



EPICS



MONTHLY MAGAZINE
**THE INDIAN
COMMUNITY
SCHOOL (SENIOR)
KUWAIT**

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

DECEMBER 2018



PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the December edition of Epics. Last month we have discussed only one step (A different perspective) of how to feel good about yourself. Let us discuss the remaining points.

2. Change How You Think

Understand how you think. Once you've identified your thought pattern, you can start changing it. If you know that when something specific happens (let's say you break a glass), your thought process goes along a path ("what have I done? you can stop and step off in another direction ("OK, it's just a broken cup, I can buy another one.")).

Write a journal. This will help you identify your feelings, and what caused them to appear. It's often easier to find a different path you could have taken in retrospect, so use the journal to remind you when and where those moments arise.

Your thoughts are valid. You may be angry at yourself for wanting that pastry at lunch. Once you're angry, you punish yourself (anger is a terrible feeling, and very draining), which makes you weaker and eventually you'll succumb and eat more than one pastry. You can, instead, decide to eat that pastry today, and not have another one for a couple of days. That way you don't drain your own energy and don't punish yourself.

Learn how to cope with situations. No solution is the magic cure, so find what helps you when.

3. Take Action!

Share your work and accomplishments. When you tell others what you're doing, they'll almost always be supportive. Another benefit of sharing is that other people will hold you to your process and even lend a hand, which will help you continue, especially during difficult times.

Wear what you want. If you dress a certain way just to please others – don't. Wear what makes you feel happy and confident – this will reflect in your behavior. Forget fashion, it's temporary and often impractical. Comfort & Confidence is the key.

Learn something new. Start a new hobby, learn a new skill, read an article about a topic you're curious about. Read about current events and then delve into the story. Watch a documentary or read a good book. All of these will give your brain an exercise, and give you interesting

discussion topics, as well as opportunities to get to know new people.

Accept compliments. When someone compliments you, know that they want to share how happy they are with you. Don't disregard their compliment, or turn it into a "yes, but I'm still not good at..." When someone says something positive about you, say "thank you" and think about it. Sometimes other people can see something you've missed.

Most importantly – When you get a compliment, look the person in the eyes and sincerely thank them.

Take care of yourself and exercise. This doesn't mean you have to spend hours in front of a mirror; it means you should maintain your hygiene, cut your hair, clean your nails, etc. A clean body helps to clean the mind and makes you more approachable. Don't forget to exercise. When your body performs physical activities, more blood pumps to your brain and organs, and your brain releases endorphins (the happiness chemical), which improve your overall feeling, both physically and emotionally.

Friends are people who don't make you feel bad about who you are. Negative "friends" make you feel miserable. Move away from people who are negatively influencing you. True friends will support and encourage you, and contribute to your overall feeling of happiness and achievement.

4. The Long Run

Find an inspirational role model. Alive or dead, it doesn't matter, though it's easier to get in touch with a living person for advice. Whether you choose your mother, father, a celebrity, or any other person, but that person should be able to give you advice or guidance on how to live your life, directly or indirectly.

Don't neglect your journal. Do not hesitate to write about you. Keeping your journal will help you learn about yourself and keep track of your progress. It will also remind you how you dealt with obstacles in the past to give you a hint on how to do so again in the future.

Have a support network of good people on a similar journey yourself could be a helpful hand when you need it, and a safety net if you feel you're falling. Maintain contact with them, tell them your goals and fears, hear theirs, and share advice if you have any.

Dear children, second mid semester exam is also approaching, so study well with a proper plan, prepare well and execute nicely at exams. You will be winner, no doubt. Wish You All the Best.

02

EDITORS' NOTE

03

CHILDREN'S DAY FESTIVITIES AT ICSK

04

BEST STUDENT - OCTOBER

05

THE 44TH ANNUAL SPORTS MEET OF ICSK

08

BIRTHDAY ARCADE - DECEMBER

12

BIRTHDAY CUM CHARITY FUND

17

EPISTORY

18

WORLD IN A NUTSHELL



EDITORS' NOTE

Dear Children

Greetings from the editorial board!!!

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire. It is time for home." – Edith Sitwell

Now that December has finally arrived, I'm sure, you all will look back to days you spend in this year. Once you realize that things did not work up to your expectations you start setting new goals for the new year and name it as your new year resolutions.

When people strive for a new goal—whether it's to lose 10 pounds, stick to a budget, or cut back on their cursing—they must exert willpower or self-control to resist temptations and stay on the goal-directed path.

Instead of setting targets which are beyond your reach, decide something simple and comfortable for you.

These are a few things which can make you a better person. Tell to yourself, "From this day onwards, I will try to live a simple, sincere and serene life repelling promptly every thought of discontent, anxiety and discouragement. I will be cultivating cheerfulness, magnanimity, charity and the habit of holy silence, exercising economy in expenditure, carefulness in conversation, diligence in appointed service and a child-like trust in God."

Send your valuable contributions to

epicseditor@icsk-kw.com



Mrs. Shyna Ramesh



Mrs. Tintu Wilson



TRIBUTE TO ICSK

As the year draws to an end and my school life journeys towards the end I would like to recollect all the beautiful memories made while being a student of ICSK for the past 14 years. It has been a long glorious period of my life.



PARINAZ
SHARUKH - 12C

When I joined school I had been told that school would be my second home for the next couple of years. I believed those words and I'm glad I did! School indeed is an integral part of my life! I loved coming to school. I would always eagerly wait to go to school ever since I could remember. At times school has been a place of haven for me. I did dread coming to school at times but then I would come to school and wait for the dread to wash over me and go away.

This is the place where I was guided and nurtured by the most brilliant teachers I had met in my life. I have a lot to thank them for. Indeed, if it wasn't for them then I would have never savored the life of a student.

Some of the best memories are made here in this wonderful institution. The abundant guidance given by the teachers makes me look up to them with more reverence than I ever had for anyone else. The kindness and the patience with which they taught us cannot be replaced by anyone else.

"The great teacher is not the one who teaches us our lessons but rather the one in whose presence we become different people." My teachers believed in me and told me never to give up in life. They might have forgotten the advice they have given but I will always remember them as teachers who inspired me in life.

Knowledge, happiness, friendships, caring and sharing are some of the things I obtained from this school. School life has definitely been the best part of my life. From growing up with my childhood friends to making friends every year has been a wonderful experience. These experiences are priceless and I wouldn't exchange it for all the gold in the world! These memories will be cherished and the days of school dearly remembered. We might slowly part ways but walking down the memory lane will always be a sweet reminiscence for me.

I cannot stop or slow down time. But what I can do is to wish many more successful years to the school which will always remain etched in my life forever.

Children's Day Festivities at ICSK - A Joyous Day to Remember



The International Children's day was celebrated with great enthusiasm on the 20th of November 2018 at ICSK (Senior). The faculty took the initiative of unfolding their hidden talents to the students.

The program continued with a special segment of the charity event. The teachers' handbook was released on the same day.

The cultural programs presented by the teachers and staff took the students on a

pleasant and entertaining journey through incredible India by human-train. The train started from Hazrat Nizamuddin Station located in Delhi and then proceeded to Howrah station, West Bengal. The train then progressed to Chennai, Puducherry, Thiruvananthapuram, Goa, Mumbai, Himachal Pradesh, Kashmir and Darjeeling. At each station a programme was presented by the teachers relating to the culture and tradition of that place. The game session played by the teachers added color to the campus. The train finally stopped back at Delhi. One of the teachers who represented Pandit Jawaharlal Nehru gave the children quite a thoughtful message.

