



# EPICS



MONTHLY MAGAZINE  
THE INDIAN  
COMMUNITY  
SCHOOL (SENIOR)  
KUWAIT

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

MAY 2022



## PRINCIPAL'S MESSAGE

Dear Children,

Welcome to the May edition of EPICS. I know that all of you are busy in celebrating your mid-term examination. Keep always a positive mindset towards examinations. Always speak about the possibilities of scoring

instead of difficulties. That will remove the fear of exams from your mind.

In this edition let us discuss some good habits which one must develop:

### 1. Smile

Smiling is one of the healthiest habits and luckily we got it by birth. Smile not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including stress reduction and better immunity. Start smiling and share happiness in each and every minute of your lives.

### 2. Stop Gossiping

No one likes Gossip but everyone enjoys. "Great people talk about Ideas, Average people talk about Things and Small people talk about Others". Be a great person always and destroy gossip by ignoring it.

### 3. Stop giving excuses

Observe all unsuccessful people around you, who suffer from a mind deadening disease. We call this disease EXCUSITIS! Ask yourself if you are one among those diseased people. And cure yourself, if you are suffering from it!

### 4. Dream big

As a kid, all of us dream like crazy! We dream about the silliest to the craziest. Dreaming big will give you a sense of accomplishment, even if your dream doesn't come true. This is because when people dream they set their sights on something bigger than themselves - even when it seems impossible. This gives them the motivation to make changes and take action towards that dream in their lives.

### 5. Start taking action

Why to sit comfortably and talk about problems the whole day and wait for some miracle to happen?? Miracles will happen to people who believe in action with a proactive approach. If you are in the present, you will be active. Be in the present with smart actions always.

### 6. Thinking positive

Do not allow negative thoughts to come to your mind! And positive thinking is not about expecting the best thing to happen every time but, accepting whatever happens is the best at that moment. Positive thinking is important because it can have a beneficial impact on both physical and mental well-being. People who maintain a more positive outlook on life cope better with stress, have better immunity and have a lower risk of premature death.

### 7. Shed your EGO

Accept your mistakes and try to be willing to learn from everyone around you. The majority of us have EGO which never allows us to grow in life. The quicker we shed it the sooner we reach heights in life. See the abbreviation of EGO, E-eliminating, G-growing, O-opportunity.

### 8. Listen

Develop a good listening attitude because "Most people do not listen with an intent to understand but they listen with an intent to reply". Listening skill is very important for good personality development. Hearing is totally different from listening. Listening is the act of hearing with the involvement of the mind.

### 9. What will they think about me?

Never ever in your life get affected by this disease, this will make your life hell! The sooner you come out of this mindset the better your life will be. It doesn't matter what other people think of you because they don't have to live with you. You are the only person who has to live with you. Thus, you are the only person whose judgment you need to be concerned with when you're making decisions.

### 10. Stop Blaming Others

Stop blaming others for your troubles. Your dreams can be made into reality only by you, not by others and it's your life, when you blame others for what you are going through, you deny responsibility and you give others power over that part of your life. Believe in yourself and Believe in Action.

### 11. Drink Two Glasses of Water and Walk for 30m minutes.

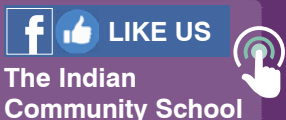
As soon as you wake up in the morning, drink two glasses of water, which will clear your body and mind. At the same time, find some time to walk in the morning or evening, which will boost your immunity and reduce your stress. Make a habit of 30 minutes walk in a day .

Dear children try to develop the discussed good habits in you to find a positive change in your lives.

Wish you all the best!

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SCAN THE QR CODE AND FIND OUR UPDATES ON

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+965 6564 2298

SCAN ME



# EDITORS' NOTE

Dear Reader

The beginning of the academic session 2022-23 is at its heart a fantasy of newness and clean slates---of the chance to do things differently and with more attention to purpose. The publication of this school magazine EPICS ignites pleasure and satisfaction in many people to witness the monumental strides gained by ICSK SENIOR.

Through this magazine, we open a window of opportunity to many student, who will know, that as an institution, we are destined for a bright future.

The Editorial Board enjoys making the magazine a vehicle for students to express their inner hidden talents .It is actually a lovely experience to see these enthusiastic and budding writers voicing their feelings through stories, poems, articles ....etc.

A famous African proverb:  
If a child washes his hands  
he could eat with kings.

Which means if you prepare and follow yourself to be well trained when you have the opportunity, you will achieve a lot and be favoured in due course.

Thus,my good readers , EPICS provides you this opportunity .Grab this opportunity by EDUCATE,EMPOWER and ENLIGHTEN yourself .

You can share this magazine with your friends on SOCIAL MEDIA.

HAPPY READING.

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



Mrs. Shehnaz Hakim



Mrs. Tintu Wilson



## Impact of Social Media

Social Media is a tool that is becoming quite popular these days because of its user- friendly features. Social media platforms like Facebook, Instagram, Twitter and more are giving people a chance to connect with each other across distances. In other words, the whole world is at our fingertips all thanks to social media. The youth is especially one of the most dominant users of social media. All this makes you wonder that something so powerful and with such a massive reach cannot be all good. Like how there are always two sides to a coin, the same goes for social media.



MANNA ANN  
MITHAI - 12D

When we look at the positive aspect of social media, we find numerous advantages, as more and more people are distancing themselves from newspapers, they are depending on social media for news. You are always updated on the latest happenings of the world through it. A person becomes more socially aware of the issues of the world.

In addition, it strengthens bonds with your loved ones. Distance is not a barrier anymore because of social media. For instance, you can easily communicate with your friends and relatives overseas.

Despite having such unique advantages, social media is considered to be one of the most harmful elements of society. If the use of social media is not monitored, it can lead to grave consequences. It is harmful because it invades your privacy like never before. The oversharing happening on social media makes children a target for predators and hackers. It also leads to cyberbullying which affects any person significantly.

This addiction hampers with the academic performance of a student as they waste their time on social media instead of studying. Social media also creates communal rifts. Fake news is spread with the use of it, which poisons the mind of peace-loving citizens.

In short, surely social media has both advantages and disadvantages. But, it all depends on the user at the end. The youth must particularly create a balance between their academic performances, physical activities, and social media. Excess use of anything is harmful and the same thing applies to social media. Therefore, we must strive to live a satisfying life with the right balance.



# IFTAAR MEET



“Most cherished moments happen when friends and family get together.”

The Staff Club of ICSK Senior came together to celebrate Iftar, an occasion to promote diversity and social harmony in our community, on 21-April-2022, Thursday. Eng. Hussam Al-Mutawa, Senior Specialist Industrial Engineer, Public Authority of Manpower, was the chief guest for the occasion.

Mr. Shaik Abdul Rahiman (Honorary Chairman of the Board of Trustees), Mr. Azharuddin Amer Mohammed (Honorary Secretary of the Board of Trustees), Mr. Vinukumar Nair (Honorary Vice Chairman of the Board of Trustees) and the Principals of other branches of ICSK also graced the occasion.

The Iftar Celebration was held in the beautifully decorated school auditorium. The program commenced with the recitation of Holy Quran by Ms. Hawa Dalwai. This was followed by the melodious National Anthems of Kuwait and India. A melodious and pious

Islamic Prayer Song by Mrs. Ruksana Nahid captivated the audience.

Dr. V. Binumon, Principal and Senior Administrator of ICSK, who has always been a mentor and well-wisher of the staff, delivered the address of welcome. He lauded the efforts taken by the staff club in conducting Iftar Meet for the first time in the school.

The chief guest Eng. Hussam Al-Mutawa addressed the gathering. He appreciated the

staff of ICSK for conducting the Iftar Meet. He praised the staff of the school for the hard work they put in for shaping the future of the students. He shared his thoughts on Iftar celebration and mentioned how the pace of life goes down during the month of Ramadan. He further went on to say about the importance of family gathering for a meal, which makes the bonding among the members of the family stronger. He concluded his words by wishing all a very happy evening.

A memento was presented to the chief guest as token of love by Mr. Shaik Abdul Rahiman (Honorary Chairman of the Board of Trustees) and Dr. V. Binumon, Principal and Senior Administrator of ICSK.

Mrs. Musarrat Parkar, Head of Commerce Department, delivered the vote of thanks.

This was followed by Prayer and the Iftar meals. It is a symbol of friendship, understanding and social harmony. Through the simple act of sharing a meal they strengthened their connections and friendships. Like the old saying “Dinner is better when we eat together.”

The night was a memorable one for all





## INTERVIEW WITH MR. VIVEK UNNIKRISHNAN

“GOOD THINGS COME TO THOSE WHO BELIEVE,  
BETTER THINGS COME TO THOSE WHO ARE PATIENT,  
BEST THINGS COME TO THOSE WHO DON'T GIVEUP”.



*An incredibly down to earth person, spoke to us virtually, from his home in Boston, USA. An empowering personality, and an inspiration to all who approaches him. With an absolute contagious smile, he tells us “never give up on your dreams, in spite of the hurdles that come your way”. Mr. Vivek Unnikrishnan is our Alumni passed out in the year 2013. Then he persuaded his studies at Warangal in Hyderabad and currently doing his Masters in Boston.*

**1. Johann :** Sir, from your ice breaker, we know that your areas of success is related to engineering and technology, has the education in Kuwait especially in ICSK contributed to your success? Why was the choice to move to the USA to do your research instead of India?

**Mr. Vivek :** Almost all the lessons taught by George Swamy sir who was my Computer Science teacher then, were of great help.

All what I learned there was ahead of what I started in Warangal, so it was easy to get a grasp of it and move forward. Even Math and Science was covered much which gave me an easy start.

Yes, India offers the M.Tech course but the cutting edge of Computer Science is invariable in USA. The area which I am focusing currently is Distributive Systems which is much forward due to infrastructure and the amount of resources that is pooled into it. The professor with whom I'm working is doing a lot of research which is an added advantage for my studies.

**2. Mabel :** What is something you really miss about your school days and who inspired you to pursue NIT?

**Mr. Vivek :** Something that I really miss during my school days are friends obviously, the memories that we created during those days are unforgettable. We had a reunion some time back in Kuwait, and we really cherished all the memories. I really miss the trip we had to Dubai, those days were just amazing. NIT was something that I really wanted to pursue from a long time. There were a lot of students going for coaching, I knew it would be tough but I had the determination. Many teachers really helped me during my school days. Vinod sir really helped me with Math, George Swami sir not only helped me with my school academics but also gave an insight on Computer Science. The notes which were given in school really helped me with my preparation for NIT. My parents supported me through the entire journey. They were my biggest support system. Our stupendous principal, Binumon sir was always supportive and encouraging.

**3. Sivanesan :** Could you please share a moment in your life, where you faced an obstruction with something very important



to yourself, and what motivated you to keep going on to achieve it and also brief an insight into the NIT culture, how life is and the people inside the campus?

