

**Podar International School
(Cambridge International), Kalyan
Bi-Annual e- Magazine**

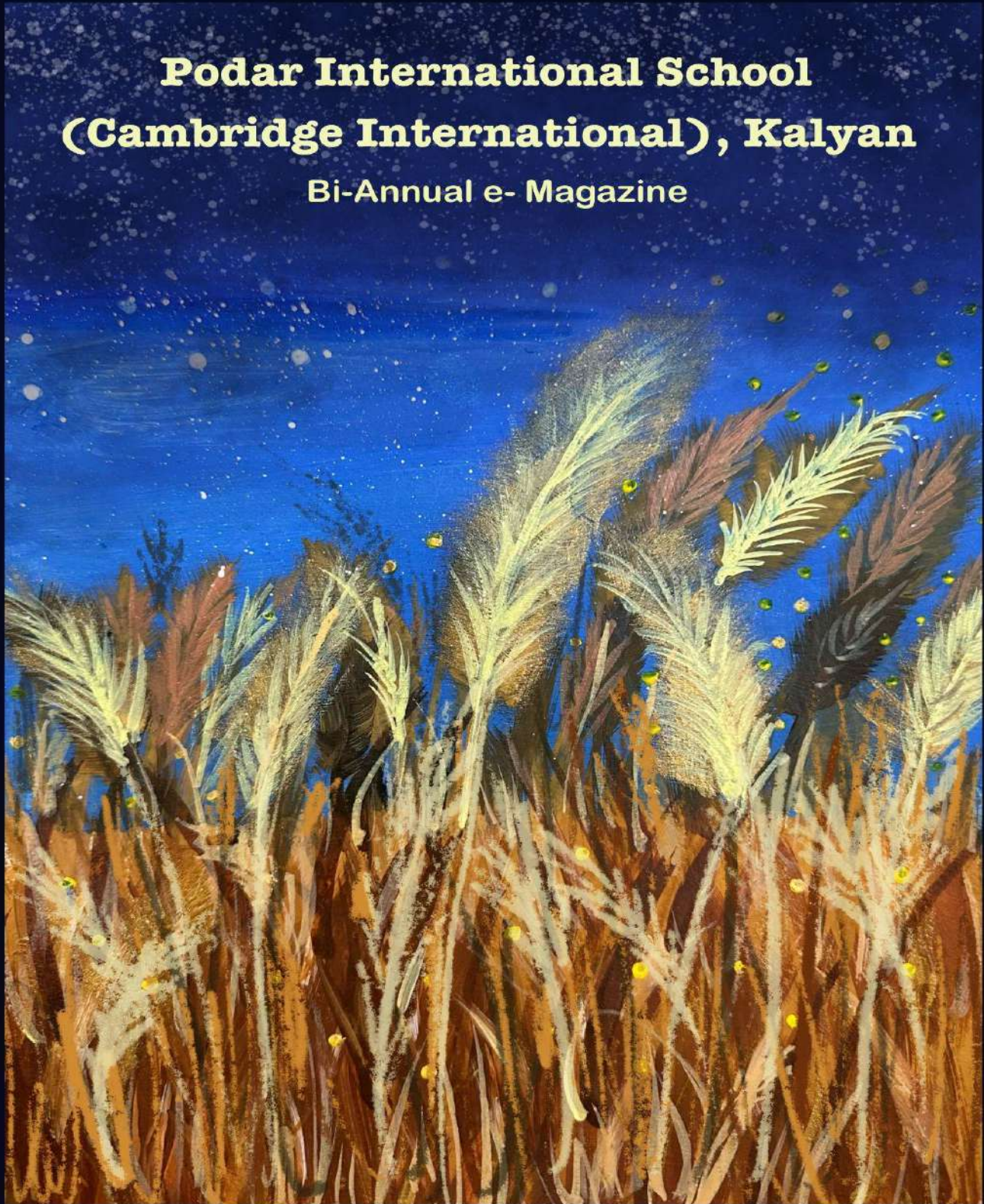


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Editorial Column

Welcome to the 16th edition of the annual magazine of Podar International School (Cambridge International), Kalyan. We are proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of the school.

The “HARVEST” is to be viewed as a launch pad for the children’s creative urge to blossom naturally. As the saying goes, minds like parachutes work best when opened. This humble initiative is to set the budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words.

The enthusiastic write ups of our young writers are indubitably sufficient to hold the interest and admiration of the readers. This souvenir is indeed a pious attempt to make our budding talents give shape to their creativity and learn the art of being aware as I believe that our success depends upon our power to perceive, the power to observe and the power to explore. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young budding students will surely stir the minds of the readers and take them to the surreal world of unalloyed joy and pleasure. We have put in relentless efforts to bring excellence to this treasure trove.

It gives us immense pleasure to ensure that this magazine has successfully accomplished its objectives. The reflection of the students' creativity and achievements are the epitome of the magazine. Students have put forth their ideas and thoughts that are deep to be expressed and too strong to be suppressed.

