

# EPICS



📵 EMOTIONAL 🕑 PHYSICAL 🕕 INTELLECTUAL 🧿 CULTURAL 💲 SPIRITUAL

### OCTOBER 2025



### PRINCIPAL'S MESSAGE

Dear Children, In this edition, let us explore the inspiring book The Power of Positive Thinking by Norman Vincent Peale. The following ten points from the book will guide you to

think better, stay strong, and achieve success in life.

#### 1 Believe in Yourself

Everything begins with self-belief. If you think you are weak, you will act weak. But if you believe you can succeed, you will find strength. Peale tells us to say positive things to ourselves every day. When you believe in your abilities, you become confident and ready to face challenges.

#### 2. Think Positive Thoughts

Positive thinking brings a happy and successful life. Negative thoughts make us worried, sad, and afraid. So replace negative words like "I can't" with "I can" or "I will try." Positive thoughts give hope and help you stay strong even during difficult times.

### 3.Trust God and Have Faith

Peale says that God is always with us and supports us. When life becomes tough, trust that God will help you. Faith reduces fear and gives peace to your heart. Praying or talking to God gives strength and makes you feel safe and guided.

### 4.See Your Success in Your Mind

Imagine your goals, getting good marks, speaking well, winning a competition. When you picture success clearly, your mind works better to achieve it. This is called visualization. It helps you stay focused and motivated every day.

### 5. Don't Give Up When You Fail

Failure does not mean the end. Everyone fails at some point. But successful people try again and again. Mistakes teach us what to improve. Peale says: stand up after every fall. Keep going with

courage. Your hard work will lead you to success one day.

### 6. Stop Worrying Too Much

Worry does not solve problems. It only hurts your mind and health. Instead of worrying, start doing what you can. Take one step at a time. When we stay calm, we can think clearly and make good decisions.

### 7.Be with Positive People

Good friends help you grow. They encourage you, make you smile, and give you energy. Negative people make life difficult and reduce confidence. Choose friends who support your dreams and stay away from those who always complain or discourage you.

#### 8. Fill Your Mind with Good Things

Read inspiring books, listen to positive messages, and talk with hopeful people. What you put in your mind becomes your attitude. When you fill your thoughts with hope and faith, you feel happy and strong inside.

### 9.Turn Problems into Learning

Every problem has something to teach us. Instead of feeling sad, ask: "What can I learn from this?" Difficulties help us find new strengths and better skills. A positive thinker sees challenges as chances to grow.

### 10. Keep Working and Stay Thankful

Success takes time. Do your best every day. Be grateful for the small successes and simple blessings in life. Gratitude brings happiness and keeps your heart positive. When you work hard and remain thankful, good things will surely come.

Dear Children, Your thoughts shape your life. When you think positive, your confidence grows, your heart feels peaceful, and your future becomes brighter. Believe in yourself, trust God, keep trying, and always stay positive, then success will follow you.

### OCIODEN COC

02

EDITORS' NOTE

03

EPICS CAREER

04

WORLD COUNTRY MUSIC DAY

07

TEACHERS HONOR
THE SPIRIT OF
TEACHING ON SELF
GOVERNANCE DAY

14

EVER MODEL UNITED NATIONS

16

BIRTHDAY ARCADE -OCTOBER

20

EPITRAVEL
- THAILAND

77

DISCOVER INDIA - JATINGA

24

EPHILATELY

26

WORLD IN A NUTSHELL













SCAN THE QR CODE AND FIND OUR UPDATES ON

### EDITORS' NOTE

Dear Readers.

With great pleasure I welcome you all to the October month's edition of our monthly magazine EPICS, a vibrant reflection of the creativity, achievements, and spirit of our school community. Each issue brings together the voices of our students and teachers, capturing memorable moments, thoughtful ideas, and inspiring stories from across the month.

In this edition, you'll find a blend of academic highlights, cultural celebrations, and student contributions that showcase imagination and teamwork. Our aim is to make this magazine not just a record of events, but a platform that encourages expression, learning, and connection among all readers.

Heartfelt thanks to everyone who contributed their time, talent, and effort to make this publication a success. We hope this issue inspires you to keep exploring, creating, and sharing your unique perspectives.

We hope this edition inspires you, makes you think, and encourages you to be a part of the next one. After all, this magazine belongs to every one of you - our readers, our creators, and our school family.

Happy reading, and we look forward to your feedback and contributions for the next edition!

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

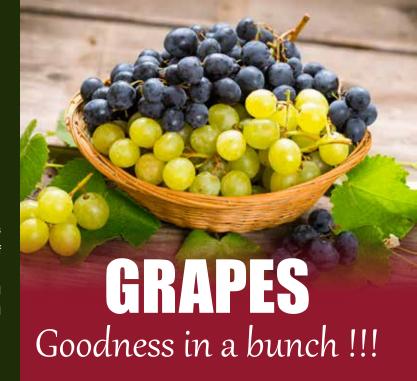
With warm regards, Mrs. Sona Editor



Mrs. Sona Sunish



Mrs. Tintu Wilson



"Grapes are fantastic because not only are they affordable, but they're versatile," says a dietitian Anthony DiMarino, RD.

"They can be used in a lot of different dishes and situations."

Grapes are full of vitamins, minerals and antioxidants. They're also full of water, which can help keep you hydrated.

Grapes vary in color. They range from pale green or yellow to red, purple, or black. Inside, most grapes have seeds and juicy pulp. Grapes are a good source of minerals and vitamin A.

Reasons to include grapes in our everyday life:

- 1. It helps in immune system.
- 2. It prevents Cancer.
- 3. It lowers Blood Pressure.
- 4. It protects against Heart disease
- 5. It reduces high Cholesterol.
- 6. It protects high Diabetes
- 7. It helps maintain Brain health.
- 8. It has anti-aging properties and Longevity.
- 9. Snacking Grapes in the Evening improves ones sleep pattern.

### Ways of eating Grapes:

- Original Form: Wash and eat grapes plucking from its brunches.
- Frozen Treat: Wash, dry, and freeze grapes for a simple, sweet snack.
- Salads: Add fresh or frozen grapes to fruit salads or chicken salads.
- **Smoothies:** Blend grapes with other fruits, ice, and a little juice for a refreshing drink.
- **Roasted:** Toss with oil, salt, and pepper, then roast in the oven until they are soft and sweet.
- Dried: Grapes are dried in the sun or in mechanical dehydrators to reduce their water content to about 15%.
   Raisins have been used for millennia as currency, as awards, and for treating ailments.

### **EPICS CAREER**

### Prospects for Veterinary Science in India and Abroad

### Dr. T. P. Sethumadhavan

Professor, Transdisciplinary University of health sciences & technology, Bengaluru

Education & Career Consultant, Thrissur



Plus two biology students can opt Veterinary Science program for higher education after taking in to account the emerging opportunities in this sector.

Veterinary science, once perceived as a niche field limited to animal treatment, has now emerged as a multidisciplinary and globally significant profession that contributes to animal health, food security, public health, environmental sustainability, and even biomedical innovation. The 21st century has witnessed a transformation in the scope and opportunities for veterinarians, both in India and abroad. From companion animal care and livestock production to wildlife management and biotechnological research, the prospects for veterinary science are expanding rapidly.

### 1. The Expanding Scope of Veterinary Science

Veterinary science deals with the prevention, diagnosis, and treatment of diseases in animals. However, modern veterinary professionals are not limited to clinical roles. They are involved in a wide range of sectors including livestock development, food safety, zoonotic disease control, environmental protection, and pharmaceutical research. With increasing recognition of the "One Health" concept - which links human, animal, and environmental health - veterinarians play a crucial role in addressing global challenges such as pandemics, antimicrobial resistance, and climate change impacts on animal health.

### Veterinary Sector in India: Growth and Challenges\*

India has one of the largest livestock populations in the world, contributing nearly \*4.5% of the GDP\* and over \*25% of agricultural GDP\*. The country is a global leader in milk, buffalo meat, and egg production. This strong livestock base provides immense potential for veterinary professionals in multiple areas:

### a. Livestock Health and Production\*

Veterinarians in India are key to enhancing animal productivity, disease prevention, and genetic improvement. With the growing focus on dairy intensification, poultry expansion, and aquaculture development, demand for skilled veterinary professionals is increasing.

### b. Public Health and Food Safety\*

Veterinary public health has gained attention due to the rising concerns about zoonotic diseases like rabies, bird flu, and COVID-19. Veterinarians are essential in surveillance, food safety inspection, and epidemiological research to prevent outbreaks and ensure safe food from farm to fork.

### c. Government Services\*

Government veterinary officers play an important role in implementing livestock health schemes, vaccination programs, and disease surveillance. Various central and state government schemes such as the \*Rashtriya Gokul Mission, \*\*National Animal Disease Control Programme (NADCP), and \*\*Livestock Health and Disease Control (LHDC)\* - have expanded employment opportunities.

#### d. Education and Research\*

Veterinary universities and research institutions like the \*Indian Veterinary Research Institute (IVRI), \*\*National Dairy Research Institute (NDRI)\*, and state agricultural universities offer positions for teaching and research. These institutions are also involved in frontier research in genomics, vaccine development, and animal biotechnology.

#### e. Entrepreneurship\*

The veterinary sector in India is witnessing the rise of \*animal health startups, \*\*pet care chains, \*\*dairy tech ventures, and \*\*nutraceutical firms\*. Veterinarians are also becoming entrepreneurs in the areas of artificial insemination, feed formulation, organic livestock farming, and mobile veterinary clinics.

