

# What's On

## AUK's Counseling Center promotes student wellness thru workshops

KUWAIT CITY, May 18: The Counseling Center at the American University of Kuwait (AUK) is a core hub of the institution's mission to provide personalized counseling and disability accommodations to support students in their journey towards lifelong learning and development.

In a bid to raise awareness about mental health issues and break the stigma surrounding them, the Counseling Center has been organizing a series of workshops throughout the academic year. These workshops cover a range of topics, including empathy, toxic relationships, emotions, and stress management.

Dr. Georges Chedid, director of the Counseling Center, emphasized the importance of these initiatives in promoting mental health on campus. He said, "Our goal is to reduce the stigma and misconceptions sur-



Dr. Georges Chedid, director of the AUK Counseling Center

rounding mental health issues and provide students with the tools and support they need to achieve overall

### Center offers personalized counseling

mental and physical well-being."

The Counseling Center has also been collaborating with external or-

ganizations and experts in the field of mental health to provide students with multiple perspectives. One such

collaboration was a talk presented by clinical psychologist, Dr. Sarah Sease, and psychologist, Dr. Nicholas Scull, on anxiety and positive mental health habits.

The Center has also collaborated with the Ministry of Interior on the Say No to Drugs campaign to raise awareness about drug laws and the risks associated with drug abuse. Internal collaborations with AUK clubs have also provided students with the tools and skills needed to address their mental health needs.

Dr. Georges stressed the importance of caring for students' mental health post-COVID-19, given its impact on all aspects of their lives. He stated, "During COVID-19, students were faced with the additional challenge of adapting quickly to an online educational system deprived of social interactions."

The Counseling Center contin-

ues to collaborate with various departments, student clubs, and organizations in Kuwait to provide students with the resources they need to achieve overall well-being. Through counseling, disability accommodations, coaching, therapy sessions, and clinical support, the Center is committed to ensuring that AUK students are equipped with the resources they need to succeed.

The American University of Kuwait (AUK) is an independent, private, equal opportunity, and co-educational liberal arts institution of higher education. The educational, cultural and administrative structure, methods and standards of AUK are based on the American model of higher learning. The language of instruction is English. More information on the American University of Kuwait can be found at [www.auk.edu.kw](http://www.auk.edu.kw)



A photo of workshop

### Concert on June 2

## Indian Cultural Society set to present 'Rasika Shekar Live'

KUWAIT CITY, May 18: Singer, flautist, composer and producer Rasika Shekar's music is an amalgam of learning and roots in Indian classical music and exploration into a multitude of genres that creates a soundscape so unique, that it shines like a crepuscular ray in today's contemporary music scene.

A chemical engineer by degree and an alumna and scholarship recipient of the prestigious Berklee College of Music, her music education began at the age of seven in Dubai and the US where she grew up and continued to be molded by her gurus. Her distinctive sound as a vocalist and flautist has led her to collaborate with some of the biggest names internationally like John McLaughlin, Shankar Mahadevan, Shankar Ehsaan Loy, Ustad Ghulam Ali Khan, Guitar Prassana, and many other renowned artists across the globe.

Rasika was born in Dubai and was brought up in New Jersey, USA. She is a trained Carnatic and Hindustani classical singer. Rasika got trained in Carnatic vocals. She started playing Carnatic music from the age of 14. Rasika completed her bachelor's degree from Rutgers University, New Jersey. After completing her graduation, she joined Berklee College of Music where she learnt jazz and flamenco music.

#### Career

Rasika's remarkable career in the Indian music industry positioned her as one of the most prominent artists. She has lent her voice and flute playing to Bollywood hits in movies - Dil Bechara, 2 States, Kill Dill, Katti Batti, Love Games and many more.

ICS is a social non-profit organization whose mission is to provide quality entertainment to the audience of Kuwait and give them the feeling of experiencing "home away from home" by means of entertainment.

So join us to get entertained by internationally acclaimed 'Rasika Shekar Live' on Friday, June 2, 2023 at AIS auditorium Maidan Hawally near Police Station Kuwait. It will be a promising evening filled with great fusion of rhythmic instrumental and melodious vocal music. A proud presentation again, by the presenters and promoters of Indian Art, Music and Culture - Indian Cultural Society, Kuwait. For assistance please call or what-sapp 99709495, 97653441, 66550065, 97984603, 97690035 [www.icskuwait.org](http://www.icskuwait.org) [ics.kuwait@gmail.com](mailto:ics.kuwait@gmail.com) [novestin@gmail.com](mailto:novestin@gmail.com)

#### Honest

Rasika was recently a part of the double Grammy winning album 'Divine Tides'. It is Rasika's endearingly honest voice, empathy, inventive mind, and her sanguine spirit that makes her one of the most distinct artists of our times.