I wish you all a fascinating journey through the “HARVEST”.

Advisor	Mr Sanjay Nandi
Editor	Mrs Renuka Alfonso
Technical support	Ms Vini Nandwani & Ms Pooja Singh
Cover Page	Renit Goplani (Grade 2)
Co-ordinator	Mrs Arti Koli & Mrs Neha Balani
Contribution	All Teachers
Editorial Team Members	Shubh Jain, Akshat Kulkarni, Bhoomik Gurnani, Saachi Shah, Trisha Upadhyay



Director's Message

“The Power of Volunteering: Making a Difference in the Community”

In the hustle and bustle of school life, it's easy for students to get caught up in academic pursuits and after school activities. However, amidst the textbooks and exams lies a transformative opportunity that not only shapes individuals but also leaves an indelible mark on your life — **the Power of Volunteering.**



Engaging in volunteer work isn't just about helping others; is a journey of **Self-Discovery.** Students who engage in community service often find that the act of helping others gives them immense fulfillment in making a positive difference in someone else's life. The act of giving contributes significantly to their mental and social well-being. Various activities in our curriculum promote emotional and social well-being, community service and empathy.

Volunteering instills a sense of responsibility toward others and the community at large. It sensitizes students to reflect on their privileges and recognize the impact they can have. Volunteering transcends social circles, strengthening bonds among students, teachers, and local residents. It nurtures a sense of global citizenship, emphasizing the interconnectedness of communities and the far-reaching impact of our actions.

The skills acquired through volunteering—communication, teamwork, problem-solving are also essential for academic and future career success. Volunteering inspires a culture of positive change. At Podar we provide opportunities to create a harmonious balance between cognitive and socio-emotional learning to develop children into worthy human beings.

This year onwards embrace the power of volunteering, join hands with your peers, and together, let's leave an enduring mark on our school and the world beyond.

Dr (Mrs) Vandana Lulla,
Director Principal,
Podar International School, Santacruz

Principal's Message

Good day learners & stakeholders!

Recently I was a part of a panel discussion on “ Beyond Academics: Life Skills Education and its Role in Holistic Development “ . I think that should be the ‘message from Principal’ for our 16th Issue of the eMagazine ‘The Harvest’.

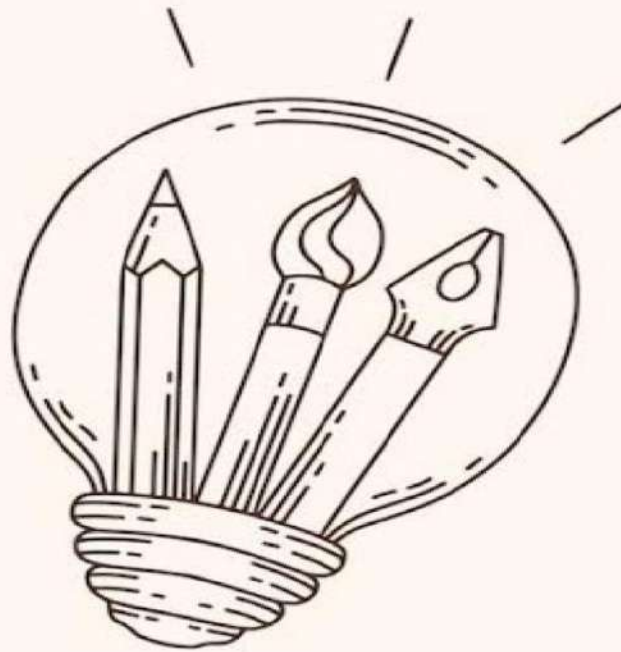


In the year 1947, literacy rate was 18% and in 2021-22 it was 77% now. But only 27% of the Indian population are financially literate said by Mr. G.P. Garg, Managing Director, SEBI, India as per survey conducted by National Centre for Financial Education in 2019. It needs participation between industries and institutions to work hand in hand to increase the financial literacy rate of the country and contribute to make India a developed country. The National Financial Mission 2025 is also aiming for a high financial literacy rate by the end of 2025. Not only that, it's a part of SDG Goals of 8, 4, 3, 2 and 1.

NEP 2020 has a complete blueprint for most of the areas, but it requires teachers' training, fund allocation, change in mindset, and correct approach towards capacity building.

Also imparting values, skills, resilience, analyzing, implementation of SDGs will be taking a key role for learners and building connections through the heart should be encouraged among the youth.