### 3. Pet Industry and Companion Animal Care\*

Urbanization and changing lifestyles have triggered a boom in India's pet care industry, valued at over \*₹10,000 crore\* and growing at more than \*15% annually\*. Pet owners now seek specialized care, preventive medicine, grooming, and behavioral training. This has opened up lucrative opportunities for veterinarians in pet clinics, hospitals, and diagnostic labs. The increasing number of animal welfare NGOs and rescue organizations also provides avenues for compassionate professionals.

### 4. Opportunities Abroad\*

Veterinarians trained in India are increasingly finding opportunities abroad in countries such as the \*USA, UK, Canada, Australia, and Gulf nations\*, though licensing exams and local accreditation are often required.

### a. Clinical Practice and Specialization\*

Abroad, veterinary medicine offers high earning potential and scope for specialization in fields like oncology, cardiology, surgery, anesthesiology, and exotic animal care. Developed nations also have advanced diagnostic and treatment facilities, making them attractive destinations for professionals interested in high-end clinical practice.

### b. Research and Biomedicine\*

Veterinary graduates can work in international research institutes, universities, and pharmaceutical companies. Their expertise in comparative medicine helps bridge human and animal biomedical research - particularly in drug development and vaccine design. Many veterinarians also work in \*One Health\* research addressing zoonotic disease transmission and antimicrobial resistance.

### c. Food Safety and Regulatory Services\*

Organizations like the \*Food and Agriculture Organization (FAO), \*\*World Organisation for Animal Health (WOAH/OIE), and \*\*World Health Organization (WHO)\* employ veterinarians in global health monitoring, disease surveillance, and food safety regulation. Professionals can also work in international trade and biosecurity agencies ensuring compliance with animal welfare and sanitary standards.

#### d. Wildlife and Conservation\*

Countries in Africa, North America, and Europe offer opportunities in wildlife rehabilitation, zoo medicine, and conservation biology. Veterinarians are key to the conservation of endangered species, wildlife disease management, and habitat restoration programs.

#### 5. Emerging and Futuristic Areas\*

The future of veterinary science is being reshaped by technology, sustainability, and cross-disciplinary innovation. Some promising frontiers include:

- \*\* Veterinary Biotechnology:\* Genetic engineering, cloning, stem cell therapy, and molecular diagnostics are revolutionizing animal breeding and disease management.
- \*\* Digital Veterinary Services:\* Telemedicine platforms and Al-based diagnostic tools are making veterinary services more accessible, especially in rural and remote areas.
- \*\* Livestock Genomics:\* Genomic selection and precision breeding are helping to enhance productivity and resilience in livestock.
- \*\* Climate-Resilient Livestock Systems:\* With climate change affecting feed availability and disease patterns, veterinarians are contributing to sustainable adaptation strategies.
- \*\* Animal Welfare and Ethics:\* The growing emphasis on animal rights and humane treatment is creating new professional roles in animal welfare auditing and legislation.

### 6. Education and Skill Development\*

India has over \*50 veterinary colleges\* under the \*Veterinary Council of India (VCI)\* offering \*Bachelor of Veterinary Science and Animal Husbandry (B.V.Sc. & A.H.)\* degrees. Postgraduate and doctoral programs enable specialization in fields such as pathology, surgery, gynecology, microbiology, and animal genetics.

To remain globally competitive, Indian veterinarians must upgrade their skills in the following areas:

- \* Advanced diagnostic and imaging techniques
- \* Epidemiology and data analytics
- \* One Health and zoonotic disease surveillance
- \* Communication, business, and management skills for private practice
- \* Knowledge of international veterinary standards and trade protocols

### 7. Challenges and the Way Forward\*

Despite promising opportunities, certain challenges persist:

- Shortage of veterinarians in rural and remote areas
- Limited awareness about non-clinical career paths
- \* Inadequate infrastructure and funding for research
- \* Need for international accreditation of Indian veterinary degrees
- Gender imbalance and limited career progression in certain domains



# "Strumming the Strings of Culture: Celebrating World Country Music Day"



The students of class 11A and B organized a General Assembly on World Country Music Day, celebrated globally on September 17th. The theme for the assembly highlighted the significance of country music as a cultural expression of heritage, storytelling, and tradition.

The program began with the morning prayer and the national anthem, followed by the introduction by the assembly anchors, who explained the history and importance of World Country Music Day. Students shared interesting facts about the origins of country music through a speech and how it has grown into a popular genre worldwide

A group of students presented a wonderful dance performance adding ecstacy and



energy to the assembly. This was followed by a musical performance where students sang classic country songs accompanied by guitar and keyboard, which created a lively atmosphere.

The Principal, in his concluding remarks, emphasized the importance of music in education and personal development, and praised the students for their enthusiasm and talent. He encouraged them to explore diverse music genres while respecting cultural traditions.

The assembly successfully celebrated World Country Music Day, instilling appreciation for music as a form of cultural identity and artistic expression. It was both entertaining and educational, leaving a lasting impression on students.

















### "Sailing the Seas Celebrating World Maritime Day"



The children of classes 11C and D organized a general assembly on 24th September, 2025 with the theme "World Maritime Day". The event aimed to raise awareness among students about the importance of the maritime industry in global trade, economic development, and environmental sustainability. The assembly began with the islamic prayer followed by the school prayer by the school choir Swaranjali. Students shared the word and thought for the day too. Students actively participated by presenting a skit emphasizing the challenges faced by the maritime industry, such as marine pollution and safety at sea. A notable segment was the band which left the audience awestruck. The children also showcased a wonderful dance performance.

The assembly concluded with the Principal anmd Senior Administrator Dr. V Binumon appreciating the students for their active participation and encouraging everyone to appreciate the role of the maritime sector in everyday life. The event successfully instilled a sense of responsibility towards the oceans and inspired students to explore careers in maritime-related fields.





















## THE INDIAN COMMUNITY SCHOOL ORGANIZES LANTERN MAKING COMPETITION

The Indian Community School in collaboration with IIK [Indians In Kuwait] organized a Lantern Making Competition on 14th September, 2025. The event aimed to encourage creativity, artistic skills, and cultural appreciation among the students.

Students from different grades participated enthusiastically, bringing unique ideas and colorful designs to life. Using materials such as paper, cardboard, fabric, and decorative crafted participants beautiful lanterns that showcased their imagination and craftsmanship.

The competition not only highlighted the students' artistic talents but also fostered teamwork, patience, and attention to detail. Teachers and judges were impressed by the variety of designs, the innovative use of materials, and the effort put in by each participant.

The Lantern Making Competition proved to be a joyful and inspiring event, spreading festive spirit and bringing light, color, and cheer to the school atmosphere.











- 1. Which city is hosting the Al Action Summit 2025?
- 2. Who inaugurated the Handloom Conclave "Manthan" in 2025?
- 3. What is the name of India's first indigenous photonic radar developed in 2025?
- 4. What is the name of the spacecraft that made a successful moon landing mission in 2025?
- 5. Which Indian state's tableau won first prize in the States/UTs category at the 2025 Republic Day Parade?
- 6. Which movie won the Best Picture award at the Oscars 2024?
- 7. What is the name of the first Indian animated film to release in IMAX?
- 8. Which part of the human brain controls balance and coordination?



Cerebellum

**Патуаа**п

Chhota Bheem and the Curse

Oppenheimer

Maharashtra

III simenA

**PhotonX** 

Piyush Goyal

Bengaluru Answers

# 382 Student - Teachers Honor the Spirit of Teaching on Self Governance Day at ICSK



The Indian Community School, Senior, celebrated Self-Governance Day on Thursday, 11th September 2025, empowering the students of Class XII with opportunities to develop leadership skills, shoulder responsibilities, and experience the roles of school faculty and staff for a day. This special observance also marked the significance of Teachers' Day, honoring the guiding light that teachers provide in every student's life.

The elected School Senate of ICSK Senior, under the able guidance of Mrs. Jesha Alex, Senate Advisor, and the dynamic leadership of Tanish Sabu Pillai, Senate Chairman and Ms. Irin Claris Jaise, Senate Chairperson, seamlessly managed the day's functioning. The celebration began with a vibrant morning assembly conducted by the students of Class XII. It opened with the recitation of the Holy Quran and the school prayer, followed by the hoisting of the national flag of Kuwait and the Kuwait National Anthem. The assembly came alive with scintillating dance performances and melodious songs rendered by talented student performers. Dr. V. Binumon, Principal and Senior Administrator of ICSK, congratulated the students for the



assembly and guided them for shouldering the responsibilities of the day.

A total of 382 aspiring student-teachers of Class XII conducted lessons with dedication and creativity. With well-prepared lesson plans crafted under the guidance of subject teachers, the student-teachers made classroom learning both engaging and enjoyable. Their efforts were evaluated, and the Best Student Teacher Award was presented to recognize excellence and promise in teaching.

Adding a warm gesture of gratitude, the students organized a special meal for the teachers, creating a moment of joy and togetherness. To further honor their mentors, they also staged a cultural program exclusively dedicated to teachers, filled with vibrant performances that reflected love and respect.

The celebration of Self-Governance Day at ICSK Senior was a resounding success, leaving students with a deeper sense of appreciation and respect for their teachers, while also instilling confidence, responsibility, and leadership skills that will guide them in the future.



