Another segment included the Campus Green, an event organized by the nature club of ICSK where each teacher and student was presented with a plant with an intention of nurturing the little lives and get the incentive to grow many more in the future to make our earth clean, green and beautiful.

Academic Toppers - First Term Exam



AYAT AKHTAR RIZVI
- 12C (SCIENCE)



ALITA JANICE QUADROS
- 12F (COMMERCE)



JOE MAMMEN JOHN
- 12G (HUMANITIES)



GAUTAM PRAKASH
- 11A (SCIENCE)



ADVIKA MITTAL
- 11F (COMMERCE)



ASHWATHY MATHEW
- 11H (HUMANITIES)



MAHILLYAA MOHAN
- 10A



NANDA KRISHNA
- 9B



TAHA RAFIK CHIкте
- 8A



AYUSHI AISHWARYA
PANIGRAHI - 7D

10 Interesting Psychological Facts That Explain Why We Are The Way We Are

Ever wondered why you feel the way you do, or do the things you do? The way your mind functions has a lot to do with the way you are, and the things you do. It's amazing how every 'unique' mind, at some level, functions similarly.



JAIMY ELSA JOSE
- 12B

Here are 10 facts about our psychic that are a clear indication of why things happen to us the way they do and justify our reactions for the same. These might just solve the puzzle that you are:

1. If you announce your goals to others "you" are less likely to succeed. Studies confirm you lose your motivation.
2. The very last person on your mind before you fall asleep is either the reason for your happiness or your pain.
3. Your mind rewrites monotonous speeches of boring people to make it sound interesting.
4. The type of music you listen to, affects the way you perceive the world.
5. Being with positive, happy people keeps you happier.
6. Smarter people underestimate themselves. Ignorant people think they are brilliant.
7. Singing reduces feeling of depression and anxiety.
8. Feeling ignored causes the same chemical effect as that of an injury.
9. Some of us are actually afraid of being too happy because the fear that something tragic can happen next.
10. When someone cries tears of joy, the first tear drop would always come from the right eye. Tears of pain start from left eye.

BEST STUDENTS - NOVEMBER



DEVANG DINESH
- 12A



JAIMY ELSA
- 12B



SHARON JUDITH
- 12C



NANMA MARIAM
- 12D



RAVLEEN KAUR
- 12E



ALITA JANICE
- 12F



RASHA BISHARA
- 12G



LOGARAJAN
ILANGOAN - 12J



DILANO SIMON
- 12K



VIVIN JOSEPH
- 12L



JOHN HARSHIT
- 11A



LAKSHANA RAMESH
- 11B



AISWARYA HARIGOPAL
- 11C



ANUSHKA VIJAYKUMAR
NAIK - 11D



SAJIDA ABDUL
- 11E



CLEONA FERNANDES
- 11F



JOSHNA TRISSA
- 11G



GLORIA - 11H



CHRISA SUSAN SHAJI
- 11I



AKSHAYA BABU
- 11M



ALEYIYA ABBAS
- 10A



AHMED AJAZ
- 10B



ABHISHEKNATHAN
- 10C



MANU JOSEPH
- 10E



GODWIN
- 10F



SHAAMIYA MARIAM
- 10G



NIYANTH VENKATESH
- 9A



LEAYA ELSA
VARGHESE - 9B



VISHNU NARAYANAN
- 9C



ANNA DEENA - 9D



OBAID ANSAR KHAN
- 9E



ADNAN KUTBUDDIN
- 8A



MARIA MOIJALI
VOHRA - 8B



AFHAM - 8C



NIDHI MYTHILY
- 8D



MILEENA MARY
VARGHESE - 8E



ZAINAB ABDUL
KADER - 8F



UMMEAYMAN MURTAZA
QURESHI - 7A



GUINDEP SINGH
SAHNI - 7B



SARATH SAJU
KOCHU PARAMPIL - 7C



LENA LUKOSE
- 7D



MANMEET SINGH
- 7E



ABDUL ASHEEN
- 7F



SAI NIKHIL
- 6A

MUNIBA MAZARI - THE IRON LADY OF PAKISTAN



"I could not find a hero in my life, so I became one."

Not many of us know about this wonder woman from Pakistan- Muniba Mazari, lovingly referred to as the Iron Lady of Pakistan for all the right reasons.

At the age of 18, she was forced into an unhappy marriage. Two years after her marriage, her husband somehow fell "asleep" while driving and their car fell into a pit. The man however managed to jump out

of the car and save himself, leaving his wife. At the age of 21, Muniba was left paralyzed from the hip. Her backbone crushed and she sustained multiple fractures to her arm, shoulder, ribs and collar bone. Doctors told her that she would be unable to walk, paint and give birth. She began to question her existence in the world.

".....but these two months I spent in the hospital were dreadful. I was in severe pain, both physical and psychological. The people who were supposed to stay with me, left me first at a time when I needed them the most. Life was completely pointless, aimless and colourless. I was tired of wearing the white clothes, looking at the white walls, doing nothing and sitting idle. I really didn't want to live. But then, I realized that instead of crying for the people who were not meant to be with me and for the legs which I lost, I have people around me who want me to see me alive. I have so much to be grateful for. So let's stop whining and cribbing. The best

decision I took in my enter life was a painting that I made in the hospital with a deformed hand. And that's how I added colour in my colourless life. And that's how this adversity helped me explore the artist in me. That's how this art kept me alive.

Learn the art of turning your adversities into opportunities. The minute you learn it, the sky is the limit. So be happy, be grateful, be alive."

Even after a decade, her inspirational story continues to touch people all over the world. Muniba was named one of BBC's "100 Most Inspirational Women in 2015" and featured in Forbes' "30 under 30" the following year. She is an amazing painter, motivational speaker, social activist, a beautiful model, TV actor and an excellent singer. She is Pakistan's first female goodwill ambassador. Her life is a testimony to the fact that determination triumphs hardships.



RITHIKHA
RAGHUPATHY - 12A

THE 44TH ANNUAL SPORTS MEET OF ICSK - AN EXUBERANT CELEBRATION



The meet of ICSK took off on the morning of 29th of November 2018 at the Kaifan Stadium which was charged with the zealous energy of the athletes who were anticipating the three-day event. Mr. Shaik Abdul Rahiman was the chief guest for the opening day. He inaugurated the event by releasing balloons. Mr. Amer Mohammed graced the event as the Chief Guest on the second day. The spectators witnessed the exemplary performances of both children and parents as all of them enthusiastically took part in the event, making it an unforgettable episode in their lives.



With the sincere efforts of ten Physical Education teachers, four branches of Indian Community School participated in the event, where the students of grades 7, 8, 9, 10, 11 and 12 took part. A new segment for the participation of parents in sports was introduced and the competition items included 100m race for men and women and short-put. On 1st December 2018, the third day of the sports event being the prize distribution ceremony, the event commenced with the Islamic Prayer and the Prayer Song, followed by the national anthems of Kuwait, Kenya and South Africa. The Ambassador of Kenya to Kuwait, H. E. Mr. Ali Abbas Ali was the chief guest for the event, the CEO of Pro-Vision Sports Management, Mr. Ahmed Alhuzami was the guest of honor and the Ambassador of South Africa to Kuwait, H.

