I will stalk you, flip out on you,
 Lecture you, drive you insane,
 Be your worst nightmare and hunt you down
 When needed because I love you!

When you understand that, I will know you are a responsible adult.
 You will never find someone who loves, prays, cares
 and worries about you more than I do !
 If you do not hate me once in your life-
 I am not doing my job properly.

To be born with a personality is a gift from the parents

To die as a personality is an achievement of our own and a return gift to our parents



Respect the **old** when you are **young**.

Help the **weak** when you are **strong**

Confess your faults when you are **wrong**

Because one day you will be **old, weak and wrong**.



PARENTING



Most parents strive to be the best parents they can be. Given the hectic nature of our lives, this is not always an easy feat to accomplish. When we are under stress, our children may also exhibit signs of stress by becoming irritable, moody, clingy, or withdrawn. They may also show changes in their eating or sleeping behaviours, or they may develop somatic complaints.

Fortunately, children can overcome past difficult experiences, and anyone can learn to be a better parent. The following parenting guidelines and techniques are ones to think about, or to discuss with your treatment professionals.

1. Give children two options – no more, no less. They like having a sense of choice and control, yet too many options can

2. be confusing and overwhelming.
2. Set clear limits – your children will thrive on having structure and rules. Follow through with warnings so that they do not just become idle threats.
3. Be a good role model for your child by leading a healthy lifestyle yourself (nutrition, exercise, sleep, stress management).
4. Become your children's biggest booster and supporter.
5. Create family rituals (such as family meals) and make family time a priority.
6. Praise your children when they are behaving appropriately.
7. If your children do something well, reward their process and effort rather than the outcome.

8. When there is problematic behaviour, figure out how to reward a new behaviour to replace the problematic behaviour, rather than punish it. Gradually the new behaviour will become self-rewarding, but punishment only works as long as you administer it.
9. Encourage your children to do their best – not to be perfect (it does not exist!).
10. Teach your children good manners (“please” and “thank you”) and use them yourself.
11. Do not compare your children to each other. It does not accomplish anything and it can lead to one child feeling like the “lesser” one in the family.
12. Provide affection and attention at times not related to good performance.
13. Encourage your children to be curious about things and to follow their passions.
14. Pick your battles – don't make every small matter into an issue.
15. Learn when to let go and allow your children to try things on their own.



K. N. Rao (Parent)

Happy Parenting!

Facts Every Parent should know about the Teenage Brain



Teenagers are notorious for their impulsive behavior, poor decision-making, and rebellious tendencies. It turns out your adolescent doesn't actually mean to stress you out when they miss their curfew. If you're going to blame anything, blame their brain. It has yet to fully mature, which should explain why everyone under the age of 25 seems to live in a completely different world. Here's what's going on inside your teen's head.

Teens make decisions with their emotions

There is an imbalance between a teen's frontal lobe and limbic system — which control decision-making and emotions, respectively. Hormone surges take some getting used to, but the reason teens can't seem to make responsible decisions or control their emotions is because their brains aren't mature enough to separate the two.

They can't help but act impulsively

As you can probably guess, teenagers are impulsive because they have less control over their emotions. You can blame their current stage of brain development for this, though, research suggests. In social situations especially, emotions drive many of their decisions. In the moment, they're much more likely to impulsively agree to something and take risks without thinking them through.

They're risk takers because they don't know any better

Teens underdeveloped prefrontal cortex makes them engage in more risky behaviors than adults typically do. This part of the brain controls a person's ability to reason. A teen doesn't think their behaviors have consequences because they don't usually consider all possible outcomes of their actions before they do something. While risk-taking can induce a sense of thrill, that's not always a bad thing.

They're anxiously self-centered

They don't want to stand out in the wrong way or have the wrong kind of attention drawn to them. So if they seem to focus primarily on themselves, that's just them worrying about how others perceive them. Guess which part of the brain is responsible for this? It's the prefrontal cortex ... again.



Once upon a time, a cow went out to graze in the jungle. Suddenly, she noticed a tiger racing towards her. She turned and fled, fearing that at any moment the tiger would sink his claws into her. The cow desperately looked for someplace to escape and at last, saw a shallow pond. Barely evading the tiger's reach, she jumped into the pond, and in the heat of the chase, the tiger blindly leaped after her.