JAZI YN MARIA





FRANKLIN THAMBI ACHSA SARA BINOY



HUSSAIN AKI





ELAINE MARY BINU SYED ABDUL KAREEM





ABIDA SABU



NOUREEN ZEINAB CLAYTON EZEKIEL





NISAR FAHIMUDDIN MUHAMMED SHAMIL







**JOSHWA MATHEW** 



**NELISHA DSOUZA** 



SHEZA SAJJAD



JEFFRIN JACOB



**MARINA VINCY** 



CLASS 11D

SHIVA RAM MAHADEVAN FARHEEN GOUSE

### CLASS 12K





DANIYA ALIM SHAIKH



HANNAH GEORGE





**AAZIM ABDUL** 



**LOVIS LIZA POTHEN** 



LORAINE BAIJU



**NATHAN SHINU ELVIN BINU** 







ARINITA BABLU PAL HASSAN MURTUZA SAGAL KAUR BHATTI VISHNUPRIYA VINOD YASER RAZA MIRZA SHARON SUSAN



CLASS 11G





ZAINAB ASIF



AMMAR KUTBUDDIN SYEDA ARIZA MEHDI

**CLASS 11M** 



CLASS 10A







NAYANA BINOY

### **CLASS 11K**





THILINI ANURUDDHIKA







CLASS 10D



SAYYEDA ZAINAB



VALERIE PIA **FERNANDES** 



JANVI SEKHRI ABDULWAHAB MIJREN

**CLASS 10F** 

LASS 10B





ANWYL BIJU



ALAN SHAWN





**DEVA DARSHAN** 



ABDUL AZBAT



THEERDHA VINISH



AYISHA NAUSHAD BRIANA LEYA BENZEY



DIYA AMISH



FATIMA ZEHRA



MOHAMMED PARVEZ NASHWA NASAR





SERA VIPIN VARGHESE NAJDA FATHIMA





AILEEN



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ASHNI GRACE D SOUZA AAYUSH NAIR





SANIDHYA KUMAR AFIYA ALIM SHAIKH JEHIEL PHILIP JIBY ESTHER ANN MATHEW



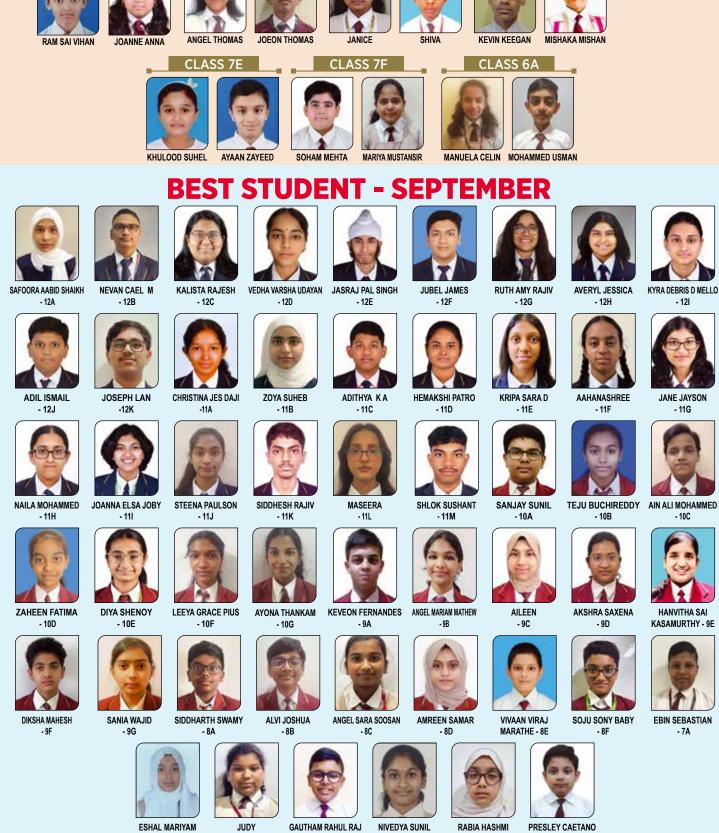
AMUDHA VINOD

**AFLAH** 

ALEENA GIRE

EVELYN PANICKER MEENAKSHI WARRIER





# French Fiesta 2025 (Morning & Afternoon): A Celebration of Language and Culture

On 18th September 2025, the school auditorium came alive with the sights, sounds, and flavors of France as students from Grades 9 and 10 gathered to celebrate the much-awaited \*\*French Fiesta\*\*. With over \*\*240 students\*\* forming \*\*40 vibrant groups\*\*, this cultural extravaganza was a grand success, bringing together creativity, teamwork, and a shared love for the French language.

The event was a spectacular showcase of the students' enthusiasm and talent. Each group presented different aspects of French culture from traditional French cuisine and fashion to iconic landmarks and festivals. The auditorium transformed into a mini-France, with booths decorate in tricolour thèmes and posters of the Eiffel Tower.

Highlights of the event included delicious displays of French food like crêpes, croissants, quiches, and cheese platters. Teachers and fellow students were invited to tour the exhibits, taste the













dishes, and interact with the groups all while appreciating the efforts made to communicate in French. \*\*The money collected from selling the food was generously donated to charity, making the event not only educational and fun but also meaningful.\*\*

The main aim of the event was to encourage students to apply their language skills in fun and interactive ways. It also helped everyone appreciate the rich cultural heritage of France while fostering teamwork and confidence among participants. Only two teams of grade 9 participated in the French Fiesta of Afternoon session. The Morning batch of students collected KD 111.350 Fils and afternoon batch collected an amount of KD 10.The success of the French Fiesta wouldn't have been possible without the guidance of our French teachers and the tireless efforts of every student involved. It was truly a memorable day.



















## ICSK Afternoon Wing Celebrates Self-Governance Day with Grace and Gratitude



The Indian Community School, Kuwait – Afternoon Wing, celebrated Self-Governance Day with great enthusiasm and elegance on Thursday, 11th September 2025. This special occasion provided the students of Class XII a unique platform to don the roles of teachers and staff, stepping into the shoes of their mentors for a day filled with learning, leadership, and appreciation.

The event was organized under the able guidance of Ms. Hepzibah, Senate Advisor, Afternoon Wing, whose unwavering support and leadership ensured the smooth execution of the day's activities and enriched the entire experience for students and staff alike.

The day commenced with a vibrant morning assembly conducted entirely by the students of Class XII. The solemn recitation of the Holy Quran, followed by the school prayer and the national anthem of Kuwait, set a respectful tone for the celebrations. The assembly came alive with spirited dance performances, soulful musical renditions, and eloquent speeches that reflected the students' admiration and gratitude for their teachers.

Adding a dramatic flair to the program, students staged a compelling skit that



emphasized the importance of discipline in achieving life goals. The performance was met with thunderous applause, striking a chord with the audience and underlining the core message of the day. Throughout the day, student-teachers took charge of various classes with confidence and creativity. With carefully prepared lesson plans and guidance from their subject mentors, they delivered engaging and effective lessons, gaining firsthand experience of the teaching profession.

As a heartfelt gesture of appreciation, the students also organized a special luncheon for their teachers, creating a warm and joyful atmosphere of togetherness. The festivities concluded with a colorful cultural program, where music, dance, and drama seamlessly blended to celebrate the spirit of teaching and learning.

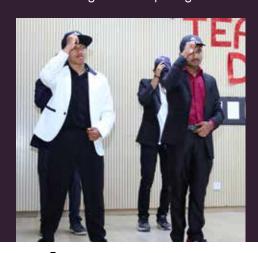
The celebration of Self-Governance Day at ICSK Afternoon Wing was a truly memorable and meaningful occasion—one that honored the essence of Teachers' Day while nurturing leadership, discipline, and respect among the students. It was a day of elegance, inspiration, and heartfelt gratitude that will long be cherished.













## Student's Voice Published in Leading Newspaper

We are proud to highlight the achievement of one of our school students Master Nathan Jenson, whose article was recently published in the Kuwait Times. This recognition demonstrates not only the student's writing talent but also their ability to express ideas clearly and engage a wider audience beyond the school community.

The article reflected the student's analytical creativity, skills. thoughtful perspective on the chosen topic. Publication in a leading English-language newspaper such as the Kuwait Times is a remarkable accomplishment, as it provides a platform for young voices to be heard and appreciated by the public.

The school takes great pride in this success, which stands as an inspiration to other students to pursue their passions in writing and communication





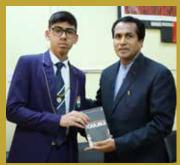
### **BOOK DONATION STAFF AND STUDENT**



MS. SOUMYA VIPIN



HEBA IBRAHIM SHAIKH (9 D)



NAUFEL SAALIM ANTULAY



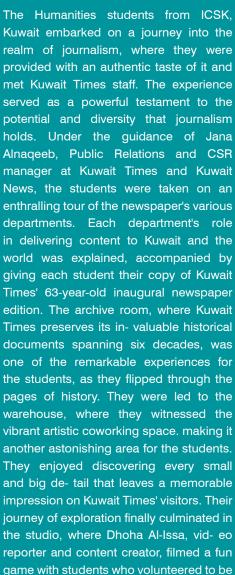
MS. SHIBYMOL



Stood there one lovely tree, One day a boy passes by, And picks up it's leaves for free. Another day for the lovely tree, An old woman walks by, Finding her lost childhood there, She wept and began to cry. One day below the lovely tree, Drowsed a traveller passing by, And when he was done, He thanked the tree and waved good-bye. A vile day for the lovely tree, Passed by a woodcutter, Seeing it's branches big and brown, He took off his axe and chopped the tree down. The tree gave us memories, shade, fruits and leaves, Despite of giving all it's treasures for free, What did in return we gave to the tree? We ended it's whole destiny!

# THE INDIAN COMMUNITY SCHOOL ORGANIZES VISIT TO KUWAIT TIMES







on camera for sharing on Kuwait Times'

social media platforms.

















# The Indian Community School, Kuwait Marks Milestone with First - Ever Model United Nations



The Indian Community School, Kuwait, hosted its first-ever Model United Nations (ICSK-MUN) on the 19th and 20th of September 2025, providing an excellent platform for students to step into the roles of diplomats and world leaders. The two-day event, which saw the participation of 43 delegates representing various countries, aimed to foster leadership, research, public speaking, and negotiation skills while encouraging critical thinking on pressing global issues.