**Mr. Vivek :** When I reached college, I can say that the whole shift in paradigm for the academics was different in NIT Warangal. What always gets me through is always telling yourself that you can do better, you can always keep doing better and that failures are just a point in time currently. My mother is a teacher and her advice helped me run the race and jump the obstacles. When I first got into my job too, the co-operative environment was entirely different from school or college. I had to interact with a lot of people and show many subtle things. Getting through them is challenging and takes time, but the satisfaction you get after crossing it is very different.

There are few things in my NIT journey that went by me other than studies. Students are basically free to pursue what they want. There are clubs and organizations that we can be a part of. Professors aren't strict as you see in schools. Every individual is in-charge of their career, their studies - you need to take the accountability. On the technical side too, in NIT Warangal; we have a Web Development cell we used to be a part of and developed applications there. There's also an Innovation Garage where students come up with ideas for companies - working with them and investors. Every resource is available and is a full-fledged learning system, it's just us to prove our mettle. Freedom to explore is one of the highlights of NIT culture.

**4. Reva :** What was your most and least favorite activity in school and your advice for NIT aspirants.

**Mr. Vivek :** I was involved in many extra-

curricular activities except sports. I was more of a studious student and the choice of sports stood aside, but now I'm slowly converting it as an activity which is beneficial for health too. I enjoyed and participated in many group dance competitions. It was a great experience.

My advice to the NIT aspirants is, it's a tough process, you should not be disheartened if you are not able to do the best, but keep trying to do the best at all times and that's how you will make your mark, be confident in yourself, focus on your core fundamentals. Discipline is important too, practice every day, gather as much knowledge as possible, read books related to Physics and Chemistry.

**5. Vignesh :** Who is your favorite teacher and the impact he or she had in your life? What was your daily schedule like during your final years of schooling and did you have time to take part in co-curricular or extra-curricular activities?

**Mr. Vivek :** No favorites per se, but the teachers from ICSK however played a major role in achieving my goals. Shyna ma'am, Susan ma'am, George Swamy Sir and Vinod Sir gave their best to help me achieve my goals.

I am someone who focus better in the morning, so for studies, I wake up around 5am. I allotted time to regular board exam and academic preparation and sometime specifically for entrance preparation. We definitely kept time for relaxation as well, we would go to Marina mall or gather at someone's house to play PlayStation regularly. This relaxation time is very important since it really helps in easing out the stress that comes with your preparation. It's all about finding the right balance between studies and other activities.



NISHMA  
- 12B

**Poem 1**

The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures.

It is the same life that shoots in joy through the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.

It is the same life that is rocked in the ocean-cradle of birth and of death, in ebb and in flow.

I feel my limbs are made glorious by the touch of this world of life. And my pride is from the life-throb of ages dancing in my blood this moment.

**Poem 2**

For if life is a tall tender tree, For then, life is joy, life is free. The tree is dancing in the air, sunny or showers, With his joy, with his love, with his flowers.

For if life is a tall tender tree, There is no pain or gain, she or he. No complaining, only serving and caring. Creating life for joy of sharing.

For if life is a tall tender tree, For then, there are no you and me. We are nature; we are love; we are beauty. Giving and loving is our eternal duty.



A country's greatness lies in its underlying ideals of love and sacrifice that inspire the mothers of the race. (Sarojini Naidu)



# EPITOME OF SUCCESS

CRICKET'S WONDER WOMAN

# MITHALI RAJ



CRICKET – a sport which is a passion to the rest of the world, is a breadth to Indians. Cricket in India can be seen played right from small streets to huge stadiums. The nation has produced many Legends in the likes of - The Little Master “Sunil Gavaskar”, World Cup Captain “Kapil Dev”, The God of Cricket “Sachin Tendulkar, Captain Cool “MS Dhoni”, The Modern day Icon “Virat Kohli” and the greatest women cricketer of the world “MITHALI RAJ”. Cricket has always been a male dominated game. Amidst these iron fists, there rose a flower petal, who with her willow, made the world to see the sport from a different perspective.

Mithali Dorai Raj is an Indian Cricketer born

into a Tamil family in Jodhpur, Rajasthan on 3rd December 1982. Mithali, the test and ODI captain of the Indian Women's Cricket Team, is the Highest run-scorer in Women's International Cricket and is considered to be one of the greatest female cricketers ever.

### The Women Run Machine

She is the only female cricketer to surpass the 7000 run mark in Women's One Day International matches. The first player to score seven consecutive 50s in ODIs. Mithali also holds the record for most half centuries in Women ODIs. During Women's 20/20 Asia Cup held in June 2018, she became the first player from India (either male or female) to score 2000 runs T20s, and also became the

first women cricketer to reach 2000 WT20I runs.

In 2005 she became the captain of the team. Mithali is the only one to have captained more than once in ICC ODI world cup final by doing so twice, once in 2005 and 2017.

On 1 February 2019 during India's series against New Zealand Women she became the first woman to play in 200 ODI matches. In September 2019 she retired from T20Is to focus more on ODI cricket. In 2019 Mithali became the only women to complete 20 years in international cricket.

### Awards

She is the recipient of many national and international awards which includes the Arjuna Award in the year 2003, Padma Shri in 2005, Wisden Leading Woman Cricketer In The World in 2017 and The Major Dhyanchand Khel Ratna Award in 2021 All presented by the Government of India.

She also achieved the name of being The Lady Tendulkar Of India.

Mithala's biopic “Shabaash Mithu” is now filming and the actress Tapsee Pannu will be playing her role.



SHRUTHIKA V  
8-E

## Who invented pen?



The pen may be mightier than the sword, but cliched sayings were probably the last thing on the mind of Jewish-Hungarian journalist Laszlo Biro, the inventor of the ballpoint pen. In 1938, says the Wall Street Journal,

“A simple but remarkable invention came into a world about to be convulsed by death and destruction.” In their review of Gyorgy Moldova's book Ballpoint which chronicles the life of Biro, the Journal saw Biro refining

the pen and experimenting with recipes for the ink paste essential to his concept while fleeing dangers that seemed to chase him across Europe as war brewed and then broke out. In the early 1930s,

while working as a journalist and artist, Biro noticed that newspaper ink dried much more quickly than that of a fountain pen. The stylistic writing of a fountain pen uses liquid ink, which needs to flow from the tip to the page. The quick-drying ink used by printing presses was too thick to drip. Contemplating the problem of how to deliver thick, quick drying ink to a paper surface without requiring the ink flow, Biro saw a possible answer: closing the end of the pen instead of using the nib, leaving an opening with just enough room for a tiny metal ball that would spin against the ink in the reservoir, disturbing it to the paper.



AFIA  
-7C



# EPICS CAREER ANIMATION & MULTIMEDIA

Prepared by Mr Riaz, Psychology Dept.



Are you highly imaginative and creative? Did you love the effects of movies like Bahubali? Do you want to do that too? If yes, explore the career of an animation artist!

Animators use illustrations and software programs to produce animation and visual effects for anything from movies and video games to television, mobile devices and other media channels.

Animators also produce animations, storyboards, sketches, and illustrations. They create, schedule, and script animated narrative sequences, and assist in the coordination of background design and development. To be successful in this profession, one has to be very creative, artistic and should have out of box imagination skills.

Example: Movies like Bahubali, Kung Fu Panda, Ice Age and others make the animation industry's prospects look promising.

## What are the roles and responsibilities for Animator?

- Animators create special effects, animation, or other visual images using film, video, computers. They also use other electronic tools and media for use in products or creations, such as computer games, movies, music videos, and commercials.
- They create two-dimensional and three-dimensional images depicting objects in motion or illustrating a process, using computer animation or modelling programs.



## What are the key skills required for Animation & Multimedia?

- Adobe Illustrator
- Flash Animator
- Autodesk Motion Builder
- Adobe After Effects
- Adobe Photoshop
- Autodesk 3ds Max
- 3D Animation

## What are the career opportunities in Animation & Multimedia?

- 3D Artist
- Animation Director
- Animator
- Art Director
- Artist
- Creative Director
- Graphic Artist
- Graphic Designer
- Illustrator
- 3D Animator



# BIRTHDAY CUM CHARITY FUND

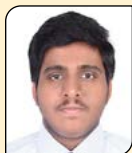
## BALANCE SHEET FOR THE MONTH OF APRIL 2022

INCOME (MARCH 2022)	KD	EXPENDITURE (APRIL 2022)	KD
Balance c/f from February 2022	2632.240		
Contribution from students (March 2022)	134.810		
Miscellaneous	40.000		
Balance in Hand	2807.050		

## BIRTHDAY FUND AND CHARITY FUND COLLECTION - APRIL 2022

CLASS / SEC	Birthday Fund	Charity Fund	Sub Total	CLASS / SEC	Birthday Fund	Charity Fund	Sub Total
12A	-	2.650	2.650	8 B	-	6.230	6.230
12 B	-	4.000	4.000	8 C	-	3.930	3.930
12 C	-	5.290	5.290	8 D	-	4.980	4.980
12 D	-	4.400	4.400	8E	-	9.670	9.670
12 E	-	2.200	2.200	8 F	-	3.500	3.500
12 F	-	9.000	9.000	7A	1.100	-	1.100
12 G	-	0.260	0.260	7 B	-	6.350	6.350
12 H	-	2.250	2.250	7 C	-	6.735	6.735
10A	-	2.300	2.300	7 D	-	1.100	1.100
10 B	-	7.000	7.000	7 E	-	2.095	2.095
10 C	-	4.970	4.970	6A	-	8.400	8.400
10 D	-	6.320	6.320	<b>TOTAL</b>	<b>2.600</b>	<b>126.670</b>	<b>129.270</b>
10 E	-	5.905	5.905	<b>AFTERNOON</b>			
9A	1.500	2.060	3.560	7 F	-	2.300	2.300
9 B	-	0.500	0.500	9 F	-	1.800	1.800
9 C	-	1.000	1.000	9G	-	1.440	1.440
9 D	-	3.450	3.450	<b>TOTAL</b>	-	<b>5.540</b>	<b>5.540</b>
9 E	-	9.975	9.975	<b>GRAND TOTAL</b>	<b>2.600</b>	<b>132.21</b>	<b>134.81</b>
8A	-	0.150	0.150				