To the surprise of them both, the pond was extremely shallow yet filled with deep recesses of mud. After toppling over each other, the cow and the tiger found themselves a short distance apart, stuck in the mud up to their necks. Both had their heads above water but were unable to free themselves no matter how much they writhed.

The tiger repeatedly snarled at the cow and roared, "I am going to enjoy the sound of

crunching your bones between my teeth!"

He thrashed about in fury but soon became fretful as he found no prospect of escape.

The cow thoughtfully laughed as the tiger struggled to free himself and asked him, "Do you have a master?"

The tiger disdainfully replied, "I am the king of the jungle. Why do you ask me if I have a master? I myself am the master!"

The cow said, "You may be the king of the jungle, but here all your power has failed to save your life."

"And what about you?" Retorted the tiger. "You are going to die here in this mud too!"

The cow smiled mildly and said, "No, I am not."

If even I, the king of the jungle cannot free myself from this mud, snapped the tiger, "Then how can you, an ordinary cow?"

The cow gently replied, "I cannot free myself from this mud, but my master can. When the sun sets and he finds me absent at home, he will come looking for me. Once he finds me, he will raise me up and escort me home.

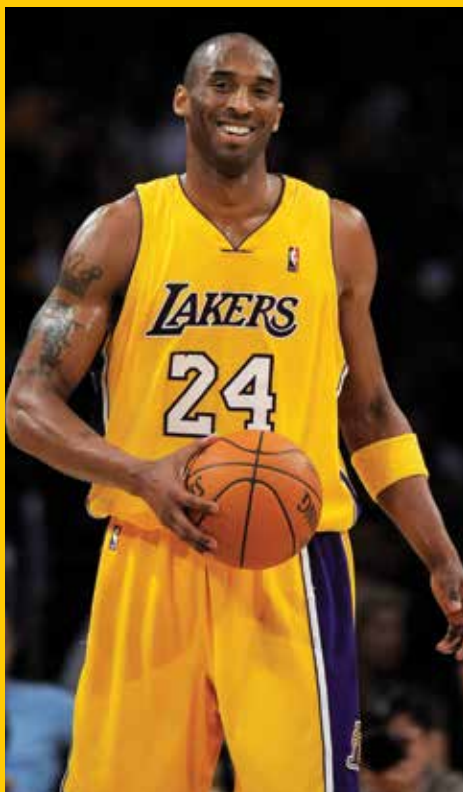
Soon enough, the sunset and the cow's master arrived. He immediately recognized the plight she was in and lifted her to safety. As they walked home, the cow and the master both felt renewed gratitude for one another and pitied the tiger they both would have been happy to save if only the tiger had allowed them.

The cow represents a surrendered heart, the tiger represents an egoistic mind, and the master represents the Guru. The mud represents the world, and the chase represents the struggle for existence therein.

Moral of the story

It's good to be independent and not rely on anyone. But you always need a partner/coach/mentor who will be on the lookout for you.

KOBE BRYANT - DEATH OF A LEGEND



Even those who haven't played basketball once in their life will have heard of Kobe Bryant. The name sounds familiar to almost all those who hear it. But on 26th of January this year, Kobe along with his daughter and

eight others died following a helicopter crash. The vehicle had been given clearance to fly despite the foggy weather. As a result, the helicopter flew at a low altitude and hence was outside the detection of the radar. This unfortunate sequence of events preceded the death of a legendary basketball player and other innocent civilians. People within the sporting fraternity and otherwise have been equally affected with the death sending shockwaves through the community. Tributes have poured in from all parts of the globe sending their love and support to the bereaved family.

Kobe Bryant started his NBA career straight out of school at 17 years and spent most of the next 20 years making history before retiring in 2016. Several former teammates were unable to digest the news with former teammate Shaquille o Neal stating that he felt that he had lost a little brother while Rick Fox said that the crash shook a lot of people in his life.

The legacy he left behind will surely live on as one of the greatest players the world has ever seen. He went straight to the NBA after graduating despite being an excellent academic achiever. Partnering up

with Shaquille, he formed an excellent combination and won three consecutive championships from 2002 – 2004. They won subsequently in 2008 and 2009 with Bryant having star roles in both triumphs. He was also the winner of two Olympic medals. On April 13, 2016 he played his last game scoring a massive 60 points.

The untimely death of this legend will leave a deep hole in the hearts of fans and others alike. Shouting 'Kobe' before throwing something into the trash will never again have the same effect and the legacy he left behind will not be forgotten any at time soon. Not only did he lose his life in the crash, but also promising talent in his daughter was snuffed out.