**Mr Sanjay Nandi,
Principal**



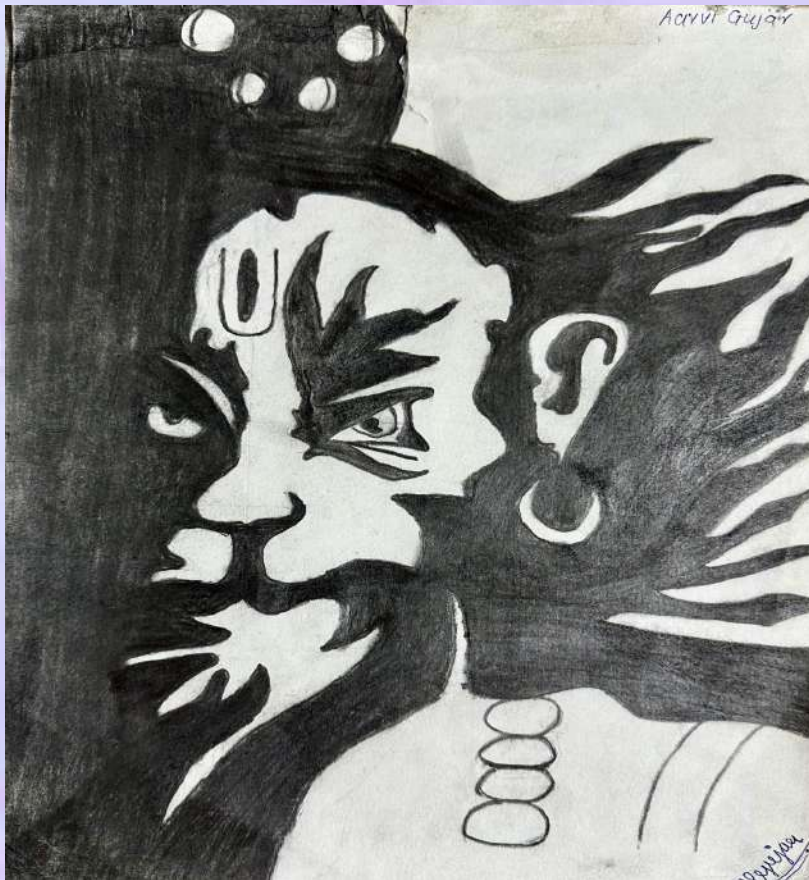
*Creative
Drawings!!*



Jaineel Sandhu
Grade 10

Mahima Gurbani
Grade 10





Aarvi Gujar
Grade 4

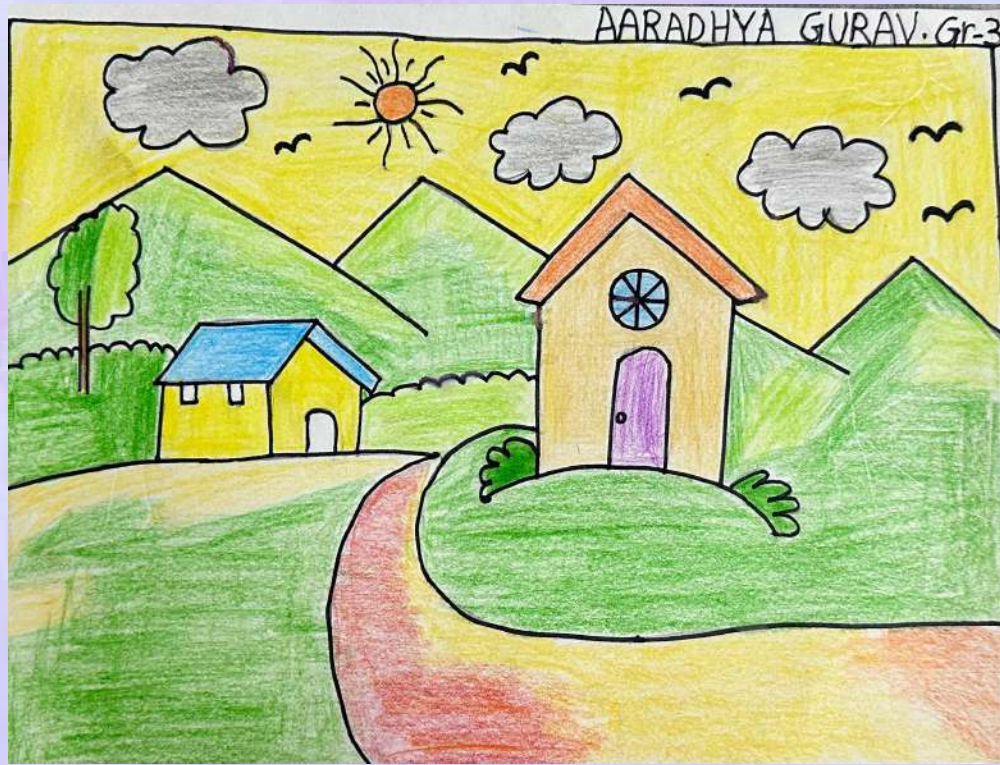
Shirin Zakiuddin
Grade 3





Stuti Madwaikar Grade 5





Aaradhya
Gurav
Grade 3

Sonam Yadav
Grade 4





Ranveer
Chakraborty
Grade 10

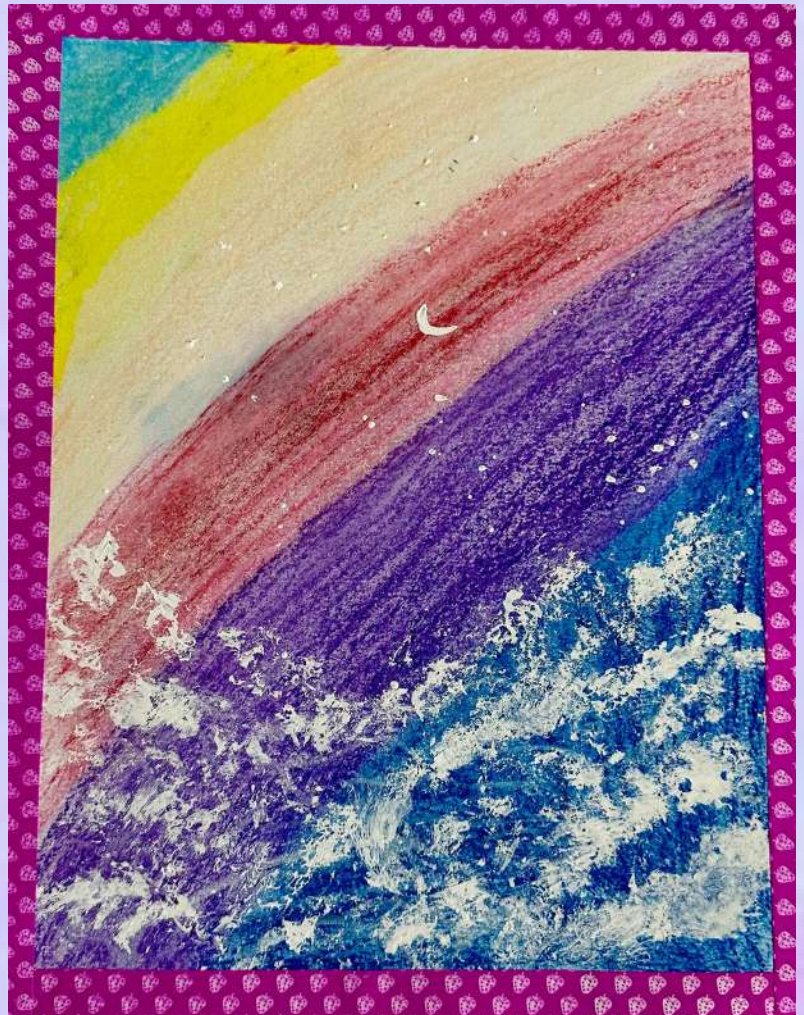
Mukti Gurbani
Grade 10





Aarya Ingale
Grade 2

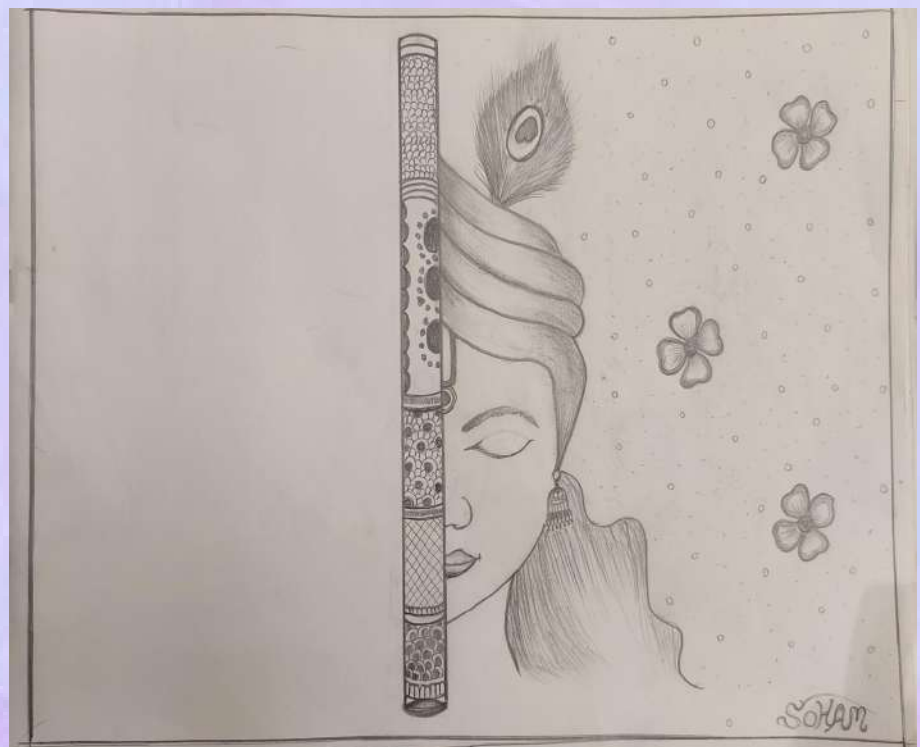
Muskaan Jain
Grade 2





Inika Saini
Grade 7

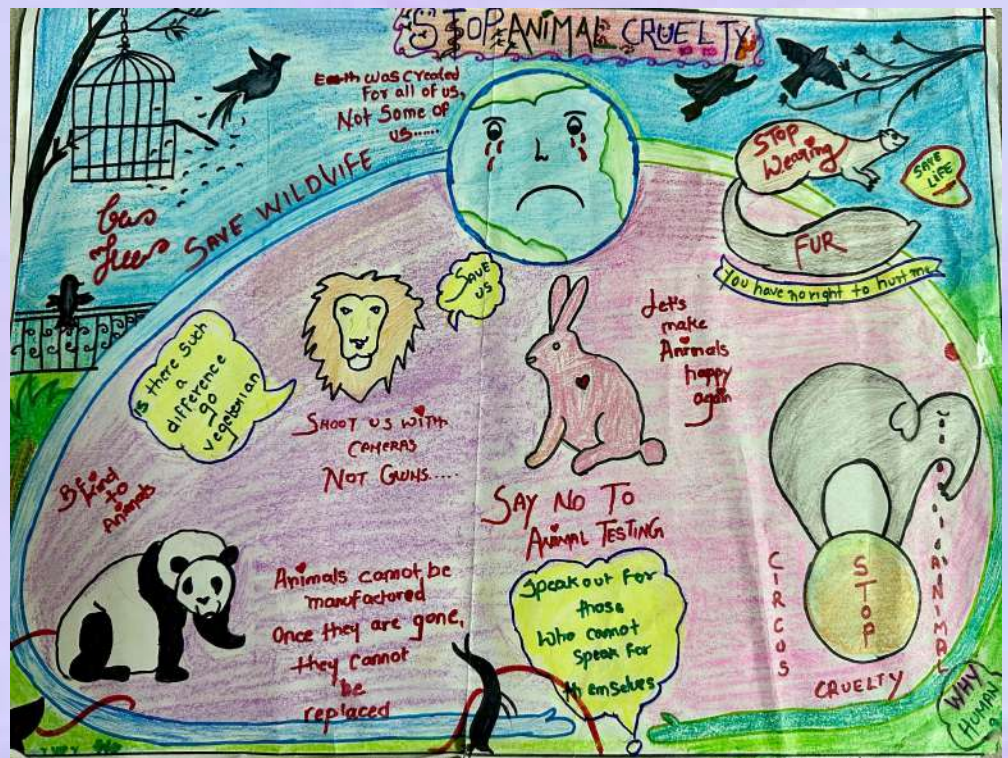
Soham
Nandurkar
Grade 5



Tanishka Agawane
Grade 4



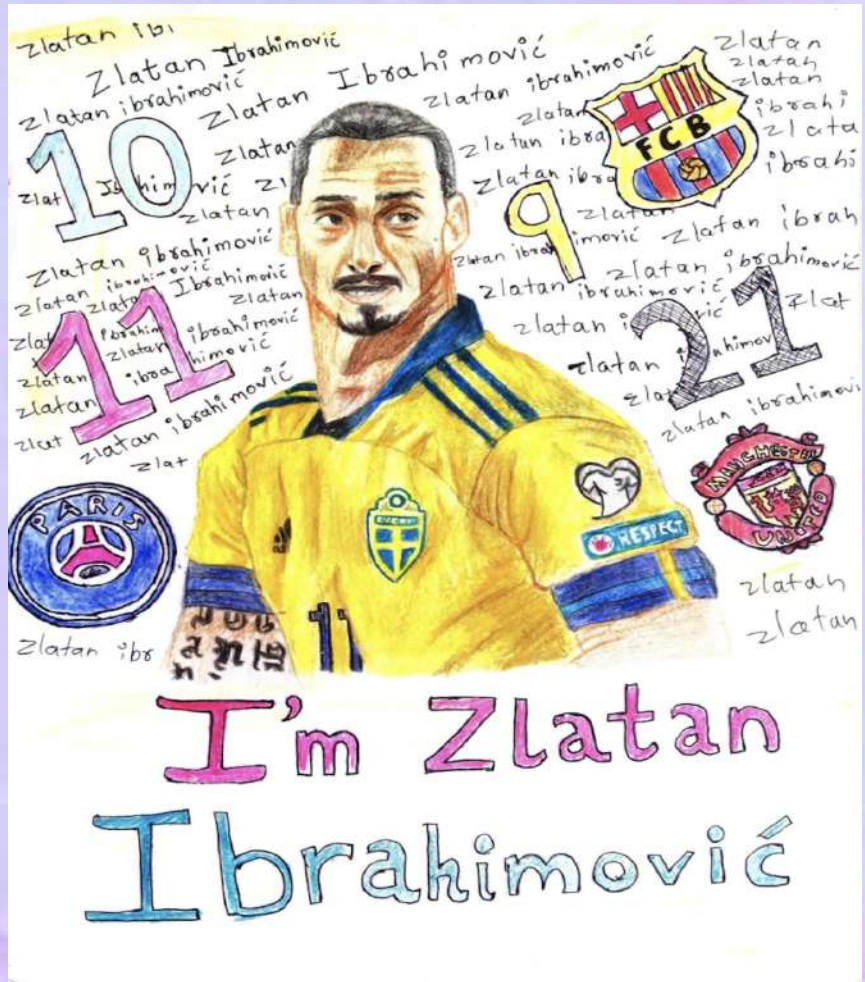
Maanit Kachhara
Grade 3





Anshika
Singh
Grade 7

Shlok Ghop
Grade 7





Ruhani Kaur
Grade 5

Atharva
Pawar
Grade 5

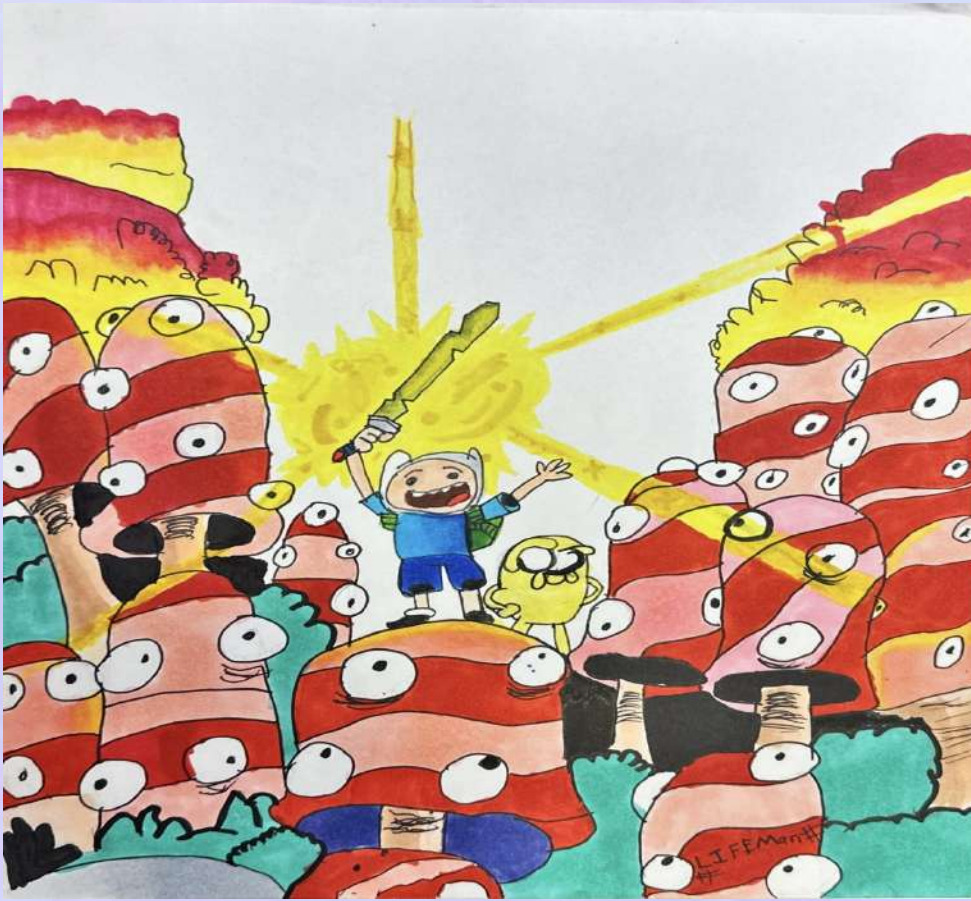




Nabhyaan Saini
Grade 4

Manushri Thakur
Grade 5





Havyn Balani
Grade 7

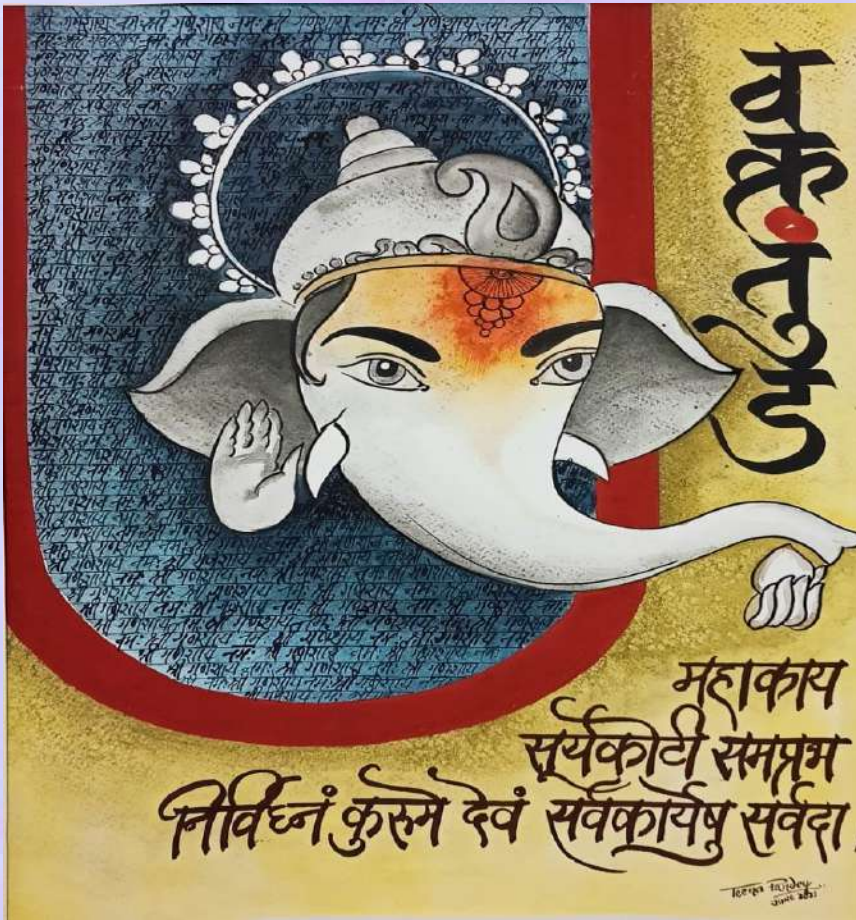




Aksh Panvelkar
Grade 7

Naman Gayatre
Grade 9





Teena Pandey,
Art & Craft
Faculty





*Awe-Inspiring