The conference commenced on 19th September with an inaugural ceremony graced by the eminent Chief Guest, Mr. M. P. Joseph IAS, Former Indian and UN Civil Servant and Advisor in the Rank of Additional Chief Secretary, Government of Kerala. The ceremony began with the recitation of verses from the Holy Quran followed by a melodious prayer song by the school choir Swaranjali. Dr. V. Binumon, Principal and Senior Administrator of ICSK, extended a warm welcome to the gathering. In his address, he emphasized the school's continuous efforts in building students' skills while providing them platforms to showcase their talents. He highlighted how MUN serves as a wonderful opportunity to reflect upon global issues and instills personality, vision, courage, and responsibility in every delegate.

Addressing the gathering, the Chief Guest, Mr. M. P. Joseph IAS congratulated the institution for successfully hosting its first MUN. He elaborated on the objectives of the United Nations, the functioning of its various committees, and their role in maintaining global peace. He formally inaugurated the ICSK-MUN and unveiled its logo, marking a historic moment for the school. His address reflected the true spirit



of leadership and public service, leaving a strong impression on the young delegates. Mst. Sanjit Velu, Secretary-General of ICSK-MUN proposed a vote of thanks and declared the session open. Following the official committee photographs, the delegates moved into their respective sessions, setting the agenda, delivering speeches, and engaging in moderated and unmoderated caucuses.

Two key committees formed the core of this year's conference. The Disarmament and International Security Committee (DISEC) deliberated on the theme "Regulating the Use of Autonomous Weapons in Armed Conflict", a topic addressing the ethical, legal, and humanitarian implications of artificial intelligence in warfare. Meanwhile, the United Nations Office on Drugs and Crime (UNODC) engaged in discussions on "Tackling Nautical Piracy and Its Criminal Affiliations", focusing on the global menace of piracy and its ties to organized crime and terrorism. Vigorous debates, thoughtful speeches, and constructive collaborations defined the sessions, as delegates showcased their research and diplomacy in drafting resolutions.

Delegates represented 23 countries, including USA, Australia, England, Kenya, China, Indonesia, Ukraine, Russia, Japan, South Korea and India, ensuring a diversity of perspectives and enriching the quality of debate.





The second day witnessed intensified deliberations and the finalization of draft resolutions. The conference concluded with a grand valedictory ceremony in the school auditorium, graced by the Guest of Honour, Dr. Divakar Chaluvaiah, Former President of the Indian Doctors Forum, Kuwait. The day began with an Islamic prayer, followed by a welcome address delivered by Mrs. Susan Rajesh, Vice Principal of ICSK, who congratulated the delegates for their remarkable efforts and expressed her hope to see them represent India at the United Nations in the future.

A special highlight of the day was the video presentation, "Glimpses of ICSK-MUN 2025", which beautifully captured the vibrant moments, passionate debates, and the collaborative spirit of the two-day conference. The presentation offered the audience a visual journey through the intense committee sessions, interactions, and behind-the-scenes efforts that made the event a grand success.

Dr. Divakar Chaluvaiah, in his address, praised the dedication and preparation of the delegates. He encouraged students to think critically, debate thoughtfully, and choose dialogue over conflict, stressing the importance of cooperation in solving global challenges. This was followed by inspiring addresses by Secretary-General Mst. Sanjit Velu and the committee chairs, Ms. Sana Fatema and Ms. Haadiya Sheikh,









who expressed their gratitude towards the school for providing a platform for young leaders to engage in meaningful discourse.

The highlight of the evening was the presentation of awards to outstanding delegates. The award for Best Delegate was conferred upon Miss Shannon (Kenya) in UNODC and Mr. Zohair Abbas Ali (USA) in DISEC. The Best Position Paper award was secured by Mr. Andrew (Djibouti) in UNODC and Miss Sarah Ann (Ukraine) in DISEC. The title of Honorable Mention went to Miss Farah (USA) in UNODC and Miss Ruth (Russia) in DISEC. The Diplomatic Commendation was awarded to Miss Kashni (Indonesia) in UNODC and Miss Prisha (India) in DISEC, while the Most Improved Delegate award was presented to Mr. Suryansh (France) in UNODC and Miss Reddhi (South Korea) in DISEC.

The event concluded with a heartfelt vote of thanks by Ms. Prisha Savla, Member of the ICSK-M UN Secretariat, followed by a group photograph of all delegates, encapsulating the spirit of unity and achievement.

The first-ever ICSK-MUN not only enhanced students' knowledge of international affairs but also instilled in them the values of teamwork, respect for diverse perspectives, and the art of consensus-building. The success of ICSK MUN highlights the school's unwavering commitment to nurturing globally-minded leaders of tomorrow.