JOHANN LAJI PHILIP
12B



EPITRavel SINGAPORE

In this edition of Epitravel we will be looking at a country that has gone through major ups and down but is now standing strong as a rock- 'Singapore'

Singapore (officially the Republic of Singapore), is a sovereign island city-state in Southeast Asia. The country is situated about one degree (137 kilometres or 85 miles) north of the equator, at the southern tip of the Malay Peninsula, with Indonesia's Riau Islands to the south and Peninsular Malaysia to the north. Singapore's territory consists of one main island along with 58 other islets.



The city-state is classified as an Alpha+ global city, indicating its influence on the global economy. Singapore is the only country in Asia with an AAA sovereign rating from all major rating agencies, which is one of 11 worldwide. Singapore is a highly developed country and is ranked 9th on the UN Human Development Index, the highest in Asia for a sovereign state, with the 7th highest GDP per capita in the world. It was ranked the most expensive city to live in from 2013 to 2019 by the Economist. It is identified as a tax haven. Singapore is placed highly in key social indicators: education, healthcare, quality of life, personal safety and housing, with a home-ownership rate of 90%. Singaporeans enjoy one of the world's longest life expectancy and one of the lowest

infant mortality rates in the world. As of 2019, Singaporean citizens had visa-free or visa-on-arrival access to 190 countries and territories, ranking the Singaporean passport 1st in the world, tied with Japan.

Place worth Visiting in Singapore

- Marina Bay Sands
- Gardens by the Bay
- Merlion
- Sentosa Island
- Universal Studios Singapore
- Singapore Flyer
- Night Safari At The Zoo
- Singapore Zoo
- Singapore Cable Car

The cuisine of Singapore has been taken from various countries around it like Vietnam, India, Chinese, etc.

Things Singapore Is Known for

1. being super clean

Singapore is renowned for having some of the cleanest streets in the world, largely due to a 50,000-strong cleaning workforce employed to keep the streets clean. Singapore is also known for its strict laws on littering, spitting on the streets, vandalism and public urination that can result in heavy fines and/or a punishment called Corrective Work Order, where offenders are required to pick up litter in public wearing a bright vest.



2. The ban on chewing gum

Many people remember Singapore as that place you can't chew gum in, a rule implemented in 1992 to combat the disruptions gum was causing on the then-newly launched subway system, and involved heavy fines to anyone caught sticking their gum in unwanted places.



3. The Marina Bay Skyline

Singapore's skyline has changed dramatically in the last 10 years with the introduction of Marina Bay Sands – can you believe the entire Marina Bay area used to be an empty plot of reclaimed land and sea water? The view is especially beautiful at night where you can find other iconic structures like the Esplanade, Helix Bridge, Merlion and the numerous skyscrapers of the Central Business and Marina Bay Financial Districts all lit up, the temperature perfect for an after-dinner stroll.

3. Having one of the best airport and airline

Singapore's Changi Airport is one of the best places to have a layover, a large modern facility with amenities like a free cinema, flower gardens and even a swimming pool for visitors arriving or passing through Singapore. Changi Airport is also the base for national carrier Singapore Airlines, famed for its iconic Singapore Girl flight attendants and service that consistently garners global recognition as one of the best airlines to fly with.

GOODWILL AMBASSADORS

MORNING SHIFT



PRERANA
- 11H



THEAJUS PRAKASH
- 9A



HANOCH LUTHER
- 7E

AFTERNOON SHIFT



SONU BASCO
- 12J

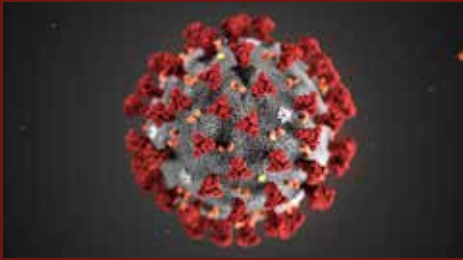


NAYANAJITH
- 10E



RAJARATNAM KUMAR
- 8F

CORONA VIRUS : ALL YOU NEED TO KNOW



Coronaviruses (CoV) are a large family of viruses that can cause illnesses ranging from the common cold to more severe diseases. A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans, which is what the current outbreak is.