E. Mr. Mzolisisa Bona was the special guest. The occasion was graced by the presence of Chairman to the Board of Trustees Mr. Shaik Abdul Rahiman, Principals Dr. V. Binumon, Mr. Rajesh Nair, Mr. Gangadhar and Vice Principals of all four branches. The much-anticipated award ceremony occurred, where the winners of the National and CBSE Cluster meets – the new meet record-holders, CBSE individual champions, students selected for the Kuwait Cricket team and Mr. Aftaab Kallan (in occasion of being selected for training in football in Manchester) were awarded. The curtains closed on the year's

annual event with the vote of thanks from Mr. Rajesh Nair (Principal of ICSK Amman) and with a solemn resolve and high expectations for the 45th year of ICSK Sports.



THE ART OF NOT CARING



It's in human nature to always crave more, be better, care much more than you should. This article will offer a lot of great insight into why it's important to stop caring so much about the things that don't matter in life, and why people should start concentrating more on the things that are the most important to them.

1. The Secret to Life is NOT Having the "Best"

So many people have been misled about what the "secret" to living a good life is. They think that they need to have the best job, make the most money, drive the best car, and live in the biggest and best house.

While all of this might be well and good, it certainly isn't going to lead to any deep enrichment or fulfilment. These are all superficial, material things and in the end,

striving for a life in the belief that they will make your life better will actually make you feel depressed and empty.

2. Less Really IS More

It sounds like the orthodox verse that a motivator preaches to a sceptical audience, usually taken in a materialistic belief. Caring about more—getting more stuff, things that haven't happened yet, things in the unforeseeable future—aren't going to make life better; they're going to make life more stressed out.

Caring more about what is true and the most important to you is what really leads to happiness.

3. Comparisons are a Waste

Thanks to the Internet and social media, we now have a myriad of ways to compare ourselves to others, which also means that we have an infinite number of ways to see that we aren't measuring up, that we aren't as good as someone else and that our lives aren't as picture-perfect as they could be.

Making comparisons doesn't do anybody any good. Nobody is perfect, nobody cares if you aren't perfect, nobody wants anyone to see that they are imperfect. It makes you feel like you are less and that you don't offer as

much value.

4. Accepting Your Personal Experiences is SO Valuable

Everyone experiences life differently, and trying to constantly compare yourself to others, not accepting the experiences that you have had, or devaluing them ends up making you miss out on what really matters: Your personal experiences.

Life truly is what you make of it, and if you are overlooking your experiences, you aren't getting the most out of it.

5. Stop Caring About "Fitting" In

Everyone tries so hard to be a part of the crowd, but what's the fun in that?

Every single person is a unique individual; quirks and varied levels of humour, temperaments, and the endearing habits you notice in your friends; it all makes us all different and wonderful. Focusing so much on trying to fit in and be like everyone else covers up your uniqueness, which can ultimately make you unhappy.

Embrace your individuality and it will guide you to true friends and true happiness.



RACHEL FERNANDES - 12D

WOMEN EMPOWERMENT



Women empowerment has become the buzzword today with women working alongside men in all spheres. They profess an independent outlook, whether they are living inside their home or working outside. They are increasingly gaining control over their lives and taking their own decisions with regard to their education, career, profession and lifestyle.

But while doing so, women also take care to strike a balance between their commitment to their profession as well as their home and family. They are playing multiple roles of a mother, daughter, sister, wife and a working professional with remarkable harmony and ease. With equal opportunities to work, they are functioning with a spirit of team work to render all possible co-operation to their male counterparts.

While it is true that women, by and large, do not face discrimination in society today,

unfortunately, many of them face exploitation and harassment which can be of diverse types: emotional, physical, mental and sexual. They are often subjected to rape, abuse and other forms of physical and intellectual violence.

Women empowerment, in the truest sense, will be achieved only when there is a change in the society by treating women with proper respect, dignity, fairness and equality. The rural areas of the country are, steeped in a feudal and medieval outlook, refusing to grant women equal say in the matters of their education, marriage, dress-code, profession and social interactions.

Let us hope, women empowerment spreads to progressive as well as backward areas of our vast country.



ASTHA VIJAY THAKKAR - 12A

Facts Don't Change Our Minds. Friendship Does.

Convincing someone to change their mind is really the process of convincing them to change their tribe. If they abandon their beliefs, they run the risk of losing social ties. You can't expect someone to change their mind if you take away their community too. You have to give them somewhere to go. Nobody wants their worldview torn apart if loneliness is the outcome.

The way to change people's minds is to become friends with them, to integrate them into your tribe, to bring them into your circle. Now, they can change their beliefs without the risk of being abandoned socially.

The British philosopher Alain de Botton suggests that we simply share meals with those who disagree with us: "Sitting down at a table with a group of strangers has the incomparable and odd benefit of making it a little more difficult to hate them with impunity. However, the proximity required by a meal – something about handing dishes

around, unfurling napkins at the same moment, even asking a stranger to pass the salt - disrupts our ability to cling to the belief that the outsiders who wear unusual clothes and speak in distinctive accents deserve to be sent home or assaulted. For all the large-scale political solutions which have been proposed to salve ethnic conflict, there are few more effective ways to promote tolerance between suspicious neighbours than to force them to eat supper together."

Perhaps it is not difference, but distance that breeds tribalism and hostility. As proximity increases, so does understanding. I am reminded of Abraham Lincoln's quote, "I don't like that man. I must get to know him better."

Facts don't change our minds. Friendship does.



ATEKA RAJ
XII-C



THE HATE U GIVE

The hate U give little infants messes with everyone. Every outstretched arm now carries a gun. White people above black, yellow over red, every race just wants the other dead. So much hate, our politicians have ensured. So many innocents simply massacred. Kids in cages and unnecessary walls, violence is now a part of every household. This violence is what the younger generation is exposed to. This violence is the reason that nobody can openly trust you. Karma is real, everyone knows its true. So you wait because this hate u give little infants will one day, mess with you.



MANNAH ACHU
ALEX - 12A

Why is Parmesan Cheese So Expensive?



Parmigiano-Reggiano is an Italian hard, granular cheese.

How its made?

Starter whey (containing a mixture of certain thermophilic lactic acid bacteria) is added, and the temperature is raised to 33–35 °C (91–95 °F). Calf rennet is added, and the mixture is left to curdle for 10–12 minutes. The curd is then broken up mechanically into small pieces (around the size of rice grains). The temperature is then raised to 55 °C (131 °F) with careful control by the cheese-maker. The curd is left to settle for 45–60 minutes. The compacted curd is collected in a piece

of muslin before being divided in two and placed in molds. There is 1100 L (291 US gallons or 250 imperial gallons) of milk per vat, producing two cheeses each. The curd making up each wheel at this point weighs around 45 kg (100 lb).

The cheese is put into a stainless steel, round form that is pulled tight with a spring-powered buckle so the cheese retains its wheel shape. After a day or two, the buckle is released and a plastic belt imprinted numerous times with the Parmigiano-Reggiano name, the plant's number, and month and year of production is put around the cheese and the metal form is buckled tight again. The imprints take hold on the rind of the cheese in about a day and the wheel is then put into a brine bath to absorb salt for 20–25 days. After brining, the wheels are then transferred to the aging rooms in the plant for 12 months. Each cheese is placed on wooden shelves that can be 24 cheeses high by 90 cheeses long or 2160 total wheels per aisle. Each cheese and the shelf underneath it is then cleaned manually or robotically every seven days.