Rasika Shekar is an Indo-American flautist and singer. She made her Bollywood debut as a singer in the year 2012. Her debut song was under the composition of Shankar-Ehsaan-Loy for the movie "Dekh Indian Circus". After her success in this film, Rasika MTV coke studio songs were out and were adored even more by her fans. The soul-touching and soothing flute



A group photo from the event.

Investiture ceremony held for new senate members

## ICSK Senior crowns the 'leaders of tomorrow'

KUWAIT CITY, May 18: Indian Community School, Senior conducted the Investiture Ceremony for the newly elected School Senate Members and Prefectorial Body of the academic year 2023 - 24 on Monday, 8th May 2023. H.E. Ms. Tuba Nur Sonmez, Ambassador of Turkey to Kuwait, the Chief Guest of the event was given a thumping and resounding welcome by the students of ICSK.

A very solemn occasion, the ceremony began with the Senate members marching to the stage with their flags held high, in sync with mighty fervent music that replicated the aura. The formal programme commenced with the recitation of verses from the Holy Quran followed by a prayer song to invoke the blessings from the Almighty. The gathering paid tribute to the nations by honouring the national anthems of Kuwait and India.

The ceremony was inaugurated by the lighting of lamp by honorable Chief Guest H.E. Ms. Tuba Nur Sonmez and Dr. V. Binumon, Principal and Senior Administrator of ICSK. An august welcome to the gathering was presented by Mrs. Susan Rajesh, Vice Principal of ICSK Senior.

In her address, she stimulated



Chief guest being honored.

the senate members to hold on the school core values of resilience, perseverance, respect and integrity while discharging their duties. A few momentary glimpses of the students journey from the interviewing process of the School Senate to the election and declaration of results were presented before the audience.

The Chief Guest, H.E. Ms. Tuba Nur Sonmez in her address, congratulated

the young leaders and advised them to be the role models and lead by example. She motivated the students to keep moving forward despite all the obstacles and challenges that life throws. House mentors of the four houses - Achievers, Leaders, Winners and Victors were honoured with badges by the Chief Guest.

Dr. V. Binumon administered the oath for the Senate members. Donning the mantle of responsibil-

ties, the Senate members pledged to bestow their duties to the best of their abilities. 237 students were conferred with a new role as office bearers of the School Senate and Prefectorial Body.

It was a proud moment for all the parents to witness their children being invested by H.E. Ms. Tuba Nur Sonmez with great responsibilities while embarking on a new journey as leaders. As a token of love and appreciation, the Chief Guest was presented a memento by the Principal.

The cultural programme commenced with an enthralling and well directed dancdrama based on the message of an eminent education activist, Malala Yousafzai. One child, one teacher, one book and one pen can change the world'. A Medley of Songs presented by the school choir, Swaranjali enraptured and rejuvenated the audience.

The ceremony culminated with the vote of thanks proposed by the President of School Senate, Ms. Sakina Culcuttawala. With pride in their heart and aspirations in their mind, the School Senate led by the Senate Advisor, Mrs. Musarrat Parkar is all set to lead the institution with commitment, confidence and competence.

### Members enjoy 2-day picnic

## Thanima Kuwait organizes annual 'Ullasathanima 2023'

KUWAIT CITY, May 18: A two-day picnic "Ullasathanima 2023" was organized in Kabd with the participation of members of Thanima Kuwait, a team with an undeniably presence in Kuwait's arts, culture and social issues, as well as the crew of the Macbeth play.

Ullasathanima convener Jini Abraham, Sangeet Sommath and Ashraf Choorut led the arrangements for the programmes. Gen. Convener Babuji Bathery, Shajju Pallipuram (Joint Convener) and Jacob Varghese (Drama Convener) managed the various programs.

Babuji informed that the two days of heart-warming performances by children and adults, appreciation of the cast of "Macbeth" successfully organized by Natakthanima and giving away the stress of work became a pleasant memory for the members.

The meeting congratulated those who worked tirelessly in various fields to make Macbeth play a success. Thanima paid tribute to Director Babuji Bathery, Artist Sujathan Master, who made the screenplay, and Raghunathan Nair, a founding member and hardcore member visited Kuwait, who worked hard to



A photo from the event.

make the play Macbeth a reality.

Planning meetings for various future programs of Thanima were also organized.

Program Convener Jini Abraham entrusted the commitment of Thanima Kuwait in different, transparent and exemplary involvement in the

artistic, cultural and social education levels of Kuwait and the country in general and expressed the willingness to serve.



A photo from the event.