## CHARITY CONVENERS - MAY



REUBEN MARK  
- 12A



NEAHA MARIA JOSE  
- 12B



MITHRA SUSAN  
SHAJU - 12C



ELVINA ANN MATHEW  
- 12D



GEETHIKA JAYA  
KUMAR - 12E



HANLEY GEINOY  
GEORGE - 12F



SADAF SALEEM  
- 12G



GHANASHYAM  
THALADAN - 12H



MOHAMED RAASHIQ S.  
- 12I



JAHNVI ANJANA  
- 12J



SALINA MUNIR  
- 12K



ROHAN STEPHEN  
THOMAS - 10A



KARTHIK NANDAN  
- 10B



ATIF BASHIR  
- 10C



EVELIN BERNICE  
- 10D



JAMILA SHAMOON  
GHASIA - 10E



FOJA TAKKOLA  
- 10F



GODLY VARGHESE  
REGY - 9A



ROAN RJO  
- 9B



KEZIA SARAH ABEYS  
- 9C



ADITYA ULLAS  
NAIR - 9D



VEDANT PRADEEP  
- 9E



HUSSAIN SHABBIR  
- 9F



ZAHRA ALI ASGHAR  
- 9G



HEAVEN SAM SHINE  
- 8A



MICHELLE PINTO  
- 8B



NABAHAN HAMZA BIL  
FEIZAL - 8C



MURTAZA TYPIST  
- 8D



INSIYA FIROZ  
BANIYAN - 8E



QAISE ABDUL SAMAD  
- 8F



STEVE PHILIP  
BLESSON - 7A



BELINDA STAPHENE  
AJITHLAL - 7B



EVELYN ANNA  
AJISH - 7C



AADHISESHAN  
MANOJ - 7D



DEVA DHARSHAN  
UDAYAN - 7E



BHAVANA SIBBALA  
- 7F



SERAH SAMUEL  
- 6A



# ASSISTANT CHARITY CONVENOR - MAY



ROBEN JOSE  
- 12A



FEBIN PHILIP JOHN  
- 12B



THEAJUS PRAKASH  
- 12C



ANEEQA MUJEEB  
- 12D



MARIYA  
- 12E



BASMA SABAH  
THAKUR - 12F



TULIKA UPPAL  
- 12G



CHELSEA DINA  
FERNANDES - 12H



MARIYA  
- 10A



MUHAMMAD ZAID  
- 10B



SAJILA  
- 10C



DWAYNE ETHAN  
LASRADO - 10D



SANIYA SHAJAN  
- 10E



BERIN GLADSY  
JOSEPH RAJ - 9A



MYRA JULIA D  
MELLO - 9B



ANDREW THAMARAVELIL  
SAMUEL ABRAHAM - 9C



NIKITA KINGSLEY  
- 9D



KYRA DEBRIS  
- 9E



KSENIA MONTERIO  
- 9F



STEVE BINU  
ABRAHAM - 8A



ABHINAV KANICHERIL  
ARUNRAJ - 8B



ADHINYA SUSHANT  
KHARAT - 8C



EDWIN ELDHO  
- 8D



VIVEHA PRIYA  
JAYAMANI - 8E



NATHAN AVITUS  
LEWIS - 7A



SYED ABBAS JAFFAR  
ASKRY - 7B



HESSA HAYAT  
- 7C



PENZILA MERUSHA  
VAZ - 7D



SHARON ELSA  
BIJU - 7E



KHADIJA GULAMA  
LIWALA - 6A

## SAVE NATURE



Nature is everything around us. It provides the beauty to our environment. Without the wonderful gifts of nature the human life would have been dull and meaningless. On this planet nature have so many things which have been given to us for our benefits. Nature gives us oxygen for us to live. Nature gives us fruits, vegetable, grains to eat. We should enjoy nature without disturbing its balance. Nature is our best friend. We should do plantation and keep our nature peaceful and healthy.



ANSON JOJI  
- 7A

WELL SAID: "Heaven is under our feet as well as over our heads".



The power to question  
is the basis of all human  
progress. (Indira Gandhi)

# BEST STUDENTS - MAY



DEVAPRIYA SUDHESH  
- 12A



SARATH SUBRAMANI  
- 12B



KEVIN BAIJU  
PARAKAL - 12C



AERYN MARY ANIL  
- 12D



GREESHMA ELIZA-  
BETH GEORGE - 12E



EMAAD AKHTAR  
ANSARI - 12F



GAVIN VIEGAS  
- 12G



KIARA MILANIA  
RODRIGUES - 12H



NISHANTH SUBBU  
- 10A



MAZZ MUBIN PARKAR  
- 10B



SHAIKH ANAS  
SAJEED - 10C



MIFA SHIRIN PALACK-  
AL ASIF - 10D



NIKITA KARTHIKEY-  
AN - 10E



JYOTHIKA ASHWIN  
BOSE - 9A



CHARU AJIT  
- 9B



BAASIM MUSTAKHU-  
SEN KADIVAR - 9C



ALONA MARY  
MATHEW - 9D



NAMITHA NAIR  
- 9E



ALAN BOBBY  
- 9F



PRANAV SUBRAMANI  
- 8A



CHRISTY ROJI  
- 8B



ARAVIND MANOJ  
- 8C



SYED ALMAN - 8D



MIRIAM ALPHONSA  
GEORGE - 8E



JESVIN MATHEWS  
- 8F



SHRUTHIKA SUBBU  
- 7A



RACHEL SUSAN  
THOMAS - 7B



JYOTHI SHRAVANTHI  
YAGNAM BALA- 7C



VAISHALI SRIDHAR  
- 7D



HELENA CATHERINE  
BOSCO - 7E



ALIYA MALAYANOOR  
- 7F



ALEESHA MARY  
SHYJU - 6A

## TIPS TO IMPROVE PUBLIC SPEAKING SKILLS



Public speaking is one of the most important and most dreaded forms of communication. In the working world, public speaking is a vital skill to have. It allows us to form connections, influence decisions, and motivate change. Here are a few tips to improve public speaking skills: -

1) **Know Your Audience** - Before you

begin to craft your message, consider who the message is intended for. This will help you determine your choice of words, level of information, organization pattern, and motivational statement.

2) **Grab Attention at the Beginning, and Close with a Dynamic End** - To capture the attention of the audience at the

beginning, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.



MABEL EMILIE  
VIEGAS - 12-F

3) **Speak with passion**- If you're truly invested in what you're saying, you'll be better able to keep your audience's attention.

4) **Eye contact**- Eye contact establishes an immediate bond with an audience, especially when a speaker focuses in on individual listeners rather than just gazing over the audience as a whole.

5) **Embrace your unique style**. Don't copy the style or gestures of other speakers, as your audience will sense a lack of authenticity. Be yourself; no one does that better than you can.





## CAPPUCCINO MILKSHAKE RECIPE

### WHAT YOU NEED

- 1 sachet of NESCAFÉ Gold Cappuccino
- 200 ml water
- Ice cubes
- 350 ml semi-skimmed milk
- 1 tsp. of sugar (optional)
- Cocoa powder



Dishleen Kaur  
7-D

### EQUIPMENT

- Electric blender
- Cup

### STEPS TO MAKE

1. Prepare the coffee base by mixing milk with 1 sachet of NESCAFÉ Gold Cappuccino
2. Add all ingredients in the blender
3. Blend for few minutes till it's frothy and pour in a mug
4. Sprinkle with cocoa powder



## CORN SOUP - RECIPIE

*Corn soup is so easy to make and it's ready in no time!*

1. Sauté onion, celery, and garlic in butter in a saucepan per recipe below.
2. Add flour, herbs, corn and potatoes.
3. Stir in the remainder of the ingredients. Simmer until the potatoes are tender, about 15 minutes.
4. Remove from heat and serve with chives.



Dishleen Kaur  
7-D

# How to Build the Self-Confidence You Need To Win At Life



Do you ever feel shitty about yourself? Do you ever feel like you have zero self-confidence? It happens all the time to most of us.

It seems like everyone is building billion-dollar businesses, becoming YouTube stars, or making it big on Instagram.

Deep down, most of us also know that it's 99% bullshit. But at the same time, we see all these people living awesome lives, and we don't care if it's real or not.

Whether you want money, fame, travel, or none of that stuff, it doesn't matter because it always comes down to this: How confident are you?

- Are you confident enough to say "screw it," and pursue your dream?
- Are you confident enough to say "screw all this bullshit, I don't need it," and stay grounded?

You see? Self-confidence is important if you want to win at life — no matter what you're after, a lack of confidence will always hold you back.

Research even shows that lack of self-confidence is associated with:

- Depression
- Loneliness and feeling left out
- Lower academic achievement
- Lower life satisfaction

In 1952, Bernice Milburn Moore published an article called Self-Confidence For Competence in the journal of Educational Leadership. In the article, she discusses

self-confidence for teachers, but I've found it useful in all settings of life.

If you look up the definition of self-confidence, you always get more or less the same description. Moore describes it as "a trust in self, a faith in one's ability to be able to meet situations as they may arise."

*But more importantly, she says:*

"Self-confidence without competence is of as little use as is competence without self-confidence."

It means this: Going to business school is competence. But using your business competence to lead a company is self-confidence plus competence. They are only useful when combined.

That analogy goes both ways. Just confidence in yourself, without the competence, is also useless — talking the talk is not a sustainable strategy.

You need the talk and bravado, but you also need to develop the skills to back up your talk.



SARRA MUSTAFA  
8D





## Take The Plunge

March on ahead.  
Dont hesitate.  
Time and tide  
Will not wait.



JOHANN PREMJIITH  
- 10 B (2021-2022)

Follow your passion,  
With body n mind.  
Do the thing,  
You left behind.

The way is long,  
The road, rugged.  
The future unknown  
But plunge ahead.

Hurdles in life,  
Appear, disappear.  
Follow your dream,  
Live not in fear.

Fire needs friction,  
You gain after pain.  
The clouds burst,  
Before the rains.

March on ahead.  
Time won't wait.  
Challenges abound;  
Blame not fate.

The Universe conspires  
For the passionate ones.  
For the ones who dared,  
Are the ones who won.



## BE A NURSE



KRISHNA C. ANIL  
- 12A

As I look all around me,  
And see how life has changed.  
All my younger hopes and dreams ,  
Have all been rearranged.  
I used to want to be a hero,  
Fly around just doing good.  
Learning as I got older,  
To do the things I should.  
I never wanted to be famous,  
Or own big fancy cars,  
Or set foot on the moon,  
And study all the stars.  
I did not seek out power,  
Totell others what to do.  
But if I could be like anyone,  
I would want to be like you.  
Helping little children,  
And some older people too.  
If I could go back intime,  
I know just what to do.  
I would not look for diamonds,  
Or lots of money in a purse.  
I would be the best of heroes,  
I would become a nurse.