### **Birthday Arcade - OCTOBER**



ARISHA SHAILESH 8E - OCT 1



11H - OCT 1



RACHEL SUSAN THOMAS 10B - OCT 1



RAYAN ARAKKAL 11G - OCT 1



**RIZA SULAIKHA** 12F - OCT 2



ALEENA FAISAL 11A - OCT 3



**HEBA IBRAHIM** 9D - OCT 3



**HUZAIFA MUSTAFA** 11A - OCT 3



JOSHUA JOSE 12J - OCT 3



MUHAMMED ZUBAIR 12C - OCT 3



SAKINA MEMBER 12F - OCT 3



**ALIM SAEED JAFFER** 12F - OCT 4



AI VANA AI VIN 7B - OCT 4



DAVID JOHN 11L - OCT 4



**KEZIA SARAH ABEY** 12I - OCT 4



KUMPATI BILESH SAI 8D - OCT 4



MOHAMMED RAHEEM 9G - OCT 4



MOHAMMED FAIZ 12F - OCT 4



SYFD ALLRAZA 7F - OCT 4



DHARSHINI SURFSH 9F - OCT 5



HASAN FAROQUE 12K - OCT 5



CLAYTON FZEKIEL 12E - OCT 6



**7AHRA ASKARI** 12J - OCT 6



ADARA FEROZ KHAN 12H - OCT 7



**ARAINA DSOUZA** 12A - OCT 7



MARIYA PATRA WALA 9F - OCT 7



RIDA FATIMA 8A - OCT 7



**AMATULLAH** 9E - OCT 8



**CINTA BYJU BYJU** 12J - OCT 8



NAUFEL SAALIM 12C - OCT 8



**NOAH STEPHEN** 10E - OCT 8



**NOLAN CALLISTUS** 11E - OCT 8



RITESH KONDETI 10C - OCT 8



AARON VARGHESE 8D - OCT 9



**GARGI PRADIP NAIK** 9E - OCT 9



MOHAMMED SHAIK 10G - OCT 9



NEHA MOHAMMED 12I - OCT 9



SHEBA MITWA 7D - OCT 9



SUSHANTH KUMAR 9G - OCT 9



ISMAIL RAZI VALIYA 11L - OCT 10



NIMI SRFFRANGAN 11J - OCT 10



SKANDA MOGAVEERA 7B - OCT 10



10A - OCT 11



10C - OCT 11



ALEXIS FAITH 8C - OCT 11



BURHANUDDIN 7F - OCT 11



JOHAN JACOB 11H - OCT 11



MUFADDAL 9C - OCT 11



POOJA SELVAM 7B - OCT 11



ALVIN SAM SINU 12F - OCT 12



**CHRISTY SUNIL** 10E - OCT 12



NANDIKA NISANTH 10F - OCT 12



YOHAN AJU JOHN 10A - OCT 12



ABDULLAH SAYEED 11F - OCT 13



**CHARANYA ALUGU** 



CHRISTAPHER REN 9B - OCT 13



DAINE GEORGE 7B - OCT 13



DARSHANI PANGASA 11E - OCT 13



MOHAMMED YOUSEF 12I - OCT 13



NAKUL RAJESH 12F - OCT 13



**SWETHASHREE** 9B - OCT 13



SYED ASKARI ABBAS 10D - OCT 13



ZANHA HASHIF 7C - OCT 13



**AARON KURIAKOSE** 12E - OCT 14



BURHANUDDIN HANNAH KRIPA JOHN 7F - OCT 15 7A - OCT 15



8B - OCT 14

JAIDAN ANNA

11I - OCT 15



10B - OCT 15

SAMEEHA SHEFFIK 12D - OCT 14

SHIVASHANKAR 9D - OCT 15



SIDDHARTH SWAMY 8A - OCT 15



JAZLYN MARIA 12A - OCT 16



VAIGA MELAVEETIL

AADHISESHAN 10B - OCT 15

10A - OCT 17





VEDANT PRADEEP 12G - OCT 17



ANN THERESA 10C - OCT 18



DANYA ELIZA ASHISH 11G - OCT 18



HASSAN SHAHZAD 11D - OCT 18



MOHAMMED AKMAL 10G - OCT 18



NISREEN 9G - OCT 18



SAAD HASRAT 11F - OCT 18



SAANVI PRAVIN 11A - OCT 18



TAHA BHUNGRAWALA 11B - OCT 18



VANSH CHOUHAN 11M - OCT 18



**ARFFA** 8D - OCT 19



ISHANA ANN SAJU 12C - OCT 19



JAMON SHAJAN 11H - OCT 19



**ZAINAR MUSTAFA** 12H - OCT 19



ABDULLAH AAKIF 7F - OCT 20



ALAN SUNII 11L - OCT 20



AZEEN SYED 11A - OCT 20



**NOUMAN AMANULLAH** 12I - OCT 20



REEM ZESHA P 10G - OCT 20



VAARA TOSHKHANI 11J - OCT 20



AKIN BABU 7E - OCT 21



CASSANDRA KAITI YNN 8C - OCT 21



DISHA KAPOOR 10F - OCT 21



FATEMA KUWAI A 7E - OCT 21



JOICE BIJU 11K - OCT 21



VFDHA ANURAJ 9A - OCT 21



YASH HARSHAD 12J - OCT 21



**ESHAL MARIYAM** 7B - OCT 22



HANNAH LAKH 11E - OCT 22



**HEEBA HIDAYAT** 11L - OCT 22



JEEVAN MATHEW 9A - OCT 22



JOANNA TESSA 11B - OCT 22



KUMARANN SUNDARESAN 12C - OCT 22



**LAKSHITHA CHITHY** 10C - OCT 22



MOHAMED SAALIM 11G - OCT 22



SHIVANI MANGALATH 12B - OCT 22



SUDHANVA JITHENDRA



**ZOHAIR ZAMAN** 7E - OCT 22



AFIA - SHAIKH 10E - OCT 23



**BURHANUDDIN DALIWALA** 11C - OCT 23



HAADIYA SHAIK 12E - OCT 23



JEON THOMAS SIJIN 7B - OCT 23



12C - OCT 23



MATHEWS ABRAHAM NABAHAN HAMZA BIL 11M - OCT 23



NADIRA YASMEEN 12A - OCT 23



**ROSHAN JEEMON** 12D - OCT 23



SHARON SUSAN 11G - OCT 23



ATHARV RAGHAVENDRA 8E - OCT 24





JOEL JOBY 11A - OCT 24



LAVENA MARIA 10D - OCT 24



MADHAV VINAYAGA 12A - OCT 24



NASREEN NOUSHAD 11H - OCT 24



SUHAIL 12H - OCT 24



SYED MEER AZFER 11F - OCT 24



**WAFA FATHIMA** 12K - OCT 24



AMY SUSAN SHIBU 9C - OCT 25



ARIBAH ITAAT 10C - OCT 25





MEHLAM ASIF

SHAZA NAZLI 10D - OCT 26



MOHAMMED MURTAZA

**SOFIAN AHMED** 11J - OCT 26



NAJDA FATHIMA

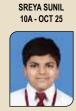
SRIBADRA UMESH 10E - OCT 26



**PRATHIKSHA** 

12H - OCT 25

7A - OCT 27



SARTHAK MAHESH 7C - OCT 27



HANNAH MARIA

ABEL BOBBY 12F - OCT 28



9B - OCT 28

MARYAM WASIM

11G - OCT 26

**ASWIN AJITH** 

10C - OCT 28

MOHAMED NIHAAL

10G - OCT 26



SAIKRISHNA

8C - OCT 26

FAHAD AMJAD ZINGU IBRAHIM MUSADDAQ 10D - OCT 28





TANVI CHOWDESHA 9D - OCT 28

9D - OCT 28

TANYA CHOWDESHA





MARIAM NAZMA 12G - OCT 29



**MEGAN FRANCISCA** 10C - OCT 29



MISHKA KISHAN 7D - OCT 29



**RUDRA ASOKAN** 11B - OCT 29



SAMAIRA ZAHID 7D - OCT 29



SRUTHI PUSHPANATHAN 7E - OCT 29



ADIL KRISHNA 12H - OCT 30



AIDEN VARGHESE 8C - OCT 30



ANGEL RAFA CRASTO 10G - OCT 30



DEEPSHA DIVYENDU 11F - OCT 30



ABHIJIT MANIKANDAN 7C - OCT 31



CALLISTA DARAH 10C - OCT 31



JEHAD AHMED 10F - OCT 31



MEENAKSHI WARRIER 8B - OCT 31



11A - OCT 31



MR. ANTONY AUSTIN 2ND OCT



MR. SHALU SHAJI 9TH OCT



MRS. SOUMYA VIPIN 10TH OCT



MRS. SUSAN GEORGE 18TH OCT



MRS. ELIZABETH THOMAS - 22ND OCT



24TH OCT

### **CHARITY CONVENERS - OCTOBER**



SAFOORA AABID 12 A



AAMINA SHEIK 12 B



**GANTA ARJUN** 12 C



HANNAH MARIAM 12 D



ARSHA ANIL 12 E



**CAROLINE MODI** 12 F



JOSHUA MATHEW KURIALA 12 G



NAQIYAH MUNISH 12 H



SHANNON CHRISTINE 12 I



**ANUGRAHA SUSAN** 12 J



MUHAMMED 12 K



HIBA SAJID 11 A



ANGEL ELISA JOE 11 B



**PUNYA PRAJEESH** 11 C



SARRA MUSTUFA 11 D



**EDWIN ELDHO** 11 E



11 F



HANIA KAUR SAHNI 11 G



STEVE BINU ABRAHAM JOANNA ELSA JOBY



11 I



AFIYA MOHAMED 11 J



FATHIMATH SAFA 11 K



NABAHAN 11 L



KARTHIKEYA 10A



AASHISH ANOOP 10B



ABHIJAY P 10C



SYED ABBAS 10D



MD. SHAZ 10E



MOHAMMED RITAJ 10 F



MOHAMED HAREED 10 G



GURNOOR SINGH 9A



**ABHINAV SREEJITH** 9B



SYED ABDUL 9C



MUHAMMED ZAIN 9D



**FARHAN AFSAR** 9E



HANNA BIJU 9F



**CHRISTINA SHIBIT** 9 G



**JOANA SOJIMON** 



SULAIMAN ALWARE



SACHIN KOLANCHI





THANEESH







**NUSAIBAH CHABIR** 









# EPItome of success



Few names shine as brightly in Indian cinema as that of Mohanlal Viswanathan, known with affection by millions simply as "Lalettan." His journey from a young man with dreams of acting to being honoured with the Dadasaheb Phalke Award in 2025 is a story of perseverance, talent, and timeless appeal. The Phalke Award, the highest honour in Indian cinema, was conferred on him by the President of India in recognition of his extraordinary contribution to film across more than four decades.

Mohanlal made his screen debut in the late 1970s, and by the time his first released film Manjil Virinja Pookkal (1980) reached theatres, he had already begun to captivate audiences. Over the years, he has appeared in more than 360 films spanning Malayalam, Tamil, Telugu, Kannada, and Hindi, bringing to each role a unique naturalism and depth. He has been described as one of India's most versatile actors, equally at home in intense drama, light-hearted comedy, action-packed thrillers, or character-driven stories.

Among his celebrated Malayalam works are Bharatham (1991), which won him the National Award for Best Actor, and Vanaprastham (1999), a poignant Indo-French drama that carried his artistry to international audiences. Vanaprastham was screened at prestigious festivals including Cannes, marking a proud moment for Malayalam cinema on the world stage. His powerful performance in Mani Ratnam's Iruvar (1997) in Tamil further displayed his ability to transcend linguistic boundaries, while Drishyam (2013) became a phenomenon across India, inspiring remakes in multiple languages.

Mohanlal also made a strong mark in Telugu cinema, most memorably with Janatha Garage (2016), a film that became one of the highest-grossing Telugu movies of its time. His performance was widely praised, and he won a Special Jury Award at the National Film Awards for his role. In Hindi cinema, he impressed critics with his restrained yet powerful acting in films like Company (2002), directed by Ram Gopal Varma, which earned him the IIFA Award for Best Supporting Actor. He also appeared in Ram Gopal Varma Ki Aag (2007), though the film was not successful, his performance stood out as a reminder of his willingness to experiment beyond language barriers.

Even in recent years, he continues to remain a box office force. L2: Empuraan (2025) was a huge success and the only Malayalam film nominated for Best Film at the Indian Film Festival of Melbourne, proving that his cinematic magic is as strong today as it was forty years ago.

The long list of honours in Mohanlal's career reflects both critical acclaim and popular love. He has won several National Film Awards, numerous Kerala State Awards, and India's highest civilian recognitions—the Padma Shri in 2001 and the Padma Bhushan in 2019. His crowning achievement, the Dadasaheb Phalke Award, is a fitting tribute to a man who has not only entertained generations but also elevated Indian cinema's global standing.

What makes Mohanlal's success truly remarkable is not just the awards or the records, but his ability to constantly reinvent himself while remaining deeply rooted in the culture of his audience. He embodies

### Mohanlal

versatility, discipline, humility, and an enduring love for his craft. His story is one of dedication that has carried him from the sets of Malayalam films to the international spotlight,



ANNLIYA JOSEP

and his name has become synonymous with excellence in cinema.

For students and young dreamers, Mohanlal's life is an inspiring lesson. It shows that success is not a destination but a journey of growth, creativity, and resilience. From local beginnings to global recognition, he stands today as a true epitome of success









Thailand, often called the "Land of Smiles," is a country in Southeast Asia known for its rich culture, warm hospitality, and diverse landscapes. Its bustling capital, Bangkok, is a vibrant hub filled with ornate temples, street markets, and modern skyscrapers, reflecting a blend of tradition and progress. Beyond the cities, Thailand offers lush jungles, golden rice fields, and peaceful villages, giving visitors a glimpse into its deep connection with both history and nature.

One of Thailand's greatest attractions is its cultural heritage, rooted in Buddhism. The country is home to thousands of temples, such as Wat Arun and Wat Phra Kaew, which are architectural masterpieces decorated with intricate carvings and golden spires. Thai festivals like Songkran (the water festival) and Loy Krathong

(the festival of lights) showcase the people's joy, spirituality, and sense of community. Food is another highlight, with dishes like Pad Thai, Tom Yum soup, and green curry offering a balance of sweet, sour, spicy, and salty flavors.

Tourism plays a big role in Thailand's global identity, drawing millions to its tropical beaches in Phuket, Krabi, and Koh Samui. The clear waters, coral reefs, and white sands attract both relaxation seekers and adventure lovers. At the same time, Thailand's strong traditions in art, dance, and crafts help preserve its cultural roots. Whether it's exploring historic ruins in Ayutthaya, hiking in Chiang Mai's mountains, or enjoying the vibrant nightlife, Thailand offers an experience that feels both timeless and everchanging.