The cheese is also turned at this time.

Why is it expensive ?

PARMESAN needs significantly more milk than other cheese (16 litres to make one kilogram). As with any product that matures slowly, the price is commensurate with the stage of its maturity. Twelve months is the minimum time before a Parmesan cheese is allowed by law to leave the factory and then it is categorised (and priced) by its maturity: vecchio (old), stravecchio (extra or very old), tipico (four to five years) and giovane (young). The manufacturing process still uses certain traditional methods, and this is also reflected in the eventual price. It's interesting to note that Parmesan is reputed to have medicinal qualities. Doctors in the production region often prescribe it to children with intestinal problems, and if it's claimed aphrodisiacal properties get you into trouble you can always take comfort in the fact that the skin of a good 'vecchio' is practically bullet-proof.



AARON MANOJ
-8E

Birthday Arcade - December



SANDRA SAJEEV
12A - DEC. 1



SIDHARTH DILEEP
10C - DEC. 1



YUSRA ASAD KAHAN
10A - DEC. 1



ZAIBA HABIBULLA
12K - DEC. 1



ADORA FLORY
12E - DEC. 2



ANTON K. SAM
9C - DEC. 2



MAZIN MAHIR
7C - DEC. 2



ABIGAIL MARY YANG
11A - DEC. 3



EBEZ JOHN CHACKO
8A - DEC. 3



JESU JOEL GEORGE
9A - DEC. 3



MAHIKA MALHOTRA
8D - DEC. 3



BESSIE KUNJUMON
10F - DEC. 4



DAANYA B.
9A - DEC. 4



GAUTHAM SURESH
12B - DEC. 5



SANJANA KIRAN
9D - DEC. 5



SUDEV V. SIJU
8E - DEC. 5



AARON JOE
7E - DEC. 6



AKSHAYA BABU
11M - DEC. 6



AMIL MATHEW
7A - DEC. 6



KIRAN BASIL
11H - DEC. 6



POORVA NIRMAL
8E - DEC. 6



AARON MATHEW
7E - DEC. 7



MOHD. HUSAINI
9B - DEC. 7



NANDITHA VINOD
11I - DEC. 7



JOEL ANTO
10A - DEC. 7



MARIA
8B - DEC. 8



MOH'D NAZIR
12E - DEC. 8



NABEELA BEGUM
11G - DEC. 8



KATHERINE MARY
9B - DEC. 8



KEVIN AMBROSE
9C - DEC. 8



SHEIK MAHMOOD
12L - DEC. 8



MOHAN D.
12C - DEC. 9



MISHAL
11M - DEC. 9



PRANOITHI PRASHANT
11I - DEC. 9



AISWARYA S. NAIR
9D - DEC. 10



SAKINA ARJAN
8B - DEC. 10



ABBAS
11D - DEC. 11



MALAIKA
12B - DEC. 11



UMAIR ZAHID
8D - DEC. 11



YAHIA SHABBIR
12B - DEC. 11



ADNAN JAN BHAT
10A - DEC. 10



HEBA MUZAFFAR
10G - DEC. 10



SAFFANA
10G - DEC. 11



ARTHISH GANI
7D - DEC. 11



RUKAIYA
11F - DEC. 11



SNEHA SHAJAN
9B - DEC. 12



BHAVNA SARA JOHN
11E - DEC. 12



SAKINA
12E - DEC. 12



DIYA THASNIM
12B - DEC. 13



ADNAN MOHAMMED
12D - DEC. 14



ANDERS PAUL
12B - DEC. 14



BERTILLA RITHU JIJO
12G - DEC. 14



HANA SAALIM
9A - DEC. 14



JOEL JOHN SHAJI
12B - DEC. 14



YASH DHANANJAY
12B - DEC. 14



ARJUN SUJITH
8C - DEC. 15



HUSSAIN HAKIMUDDIN
12B - DEC. 15



MERIL ANN VARGHESE
10A - DEC. 15



ZAHRA YOUSUF
8B - DEC. 15



GOURAV JAGDISH
9E - DEC. 16



KUPPALA RAMYA
6A - DEC. 16



HUSSAIN SHABBIR
11G - DEC. 16



CHRIS D SILVA
12K - DEC. 16



ASMA SYED
12F - DEC. 17



SYED AEESHA
12D - DEC. 17



AHMED FARZEEN
9E - DEC. 18



BOVAS BENSON
11F - DEC. 18



TEKKUM FAKHRUDDIN
12E - DEC. 18



THAARINI BALAGA
7E - DEC. 18



AHMED FARZEEN
9E - DEC. 18



CHRISTINA ANNA
10F - DEC. 18



JESSICA ANN LIJO
10B - DEC. 19



AKSHAYA PRAMOD
10C - DEC. 19



KABILA G.
12A - DEC. 19



NIKHIL SUNIL
12B - DEC. 19



ANIKA CHANDRAN
12E - DEC. 20



SUVARNA SURESH
10G - DEC. 20



DEVESH PADMA KUMAR
11G - DEC. 20



SARAH ELIZABETH
7A - DEC. 21



ANNA
8C - DEC. 21



FATIMA MOHAMMAD
12C - DEC. 21



JANE CRASTO
9B - DEC. 21



MUSKAN MOHAMED
11H - DEC. 21



SAFA SAJID
8C - DEC. 21



REEM TARIQ
10B - DEC. 22



IMTIAZ MOHAMMED
7F - DEC. 22



HAIDER ALI ASGAR
9C - DEC. 22



KENISHA CEANNA
11F - DEC. 22



MOH'D IMTIAZ
7F - DEC. 22



HUSSAIN
12K - DEC. 23



ALLEN ROY
12E - DEC. 24



CHRIS THOMAS C.
12G - DEC. 24



JANNADHUL RIFANA
12L - DEC. 24



KOTLURU JEEVAN
10E - DEC. 24



ABHISHEK R. CHOUDHARY
9A - DEC. 25



SAKINA
12A - DEC. 25



ANNA NIXON
9B - DEC. 25



AMMAN SOHAIL
7B - DEC. 26



ROSHAN ROY THOMAS
11D - DEC. 26



ADVIKA MITTAL
11F - DEC. 26



ALINA MARIAM
12B - DEC. 27



RACHEL ANN JACOB
7D - DEC. 29



UMAR BURHAN
11C - DEC. 27



SAUD MOH'D
9B - DEC. 28



ISRA YUNUS KHAN
11E - DEC. 28



SHRUTI BHAGAT
9D - DEC. 28



NISHHANT VENKATESH
9C - DEC. 29



NIYANTH VENKATESH
9A - DEC. 29



RUPALI JAIN
11D - DEC. 29



FATEMA BOHRA
11G - DEC. 29



T.G.K. NOYEL
10F - DEC. 29



TANYA CHRISTINE S.
12A - DEC. 29



HUZAIFA KHUZAMA
11M - DEC. 30



MUSTAFA ILYAS
11G - DEC. 30



MANNAH ACHU ALEX
12A - DEC. 30



P. CHADURYA
12J - DEC. 30



RHODA CHRISOLYTE
11B - DEC. 30



ZAINAB ALI ASGAR
12F - DEC. 31



SHIFAD HAZRAT
11M - NOV. 18



MR. MURTAZA ALI
1ST DEC.