Experts recently decoded the coronavirus' gene sequence, which is also known as 2019-nCoV. Coronaviruses were first discovered in the 1960s and their name derives from their crown or halo-like shape. Viruses of this kind are not per se lethal. Sometimes, they also lead to gastrointestinal disorders and diarrhoea, in particular.

How is it transmitted?

The new coronavirus can be transmitted between humans, according to Chinese health authorities.

It is also adapting and mutating, which could make the virus spread faster and possibly more difficult to treat. It is not yet clear how infectious the virus is!

The virus might have been transmitted through direct contact between humans and animals, or simply via the air like many germs.

Viruses that can spread between humans and animals cause so-called zoonotic diseases. Such viruses may be transmitted when humans consume meat or animal products - or if such products were insufficiently heated or prepared in an unsanitary environment.



What are the Symptoms?

Patients who have contracted the virus have had fever, shortness of breath and coughing. The virus can also cause pneumonia, an infection that inflames the air sacs in the lungs and can cause them to fill with fluid or pus.

Elderly citizens tend to be more often affected by the virus than younger people

How do you treat the virus?

There are no specific treatments for coronavirus infections and most people will recover on their own.

The treatment involves rest and medication to relieve symptoms.

A humidifier or hot shower can help to relieve a sore throat and cough.

If you are mildly sick you should drink a lot of fluids and take proper rest.



NANDITHA VINOD
12 B

How to protect ourselves and others from coronavirus?

WHO's standard recommendations for the general public to reduce exposure to and transmission of a range of illnesses are as follows

Frequently clean hands by using alcohol-based hand rub or soap and water.

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands;

Avoid close contact with anyone who has fever and cough;

The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.



PARIKSHA PE CHARCHA

"Exams and grades are temporary, but education is permanent."



Pariksha Pe Charcha session was organized to ease the stress of students for the upcoming board examinations. The children got an opportunity to ask questions to the Honorable Prime Minister of India, Shri Narendra Modi. The children were selected through an essay competition. The entries for the competition were invited online. One student from ICSK Senior, got selected for the Pariksha Pe Charcha session 2020. It was indeed a moment worth remembering. The children were shown the live programme of Pariksha Pe Charcha in the Indian Community School Senior and they felt elated watching the same.

I HAVE A FEAR

I have a fear
Each and every day
Will I reach home safe

I have a fear
That I don't be
Nirbhaya or Priyanka

I have a fear
That if I would be a victim
Who would support those hands
Who supported me to take my first step

I have a fear
That who will crack jokes to my friends
And bring Muskan on their face

I have a fear
Of becoming a memory
And a reason for a candle march
I have a fear.....



MUSKAN SHAFI
TAMBE - 12 H

EPITOME OF SUCCESS Steve Jobs



However, the whole thing is not easy as it seems, Jobs had to work very very hard to achieve what he did.

His childhood started off very roughly. He was put up for adoption as soon as he was born. However, it is said today that Jobs always got angry if his parents were called "adoptive parents" and always told that they were his real parents. Steve Jobs founded Apple along with Steve Wozniak and Ronald Wayne in his garage. Steve Wozniak was the technical expert of the group. Steve Jobs was the marketing mastermind and a true leader. Steve Wozniak completed the design of the 'APPLE 1' computer in 1976 and this subsequently led to the formation of Apple. Steve Jobs had to sell his van and Steve Wozniak had to sell his scientific calculator in order to fund the production of the computer. Ever since then Apple moved on steadily in the field of computers. It did have a few ups and downs with Steve Jobs leaving the company in between, However, he soon returned to Apple to take it to unseen heights.

Apple really took off in 2007 with the introduction of the first iPhone. Ever since

then Apple never looked back and went on to become the biggest company in the world, having a net worth of over \$1 trillion. To put that into perspective, you would have that net worth only if you added the net worths of Disney and all other companies of the U.S Media Industry including Netflix and Comcast.

Some of the most famous project of Steve Jobs are :

- Apple 1
- Apple 2
- Apple Lisa
- Macintosh
- iMac
- iTunes
- iPod
- iPad
- iPhone

Steve Jobs died on October 5, 2011 due to Pancreatic Cancer. One of the last things he spoke about before his death are said to be about how much he has earned, yet how less he has enjoyed. He suggested to spend time with your dearest people whenever you can.

We may have seen it on the news, or we may have looked at it in a store, in some way or the other we all have come across the Industrial Superpower, Apple! The man we will be seeing today is responsible for creating apple, he is the man behind the making of the world's largest company, he is none other than Steve Jobs!