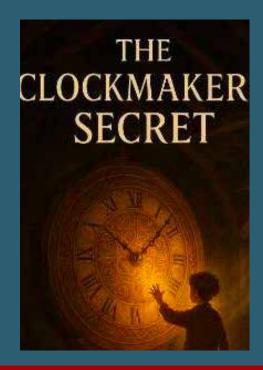






# EPIstory

### THE CLOCKMAKER'S SECRET



In the heart of a small, fog-covered town stood an old clock shop. Few visited it now, for the clocks inside rarely kept time, and the clockmaker, Mr. Aldren, was known more for his silence than his sales. Still, every morning, the shop's windows glowed with golden lamplight, and the rhythmic tick of countless gears could be faintly heard through the glass.

One chilly evening, a group of children dared each other to sneak inside. They pushed the creaking door open and were met with a forest of pendulums, each swinging at its own pace. At the center of the shop stood a clock taller than any of them, its hands frozen at midnight.

Curiosity won over fear, and one child reached out to touch the glass. Instantly, the hands of the giant clock began to turn backward. The children stumbled as the air thickened, and suddenly they were no longer in the shop, but standing in the very same street—fifty years earlier. The town bustled with life, and the shop's windows sparkled, filled with customers.

The children realized the



RIDA SAMJATH

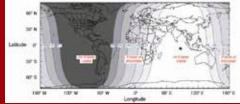
clock was no ordinary machine. It was a doorway to time itself. But when they tried to return, the clock stood frozen again. Panic set in until Mr. Aldren, younger but unmistakable, stepped out of the shop. He smiled knowingly and said, "Not all clocks measure hours. Some measure choices. Decide wisely, and you may yet return."

The story of what they chose that night was never told. But ever since, townsfolk say that sometimes, just sometimes, the tall clock in Aldren's shop ticks at midnight—and those who hear it are given a chance to change their lives.

# Shadows and Splendor: The Total Lunar Eclipse of September 2025



A total lunar eclipse occurred at the Moon's ascending node of orbit on Sunday, September 7, 2025, with an umbral magnitude of 1.3638. A lunar eclipse occurs when the Moon moves into the Earth's shadow, causing the Moon to be darkened. A total lunar eclipse occurs when the Moon's near side entirely passes into the Earth's umbral shadow. Unlike a solar eclipse, which can only be viewed from a relatively small area of the world, a lunar eclipse may be viewed from anywhere on the night side of Earth. A total lunar eclipse



can last up to nearly two hours, while a total solar eclipse lasts only a few minutes at any given place, because the Moon's shadow is smaller. Occurring about 2.6 days before perigee (on Wednesday, September 10, 2025, at 8:10 UTC), the Moon's apparent diameter was larger.

This lunar eclipse was the second of an almost tetrad, with the others being on March 14, 2025 (total); March 3, 2026 (total); and August 28, 2026 (partial). The eclipse was completely visible over east Africa, Asia, and central and west Australia. It was seen when rising over most of Africa and Europe, and when setting over the central Pacific Ocean.

This eclipse is part of an eclipse season, a period, roughly every six months, when

eclipses occur. Only two (or occasionally three) eclipse seasons occur each year, and each season lasts about 35 days and repeats just short of six months (173 days) later; thus two full eclipse seasons



JASRAJ PAL SINGH

always occur each year. Either two or three eclipses happen each eclipse season. In the sequence below, each eclipse is separated by a fortnight.

Stargazers in Kuwait witnessed the rare total lunar eclipse on Sunday, during which the full Moon glowed a striking copper-red, popularly known as a "Blood Moon".

The celestial event began at 6:28 pm when the Earth's faint shadow first touched the lunar surface, with the umbral phase starting around 7:27 pm. By 8:30 pm, the Moon was fully engulfed in Earth's shadow, marking the beginning of totality. At its peak at 9:11 pm, the Moon shone deep red, a dramatic effect caused by sunlight bending through Earth's atmosphere. Totality lasted for 82 minutes, making this one of the longest lunar eclipses in recent years. The event ended at 11:55 pm.

# Inala

### A PLACE OF SERENE BEAUTY AND UNSELLINGH MYSTERY - JATINGA



Nestled in the mist-laden hills of Assam's Dima Hasao district lies the village of Jatinga—a place of serene beauty and unsettling mystery. Though modest in size and population, Jatinga has garnered international attention for a phenomenon that defies conventional understanding: the inexplicable descent of birds from the sky during specific months of the year.

Between September and November, typically on moonless nights between 7 PM and 10 PM, numerous bird species both migratory and local—are observed plummeting toward the ground. These birds, seemingly disoriented, collide with trees, rooftops, and bamboo structures, often resulting in injury or death. The event is not random; it recurs annually with remarkable consistency, prompting both



scientific inquiry and folkloric speculation.

Ornithologists have proposed that the birds, particularly juveniles, become confused by the region's dense fog and high-altitude winds. Artificial lights in the village may further disorient them, leading to their fatal descent. However, the precise timing and selective geography of the phenomenon continue to puzzle researchers.

For the local Zeme Naga community and other indigenous groups, the birdfall has long been steeped in superstition. Historically, it was believed that malevolent spirits lured the birds to their deaths, and the event was regarded as a dark omen. Rituals were performed to ward off evil, and villagers avoided venturing out during the critical hours.



This confluence of natural anomaly and cultural lore has imbued Jatinga with a reputation for hauntedness. The village SPANDITA MONDAL is often described as eerie,



particularly during the birdfall season when fog envelops the landscape and silence is broken only by the cries of descending birds. The railway route to Jatinga, winding through shadowy forests and steep cliffs, is considered one of the most haunting in

While scientific explanations offer partial clarity, they do not fully dispel the aura of mystery that surrounds Jatinga. The village remains a site of fascination for ornithologists, paranormal enthusiasts, and curious travelers alike. It stands as a rare intersection of ecological peculiarity and cultural myth - a place where the boundaries between the rational and the supernatural blur.

Jatinga is not merely a geographical location; it is a symbol of nature's capacity to bewilder, and of humanity's enduring quest to interpret the inexplicable. Whether viewed through the lens of science or spirit, its story continues to captivate and confound.



### BALANCE SHEET FOR THE MONTH OF AUGUST & SEPTEMBER 2025

Income (May 2025)	KD	Expenditure (August & September 2025)	KD
Balance c/f from May 2025	2024.995		
Contribution from Students (August & September 2025)	310.170		
Contribution from Staff	20.000		
Contribution from French Fiesta (Morning)	111.300		
Contribution from French Fiesta ( Afternoon)	10.000		
Mass Media Contribution	47.000		
Balance in hand	2523.465		

CLASS / SEC	CLASS TEACHERS NAME	BIRTHDAY FUND	CHARITY FUND	TOTAL
12 A	MRS. NIGY JACOB	-	12.440	12.440
12 B	MR. PRATHAPA CHANDRAN B. PILLAI	-	5.240	5.240
12 C	MR. SUNDARESH K	-	1.020	1.020
12 D	MRS.SARITHA M.P	-	3.005	3.005
12 E	MRS.JESHA ALEX	-	5.400	5.400
12 F	MRS. SONA AREEKARA	-	2.330	2.330
12 G	MR. PRASAD NAMBIAR	-	20.660	20.660
12 H	MRS. SHEHNAZ HAKIM	-	6.225	6.225
12 I	MRS. TEENA	-	4.495	4.495
11 A	MRS. SUSAN GEORGE	-	8.800	8.800
11 B	DR. WASEEM PATHAN	-	3.250	3.250
11 C	MR. VINOD LAKSHMANAN	-	8.750	8.750
11 D	MR. GEORGE SAMY	-	24.000	24.000
11 E	MRS.HARSHA RAJAGOPAL NAIR	-	2.360	2.360
11 F	MRS. DEEPA BIJU	-	11.000	11.000
11 G	MRS. JEANNIE ANN GEORGE	-	1.530	1,530
11 H	MRS. MUSARAT PARKAR	-	3.000	3.000
11	MRS. SREESHMA	5.000	12.670	17.670
10 A	MRS. JAGADA JEGADEESAN KAMALA	-	7.115	7.115
10 B	MRS. SANDHYA JAMES	-	4.260	4.260
10 C	MRS. SUSHA SHAJI GEORGE	_	7.045	7.045
10 D	MRS. NIMMY GOPINATH	_	0.730	0.730
10 E	MRS. SARITHA P NAIR	_	10.280	10.280
9 A	MRS. SOUMYA VIPIN	_	6.250	6.250
9 B	MR.MANUEL JUSTIN	_	5.600	5.600
9 C	MRS. JYOTI ANIL SANGTANI	-	2.720	2.720
9 D	MR. NITHIN VATAKKE MATATHIL	-	3.780	3.780
9 E	MRS. STELLA GAMA PHILIP	-	3.000	3.000
9 F	MR. VIJAY BHASKARA REDDY C	_	9.305	9.305
8 A	MRS.SREELAKSHMI	-	9.620	9.620
8 B	MRS.SHAMEENA MUHAMMED SAEED	_	6.345	6.345
8 C	MRS. SOUMYA PRASHANT	_	3.130	3.130
8 D	MRS. GURPREET KAUR (MRS. GURVINDER KAUR MAINI)	-	3.210	3.210
8 E	MRS. JICKCY SUSAN CHERIAN	_	5.765	5.765
7 A	MRS. SHIBYMOL BABU	_	3.360	3.360
7 B	MR. MANIKANDAN CHANGARAMKANDATH	-	3.350	3.350
7 C	MS.BINU SABU	_	7.420	7.420
7 D	MRS SHEREENA MOOSA (MRS. TINTU)	_	3.980	3.980
7 E	MRS. ARSHIYA FATHIMA ASHRAF HUSSAIN	-	2.230	2.230
7 F	MRS. NAZIMA TAILOR	-	8.400	8.400
6 A	MRS. ANGULAKSHMI A		7.700	7.700
	TOTAL	5.000	260.770	265.770
	AFTERNOON S		200.770	203.770
8 F	MRS. RIZWAN MOINUDDIN		0.280	0.000
9 G	MRS. SHIBYMOL BABU	-	2.550	0.280 2.550
-		-		
10 F	MRS. REENU ANTAPPAN	-	4.530	4.530
10 G	MRS. NIMMY GOPINATH	-	2.070	2.070
11 J	MR. SUNDARESH KUMAR K G	-	10.000	10.000
11 K	MR. SUJITH KRISHNA T	-	3.220	3.220
11 L	MR. PRASAD NAMBIAR	-	5.440	5.440
11 M	MRS. HEPHZIBAH BADUGU	-	5.820	5.820
12 J	MRS. RATNACHIRA MISHRA	-	3.130	3.130
12 K	MR.SREEKUMAR	-	7.360	7.360
	TOTAL	-	44.530	44.400
	GRAND TOTAL	5.000	305.300	310.170