MRS. MARIAMMA
SHAJI - 5TH DEC



MRS. SUNITHA
GEORGE - 18TH DEC



MRS. MERINE JOBY
23TH DEC



MRS. RAJENI NAIR
27TH DEC



MRS. NANCY INOCENCIA
DSA - 29TH DEC



MRS. SARITHA NAIR
- 30TH DEC

GOODWILL AMBASSADORS



SHARON JUDITH
-12 C



ANFAL UZMA D.
- 10C



BASHAYER
-12 J



MOHAMAD AAMIR
- 8F

THE ART OF ANIMATION



Animation may be defined as a series of pictures are manipulated so that they appear to be moving images. The artists who specialize in making animation are called animators.

The history of animation started long before the development of cinematography. Humans have attempted to depict motion as far back as the Paleolithic period.

I'm sure we have all loved seeing cartoons and movies in our childhood. In fact, some of us still love them. Do you know how these cartoons and movies are made? They are made through a process called animation.

There are numerous techniques of animation, the most popular of which are traditional animation and computer animation. Traditional animation refers to the process where each frame was drawn by hand. It was

most popularly used in the 20th century, before computer animation took over. In computer animation, the frames are created digitally on a computer. There are various other techniques too, such as stop motion animation and mechanical animation.

The process of animation is extremely complex. It takes a lot of time to draw each frame. A lot of effort is taken by the animators. The end result is seen in the cartoons and films that we love.



REBECCA JANE
- 12G

The Diamond Jubilee Celebrations of ICSK - And the Inaugural Ceremony of Gyanotsav 2018



student to understand the depths of her/his potential and to utilize them to the maximum and the legacy of ICSK stands as a testimony to the ultimate learning experience. Events like Gyanotsav provide the students with a versatile platform where they are encouraged to create, innovate and exhibit their talents.

A variety of sparkling events like songs, dances, battle of bands and fashion show added fervor to the celebrations. It was a well organized programme to mark an important milestone in the history of the Indian Community School Kuwait.

The beautiful morning of 21st November 2018 was charged with zealous energy as the whole of ICSK was in the anticipation of flagging off the Gyanotsav of 2018, along with celebrating the sexagenarian anniversary of ICSK. The whole school was brimming with the creative and innovative works of each ICSKian. The Ambassador of Tanzania to Kuwait, His Excellency Mr. Mahadi J. Maalim was the chief guest for the day. Mrs. Mariam Dashti (Head of Primary and KG education, Ministry of Private Education) was the guest of Honor. The special guests included Principals of various schools in Kuwait.

In light of this auspicious event. The digital inauguration of the motto of ICSK- "From Darkness to Light", also took place on 21st November 2018.

Mrs. Susan George, Project Director- Gyanotsav 2018 gave her vote of thanks. Gyanotsav was an opportunity for each



An inspiring welcome speech by the Senior Administrator and Principal of ICSK (Senior), Dr. V Binumon commenced the inaugural ceremony.

Swaranjali - the school choir, presented their influencing songs and patriotic national anthems of both India and Tanzania. In 2019, ICSK will proudly complete its 60 years of successful academic excellence.



The Golden Lady of India - MARY KOM



MARY KOM, A sportswoman who has made India proud with her glorious achievements, The Indian fighter claimed her sixth AIBA Women's World Boxing Championships title, becoming the first woman in history to do so. The 35-year-old defeated Ukraine's Hanna Okhota by unanimous decision to win the 48kg light flyweight title in front of her home fans at the Indira Gandhi Stadium in New Delhi.

A remarkable achievement for the mother of

three, whose last appearance in a final at the Worlds was in 2010 – a bout she won.

“The feeling of walking to the ring and seeing a packed arena cheering my name is just impressive,” Kom told on her memorable experience that delighted the home crowd.

Mary Kom is an Indian boxer from the northeast state of Manipur, born on 1st March 1983, Mangte Chungneijang. She is also known as MC Mary Kom or Magnificent Mary. As a school girl she used to play a variety of sports - hockey, football, and athletics - but surprisingly not boxing! When the Manipuri boxer Dingko Singh won a gold at the Asian Games in 1998, the girl was inspired to take up boxing. Still taking up a sport considered “masculine” by social standards was no easy task for the young tribal girl. But Mary was not someone to be discouraged. Today her success is for all to see!

Mary Kom's career started in 2000 after

her victory in the Manipur state women's boxing championship and the regional championship in West Bengal. In 2001, she started competing at international level. She was only 18 years old when she made her international debut at the first AIBA Women's World Boxing Championship in United States, winning a silver medal in the 48 kg weight category.

For a woman, every day is challenging. A woman never ceases to question herself, doubt her abilities, potential, capabilities, always concerned whether she has got it right or not, and then there is Mary Kom who surprises the nation and at the same, makes every Indian extremely proud by winning one title after another. Her recent win has proven, all the more, that women, particularly Indian women are determined to pave the path of progress in the 21st century.



RIYA GEORGE
12-A

Lack of sleep looks the same as severe anxiety in the brain



Chronic sleep deprivation could make some people more likely to develop an anxiety disorder.

Missing just one night of sleep results in a pattern of brain activity that looks a lot like anxiety.

If you've ever found that a poor night's sleep has left you feeling not only a bit groggy, but also on edge, you aren't alone. People with insomnia have double the risk of developing an anxiety disorder, and 70 to 80 percent of people with clinical anxiety have trouble either falling or staying asleep. However, until now, how this relationship works in the brain was unknown.

New research presented at the annual Society for Neuroscience meeting in San Diego last month revealed that missing just one night of sleep results in a pattern of brain activity that looks a lot like anxiety.



RESHMA SARAH
MATHEWS

When in a sleep-deprived state, the participants also had less activity in the medial prefrontal cortex, a part of the brain that is directly connected to the amygdala and helps control negative emotions. For example, this area turns on when we try to calm ourselves down, and less activity there is associated with greater anxiety. The participants who had the most decline in activity in the region also had the biggest increase in anxiety, suggesting that emotional control is especially important in the link between sleep loss and anxiety.

So, remember to always make sleep a priority, because it's far more beneficial in the long run than anything “productive” you do at 3am.