# PROVERBS



SIVANESAN  
SRINIVASAN - 10A  
(2021-22)

- A bad workman always blames his tools.
- A chain is only as strong as its weakest link.
- Politeness costs little, but yields much.
- Words hurt more than swords.
- Wherever you go, go with all your heart.
- Distance tests a horse's strength. Time reveals a person's character.
- When the cat's away, the mice will play.
- Empty vessels make more noise.
- Tomorrow belongs to people who prepare for it today.
- However far a stream flows, it doesn't forget its origin.
- A leopard doesn't change its spots.
- Always put your best foot forward.
- Don't count your chickens before they hatch.
- Rolling stones gather no moss.
- A fool has to say something but a wise person has something to say.
- Don't put all your eggs in one basket.
- Good things come to those who wait.
- A good listener is a silent flatterer.
- Necessity is the mother of invention.
- Never test the depth of water with both feet.
- Knowledge is a garden. If it isn't cultivated, you can't harvest it.
- It is better to be loved than to be feared.
- To know that you know; and to know that you don't know – that is real wisdom.
- The temptation to quit will be greatest just before you are about to succeed.
- When deed speaks, words are nothing.
- Examine what is said, not who is speaking.
- An inch of time is an inch of gold but you can't buy that inch of time with an inch of gold.
- Genius can be recognized by its childish simplicity.
- Pearls don't lie on the seashore. If you want one, you must dive in.
- When you say one thing, the clever one understands three.



## JOKES

What do you call high school kids who haven't been able to go to school because of COVID-19?  
Quaranteens.

If you have 13 apples in one hand and 10 oranges in the other, what do you have? Big hands.

I love spring water. But I can only drink it in March.

Why are football players so successful?

Because they have goals.

What do street lights call the mood? Dad.

What did Jay-Z call his girlfriend before getting married? Feyoncé!

I tried to catch some fog earlier. I mist.

I went to buy a camouflage tent the other day. I couldn't find any.

Some people eat snails. They must not like fast food.

What do you do with a sick chemist? If you can't helium and you can't Curium, then you may as well Barium.



JENESSA  
MATHEWS - 9E





## NAILS IN THE FENCE

Once upon a time, there lived a little boy who had a very bad temper. His doting mother nearly always had a pained look in her eyes as the boy raged at her. One day, his father decided to take matters into his hand. He called the boy and told him, "From now on, every time you lose your temper, hammer a nail into the fence." The boy was perplexed. Nevertheless, he decided to obey his father. On the first day, he hammered 27 nails into the fence. On the second day, 24. But there was a change in the boy's behavior.

Hammering nails into the fence was a tough job. So, he decided to reign in his temper.

Soon, there were no more freshly-hammered nails on the fence. The father noticing this, told the boy to start pulling out the nails one-by-one on the days he did not lose his temper at all. The boy did as told. On the day that not a single nail was to be seen on the fence, the father led his son to the fence and said, "You have done well, my son, but look at the holes in the fence. The fence will never

be the same. When you say things in anger, they leave a scar. No matter how many times you apologise, the scar will still be there."



JYOTSNA ASHWIN  
BOSE - 9A

Moral of the story: Do not say anything to people in the heat of an argument. You may say something you might regret later on. Words once used, can never be called back.

## WHITE CHOCOLATE VICTORIA SPONGE CAKE



### Ingredients

- 175g butter, softened
- 175g golden caster sugar
- 1tsp vanilla extract
- 3 medium free-range eggs, beaten
- 175g self-raising flour
- ½tsp baking powder
- 1-2 tbsp milk

### For The Filling

- 75g white chocolate, melted
- 100g butter, softened
- 100g icing sugar, plus extra to dust
- 1tsp vanilla bean paste or extract
- 4-5 tbsp strawberry jam

### Method

- Heat oven to 190°C (gas mark 5). Grease and base-line 2 x 18cm sandwich tins.
- Using a spoon or an electric whisk, cream the butter, caster sugar and vanilla extract until the mixture is pale and creamy.
- Add the beaten egg very gradually – just 1tsp at a time – and continue beating or whisking until the mix is thoroughly combined.
- Sift the flour and baking powder together and, using a large metal spoon, fold into

the creamed butter mix. Add a little milk to loosen the mixture so it drops off the spoon easily.



NISHMA  
- 12B

- Divide between the tins and bake for 15-20 mins until golden, springy and beginning to come away from the tin. Leave to cool in the tins for a few mins, then turn out on to a rack to finish cooling completely.
- To make the buttercream filling, beat the butter, icing sugar and vanilla paste or extract together until very light and creamy, about 4 mins. Beat in the white chocolate until just combined.
- Spread the bottom half of cake with buttercream and the top with jam. Sandwich together, dust with icing sugar and serve.