CAPTAINS & VICE CAPTAINS - FEBRUARY

CLASS 8A



SREELEKSHMI BINUMON



DEEMA ANNA SKARIA



ZAIMA MOHAMMED FEROUZ



ZAARA MOHAMMED ABDUL AZIZ



AHMED FARDEEN HAMZA



NUHA ABUBACKER



BHARANI VISWANATHAN



PRAVEEN AADITHYA



ARTHISH GANI ANBUKANI



VAIDEHI AMIT NATH

CLASS 8B

CLASS 8C

CLASS 8D

CLASS 8E

CLASS 8F

CLASS 7A

CLASS 7B

CLASS 7C

CLASS 7D



IMTIAZ



AMATULLAH



JOHAN P. SAM



FIONA JANE JOSHUA



FAJAR NISMA SHAHULL



MIDHAT FATEMA



VIJAY KUMAR



ANGELA SARA SONEY



ALRIYA JAYCE QUADROS



REYHAAN RIYAS

CLASS 7E

CLASS 7F

CLASS 6A

CLASS 6B



NISHANTH SUBBU



SHARON ELZA KURIAN



SAI NIKHI NAIK



SHARON ELZA KURIAN



AARUSHI SAXENA



TAHER MUSTUFA



HIBAH FARHATH SANTHOSH



ALAN GEORGE MATHEW

BEST CLASSES - JANUARY

Category 1



FIRST - 7E

Category 2



FIRST - 9D

Category 3



FIRST - 11H



SECOND - 7B



SECOND - 9E



SECOND - 11B



THIRD - 7A



THIRD - 9A



THIRD - 11G

AFTERNOON



FIRST - 12I (Sr. Secondary)



FIRST - 10F (Secondary)

**TEAMWORK
MAKES
the
DREAM
WORK**

INTER SCHOOL ISLAMIC ELOCUTION COMPETITION



An inter school Islamic Elocution competition was held by Friday Forum, Kuwait. The following students received the consolation prizes in the senior and junior category.

Senior category

Labiba Amir XI E
Nawaal Yaseen XI B

Junior category

Shaikh Hafizur Rahman VII D
Rida Faisal Khan VII D

BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF JANUARY 2020

INCOME (DECEMBER)	KD	EXPENDITURE (JANUARY)	KD
Balance c/f from December	3074.480	1. Cancer Patient	150.000
		2. Cancer Patient	150.000
		3. Cancer Patient	150.000
			450.000
Balance c/f from December	2624.480		
Contribution from students and staff (January)	208.035		
Miscellaneous	93.465		
Balance in Hand	2925.980		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - JANUARY 2020

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12D	-	5.285	5.285
11A	-	2.560	2.560
11B	-	9.255	9.255
11C	-	12.350	12.350
11D	-	5.315	5.315
11E	-	1.105	1.105
11F	-	3.770	3.770
11G	-	0.500	0.500
11H	-	31.100	31.100
10A	0.800	-	0.800
10B	-	0.500	0.500
9A	1.000	7.170	8.170
9B	-	4.020	4.020
9C	1.650	-	1.650
9D	2.000	1.150	3.150
9E	-	2.000	2.000
8A	-	1.290	1.290
8B	-	1.350	1.350
8C	-	3.295	3.295
8D	-	1.325	1.325
8E	-	4.690	4.690
7A	-	14.550	14.550
7B	-	8.605	8.605
7C	-	0.605	0.605
7D	-	3.570	3.570
7E	-	21.130	21.130
6A	1.000	1.000	2.000
6B	-	5.255	5.255
	6.450	152.745	159.195
AFTERNOON			
VII F	-	1.640	1.640
VIII F	-	4.160	4.160
IX F	-	0.835	0.835
X E	-	6.350	6.350
X F	-	4.740	4.740
X G	-	1.885	1.885
XI I	-	1.435	1.435
XI J	-	2.440	2.440
XII I	-	2.695	2.695
XII J	-	9.160	9.160
XII K	-	6.500	6.500
	-	41.840	41.840
	6.450	194.585	201.035