THASICA LAVITA
12G

We all are so concerned about our image
That we are trapped in our own cage
Judgements come at any age
Filling ourselves into rage
Being someone else to fit in
Feels like trash you take in
Comments crawling within
Turning it into old stain
Shaped into a standard mould
Cracks coming out you try to hold
Confuse and lost in cold
Your way is always unfold
Maybe someday its going to be alright
Sooner or later, you'll overcome this fight
Almighty is watching you all day and night
There is no shadow without light

BIRTHDAY CUM CHARITY FUND

BALANCE SHEET FOR THE MONTH OF NOVEMBER 2018

INCOME (OCTOBER)	KD	EXPENDITURE (NOVEMBER)	KD
Balance c/f from October	2077.305	Mr.Bader Aldeen Ibrahim	150.000
		Mrs.Maddumme Hetti	150.000
		Mr.Md Mahafuzaar Rahman	150.000
			450.000
Balance from October	1627.305		
Contribution from students (Novembr)	369.950		
Contribution from Staff (November)	15.000		
Balance in hand	2012.255		

BIRTHDAY FUND AND CHARITY FUND COLLECTION - NOVEMBER 2018

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A		8.620	8.620
12B		10.785	10.785
12C	5.000	9.370	14.370
12D		5.775	5.775
12E		5.920	5.920
12F		13.800	13.800
12G		4.500	4.500
11A		7.030	7.030
11B		9.000	9.000
11C		7.485	7.485
11D		7.065	7.065
11E		6.035	6.035
11F	5.000	5.160	10.160
11G		6.830	6.830
11H		7.050	7.050
11 I		11.260	11.260
10A		5.135	5.135
10B	1.000	36.870	37.870
10C	2.000	38.020	40.020
9A		4.800	4.800
9B		3.920	3.920
9C	11.000	6.610	17.610
9D	5.000	2.000	7.000
8A		12.600	12.600
8B		3.370	3.370
8C		4.800	4.800
8D	3.500	4.800	8.300
8E	10.000	0.995	10.995
7A		4.360	4.360
7B		3.090	3.090
7C	3.250	3.400	6.650
7D		4.200	4.200
7E	6.000	5.600	11.600
	51.750	270.255	322.005
AFTERNOON			
VI A		1.120	1.120
VII F		0.360	0.360
VIII F		8.245	8.245
IX E		3.375	3.375
X E		0.830	0.830
X F		3.605	3.605
X G		2.040	2.040
XI M		2.450	2.450
XII J	20.000	1.305	21.305
XII K	1.000	1.500	2.500
XII L	2.115	-	2.115
Total	23.115	24.830	47.945
Grand Total	74.865	295.085	369.950



CHARITY CONVENORS - DECEMBER



ROSE JOSE
- 12A



ANGELA SUNDER
SWAMY - 12B



NAFISA
- 12C



YUSRA NASSER
- 12D



CAREENA BOBY
- 12E



SAMAH ZOYA
RAHMAN - 12F



EDMON PEREIRA
- 12G



WASSIM AHMED
- 12J



ABDUL AZEEM
- 12K



MOHAMMED
MAFAS - 12L



JOHANN LAJI
- 11A



MUKUND MENON
- 11B



NICOL ANTONY
- 11C



AADITYA KUMAR
- 11D



ROSHAN - 11E



EVITA RICHELLE
D'SOUZA - 11F



JOEL SHAJAN
- 11G



SHANICE - 11H



MAHMOOD
MOHAMMED - 11I



HUSSAIN ABBAS
- 11M



MERIL ANN VARGHESE
- 10A



DANIELLE RODRIGUES
- 10B



NIZZAR K. NOUSHAD
- 10C



RIS RICHARD
- 10E



RAEEZ HASSAN
- 10F



DARSHAN JAIN
- 10G



ANJANA REVIPRASAD
- 9A



BENJAMIN THEODORE
- 9B



JERRY SAM JOSE
- 9C



SAMUEL GEORGE
- 9D



PRIYADARSHINI
- 9E



GOPIKA PROMOD
- 8A



ARWA HUSSAIN
- 8B



DEERAJ DEVENDRA
- 8C



MAHIKA MALHOTRA
- 8D



SENETH JAGODA
- 8E



TAHA BURHANUDDIN
- 8F



NITUNA ISHI - 7A



JOANNA ABIGAIL
BODDU - 7B



ASIYA YUSUF
KHAN- 7C



EVIN ROBY - 7D



SOUMYA SARAH
CHARLY - 7E



MOHAMMED RASHEED
- 7F



RAMYA - 6A

LEAP OF FAITH



Life is a series of calculated risks. Each and everything that we do has its own risk factor whether it is driving on the road or even sleeping for that case! Honestly speaking, it is this risk factor which gives us that adrenaline rush to keep moving forward.

The risk that most of us fear is taking that leap of faith crucial to progress in life. There are many things holding us back like, the fear of not being good enough, or the fear of rejection or even how comfortable we have become at where we are. Life can give us a thousand reasons to just stay put but, we sometimes find it difficult to find even a single reason to move forward. One thing that we should always remember is that everything in life that matters requires risk. Life itself is inherently risky and there is only one big risk that we should avoid at all times and that is the risk of doing nothing. It's not going to be easy, not all the risks are guaranteed to succeed but, as they say, if we never try, then we'll never know.

Bill Gates for example could have secured his future by completing his course in Harvard. But he took one of the biggest risks of his life by dropping out in the second year and doing what his heart wanted and today, we all are so grateful for that risk.

So, get out of your comfort zones! You can only grow if you are willing to feel awkward and uncomfortable when trying something new. Remember, it is much better to cross the line and then deal with whatever consequences come your way than to just stare at the line for the rest of your life.



TANYA SUARES
- 12A

CAPTAINS & VICE CAPTAINS - DECEMBER

CLASS 12A



MOSES REJI



SIVINI SOJI



SHAUN JOSHUA



FAREEHA FAIZ



GEORGE



S. SHAYOBA



SHABNAM



SARA SADAF



DAWOOD BANKODA



ANIKA CHANDRAN

CLASS 12F



RUKAYYA MUNTASEER



RAMLA FAKHRUDDIN



KYRA HOLLYN R.



JOE MAMMEN



ORVILLE



MOHD. SARFARAZ



POOJA



COLLIN



MD. AWEES HUSSAIN



FATHIMA MAFAZ

CLASS 11A



AAKANKSHA PRATTAP



MELAN VARGHESE



FATEMA



FAHAD JAVID



JEMY GEORGE



MEENAKSHI PREM



SIDHARTH V. SIJU



MARY J. BENOY



KIMBERLY



ALLEN

CLASS 11F



ABEER



KOSAY YUSUF



JOSHNA TRISSA



SHREYA BHATT



ALPHY JOHN



NIVEDITHA



SANIA KAUR



JUBAL VARGHESE



SYED ABDULLA



RONAK KISHORE

CLASS 10A



ALBIN BENNY



SANIYAH JAVED



OMKAR SURESH



ARWA MOHAMMADI



MOHAMMED SAAD



AQUINO TOM



BECKHAM RODRIGUES



SHAIKHA ABDUL



FATHIMA RIFFATH



FARDEEN

CLASS 10G



RAHILA ANWAR



K. ROSAIYAH



HANA SALIM



FUAD FARHAN



MOHAMMED SAAD



MOHAMMED HUSAINI



SREYA MATHEW



SHIJON SAIJU



GRACE ANIL



MIRELLE VICTORIA

CLASS 9E



JOHAN JAMES



ASWIN NAIR



TANJOT SINGH



AYESHA BATOOL



ATIYAH



MOHAMMED ABDUL SAFYAN



JEFIN VARUGHESE



JANICE FERNANDES



UMAIR ZAHID



ZAINAB MUFFASSIR

CLASS 8E



AISHWARYA J.



PRANAV AJAY



AYMAN NASUH



AMEENA HAMZA



ARIBAH KHAN



ASIM SHARIEF



TEPHIN DANIEL



DEEMA ANNA S.



MOHAMMED REYHAN



MEDHANI

CLASS 7D



ILHAM IQBAL RAUT



ARPARNA ANIL G.



NEHA ANN JINS



ARON RAJESH



SULTAN FIROZ



GRAHAM JIJI T.