# Birthday Arcade - MAY



VARAD NITIN  
10D - MAY 1



UMAR ABDULLAH  
12J - MAY 1



HARSHITA  
9B - MAY 1



KANCHI SHANMUKHA  
NAGENDRI 10B- MAY 1



KARAN MURA-  
LEESWARAN 12G- MAY 1



SANIYA SHAJAN  
10E - MAY 1



AGNEY SAJEEV KUMAR  
PILLAI 10A - MAY 2



ANAND ARJUN  
8D- MAY 3



FATEMA HYDER ALI  
PEETHWALA 12E - MAY 3



SURABHI VAIBHAV  
SHAH 12E - MAY 3



AMIN NISAR AHMED  
10C - MAY 3



MICHELLE PINTO  
8B - MAY 3



NESRIN NIYAS  
10B - MAY 3



RICK EMMANUEL  
SAJI 9D - MAY 3



S. FARAH AFSHEEN  
9A - MAY 3



ANLYN MARIA JOPHY  
9F - MAY 4



JOSHUA AKSHAY  
12J - MAY 4



JEREMY SHIBU  
PHILIP 8D - MAY 4



KARTHIK RAMANATHAN  
RAMA 9F - MAY 4



NIVEDITA NARENDRAN  
7D - MAY 4



YUKTA MENON  
12C - MAY 4



FAHEEMA FATIMA  
8A - MAY 5



ASHWIN RAJESH  
9D - MAY 5



OMAR BASHIR  
6A - MAY 5



MAHMOOD MAZHAR  
10E - MAY 6



SREERAM RAJESH  
7B - MAY 6



ANSHU ENDURI  
7D - MAY 7



AYISHA SAMEER  
12I - MAY 7



CHRISTO JOHN  
JERRY 8E - MAY 7



MARIYA  
12E - MAY 7



ANTONY JAISON PORIYATHU  
10D - MAY 7



MABEL EMILIE VIEGAS  
12F - MAY 7



DIVI RUSHITA SREE  
8E - MAY 8



ROHAN STEPHEN  
10A - MAY 8



EBEN BAJJU KOSHY  
10B - MAY 8



HANNAH MARIA  
9E - MAY 8



IBRAHIM FAISAL  
8D - MAY 8



JOANNA P.  
8B - MAY 8



JUSTIN GEORGE  
CHERAYIL 12F - MAY 8



ROSHA BINDHU  
10A - MAY 8



THEERDHA VINISH  
7B - MAY 8



DANAH KOLLOCHI  
12I - MAY 9



DAVE SAM RAJ  
7B - MAY 9



SHANAYA MARTIN  
8A - MAY 9



SHREYA NARAYAN  
12H - MAY 9



CAROLINE EVANS  
9E - MAY 9



ABDUL SAMAD SOLANKI  
12J - MAY 10



AKSHITA CHARUDATH  
9F - MAY 10



GRESHA BIJU  
12B - MAY 10



ZUHAIR ABBAS  
WARDAWALA 9E - MAY 10



DITZA ANN SHIBU  
12J - MAY 11



AALIA THARIC  
8A - MAY 12



BURHANUDDIN KHUZAIMA  
10C - MAY 12



CHRISTY ROJI  
8B - MAY 12



HARSHA SAMEER  
9C - MAY 12



KATHRINA  
10B - MAY 12



RESHMA JERLIN  
RAMESH 9B - MAY 12



SOHA SALEEM  
12G - MAY 12



NAKSHTRA BINU  
MARIAM 12I- MAY 13



AYESHA ZAKIR THAKUR  
12G - MAY 13



YOHAN YUSUF  
12G - MAY 13



HUDA FATHIMA  
12D - MAY 14



ABHITI MUJUMDAR  
12H - MAY 15



ANAND ARJUN  
8E - MAY 15



AYISHA REYAKKATH  
ABDULLAKOYA 12B - MAY 15



MARIYAM GULZAR  
7E - MAY 15



NISHANTH SUBBU  
10A - MAY 15



SUCHIT HONAMALLAPPA  
10B - MAY 15



VIVEHA PRIYA JAYAMANI  
8E - MAY 15



AALIYA KADIRI  
10D - MAY 16



SHAUN JACOB  
10E - MAY 16



ZAHARA KOLYARIWALA  
10B - MAY 16



ISHAN SAGAR  
10C - MAY 17



NAVAL NASAR  
MAY 17 - 10F



JOANN SHERLYN  
10B - MAY 17



SAHAD T. SALEEM  
10A - MAY 17



SRI RAM THAMARAI  
9D MAY 17



ANGELA SARA  
SHALU 10B - MAY 18



K. A ROHIT RUSHI  
10E MAY -18



PRIYA GOPAL  
10F - MAY 18



SAFA SIRAJUDEEN  
8B - MAY 18



AARON JOYSON  
10A - MAY 19



GAVIN VIEGAS  
12G - MAY 19



TRIMONA CHRISTY  
9E - MAY 19



GEORGE NIXON  
12A - MAY 20



ADITHYA KURUVIKKATTU  
8B - MAY 20



MUHAMMAD ZAID  
10B - MAY 20



AIN ALI MOHAMMED  
7E - MAY 21



FRANLY BINU  
10B - MAY 21





MOHAMMED HOZEFA  
HILAL 9B - MAY 21



NAYEMUL ISLAM  
12E - MAY 21



RIDA FAISAL KHAN  
10B - MAY 21



TARANJOT KAUR  
8C - MAY 21



ALBERT HANSEL  
12C - MAY 22



ANKITHA MENON  
12H - MAY 22



HIBA HABIBULLA  
9A - MAY 22



NADIRA NOORUL  
10D - MAY 22



ROSHAN BINISH  
8B - MAY 22



SAKINA FIROZ  
12F - MAY 22



MAMUDURI NOEL  
8A - MAY 23



LAKSHITA ANNAMALAI  
8E - MAY 23



MANHA MANZOOR  
9A - MAY 23



REEM MASTAN  
9B - MAY 23



SAARA SHAIKH  
12I - MAY 23



TULIKA UPPAL  
12G - MAY 23



BHANUPRAKASH  
9G - MAY 24



SHAHRIAR TOWFIQUE  
10F - MAY 24



ZINIYA AFROZ  
10D - MAY 24



MUJTABA DILAWAR  
8D - MAY 25



MOHAMED ADEEL  
12B - MAY 25



SIMON GLADWIN  
12C - MAY 26



ISABEL HANNAH  
9C - MAY 27



RACHEL ANNAMALAI  
12B - MAY 27



ANANYA XAVIER  
9E - MAY 28



JENNIFER  
12E - 28



STALLONE THOMAS  
12F - MAY 28



NIKHITA MENON  
7A - MAY 29



ROSHNI CHELLUBOINA  
10D - MAY 29



ELVINA ANN MATHEW  
12D - MAY 30



RAYAN SARFARAZ  
9A - MAY 30



RYAN RONY MATHIEWS  
9C - MAY 30



ABBAS BURHANUDDIN  
7A - MAY 31



ABDULLAH NEZAM  
9B - MAY 31



DIONNA GEORGE  
8B - MAY 31



KHADIJA SHABBIR  
9G - MAY 31



SHABITH SIMALI  
10F - MAY 31



MR. MANUEL JUSTIN  
- 1MAY



MR. JOSEPH DEVASSY  
2 MAY



MRS. PRIYA ASHOK  
KURUP - 3 MAY



MR. SREEKUMAR.  
S - 5 MAY



MRS. KAMALAM NANDHA-  
KUMAR - 07 MAY



MRS. SHEHNAZ  
HAKIM - 7 MAY



MR. A. GEORGE  
SWAMY - 11 MAY



MRS. USHA T.P.  
- 11 MAY



MRS. SREELAKSHMI  
SANDEEP - 11 MAY



MRS. MANISHA KHAWAS  
- 14 MAY



MRS. JAYACILEE ANNE  
GERALD - 14 MAY



MRS. MINI SHAJI  
JOSEPH - 14 MAY



MR. MADHU  
APPUKUTTAN - 15 MAY



MR. MUHAMMED  
MUSTHAFA - 18 MAY



MRS. BINU JACOB  
- 18 MAY



MRS. MARIAM SAM  
- 20 MAY



MRS. SAJEENA  
- 22 MAY



MR. MUNIR MUHAMMED  
MUSTHAFA - 25 MAY



MRS. RUKSANA NAHID  
- 25 MAY



MR. MUKUNDHAN  
PAZHANIMALA - 27 MAY



MR. MOHAMED HARIS  
- 30 MAY



MRS. BINDU MADHU  
- 31 MAY



MR. SALIM MOHAMMED  
- 31 MAY

# QUIZ!

- Which country was the native place of Javan tigers?
- Whose painting is Massacre of Innocents?
- Who is the creator of Java script?
- Buda Castle is located in which country?
- Name the instrument to measure the intensity of an earthquake.
- Who was known as the "Tiger of Mysore"?
- Who has said "The child is the father of man"?
- Who is the author of the book 'On the Road'?
- Name the Burmese women freedom fighter who won the Noble Peace Prize in 1991?
- What is the biological name of Apple?

- Indonesia
- Peter Paul Rubens
- Brendan Eich
- Budapest, Hungary
- Seismometer
- Tipu Sultan
- William Wordsworth
- Jack Kerouac
- Aung San Suu Kyi
- Malus



# EPITravel FIJI

Fiji (officially the Republic of Fiji is an island country in Melanesia, part of Oceania in the South Pacific Ocean.. Fiji consists of an archipelago of more than 330 islands - of which about 110 are permanently inhabited - and more than 500 islets, amounting to a total land area of about 18,300 square kilometres (7,100 sq mi). The most outlying island group is Ono-i-Lau. About 87% of the total population of 883,483 live on the two major islands, Viti Levu and Vanua Levu. About three-quarters of Fijians live on Viti Levu's coasts: either in the capital city of Suva; or in smaller urban centers such as Nadi - where tourism is the major local industry; or in Lautoka, where the sugar-cane industry is dominant. The interior of Viti Levu is sparsely inhabited because of its terrain.



## Capital

Suva is the capital of the South Pacific island nation of Fiji. It's a city of broad avenues, lush parks and grand British colonial buildings, such as the Suva City Library. Suva's colorful, lively Municipal Market offers a range of local fruit and vegetables. Fiji Museum, set within the Victorian-era Thurston Gardens, contains examples of traditional canoes, war clubs and tattooing tools.

## Year round weather

Climate and Average Weather Year Round in Fiji. In Fiji, the summers are hot, oppressive, and overcast; the winters are comfortable, muggy, and partly cloudy; and it is wet and windy year round. Over the course of the year, the temperature typically varies from 68°F to 87°F and is rarely below 63°F or above 90°F.

## Best time to visit

The best time to Fiji for clear blue skies is from May through to September.

October through to April make up the wet season which is also the time of year most at risk of cyclone. However, it is also when you're going to have the highest temperatures seen throughout the year.

## TOURIST ATTRACTIONS

### Bouma National Heritage Park, Taveuni Island

Nature lovers, hikers, and birders can soak up some of Fiji's lush natural beauty in Bouma National Heritage Park on the island of Taveuni. Established in 1990, the park encompasses about 150 square kilometers of rain forest, with rare tropical plants and an impressive diversity of birds, as well as four villages that are each responsible for managing portions of the park. You can snorkel in the marine park at Waitabu; hike through the rainforest to ancient ruins near Vidawa; and kayak or stroll the Lavena Coastal Walk, stopping at waterfalls for a swim along the way. A particular highlight of the park are the Tavoro Waterfalls, with three sets of falls maintained by the nearby Korovou village, where you can swim in the cool volcanic pools and capture photos of the veil-like streams of water gushing down the rockfaces. The park is also home to Lake Tagimaucia, a crater lake, where the rare Tagimaucia flower blooms, and De Voeux Peak, which offers spectacular views from its 1,195-meter summit.



### Beqa Lagoon, Viti Levu

About 144 kilometers southeast of Nadi, off Pacific Harbour, Beqa (pronounced "Benga") Lagoon lures avid divers and adventure seekers, many of whom come here to experience the Beqa Lagoon Shark Dive.

With stringent safety measures in place,

expert local dive operators offer exhilarating face-to-face encounters with these much-feared creatures in their natural habitat. Among the many species you can see are bull sharks, whitetip, blacktip reef sharks, and even tiger sharks.



NISHMA TAJ  
- 12-B

If you're looking for a more subdued underwater experience, the lagoon is home to more than 100 dive sites. Coral bommies, pinnacles, and wrecks showcase an impressive diversity of soft corals and tropical fish, and most sites are in relatively shallow waters not far from shore. This is a great place to dive if you're visiting Viti Levu and don't have time to travel to reefs around the smaller islands.

### Kula Wild Adventure Park, Viti Levu

Looking for a mix of nature and adventure? Head to Kula Wild Adventure Park in Sigatoka. Here, you can hold the rare Fijian crested iguana, capture close-up images of Fiji's beautiful native birds, and learn about captive breeding programs for some of the country's endangered species.

Wooden boardwalks thread through more than 12 acres of forest along the valley floor and canopy, where you can see tropical plants; lizards; snakes; and native birds, including doves, parrots, and water birds. Marine exhibits house tropical fish, colorful soft coral, and sea turtles. If you time it right, you can even hand-feed baby sea turtles.

If you prefer more of an adrenaline buzz, take a ride through the forest on the Roller Coaster Zip Rail or zoom down one of the waterslides. Splash pools also tempt younger visitors on hot days.

This is a fun place to visit for critter-loving kids and adults alike.

### Fiji Museum, Viti Levu

You can learn all about Fiji's fascinating culture and history at this small museum in central Suva, set within Thurston Gardens. An hour or two here will give you a good overview of the country's history and culture.





Exhibits cover the culture of the indigenous Fijians, British colonial history, the influence of the country's large Indian population, and Fiji's natural history.

### Sri Siva Subramaniya Temple, Nadi

One of the top tourist attractions in Nadi, the rainbow-hued Sri Siva Subramaniya Temple is the largest Hindu temple in the Southern Hemisphere and draws a steady stream of devotees, as well as tourists who come here to admire the impressive Dravidian architecture.

Artists traveled from India to paint the temple and work on its colorful ceiling frescoes. The temple is dedicated to the God Mungan, depicted by the wooden statue from India housed in the main temple.

Be sure to follow the dress code when visiting here, (cover up and take your shoes

off), and note that photographs are off limits once you enter.

### Levuka, Ovalau

Fiji's only UNESCO World Heritage Site, Levuka is the capital of Ovalau, the main island of the Lomaiviti group, and it was also the first colonial capital of Fiji. This is where the first Europeans settled in the early 19th century, and its historic center, with old wooden buildings, achieved World Heritage status in 2013.

Today, the town is not a thriving tourist destination, rather, it's a quaint window into old Fiji, nestled amid mango trees and coconut palms.

Highlights include the Royal Hotel, opened in the 1860s and still operating today as the oldest hotel in the South Pacific; Sacred

Heart Cathedral and Presbytery from the 1860s; and the Morris Hedstrom bond store.

### Cuisine

Fijians typically eat rice, sweet potato, cassava, fish, coconut, and taro. Meat, chicken, and fish are also traditionally cooked in a Lovo. Fiji is also rich in tropical and juicy fruits such as sea grapes, pawpaw, banana, various melons and of course pineapple and jackfruit!

### Cultural heritage

The Fiji culture is renowned for being warm and welcoming, so it's no surprise that the islands are home to people of many different religions, from Christianity to Sikh. Fijians with Asian ancestry, such as Fijian Indians, tend toward Islam, Hinduism, and Sikh, whereas many indigenous Fijians identify as Christian.

# DIVERGENT



Divergent is a series of young adult science fiction adventure novels by American Novelist

Veronica Roth set in post-apocalyptic dystopian Chicago. The movie trilogy consists of Divergent (2011), Insurgent (2012) and Allegiant (2013).

The first book, Divergent is about Beatrice (Tris) Prior lives in a futuristic world in which society is divided into five factions. As each person enters adulthood, he or she must choose a faction and commit to it for life. Tris chooses Dauntless – the faction of those who pursue bravery above all else. However, her initiation leads to the discovery that she is a Divergent and will never be able to fit into just one faction. Warned that she must conceal her status, Tris uncovers a looming war which threatens everyone she loves.

The second book Allegiant is about the run from Jeanine (Kate Winslet) and the rest of the power-hungry Erudites, Tris and Four search for allies and answers in the ruins of

Chicago. They must find out what Tris' family sacrificed their lives to protect and why the Erudites will do anything to stop them. Side by side, Tris and Four face one seemingly insurmountable challenge after another, as they unravel the secrets of the past and ultimately the future of their world.

The third book is about Tris' escape with Four to journey beyond the wall that encloses Chicago. For the first time, they leave the only city and family they have ever known to find a peaceful solution. Once outside, they learn shocking new truths that render old discoveries meaningless. As the ruthless battle threatens humanity, Tris and Four quickly decide who to trust to survive. Tris must ultimately make difficult choices about courage, allegiance, sacrifice and love.



SHARON MATHEW  
- 8A



Time management is the act of managing our time that is spent on various activities in our day. Time is limited. Hence, it is very important that we plan our time wisely and

# MANAGEMENT OF TIME

make best use of the limited time we have in a day.