CHARITY CONVENERS - FEBRUARY



PRETTY SARA JOHN
- 8A



ERIN SHENNI
- 8B



TASNEEM ADNAN
- 8C



NIKHIL GEORGE
- 8D



AMAL AMIR
KARDAME - 8E



MUFAZZAL
- 8F



KARAN RAMESH
NAIR - 7A



DIYA ANN CHACKO
- 7B



REHAN RATHISH
- 7C



SANCIA D'SOUZA
- 7D



PRIYA GOPAL
- 7E



ANTONY JAISON P
- 7F



DANIYA ALIM
SHAIKH - 6A



SHABBIR BURHANI
SETH - 6B

EPI-Facts

- There is enough DNA in the average person's body to stretch from the sun to PLUTO and back, 17 times.
- The average human body carries ten times more bacterial cells than human cells.
- It takes a Photon up to 40,000 years to travel from the Core of the Sun to its surface, but only 8 minutes to travel the rest of the way to Earth.
- At over 2,000 Kilometers long, The Great Barrier Reef is the largest living structure on Earth.
- In an entire life time the average person walks the equivalent of 5 times around the world.
- Killer whales are actually Dolphins.
- Grasshoppers have ears in their bellies.
- You can't taste food without saliva.
- When Helium is cooled to almost absolute Zero (-460 degree F or - 273 degree C, the lowest temperature possible). It becomes a liquid with surprising properties: It flows against gravity and will start running up and over the lip of a glass container!!
- Octopuses have three hearts, nine brains & blue blood.
- An individual blood cell takes about 60 seconds to make a complete circuit of the body.
- The known universe is made up of 50,000,000,000 galaxies.
- When a glass breaks, the cracks move at speeds of up to 3,000 miles per hour.

Quote Garden

- True humility is not thinking less of yourself , it is thinking of yourself less - Rick Warren
- Whoever is careless with the truth in small matters cannot be trusted with important matters. - Albert Einstein
- If you want to be respected by others, the great thing is to respect yourself. - Fyodor Dostoyevsky
- Life isn't about finding yourself. Life is about creating yourself -George Bernard Shaw
- Behind every young child who believes in himself is a parent who believed first. - Matthew Jacobson
- To be trusted is a greater compliment than being loved. - George MacDonald
- Knowledge of the past and of the places of the earth is the ornament and food of the mind of man. - Leonardo da Vinci
- Happiness is the secret to all beauty. There is no beauty without happiness. - Christian Dior

Student Name:

Class : Section: Roll No.:

Serial No.

ACKNOWLEDGEMENT

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

Signature: Date:

Name:



Anti-satellite missile capability showcased in R-Day parade: India showcased its Anti-Satellite (ASAT) missile capability to the world as the ASAT weapon, Mission Shakti, developed by the Defence Research and Development Organisation (DRDO) rolled out on the

Rajpath during the 71st Republic Day parade. In addition, the IAF's newest inductions, Chinook heavy lift helicopters and Apache attack helicopters, also made their debut during the flypast. A DRDO marching contingent displayed the ASAT missile along with a second equipment, the Air Defence Tactical Control Radar (ADTCR), as President and Supreme Commander of the armed forces Ram Nath Kovind reviewed the parade with Chief Guest Brazilian President Jair Messias Bolsonaro in attendance.



Three expressways, green corridors to be completed in 3 years; 22 to be built at ₹3 lakh crore: The government plans to complete three of the 22 expressways and green corridors in the next three years, including the flagship Delhi-Mumbai Expressway being built at a new alignment,

Union minister Nitin Gadkari has said. These 22 projects comprising 7,500 km of greenfield expressways and corridors are planned to be completed by FY25 at a cost of ₹3.10 lakh crore.



Two Sri Lankan women receive Padma awards for contribution to arts, language teaching: Two prominent Sri Lankan women have been named as recipients of the Padma Shri awards for their respective contribution to the arts and language teaching, and strengthening

ties with India, the High Commission here said. Veteran Kandyan dance exponent and guru Vajira Chitrasena, and linguist Indra Dassanayake, a well-known professor of Hindi who passed away last year, will receive one of the highest civilian honours in India, for their "pioneering contributions in their individual fields of work and for strengthening India-Sri Lanka ties".



India successfully test-fires 3,500-km range submarine-launched ballistic missile K-4 : India successfully test-fired the 3,500-km range submarine-launched ballistic missile, K-4, official sources confirmed. The test was carried out by the Defence Research and

Development Organisation (DRDO) from a submerged pontoon off the Visakhapatnam coast around noon.



Justices allow enforcement of new green card rule: A divided Supreme Court is allowing the Trump administration to put in place a policy connecting the use of public benefits with whether immigrants could become permanent residents. The new policy can be used to deny green

cards to immigrants over their use of public benefits including Medicaid, food stamps and housing vouchers, as well as other factors.