GURLEEN KAUR



ZEYAD

To Forgive and to Forget



Recently, I had the opportunity to teach small children from Kindergarten. It was an awesome experience. Teaching them taught me a few things in life and I wish to share them with you.

After the teaching session, the children are free to play with their friends. And sometimes, when they play, they might accidentally hit each other and fall. As soon as this happens, they cry a lot and become unfriendly towards the person who hit them. But what I have observed is that when I get both of them together and ask them to say "Sorry" and to say "Friends" to each other and shake hands; they readily do so without any inhibition. They are not ashamed to say sorry and within minutes they forget what has happened and start playing with each other again.

This incident kept me thinking and I asked this question - why can't we be like the little

kids? Why can't we forgive others readily as the little kids do? The answer lies in one word - ego.

Ego - a person's sense of self esteem is good in the development of a person but when it becomes excess it becomes pride and then that is when we find it hard to forgive others or consider others. How many of us have said this in our mind 'let her talk to me first and then I will talk to her'?

Divorce cases all over the world have been making record numbers. Murders for revenge, hatred, vengeance, etc are on the rise. Families are torn apart because of rifts between members of the family. Majority of these problems could be solved with the virtue of forgiveness. Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness. Forgiveness is not a sign of the weak but it is the attribute of the strong. It takes a strong person to say they're sorry and an even stronger person to forgive.

The present culture of movies and other media says "Love your friends and hate your enemies and avenge the death of your friends" (Avengers 4). But the advice of great

people of ancient time keeps on resounding in faint voices "Love your enemies and pray for those who persecute you."



JOE MAMMEN
JOHN - 12G

At times we ignore people whom we don't like and whom we don't think are fun or important. We ignore their gestures of greeting and even try to forget they are there. But again we must ask "If we greet only those whom we like, what are we doing more than others?" Ok, sometimes we don't like people because of their attitude. But it doesn't hurt at all to return the smile they give and greet them back for just that instant. Because, in the end, the person whom you don't 'like' may become the only person who will help you in times of trouble.

So friends, as we enter the season of Christmas let us once again mend our broken relationships and to forgive and to forget what others have done to us.....

He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

- Martin Luther King Jr.

POWER OF WORDS



Do you know of those people who fly off the handle without stopping to think about the consequences of what they're saying? Someone who just reacts to something someone said or did and starts attacking that person with cruel accusations? The damage could be so profound, it will forever sever the relationship. In business, this could forever impact a career in a negative way.

You've probably observed this in others many

times. Maybe even in yourself. Whether it's at work, with friends or in some type of social situation, many people speak their minds before thinking. There are many who "fly off the handle" and don't stop to think about the repercussions of their words. I cringe when this happens because I know people are going to get hurt, and later on people will be sorry for what they said. But the damage is done.

How important are words and speaking to business leaders? Leaders should think about words as being so powerful that they might be the main reason a leader will succeed or fail. Sure, a leader who doesn't choose his words carefully may succeed to some degree, but the truly great leaders are great orators, as well.



SAKINA BADRI
- 12C

Sometimes, it might be best to not say anything at all. I was always told that if you can't say something nice, don't say anything. You can either make many friends by just your words or enemies by the same.

The way you speak -- the attitude and tone -- reflects the person you are and impacts everything around you. It can greatly contribute to your success or "non-success" both in business and your personal life. So next time, think before you speak. It will make all the difference.

Statue of Unity - The Tall And Mighty



The Statue of Unity is a colossal statue of Indian statesman and independence activist Sardar Vallabhbhai Patel and located in the state of Gujarat, India. It is the world's tallest statue with a height of 182 metres (597 ft). It is located on a river island facing the Sardar Sarovar Dam on the river Narmada in Kevadiya colony, 100 kilometres southeast of the city of Vadodara.

This statue has been built with earthquake and vibration proof elements and is able to withstand a wind velocity of around 100 km per second.

For the statue, around 129 tonnes of iron substances were brought from around 100 million farmers across 169,000 villages of the various states situated all over India.

The innermost cladding of the statue is made out of reinforced cement concrete, bronze and steel that forms a three-layered structure internally.



IBRAHIM
SAIFUDDIN - 12 C

The museum below the statue catalogues the life of Sardar Patel and his contributions. An adjoining audio-visual gallery provides a 15 minute presentation on Patel and also describes the tribal culture of the state. The concrete towers which form the statue's legs contain two elevators each. In order to welcome guests and increase tourism in the state, Gujarat government has built a 3-star hotel along with a shopping centre and a research academy beside The Statue of Unity which has got high-speed elevators to take tourists at a height of 400 metres through the core of the statue. Around 200 people can stand at one time on the high platform close to the torso of the statue to envisage a beautiful panoramic view of the surrounding regions.

THE ROLE CRYOGENICS MAY PLAY IN FUTURE



We live in this Advanced Digital Age, where we witness ground-breaking and unbelievable inventions, discoveries, and phenomenal scientific advances that are sometimes hard to believe. Cryogenics and Cryonics are also the next new mind-boggling discoveries that scientist are expecting a lot from. You may remember the revolutionary concept from the Hollywood movies like Austin Powers: International Man of Mystery

(1997), Sleeper(1973), 2001: A Space Odyssey (1968), and Vanilla Sky (2001). Well, as far as pure fiction is concerned, even interstellar migration is possible, but is it practically possible to bring frozen bodies back to life?



NAFISA RASHID
- 12C

Critics believe that cryonics companies are only luring in people for money since it is an expensive process and they are unable to deliver the expected result of immortality or a second life, whatever you call it. Scientists accept that the reviving frozen people are not expected in near future. But if it becomes successful, the future of humans will completely change, for better or for worse. Only time can decide!

ANXIETY

Everyone is staring
You're trying so hard to stay standing
But your heart is racing
Instead of walking straight
You start wobbling



HAFSAH - 12G

Your eyes begin to strain
You start feeling as if you just gained a lot of weight
Your heart sinks as you run away
You have to hide

You must not let them see
The you that is scared to be seen
You feel like you can't even breathe
Your lungs are tightening
As you sink down against a wall
and take into the fetal position

Just cry, maybe someday it'll be alright.

Quote
Garden

1. "Do not downgrade your dream to match your reality, upgrade your faith to match your destiny."
2. "A seed grows with no sound but a tree falls with huge noise. Destruction has noise but creation is quiet. This is the power of silence."
3. "Self discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do."
4. "Carry a heart that never hates. Carry a smile that never fades. Carry a touch that never hurts."
5. "Happiness is not something in your hands. It's something you carry generously and it will return to you a thousand fold."



- "The picture is so profound just as the story behind it.

Franz Kafka, the story goes, encountered a little girl in the park where he went walking daily. She was crying. She had lost her doll and was desolate.

Kafka offered to help her look for the doll and arranged to meet her the next day at the same spot.

Unable to find the doll he composed a letter from the doll and read it to her when they met.

'Please do not mourn me, I have gone on a trip to see the world. I will write you of my adventures.'

This was the beginning of many letters. When he and the little girl met he read her from these carefully composed letters the imagined adventures of the beloved doll. The little girl was comforted.

When the meetings came to an end Kafka presented her with a doll. She obviously looked different from the original doll. An attached letter explained 'My travels have changed me.'

Many years later, the now grown girl found a letter stuffed into an unnoticed crevice in the cherished replacement doll.