We can never retrieve the time that has passed. Time management is a skill that could do wonders if practiced daily. As students, if we wish to manage our time, we must get up early and sleep early to have the best use of the whole day. We should then think of the important tasks for the day. Writing it on a piece of paper will help. This method will not only help us remember our goals but will also make us want to finish each task by the end of the day.

We should reduce distractions and put off mobile phones and social media notifications while studying. This will make us more focused on the work we are doing. Once a task is complete, it is important that we're awarded for our efforts in managing time efficiently.

Well-managed time is a tool for people to achieve success in life. So, by managing time, we can work faster and be more productive which can eventually make us better people.



HRIDYA SUJA  
PILLAI - 9B





# DISCOVER india MANIPUR

The name itself means "land of gems". Manipur is one of the seven sisters of the East. With its scenic beauty and history, it continues to attract people from all over the world.

## Loktak Lake

The largest freshwater lake in Northeast India, the Loktak Lake is one amongst the most popular tourist attractions in Manipur. It is known for its floating circular swamps also called phumdis in the local language.



## Keibul Lamjao National Park

Floating on the waters of the Loktak Lake in Manipur is the Keibul Lamjao National Park, the world's only floating wildlife sanctuary. It is the last natural habitat of the Sangai deer of Manipur



## Ngaloi Waterfall

The Ngaloi village in Churachandpur district, some 70 km south of the capital city of Imphal, is home to the famous Ngaloi waterfall.



## Kangla fort

The seat of Manipur's power till 1891, Kangla has a special place in the hearts and minds of Manipuri people. Two large white statues of 'Kangla Sha' – a mythical animal as per Manipuri folklore stands in front of the Utra (coronation halls of the erstwhile Kings) to commemorate the original wood and brick structures which were destroyed by the Britishers.



## Manipuri cuisine

Manipuri Cuisine is marked by abundant use of rice, fish and leafy green vegetables. A typical Manipuri meal consists of the following dishes: steamed rice, kangsoi (a vegetable stew with ngari), ooti (a thick curry made of green/yellow peas, chives and beans), eromba (a mash of boiled vegetables, ngari and chilli).



## Manipuri attire

Manipuri men usually wear white kurta and dhoti. On special occasions, it is donned with a white pagri or a turban. Potloi is the traditional bridalwear of Meitei Hindu women in Manipur. It is a cylindrical skirt made up of thick fabric that is ornamented with sequins and mirrors.



JYOTIKA  
-9E



## Polo

Captain Robert Stewart and Lieutenant Joseph Sherer of the British colonial era first watched Manipuri locals play a rule-based pulu (literally horse and stick) game in 1859. They adopted its rules, calling the game polo and played it on their horses.





# Ten Study Tips For Examinations



## 1. Give yourself enough time to study

Don't leave it until the last minute. While some students do seem to thrive on last-minute cramming, it's widely accepted that (for most of us) this is not the best way to approach an exam. To help sort out your time management, set up a timetable for your study. Write down how many exams you have and the days on which you have to sit them. Then organize your study accordingly. You may want to give some exams more study time than others, so find a balance that you feel comfortable with.

## 2. Organize your study space

Make sure you have enough space to spread your textbooks and notes out. Have you got enough light? Is your chair comfortable? Are your computer games out of sight? Try and get rid of all distractions, and make sure you feel as comfortable and able to focus as possible. For some people, this may mean almost complete silence, for others, background music helps. Some of us need everything completely tidy and organized in order to concentrate, while others thrive in a more cluttered environment. Think about what works for you, and take the time to get it right.

## 3. Use flow charts and diagrams

Visual aids can be really helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic - and then highlight where the gaps lie. Closer to the exam, condense your revision notes into one-page diagrams. Getting your ideas down in this brief format can then help you to quickly recall everything you need to know during the exam.

## 4. Practice on old exams

One of the most effective ways to prepare for exams is to practice taking past versions. This helps you get used to the format of the questions, and - if you time yourself - can also be good practice for making sure you spend the right amount of time on each section.

## 5. Explain your answers to others

Parents and little brothers and sisters don't have to be annoying around exam time. Use them to your advantage. Explain an answer to a question to them. That will help you to get it clear in your head, and also to highlight any areas where you need more work.

## 6. Organize study groups with friends

Get together with friends for a study session. You may have questions that they have the answers to and vice versa. As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself.

## 7. Take regular breaks

While you may think it's best to study for as many hours as possible, this can actually be counterproductive. If you were training for a marathon, you wouldn't try and run 24 hours a day. Likewise, studies have shown that for long-term retention of knowledge, taking regular breaks really helps.

Everyone's different, so develop a study routine that works for you. If you study better in the morning, start early before taking a break at lunchtime. Or, if you're more productive at nighttime, take a larger break earlier on so you're ready to settle down

come evening.

Try not to feel guilty about being out enjoying the sunshine instead of hunched over your textbooks. Remember Vitamin D is important for a healthy brain.



AARON SAM  
- 12D

## 8. Snack on brain food

You may feel like you deserve a treat, or that you don't have time to cook, but what you eat can really have an impact on energy levels and focus, so keep away from junk food. Keep your body and brain well-fuelled by choosing nutritious foods that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries. The same applies on exam day - eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but your energy levels will crash an hour later.

## 9. Plan your exam day

Make sure you get everything ready well in advance of the exam - don't leave it to the day before to suddenly realize you don't know the way, or what you're supposed to bring. Check all the rules and requirements, and plan your route and journey time. If possible, do a test run of the trip. If not, write down clear directions.

Work out how long it will take to get there - then add on some extra time. You really don't want to arrive having had to run halfway or feeling frazzled from losing your way. You could also make plans to travel to the exam with friends or classmates, as long as you know they're likely to be punctual.

## 10. Drink plenty of water

As a final tip, remember that being well hydrated is essential for your brain to work at its best. Make sure you keep drinking plenty of water throughout your revision, and also on the exam day.



# CAPTAINS & VICE CAPTAINS - MAY

## CLASS 12A



PRANAV AJAY



DEONNA ELSA BELRAJ



NICOLE PINTO



SAFA SAJID

## CLASS 12B



JEFIN VARUHEZE



NIDHI MYTHHILY IRISH

## CLASS 12C



JAYDEN VARGHESE



JOHAN COLACO

## CLASS 12D



JENNIFER



JOEL PETER VARGHESE

## CLASS 12E

## CLASS 12F



STALLONE THOMAS



H SHRADDHA GURUPRASAD

## CLASS 12G



JEEVAN SHAJU



MEENA SELVAN

## CLASS 12H



ANUSKA PRATAP



EMAAN MOHAMMED

## CLASS 12I



TAHA HAMIM



SAIF UR REHMAN

## CLASS 12J



AFRA ANSARI

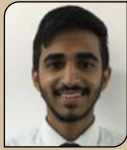


SWINTON DSILVA

## CLASS 12K



TIANA RAHMAN



BILAL MOHAMMED

## CLASS 10A



REVA BHAVIN KUMAR



YUNUS ASLAM

## CLASS 10B



ABEERAH SHEHZAD



ANGELA SARA

## CLASS 10C



AMIN NISAR AHMED



ALISHA THEJES

## CLASS 10D



SRUJANA NALLAPARAJU



VARAD NITIN

## CLASS 10E



CELINE ANNA VARGHESE

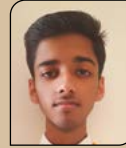


NEHA SHEJU

## CLASS 10F



JASWANTH JANGITI



ASHIK SUNISH

## CLASS 9A



SURYANSH PATRA



YOUKTA SADVI

## CLASS 9B



RESHMA JERLIN



DON SUNIL

## CLASS 9C



HARSHA SAMEER



JOSHUA ANUB JOHNSON

## CLASS 9D



GOWDHAM RANGARAJAN



NAWAL AAFITAB GIRE

## CLASS 9E



ROSHAN JEEMON



AASHITA UPADHYAY

## CLASS 9F



JOHAN JACOB



NAKSHATRA DILEEP

## CLASS 9G



IDRIS MAZAHIR RAMAKDA



AISWARYA PORIYATHU

## CLASS 8A



JADON JOBY SERIL



JONATHAN JOY

## CLASS 8B



DARSHANI



NAHIA SHADABKHAN

## CLASS 8C



SYEDA ARIZA MEHDI



CHELSEA CRASTA

## CLASS 8D



FAIHA FATIMA



NISHITA BAGYARAJ

## CLASS 8E



CASSIE MARIYA ALEN



ELISA SUSAN ROBY

## CLASS 8F



AMEEN ABDUL AZEEZ



HADI ZIDAN ALI

## CLASS 7A



ALEX JAISON PORIYATHU



HAIFA KHADEEJA

## CLASS 7B



RUTH MARIA ABEY



GRISHM KATEJA

## CLASS 7C



NILOY SARKAR



NIDHI ISHI JUJJAVARAPU

## CLASS 7D



SURABHI MISTRI



ANOOSHA

## CLASS 7E



LAKSHITHA CHITHY



ISHAAN SUBHASH

## CLASS 7F



ALIYA MALAYANOOR



SYED ABDULLAH

## CLASS 6A



SAMYAK KOTHARI



HAYYAN AHMAD



# 5 Ways to Retain More of Every Book You Read



Whenever you learn a new mental model or idea, it's like the "software" in your brain gets updated. Suddenly, you can run all of your old data points through a new program. You can learn new lessons from old moments. As Patrick O'Shaughnessy says, "Reading changes the past." What matters is not simply reading more books, but getting more out of each book you read.

Gaining knowledge is not the only reason to read, of course. Reading for pleasure or entertainment can be a wonderful use of time, but this article is about reading to learn. With that in mind, here are some of the best reading comprehension strategies.

**1. Quit More Books:** It doesn't take long

to figure out if something is worth reading. Skilled writing and high-quality ideas stick out. Life is too short to waste on average books. There are so many amazing things to read, so, start reading more books. Read the great books you come across twice.

**2. Choose Books You Can Use Instantly:**

One way to improve reading comprehension is to choose books you can immediately apply. Putting the ideas you read into action is one of the best ways to secure them in your mind. Practice is a very effective form of learning. Of course, not every book is a practical, how-to guide that you can apply immediately, and that's fine. But you are more likely to remember books that are relevant to your daily life.

**3. Create Searchable**

**Notes:** Store your notes in a searchable format. There is no need to leave the task of reading comprehension solely up to your memory. You can store your notes in audiobooks, E-books, prints, etc. You can also keep them handwritten. Keeping searchable notes is essential for returning to ideas easily. An idea is only useful if you can find it when you need it.

Nassim Taleb sums things up with a rule for all readers: "A good book gets better at the second reading. A great book at the third. Any book not worth rereading isn't worth reading."

**4. Combine Knowledge Trees:** When you read something that reminds you of another topic or immediately sparks a connection or idea, don't allow that thought to come and go without notice. Write about what you've learned and how it connects to other ideas.