# EPHILATE

### Centenary Year of Ranchi Institute of **Neuro Psychiatry & Allied Sciences** (RINPAS)



The Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS), located in Kanke, Ranchi, Jharkhand.

a premier institution in the field of mental health care, boasting a rich legacy that dates back over two centuries.

The origins of RINPAS can be traced to the establishment of a Lunatic Asylum in 1795 at Munghyr. After its relocation to Patna Collegiate in 1821, it was eventually shifted to Namkum and then to its present location in Kanke, Ranchi in April 1925. The nomenclature of the Lunatic Asylum was changed to Indian Mental Hospital (IMH). It began operations with 110 male patients on 4th September 1925 and 53 female patients on 19th September 1925. The institution gradually became a central facility for patients transferred from regions such as Patna, Berhampur (Odisha), and Dacca (now Bangladesh).

Post-independence, the hospital was renamed Ranchi Mansik Arogyashala (RMA) in 1958 and was managed under the Bihar State Government. It served patients from multiple Eastern and North-Eastern Indian states. RINPAS stands as a symbol of resilience, reform, and research.

### Rajyogini Dadi Janki



Rajyogini Dadi Janki, the late spiritual head of the Brahma Kumaris, a global organisation with its headquarters

in Mount Abu, India, was a widely admired woman leader. Her example, teachings and caring nature won hearts and inspired courage. She introduced the ancient technique of Rajyoga meditation to millions of people across the world.

Born in 1916, Dadi Janki had a deep concern for the well-being of others. She dedicated her life to spiritual service at the age of 21, after coming in contact with the Brahma Kumaris. Between 1937 and 1951, as part of a community of nearly 400 people, she devoted her time to intense spiritual efforts as well as being the main nurse for the community. She mastered the practice of Rajyoga meditation as a method for self-transformation.

In the decades that followed India's independence, she served throughout the country teaching Rajyoga to spiritual seekers. In 1974, she was sent by the organisation to London, United Kingdom, from where her vision and drive saw the teachings of the Brahma Kumaris carried to more than 120 countries.

### **Dattopant Thengadi**



Dattopant Thengadi was born on 10th November, 1920 on the day of Diwali in Arvi Nagar, Wardha district, Maharashtra. His full name was Dattatreva Bapurao

Thengadi but he became famous by the name of Dattopant. His father Bapurao Dajiba Thengadi was an eminent advocate. Dattopant Thengadi had his early education in Arvi Nagar.

In the year 1931-32, while the freedom movement was going on under the leadership of Mahatma Gandhi, Dattopant Thengadi was a student of class VI and VII and at this early age, he had started sharing his organizing skills. He had formed the Vanar Sena, Jhuggi Jhopdi Mandal and the Arvi Vidyarthi Sangh and participated in the movement.

Dattopant took advanced education in Nagpur and after earning the LL.B. degree, he decided to be a pracharak of the Rashtriya Swayam Sevak Sangh and remained engaged in social service for his lifetime. After serving as a Pracharak in Kerala from 1942 to 1944 and then in Bengal till 1948, he came back to Nagpur where he was instrumental in the establishment of the Akhil Bharatiya Vidyarthi Parishad in 1949.

### 100 Years of First Visit of Mahatma Gandhi to Odisha



Mahatma Gandhi had already become famous before he came to Utkal, as it was called then. It was divided into four different entities - a

part of Bihar, another in Madras Province, third part in Central Province and the fourth one was Princely State. Odisha was yet to become a homogenous state. The involvement of Mahatma Gandhi in Champaran (Bihar) to free Indigo farmers from bondage had infused new energy in the poor farmers of Odisha. They saw in him a saviour. Therefore, when Utkalmani

Gopabandhu Das invited Gandhiji to visit Odisha, he agreed to spend a week. He had heard about the abject poverty, affliction and hunger that was rampant in most JASRAJ PAL SINGH parts of different districts.



12F

Repeated flood and drought had ravaged most parts of Odisha.

Gandhi arrived at Cuttack on 23rd March. 1921. It was Dola Purnima Day, Cuttack town with a population of around 20 thousand had poured at the Railway Station to have a glimpse of the Mahatma clad in kurta, a dhoti worn like a common Gujarati with a cap on his head. He alighted from the train along Kasturba, son Devdas and Babu Rajendra Prasad. The huge crowd welcomed him and took out a procession to Swaraj Ashram which was around 15 km away. That afternoon, Gandhi addressed a huge gathering on the sand of river Kathajodi. Amrita Bazar Patrika had reported then that there was a huge crowd. A lone photograph of that meeting is the only photo which was published in Odia daily 'Samaj' that was edited by Utkalmani Gopabandhu Das himself.

#### Ondiveeran



Ondiveeran hails the integrated district of Thirunelveli, heading Pothigai hills ruled by little Kingdom namely Sirulimuthu Pattavarayan and Thiruneelakanda Pagadai. He was the first

heroic rebel and commander-in-chief of the India freedom struggle against the British East India Company. The legend was born in Sankaran Kovil as eighth family siblings of present Thenkasi district to the father Chellaiyah Pagadai and mother Karuppaiee who commanded the village Nerkattan Sevayal. His childhood name was Muthuveeran.

In the battle of Vasudevanallur fort siege in 1767 headed by Captain Campbell was defeated by our Legend Battler Ondiveeran. His battalion victory travel extended up to Kalakadu, Srivilliputhur and Thenmalai also. After the bereavement of Puli thevar their sons namely Sivaganapandian, Sithiraputhirathevar and a daughter Gomathi Muthuthalachi were guarded by Ondiveeran. The legendary warrior never rested his sword and resisted against the British East Indian Company until his last breath. On 20th August 1771, near Manur village of Thirunelveli district Ondiveeran was defeated and died during the battle with British East Indian Company.

# Undertale: A Revolutionary Indie RPG

Undertale is a pathbreaking indie roleplaying game designed by Toby Fox and has taken gamers' hearts since its release in 2015. Undertale welcomes the gamer to the Underground, which is a bright, creepy world where strange monsters reside. The journey of the child through the Underground is based on the gamer's decision-making process, from battles to mercies.

One of the strongest features of Undertale is that it has a unique combat system. In contrast to regular RPGs, the player can resolve conflicts peacefully by developing friendships and triumphing over ethical dilemmas. These decisions significantly

affect the narrative, and each player receives an entirely different experience. Undertale evokes empathy, making it stand as a genre typically packed with violence-fueled plotlines.

The wit and charm of the game are aided by a diverse and rich cast of characters, such as the skeleton brothers Sans and Papyrus, and the enigmatic scientist Alphys. Their lines and personalities bring the Underground to life, offering moments of laughter, introspection, and emotion.

Undertale also features an unforgettable soundtrack, composed by Toby Fox. Tracks like "Megalovania" and "Heartache" are

# EPI tainment

immediately recognizable and have become icons in their own right, amplifying the emotional effect of those specific moments of the game. The music also contributes to making each battle a symphony of experience and storytelling.



LIZ MARY MATHEW

Critically praised for its uniqueness, Undertale has been a cultural phenomenon with the fan base inspiring fan art, music, and even full-scale orchestral performances. It challenges conventional game design, proving that truly emotional storytelling and player choice can re-deploy the boundaries of the medium.

Undertale isn't just a game, it's an experience that resonates deeply with players, encouraging them to reflect on morality, empathy, and the power of their decisions. Its legacy remains a proof to the creative potential of indie game development.



# **Brown Rice**

Brown rice is often considered a healthier alternative to white rice, offering a range of nutritional benefits that support overall health. Here's an overview of why brown rice should be included in a balanced diet, perfect for a health magazine article:

### 1. Rich in Nutrients

Brown rice is a whole grain, meaning it retains all parts of the grain: the bran, germ, and endosperm. This gives it a higher concentration of key nutrients compared to white rice, which has been stripped of the bran and germ.

Key Nutrients in Brown Rice:

**Fiber:** Brown rice is an excellent source of dietary fiber, which helps to regulate digestion, prevent constipation, and promote a healthy gut.

Vitamins and Minerals: It's packed with essential nutrients like magnesium,

# NOURISH & FLOURISH: MONTH OF OCTOBER

phosphorus, iron, and B vitamins, which are important for energy production, bone health, and overall cellular function.

**Antioxidants:** The outer layers of brown rice contain antioxidants, including phenolic compounds, which can help reduce inflammation and combat oxidative stress in the body.