Articles*

Labor exploitation:

Africa, also known as the dark continent. This continent was ruled and dominated by powerful European powers. Africa was brutally exploited and looted by their oppressive owners who came from the other part of the world. This was just an example of a dominant and cruel class ruling over the lives of others. People say that countries with stable and powerful economies have a great future, but this is resulting in the mass

privatization of means of production which makes it easier to gain control over the life of laborers and consumers. There is no government influence in private firms which creates internal monopoly. Many members of the working class are forced to work in conditions which knowingly leads to death. Helpless workers cannot fight for their rights because they have terrible conditions left behind to improve. Economy is a beneficial thing to improve but the conditions of the workers need reform too. Increase in the dominance and power of the greedy ruling class will just make the condition worse for the laborers and for the consumers as well. In this world nobody has the right to gain power over anyone's life.



NATIONALIZATION

Nationalization and regulations:

Restricting the private ownership till a certain extent is penetrable, but it is necessary to nationalize the private firms owned by greedy owners who just care about their personal benefits and not about the condition of their laborers and consumers to whom they are selling their produced material. Regulation of private properties is just to check if an owner is taking advantage of their power or not. This step is necessary to stop the increase in the gain of over-dominance of private firm owners. This process will improve the conditions of laborers and they can live their life in their own way, without anyone exploiting or controlling them for their own benefit.

Aditya Galankar,
Grade 8

The Khalistan Movement

The Khalistan movement wants a separate country just for Sikhs within India and Canada. There are lots of Sikh people living in Canada, so that's where the movement