Centre designates Daman as headquarters of the merged Union Territories : The Centre designates Daman as headquarters of 2 merged UTs of Daman & Diu, and Dadra & Nagar Haveli: The Central government has also approved amendments or extension or

repeal in the legislations and regulations dealing with Goods and Services Tax (GST), Value Added Tax (VAT) and State Excise. The decisions were taken at a meeting of the Union Cabinet, chaired by Prime Minister Narendra Modi.



President confers Bal Shakti Puraskar to 49 children: President Ram Nath Kovind conferred the awards to 49 children in the age group of 5-18 years at a ceremony at Rashtrapati Bhawan. Ishan Sharma who saved a Russian tourist from two robbers, Omkar Singh who holds the

world record for the youngest theoretical author and youngest pianist in India Gauri Mishra were among those who were given the Bal Shakti Puraskar 2020. The Bal Shakti Puraskar is given to children in the fields of innovation, social service, scholastic, sports, art and culture and bravery and carries a medal, a cash prize of Rs 1 lakh, a certificate and a citation.



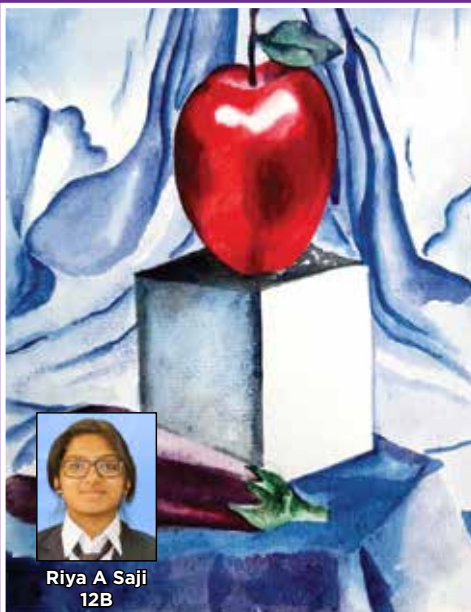
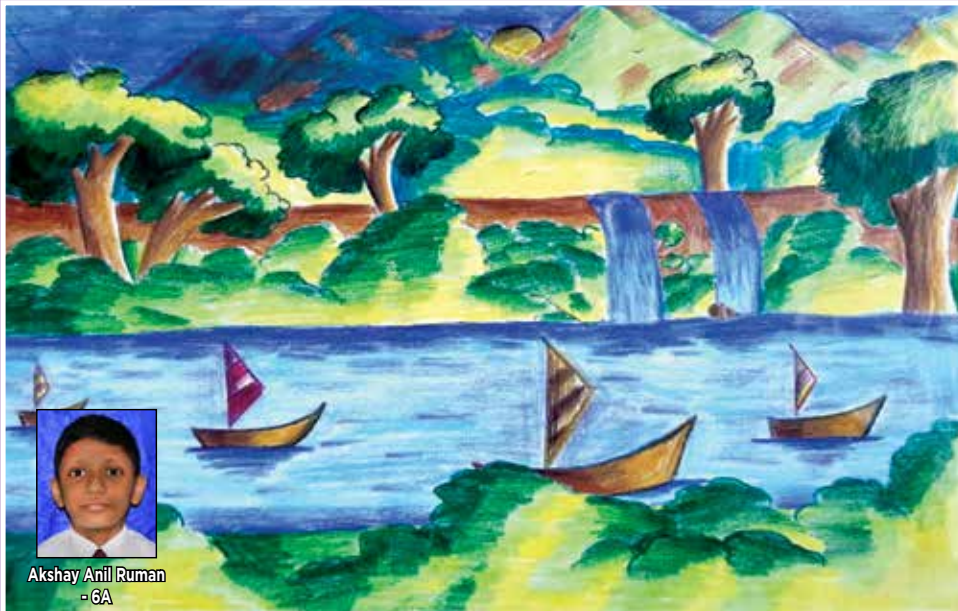
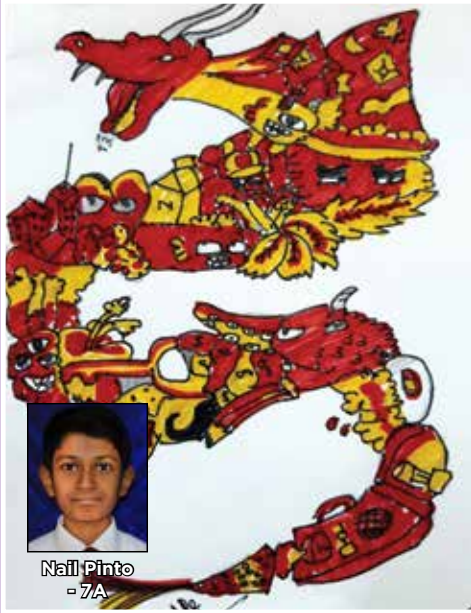
CBSE to allow use of calculators in exam for children with special needs: Children with special needs appearing for the Central Board of Secondary Examination (CBSE) in class 10 or 12 will be able to use basic calculators from this year. "The board has decided to facilitate