**5. Write a short summary:** If you find yourself stuck or if you see that there are holes in your understanding, review your notes or go back to the text and try again. Keep writing it out until you have a good handle on the main ideas and feel confident in your explanation.



SARRA MUSTAFA  
- 8D

## Quote Garden

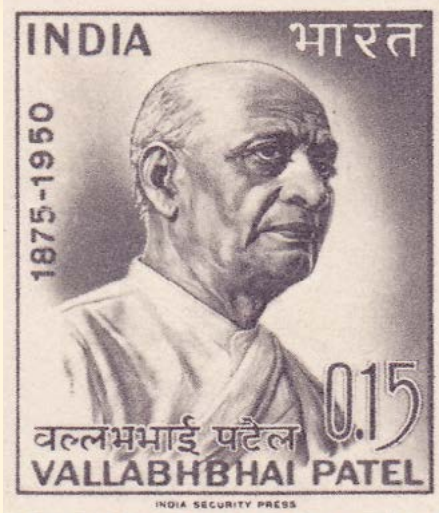
- "Life is not a problem to be solved, but a reality to be experienced." - Soren Kierkegaard
- "Never give up on what you really want to do. A person with big dreams is more powerful than one with all the facts." - Albert Einstein
- "You get to decide where your time goes. You can either spend it moving forward, or you can spend it putting out fires. You decide. And if you don't decide, others will decide for you." - Tony Morgan
- "Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth." - Marcus Aurelius
- "Success doesn't come from what you do occasionally. It comes from what you do consistently." - Marie Forleo
- "I've failed over and over in my life and that is why I succeed." - Michael Jordan
- "Great attitude is like a perfect cup of coffee - don't start your day without it." - Lisa Lieberman
- "If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." - Oprah Winfrey
- "The expert in anything was once a beginner." - Helen Hayes
- "Don't judge each day by the harvest you reap but by the seeds that you plant." - Robert Louis Stevenson
- "In every valley of despair, blooms a flower of hope." - Unknown
- "The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart." - Helen Keller
- "You will earn the respect of all men if you begin by earning the respect of yourself." - Musonius Rufus
- "The heart of man is very much like the sea; it has its storms, it has its tides and in its depths, it has its pearls too." - Vincent van Gogh
- "Today is your opportunity to build the tomorrow you want." - Ken Poirot



SIVANESAN  
SRINIVASAN-10A  
(AY 21-22)

Today postage stamps play an important role in celebrating and promoting national heritage. India had issued a variety of stamps that covers a variety of themes. The images on the postal stamps are used by the government to convey a message to the public. In this article let's explore the stamps of inspiring freedom fighters of our country India.

## SARDAR VALLABHAI PATEL



Sardar Vallabhai Patel was born in October 1875 in Nadiad, Gujarat. He served as the first deputy Prime Minister of India from 1947 to 1950. He was a barrister and a senior leader of the Indian National Congress, who played a leading role in the country's struggle for independence, guiding its integration into a united, independent nation. Vallabhai Patel was called the "Iron Man of India" for his unwavering attempts to integrate the princely states into the Indian federation. He is also remembered as the "patron saint of India's civil servants" for having established the modern All India services system.

## BHAGAT SINGH

Bhagat Singh was born in Punjab, India, on September 27, 1907. He was an Indian freedom fighter who is one of the most influential revolutionaries of the Indian independence movement. Bhagat Singh joined the Hindustan Republican Association (HRA) at a young age and was involved in revolutionary activities. Bhagat Singh left us a lasting legacy in the struggle for Indian independence. He is revered by many as a martyr and symbol of resistance to British colonialism in India. His example continues to inspire new generations of activists worldwide.



## SUBHAS CHANDRA BOSE

Netaji Subhas Chandra Bose was born on January 23, 1897, in Cuttack, Orissa. He was an Indian nationalist in the era of British colonialism in India whose defiant patriotism and immovable nerve and bravery made him a national hero whose praises are still sung with pride by every Indian citizen. Bose's selfless contribution to India's Independence Movement and organizing and leading the Indian National Army is indispensable. His struggle of Independence was highlighted during the Civil Disobedience.



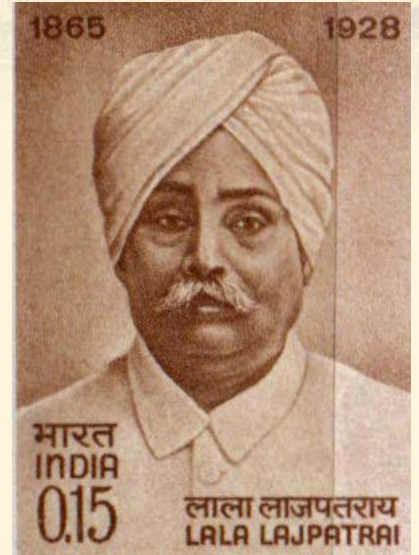
## LALA LAJPAT RAI

Lala Lajpat Rai was born on January 28, 1865, in Dhudike, Punjab. He was an Indian author, freedom fighter, and politician and he played a pivotal role in the Indian Independence Movement. He was popularly known as "Punjab Kesari". In 1897, he established the Hindu Orphan Relief Movement to prevent Christian missionaries from gaining custody of these children. Lala Lajpat Rai was known for his fiery speeches and greatest qualities towards India's independence to inspire people to participate in the freedom

movement. Rai's liberal views and belief in Hinduism were influenced by his father and profoundly religious mother during his youth, which he successfully applied to a career reforming religion and Indian policy through politics and journalism.



MABEL EMILIE VIEGAS - 12F



## MANGAL PANDEY

Mangal Pandey was born on July 19, 1827, in Nagwa, Uttar Pradesh. Mangal Pandey is famous in Indian history as a freedom fighter who gave his life to free the country from the British raj. He played a key role in the revolt of 1857 also known as a Sepoy mutiny of 1857. He is widely known in India as one of its first freedom fighters. Pandey is extensively regarded as a hero in modern India. In the year of 1984, the Indian government issued a postage stamp to honor him. The impact of his name was so great that the British started calling all soldiers in this freedom battle by the name of 'Pandey'.





SPICE UP YOUR LIFE

# SPICE

GIRLS



The Spice Girls are a British girl group made up of five girls, Melanie Brown, commonly known as Mel B (Scary Spice), Melanie Chisholm, or Melanie C (Sporty Spice), Emma Bunton (Baby Spice), Geri Halliwell (Ginger Spice), and Victoria (Posh Spice). They reinvented the girl-group idea by addressing a young female fanbase with their "girl power" slogan. They led the 1990s teen pop revival and were considered the 'pop culture superstars of the decade'.

Halliwell, Brown, Chisholm, Bunton, and Adams started the group after responding to a 1993 advertisement in a trade magazine for a "manufactured" female pop group. The

five women, who had musical and acting backgrounds, were picked among hundreds of women who auditioned, and they got along so well that they became roommates.

The band was initially known as Touch, but after cowriting the song "Sugar and Spice," they changed their name to Spice. However, after realizing that another artist had already used the name, Spice, they changed the name to the one that stuck, Spice Girls.

In July 1996, the Spice Girls' first song, "Wannabe," was finally released. It raced to the top of the UK singles chart. An article in Top of the Pops magazine nick named the women Ginger, Sporty, Posh, Scary, and Baby around this time, and the band, its fans, and the media accepted the titles. "Wannabe" went on to reach number one in more than 30 countries, and the Spice Girls became international sensations thanks to the music video that accompanied the song. The band's second song, "Say You'll Be There," prepared the way for Spice (1996), which was their debut album that sold 19 million copies worldwide in its first year.



# EPItainment

In May 1998, Halliwell announced her separation from the band. The Spice Girls took an indefinite hiatus in December 2000 as members followed solo careers and their personal lives improved.



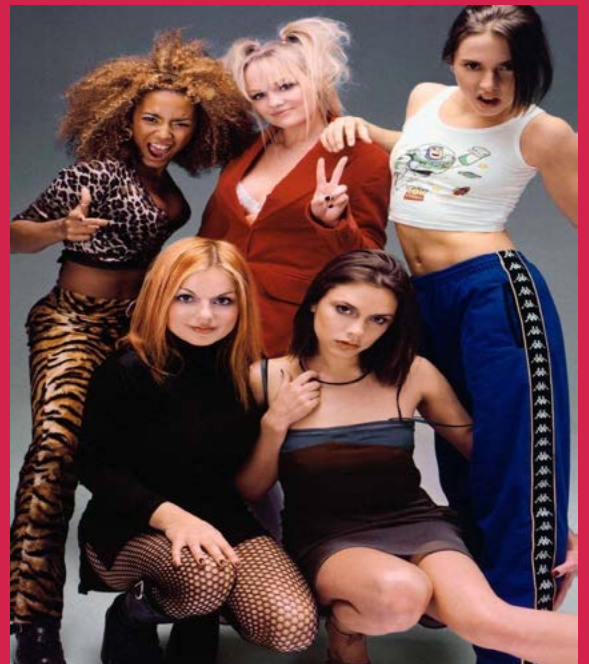
JENESSA MATHEWS • 9E

Rumors of a Spice Girls reunion had been spreading for years, and in 2007–08, the Spice Girls returned to the stage for a world tour. In November 2018, Beckham distanced herself from her bandmates after Halliwell, Mel B, Chisholm, and Bunton announced their plans to tour again without the fashion designer, who declined.

The Spice Girls are one of the best-selling girl group of all time, one of the best-selling artists, and the most successful British pop act since the Beatles, with 100 million records sold worldwide. Five Brit Awards, three American Music Awards, four Billboard

Music Awards, three MTV Europe Music Awards, and one MTV Video Music Award were among the honors they received. They won the Brit Award for Outstanding Contribution to Music for the first time in 2000, making them the youngest recipients of the award.

Despite their professional split, the women have remained close friends. During the coronavirus pandemic in 2020, the five females reunited.



I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy.  
(Rabindranath Tagore)





### Australia's Victoria State To Host 2026 Commonwealth Games:

The Australian state of Victoria announced that it will host the 2026 Commonwealth Games, with all sporting events taking place outside of the state capital Melbourne. The Commonwealth Games

Federation's president Louise Martin described Victoria's pitch as "a bold and innovative vision" for the event. It will be the sixth time that Australia has staged the Commonwealth Games and the second time in Victoria, after Melbourne hosted the 2006 event.



### Unemployment rate decreasing in India: CMIE:

Unemployment rate in the country is decreasing with the economy slowly returning to normal, according to CMIE data. The Centre for Monitoring Indian Economy's monthly time series data revealed that the overall

unemployment rate in India was 8.10% in February 2022, which fell to 7.6% in March. The decrease in the ratio shows that the economy is getting back on track after being hit by COVID-19 for two years.