to make Khalistan started. Many Sikhs moved from India to live in Canadian communities. The town they lived in became the most important place for the Khalistan movement.



Many Sikhs in Canada joined political groups, had big marches, and tried to get a separate Sikh country made. One important thing that happened was in 1985 when some Khalistani people from Canada blew up an airplane. This showed that the movement was important all around the world.

In India is where it first started happening in the 1980s. The Sikh community and the Indian government did not get along after something called Operation Blue Star and riots against Sikhs. Some parts of Canada have been giving money to help Khalistan. This caused problems between Canada and India.

Even though the movement is in both countries, they still need to find a good balance. People should be free to share their ideas, but they also shouldn't promote separating a country. It will be tricky for both countries to agree on.

Shubh Jain,
Grade 9

The Voice In The Woods

One night, when I was returning from my friend's birthday party, it was almost 2am. The night was pitch black that, I was unable to see anything. I removed my cell phone, turned the flashlight on, and continued walking on my way home. To reach home early I took a shortcut through the woods.

In a while I came near an old crooked house. It was believed that this house was haunted, as a few years ago, there was a murder which took place here. That is why it was said that the spirit was still in that house. However I never believed in spirits or ghosts but there was something in that house that gave me chills.

I passed the house and went down the woods, all of a sudden I heard a creepy voice calling me out loud. I stopped and turned behind, but couldn't find anyone out there. I thought it must be some mishearing, so I started to move on my way back, again after a few minutes I heard the same voice and it was even louder. I followed the sound and it brought me to the haunted house. I got terrified, however I wanted to know where the voice was coming from.