In summary it said:

'Every thing that you love, you will eventually lose, but in the end, love will return in a different form.'

- Kafka and the Doll, The Pervasiveness of Loss.

HOW THE INDIAN STATES GOT THEIR NAMES?

KARNATAKA



Karnad means lofty land, referring to the Decan Pateau

MADHYA PRADESH



Located n the center of India, Madhya Pradesh translates to Central Province

MAHARASHTRA



"MAHA" means great and RAKSHTRIKA" means Ratta, The Tribe / Dynasty of pretty chiefs that ruled The Deccan Region

Student Name:

Class : Section: Roll No.:

Serial No.

ACKNOWLEDGEMENT

I, the parent of studying in class section hereby, acknowledge the receipt of the December, 2018 edition of the ICSK Senior Monthly Magazine, EPICS.

Signature: Date:

Name:

WORLD



NOVEMBER 2018 in a Nutshell



India to host G-20 summit in 2022: Prime Minister Narendra Modi on December 1 announced that India will host the G-20 summit in 2022. The G-20 is a grouping of the world's 20 major economies. Thanking Italy for allowing India to play the host, Mr.

Modi invited G-20 leaders to India in 2022, which also marks the 75th anniversary of India's Independence.



50th Mann Ki Baat radio broadcast: Embrace values in Constitution, says Narendra Modi: Making his 50th Mann Ki Baat radio broadcast, Mr. Modi on Sunday urged the country to take forward the values enshrined in the Constitution to bring

“peace, progress and prosperity.”



India's nuclear triad is complete with INS Arihant ending its first deterrence patrol: India declared that its nuclear triad, stated in its nuclear doctrine, is operational after indigenous ballistic missile nuclear submarine INS Arihant achieved a

milestone by conducting its first deterrence patrol. Calling it a major achievement for the entire nation, Mr. Modi said the success of INS Arihant enhances India's security needs.



India's first multi-modal terminal on inland waterways inaugurated in Varanasi: Prime Minister Narendra Modi inaugurated India's first multi-modal terminal on the Ganga river and received the country's first container cargo transported

on inland waterways from Kolkata. This is the first of the four multi-modal terminals being constructed on the National Waterway-1 (river Ganga) as part of the World Bank-aided Jal Marg Vikas project of the Inland Waterways Authority of India.



WhatsApp selects 20 teams to curb fake news globally, including India: Facebook-owned WhatsApp announced that it has selected 20 research teams worldwide - including experts from India

and those of Indian origin - who will work towards how misinformation spreads and what additional steps the mobile messaging platform could take to curb fake news.



Literacy levels in rural India suffer due to migration, finds UNESCO study:

Literacy levels in rural households of India dip with seasonal migration, the UNESCO global education monitoring report 2019

has observed, bringing out the educational challenges thrown up by migration.



Sculpture unveiled in U.K. to honour Indian soldiers: A sculpture in honour of Indian soldiers who fought during the First

World War was unveiled in the town of Smethwick in the West Midlands region of

England. The 10-foot bronze statue was unveiled in Smethwick High Street to commemorate the 100th anniversary of the end of the First World War in November 1918, also referred to as the Great War.



Centre for Science and Environment wins Indira Gandhi peace prize: Centre for Science and Environment (CSE) has won

this year's Indira Gandhi Prize for Peace, Disarmament and Development, an award

conferred by Indira Gandhi Trust each year on the late Prime Minister's birth anniversary. The CSE was established in 1980 under leadership of the late Anil Agarwal and is presently headed by Sunita Narain.



World's largest brain-like supercomputer switched on for first time:

The world's largest supercomputer designed to work in the same way as the human brain has been switched on for the

first time. The newly formed million-processor-core Spiking Neural Network Architecture (SpiNNaker) machine is capable of completing more than 200 million million actions per second, with each of its chips having 100 million transistors. The SpiNNaker machine, designed and built in The University of Manchester in the UK, can model more biological neurons in real time than any other machine on the planet.

“The key to Happiness is to be able to Change Pain into Pleasure, Darkness into Light and Sorrow into Joy. This can occur only if we have the Courage to Change”.

Art Gallery



HANA - 9A



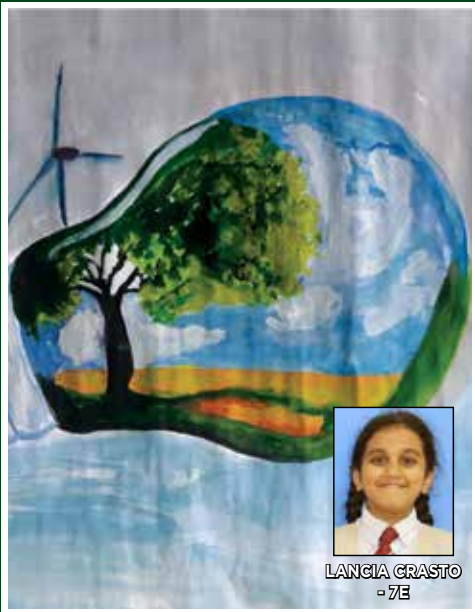
VAISHNAV RAJEEV - 9A



SUPRAJA - 7E



ALETA JOHNSON



LANGIA GRASIO - 7E



ARIKA KHAN - 7A

EPICTIONARY

perfervid - Characterized by intense emotion.
 Synonyms: ardent, fervent, fervid, fiery, impassioned, torrid
 Usage: Their perfervid love affair was punctuated by shouting, hysterical crying, and desperate apologies.

vexatious - Causing irritation or annoyance.
 Synonyms: annoying, bothersome, galling, irritating, nettlesome, pesky, pestering, plaguey, teasing, pestiferous
 Usage: Our new acquaintance had become involved in a vexatious difficulty with his pipe which had suddenly betrayed his trust and disappointed his anticipation of self-indulgence.

guileless - Free of deceit.
 Synonyms: transparent
 Usage: She was so guileless that he had no option but to believe her.

crabbed - Irritable and perverse in disposition; ill-tempered.
 Synonyms: fussy, grouchy, grumpy, cross
 Usage: I first put out my tacky lawn ornaments as a practical joke, but after my persnickety, crabbed neighbor lodged a complaint about them, I dug my heels in and refused to take them down.

plausive - Expressing or manifesting praise or approval.
 Synonyms: approbative, affirmative
 Usage: Her father's plausive nod was likely as much praise as Jane would receive from her stoic parents.

incorrectness - the quality of not conforming to fact or truth
 Antonyms: rightness

insensibility - a lack of sensibility
 Antonyms: aesthesia, esthesia

compliance - acting according to certain accepted standards
 Antonyms: disobedience

inopportuneness - the quality of occurring at an inconvenient time
 Antonyms: patness, timeliness

efflux - the process of flowing out
 Antonyms: inflow, influx

BEST CLASSES - NOVEMBER

Senior Secondary



FIRST - 12C



SECOND - 12F



THIRD - 11D

Secondary



FIRST - 10C



SECOND - 10B



THIRD - 7E

AFTERNOON



FIRST - 12J



FIRST - 9E

Forthcoming Events



- Teach me
- Higher education fair
- Award of excellence
- Gavels club inauguration
- Open Day
- Labour camp visit

- Model Practical Examination for Class XII
- Namaste India @ ICSK Khaitan
- Interactive Session for Parents with the Principal for classes 7, 8 & 12.



**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