### India Successfully Tests Helicopter Launch Anti-Tank Missile 'Helina':

India carried out yet another successful test of the indigenously developed helicopter launched Anti-Tank Guided Missile 'HELINA' in high altitude conditions in Ladakh. The missile, being

equipped on the variants of indigenous ALH Dhruv chopper, was successfully flight tested at high-altitude ranges as part of user validation trials. The flight test was jointly conducted by teams of scientists from the Defence Research and Development Organisation (DRDO), the Indian Army, and the Indian Air Force (IAF).



### Indo-Bangla connectivity projects to boost Eastern India economy: ex- MEA Secretary:

The raft of connectivity projects that India has undertaken with Bangladesh and ASEAN countries opens up the possibility of linking eastern India with Thailand, Cambodia, Vietnam and boost the economy of eastern states, especially of West Bengal and the Northeast, said Riva Ganguly Das, former Secretary-East in the Ministry of External Affairs.



### NASA Discovers "Rapidly Growing Black Hole" Considered Missing Link In Galaxy Mystery:

The astronauts of American space agency, National Aeronautics and Space Administration (NASA), have recently found evidence of a «rapidly growing black hole» - long considered a "missing link" in

our knowledge of the early universe. Using data from the Hubble space telescope, astronauts discovered the "monster" body that was formed around 750 million years after the Big Bang.



### Vinay Mohan Kwatra Takes Charge As New Foreign Secretary:

Mr. Vinay Mohan Kwatra took charge as India's new foreign secretary at a time New Delhi is dealing with various geopolitical developments including the crisis in

Ukraine. A 1988-batch Indian Foreign Service (IFS) officer, Mr Kwatra succeeded Harsh Vardhan Shringla who retired from service. Mr Kwatra was serving as India's envoy to Nepal before assuming the charge of the foreign secretary. A career diplomat with over 32 years of experience, Mr Kwatra has also held the position of a Joint Secretary in the Prime Minister's Office (PMO) for two years between October 2015 and August 2017.



### World's Longest Non-Stop Flight To Operate By End Of 2025:

Qantas has revealed plans for the world's longest-duration commercial flight by the end of 2025, ferrying passengers between Sydney and London on Airbus A350s in

just over 19 hours. Only a handful of airlines fly non-stop over such vast distances, which present a host of challenges including the capability of planes, commercial viability, and even the health of crew and passengers.



### IIT Delhi, Embassy Of Israel Develop Six-Week Mentorship Programme For Women Entrepreneurs:

The Embassy of Israel in India collaborated with the Indian Institute of Technology (IIT) in Delhi and the WEE Foundation

for a six-week mentorship programme for women entrepreneurs. Twenty-six women entrepreneurs from the WEE Foundation were selected and mentored on various topics, including validating ideas, building a team, fundraising, and building and distributing products. This project is one of a series of special initiatives to mark 30 years of diplomatic relations between India and Israel," Naor Gilon, Ambassador of Israel to India, said at an event to mark the culmination of programme.



### AICTE Approves Two New Courses In Integrated Circuit Manufacturing, VLSI Design And Technology:

The All India Council for Technical Education (AICTE) has approved two new courses in Integrated Circuit (IC) manufacturing

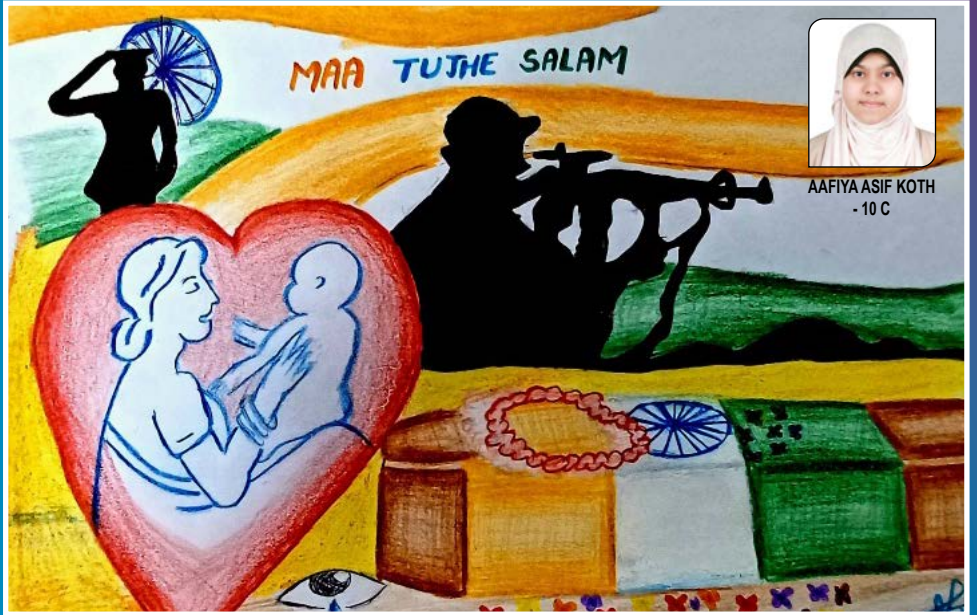
and VLSI Design and Technology to help prepare market-ready talent pool in the field of semi conductors and display manufacturing. The approved courses are--Diploma in IC Manufacturing and BTech or BE Electronics in VLSI Design and Technology.



# Art Gallery



JESLYN SARA  
SHYJU - 9F



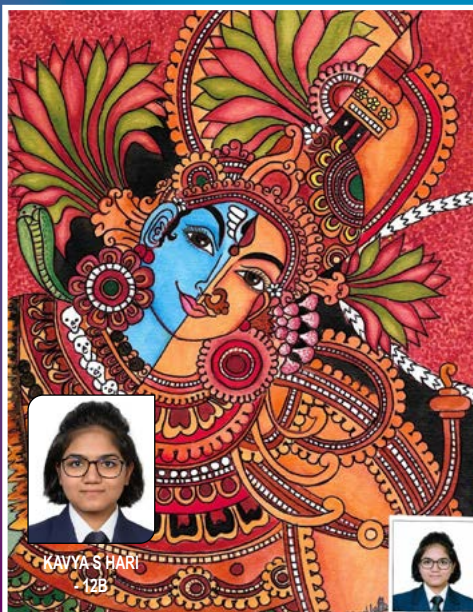
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- 10 C



AFIA SHAIKH  
- 7C



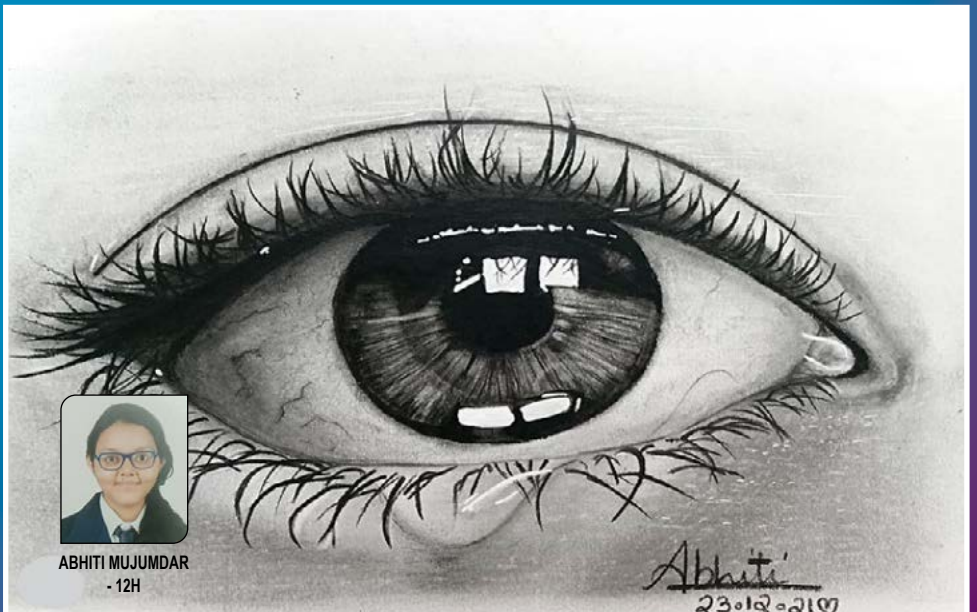
LOHETHASHVAA  
- 8A



KAVYA S HARI  
- 12B



ABHITI MUJUMDAR  
- 12H





# EPictionary

- 1. Bagel** – Something that is transitive  
Usage in a sentence: The bagels were huge as well but quite airy, not bad toasted with cream cheese.
- 2. Buzzy** – Something that generates excitement  
Usage in a sentence: It is a buzzy lunchtime place, but lets get down to the coffee.
- 3. Kvetch** – Ill-tempered  
Usage in a sentence: You can either kvetch, or actually do something about it.
- 4. Stan** – A devoted fan  
Usage in a sentence: Beyonce has a powerful stan following.
- 5. Hellacious** – an awful experience  
Usage in a sentence: We had a hellacious time getting here in the blizzard.
- 6. Unfathom** – Puzzling  
Usage in a sentence: The two separated shores mingle their voices in a song of unfathomed tears.
- 7. Mendacious** –deceitful  
Usage in a sentence: She gave us a mendacious report.
- 8. Fatuous** -devoid of intelligence  
Usage in a sentence: He describes his growing love of this country with an excited sense of wonder that never becomes fatuous.
- 9. Gratuitous** -uncalled for or unwarranted  
Usage in a sentence: Instead of giving me another mendacious story, just be honest for once.
- 10. Alacrity** –eagerness  
Usage in a sentence: She rose with alacrity and moved away.



## CURRENT AFFAIRS

### PM Modi meets German Chancellor Olaf Scholz; discusses regional and global developments:



Prime Minister Narendra Modi and German Chancellor Olaf Scholz



MABEL EMILIE VIEGAS - 12F

signed a green and sustainable energy partnership. India and Germany agreed to develop a hydrogen roadmap for green and sustainable development, based on inputs by Indo-German Green Hydrogen Task Force that will be supported by the Indo-German Energy Forum. Germany has decided to support the green growth plan of India with an additional development aid of 10 billion euros till 2030. This Partnership envisages a whole-of-government approach to India-Germany cooperation on SDGs and climate action.

### Sri Lanka president agrees to form all-party interim government with a new Prime Minister:



Sri Lankan President Gotabaya Rajapaksa has agreed to form an interim government comprising all the political parties of the nation. President Gotabaya Rajapaksa agreed to replace his older brother Mahinda

Rajapaksa as Prime Minister in a proposed interim government to solve the country's political crisis triggered by its worst economic crisis. The nation is increasingly dependent on credit lines extended by other nations like India and Indonesia and the leadership will discuss further steps to steer the nation out of this crisis when it meets International Monetary Fund's (IMF).

### India are the 2022 thomas cup champions



Kidambi Srikanth beats Jonatan Christie 21-15- 23-21 as India beat 14 time champions Indonesia 3-0 to win a historic first Thomas cup in the 73 year history of the tournament.



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  
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