### 2. Supports Heart Health

Brown rice's high fiber content contributes to heart health by helping to lower cholesterol levels. Studies have shown that eating whole grains like brown rice can reduce the risk of heart disease. Additionally, the magnesium in brown rice helps regulate blood pressure, which can further benefit cardiovascular health.

### 3. Helps with Weight Management

Brown rice can be a helpful part of a weight management plan. The fiber in brown rice slows digestion, keeping you feeling fuller for longer and helping to reduce overall calorie intake. Because it has a lower glycemic index than white rice, it causes a slower, steadier rise in blood sugar levels, which can help with appetite control.

### 4. Blood Sugar Regulation

Brown rice has a lower glycemic index (GI) compared to white rice, meaning it causes a slower increase in blood sugar levels after

consumption. This makes it a better option for individuals with type 2 diabetes or those trying to manage their blood sugar levels. The fiber also helps to regulate glucose metabolism.

### 5. Promotes Digestive Health

The high fiber content of brown rice supports healthy digestion by promoting regular bowel movements and feeding beneficial gut bacteria. A healthy gut microbiome is crucial for immune function and overall well-being.

### 6. May Reduce the Risk of Certain Diseases

The antioxidants and anti-inflammatory compounds found in brown rice are believed to have protective effects against chronic diseases, such as cancer. Regular consumption of whole grains, including brown rice, has been linked to a lower risk of conditions like colorectal cancer.

### 7. Rich in Selenium

Brown rice contains selenium, an essential trace mineral that acts as an antioxidant in the body. Selenium supports immune function, helps maintain thyroid health, and may protect against oxidative damage linked to various chronic diseases.

### 8. Gluten-Free Option

For those with gluten sensitivities or celiac disease, brown rice is an excellent gluten-free grain. It can be used in a variety of recipes as a substitute for wheat-based products



# In a Nutshell

#### **President Murmu presents 71st National**



Awards. Film confers Dadasaheb Phalke Award on Mohanlal: President

Droupadi Murmu presented the 71st National Film Awards at a glittering ceremony in New Delhi, honouring excellence in Indian cinema across multiple categories. The President also conferred the prestigious Dadasaheb Phalke Award for 2023 on veteran actor Mohanlal, lauding him as the "Complete Actor" who has effortlessly portrayed the full spectrum of human emotions.Congratulating all award winners, President Murmu praised Mohanlal's extraordinary contribution to Indian cinema, saying his versatility has made him a beloved figure across generations.

### Minister Dharmendra Pradhan



**Launches Atal Tinkering Labs** in UAE CBSE **Schools** Teachers' Day: Union Minister

of Education Dharmendra Pradhan marked Teachers' Day in Dubai with the launch of Atal Tinkering Labs (ATL) in CBSE-affiliated schools across the UAE, calling it a major step in fostering innovation and skills among young learners abroad. Ten schools in the UAE had already committed to establishing ATLs, which would "inspire creativity, critical thinking, and problem-solving skills to prepare students for a technology-driven future. The Teachers' Day celebration was described as a landmark moment for CBSE in Dubai, reinforcing its role as a hub for educational excellence and collaboration among Indian schools worldwide.

From Quiz to Siachen: 25 vouna **Indians** 



experience to life at world's highest battlefield: In a first-of-its-kind

initiative, 25 young Indians are set to travel from the virtual world of a quiz to the icy heights of Siachen - the world's highest battlefield - for a three-day immersive exposure visit from September 28 to 30. The programme, spearheaded by the Department of Youth Affairs under the Ministry of Youth Affairs & Sports, aims to offer participants a rare opportunity to experience leadership, resilience, and patriotism at one of India's most challenging frontiers. The youth were selected through the National Flag Quiz held on the MY Bharat platform between August 1 and 15, 2025, which saw participation from over 1.1 lakh young people across the country as part of the Independence Day celebrations.

### **NCERT Launches Digital, Inclusive Learning** Initiatives:



The National Council of Educational Research Training and

(NCERT) celebrated its 65th Foundation Day in 2025 by unveiling a wide range initiatives, including transformative Bal Vatika DTH TV channel, a dedicated DTH TV channel (PM eVidya Channel No. 35) which offers engaging audiovisual content to improve foundational literacy and numeracy. and DIKSHA 2.0 ,an upgraded DIKSHA 2.0 platform with artificial intelligence features to strengthen digital and inclusive learning in line with the vision of the National Education Policy (NEP) 2020.

World's First **Albania** Inducts Minister:



On September 11 2025, Albanian Prime Minister Edi Rama revealed Diella

at the Socialist Party's assembly in Tirana. Unlike a traditional minister, Diella is not a human but a digital avatar powered by Al technology. It is the only non-human member of the Albanian government. The Al minister handles procurement tasks, including evaluating and awarding public tenders where the government contracts private firms. Albania's experiment with Diella sets a precedent for Al integration in governance. It demonstrates how AI can be used beyond advisory roles to active decision-making in public functions. This development may inspire other nations to explore similar digital innovations to improve transparency and efficiency.

#### **Hydrogen-Powered** India Launches



Train: The Indian Railways successfully tested hydrogen powered train

developed at the Integral Coach Factory in Chennai. This train will soon operate between Jind and Sonipat in Haryana. It is part of the National Green Hydrogen Mission, which aims to produce five million metric tonnes of green hydrogen annually by 2030. The mission supports India's goal of net zero emissions by 2070. The train uses hydrogen fuel cells to generate electricity.

### ISRO's Chandrayaan - 2 detects solar



impact Moon's atmosphere : In a landmark scientific breakthrough,

the Indian Space Research Organisation (ISRO) announced that its lunar orbiter Chandrayaan-2 has made the first-ever observation of the effects of Coronal Mass Ejections (CMEs) from the Sun on the Moon's exosphere. The observation was made using the Chandra's Atmospheric Composition Explorer-2 (CHACE-2) instrument onboard the orbiter.

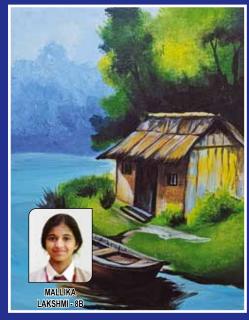
### World Para Athletics: India finish with



'silver linina'! Hosts record best show with 22 medals. including six gold

India's para athletes shine at World Para Athletics Championships 2025 held at New Delhi.The Indian contingent secured an unprecedented 22 medals - 6 gold, 9 silver, and 7 bronze - finishing 10th in the overall standings, marking the country's best-ever showing at the prestigious global event. The Championships, hosted at the Jawaharlal Nehru Stadium, marked India's largest-ever para-sport event, with over 2,100 participants from 100 countries competing in 186 medal events.

# ART GALLERY

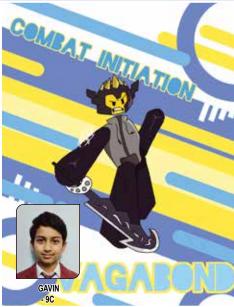


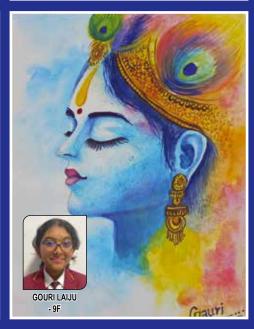












# EPIctionary



- Ephemeral
- Class: Adjective
- Meaning: Lasting for a very short time.
- Sentence: The beauty of a rainbow is ephemeral, fading within minutes.
- Euphoria
- Class: Noun
- Meaning: A feeling or state of intense happiness and
- Sentence: She was filled with euphoria after hearing the good news.
- Ameliorate
- Class: Verb
- Meaning: To make something better or improve it.
- Sentence: The new policies aim to ameliorate living conditions for the poor.
- Wander
- Class: Verb
- Meaning: To move or walk without a clear purpose or
- Sentence: He likes to wander through the forest on weekends.
- Resilience
- Class: Noun
- Meaning: The capacity to recover quickly from difficulties;
- Sentence: Her resilience helped her overcome the challenges she faced.
- Rustle
- Class: Verb
- Meaning: To make a soft, light sound of things rubbing
- Sentence: The leaves began to rustle in the wind.
- Drizzle
- Class: Noun / Verb
- Meaning: Light rain falling in very fine drops.
- Sentence: It began to drizzle just as we left home.
- Serendipity
- Class: Noun
- Meaning: The occurrence of events by chance in a happy or beneficial way.
- Sentence: Meeting her old friend in a distant city was pure serendipity.

### "Rise in Your Own Light"

When silence fills the crowded air, And eyes of doubt are fixed in stare, Do not let fear unmake your song, You've held the strength inside all along. Each dream begins with trembling hands, Uncertain steps on shifting sands, Yet mountains bow to hearts that climb, And courage blooms in its own time. The mirror may not always show, The fire your spirit longs to know, For beauty dwells in unseen grace, In quiet hopes that time will trace. They'll say you can't, they'll say you won't, They'll mark your flaws, but please - don't. For every "no" the world declares, Is proof of heights that few will dare. Stand in your storm and face the rain, For loss will teach, and scars remain, Not as defeat, but signs of fight -A map of how you found your light. Self-confidence is not a shout, It's gentle faith that wipes out doubt, A steady pulse beneath your skin, That whispers softly, "Try again." You are not less for being small, The seed believes - it conquers all. With roots of trust and wings of will, It climbs from dark to sunlight still. So walk your path with lifted chin, Let purpose be your guide within, For every fall, a lesson gleams, And every dreamer shapes their dreams. The world may weigh, the night may test, But know your heart - within it rests, A power vast, serene, divine -The flame that says, "This life is mine." So rise again, and when you do, The world will rise in awe with you. For confidence is not a crown -

Name <sup>.</sup>	Class ·	Section :	Roll No:	



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It's standing tall when you fall down.

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