students under Children with Special Needs (CSWN) category by permitting use of simple basic calculator during Class X and Class XII board examination," CBSE Controller for Examination Sanyam Bhardwaj said in a letter sent to schools. Candidates who will request to avail this facility, without appropriate certificate will not be allowed to use calculator during examinations," Bhardwaj said.

"Ups and downs. Victories and defeats. Sadness and happiness. That's the best kind of life."

Maxime Lagace

Art Gallery



EPIctionary

1. **Inspid** – lacking taste or flavor

Used in a sentence: Too much sugar tends to make the fruit pie inspid.

2. **Profligate** – recklessly extravagant in the use of resources

Used in a sentence: The government is disturbed over the factory's profligate use of natural resources such as land and oil.

3. **Prosaic** – not challenging; lacking excitement

Used in a sentence: The project was full of prosaic ideas that would be a waste of the allocated budget.

4. **Pellucid** – translucently clear

Used in a sentence: The river water was so pellucid, one could clearly see the countless swarms of fish.

5. **Dogmatic** – dictatorial, opinionated

Used in a sentence: The people of that country are less dogmatic, and have more open-ended views on politics.

6. **Esoteric** – mysterious, obscure

Used in a sentence: Eric made an esoteric joke that only he and his brother understood.

7. **Impetuous** – done quickly without thought

Used in a sentence: He made an impetuous decision on the university he wanted to join, and now regrets it.

8. **Extant** – in existence, surviving

Used in a sentence: Many of Shakespeare's works written in his later years are still extant at Rome.

9. **Inculpate** – accuse or blame

Used in a sentence: They provided enough evidence to inculpate the killer and the people who helped the killing.

10. **Chicanery** – deception, trickery

Used in a sentence: The judge suspected chicanery in the ongoing case because of the lawyer's aggressive defense.

MANUSCRIPT MAGAZINE



"Turning a manuscript into a book is easy, getting the manuscript ready to become a book is hard."

Middle category

7 A

6 B

7 F

A manuscript competition was organized and the classes 6 to 12 were asked to prepare a manuscript based on a particular theme. The class for the best manuscript was awarded based on the theme, cover page of the manuscript and the variety of articles and creativities contributed by the children of each class.

Secondary category

9 E

9 A

9 B

Senior Secondary category

11 G

11 B

11 E

The results for the best manuscript magazines were as follows.

Forthcoming Events



- Medical Camp for ICSK staff.
- Blood donation camp.
- Induction of School cabinet.
- Fire drill -Disaster management.
- Evening Special Classes for Arts
- Prayaan One 2020 (Blessing ceremony for new class XII)
- Prayaan Two 2020 (Blessing ceremony for new class X)
- AISSC and AISS Examination February/March 2020
- Prayaan Three (Beginning of class 9)



**THE INDIAN
COMMUNITY SCHOOL
KUWAIT**

The Indian Community School (Senior) Salmiya

Tel: 25629583, 25659126, 25613260, 25623370

Fax No: 25652308

Website: www.icsk-kw.com

Email: senior@icsk-kw.com

The Indian Community School Khaitan

Tel: 24717193, Fax No: 24717192

Website: www.icsk-kw.com

Email: khaitan@icsk-kw.com

The Indian Community School (Junior) Salmiya

Tel: 25613344, Fax No: 25652308

Website: www.icsk-kw.com

Email: junior@icsk-kw.com

The Indian Community School Amman St.

Tel: 25624405 / 25624397 Fax No: 25624318

Website: www.icsk-kw.com

Email: amman@icsk-kw.com