I unlatched the door, it made a creaking voice. I went inside the house, the dry leaves under my feet made a crunchy sound which was scary. Suddenly, black creepy bats swooped over my head, my heart stopped beating for a few seconds. I went on the first floor and checked each and every room but found nothing. My blood was curdling, two places were left to check, one was the backyard and another were the wooden fences which were surrounding the house. First, I went to the backyard, I was shivering. The air surrounding me was cold, above me, not a star could be seen. My curiosity led me closer and I soon found myself in the backyard. It seemed very spooky. I couldn't find anyone or anything that could make that sound. The only place left were the wooden fences. I went near the fences and checked every wooden fence, but couldn't find anything. I couldn't think anymore where the voice could come from. So I continued my way back through the woods. The voice followed me, until I crossed the woods. It was the scariest and most unforgettable night for me.

Saachi Shah,
Grade 9



Why is a balanced diet important?

What is a balanced diet? A diet consisting of a variety of different types of food and providing adequate amount of the nutrients necessary for good health. A balanced diet contains all of the essential elements that the human body needs. Carbohydrates, lipids, vitamins, minerals, proteins, fiber, and water are all essential components in a well-balanced diet.



There are many benefits of a balanced diet. Firstly, consuming the right proportion of carrots and leafy vegetables improves eyesight. Secondly, water and beetroot are significant for healthy skin. Next, a balanced diet decreases the chances of heart disease. Furthermore it boosts immunity, strengthens bones, it may help you live longer. In addition, a balanced diet not only improves your physical health but also your mental health. Similarly, it also helps brain development therefore growing children are suggested to have a balanced diet. If you are looking for ways for weight loss, a balanced diet is the best as it improves the digestive function. Lastly, a balanced diet improves your standard of living.

There are many misconceptions about balanced diet, some of the misconceptions are:

- While following a balanced diet in order to shed some kilos, many people ditch fruits. They feel fruits are loaded with sugar, which will lead to weight gain. Fruits contain natural fructose that provides a sweet taste to them and these are natural sugars that are important for the body.
- Most people avoid carbs thinking they are associated with weight gain and are unhealthy food. In reality, carbohydrates are extremely important for our body to function properly. They provide energy and make us more productive.
- A popular myth is that consuming calorie-inducing foods lead to weight gain. "But, eating food with no or too few calories can lead to various health issues — from fatigue to risking impact on the heart. Also, calories boost energy and keep the stomach fuller. If you choose to have no calories, you will feel hungry and end up eating more food than needed.

There are various things you can suffer from if you don't have a balanced diet, like: overweight, obesity, heart diseases, stroke, cancer, diabetes and many more.

Deshna Wadhwani,
Grade 8

5 Awesome Jokes!



- 1) What subjects do snakes like to learn?
 - Hiss-tory

- 2) How do you make the number “1” vanish?
 - You add a “G” and it’s gone.

- 3) Who’s the king of all stationery?
 - The ruler.

- 4) Where do sheep go for a tropical summer vacation?
 - To the Baa-Haa-mas

- 5) Why did the music teacher get locked in school all summer?
 - Because her keys were in the piano.

Heer Sirnani,
Grade 4

Through the window

Late, thundering, dark night. It was raining and the music intensified. He slowly sneaks in and the murderer kills! White flashes blazes and the T.V goes blank. And that's how Ellyse's favorite show ends.

The rain softly starts dripping. Ellyse turns off the T.V and walks towards the kitchen, hoping a cup of hot chocolate would be nice. She removes her olive-coloured ceramic mug from the top cabinet. Pour in some milk and drop pieces of chocolate. She then proceeds to put that in the microwave; sets the time and stands in front of it, staring right there. The microwaves chime. The rain is still mellifluous. She takes it out and "oh it's hot!", she says, while pouring some on her white-soft sweatshirt.

After cleaning up she takes the mug and sits near the window, looking at the glamorous sky; the moon is glowing and the stars are aligned with it. She smells the mug; the aromatic essence of chocolate fills up her breath. She takes a sip, the sweet and chocolaty taste calms her throat and makes her feel good. It's her favorite comfort drink.

Again she looks outside, from her seventh floor, this time at the trees. The rain gets angrier and stronger. The winds start blowing as if it's a storm. A silhouette was seen moving down near the woods. It was a shadow of a human figure. And...a knife.

Coming back to; late, thundering, dark night. It was raining. The shadow transfers to a man, with a knife obviously. But there's someone else there. The man is holding the other person against the tree. Ellyse can see their shoes. The other person is wearing black pants and red sneakers. Both of them have their faces hidden with a bunch of leaves. The man with a knife is wearing dark clothes.

The suspense increases, music intensifies, Ellyse keeps her mug on a side table. Focuses on what's happening there; through the window. He lifts the knife in the air and stabs it right on the other man's heart! She gasps. He falls down. The murderer stares at him and then looks around. Slightly turns back, looks up, he stares at her now, through the window...

Trisha Upadhyay,
Grade 9



Israel-Hamas War

In early October, there was a big fight between Israel and a group called Hamas. Hamas shot rockets at Israeli cities and even attacked a music festival. This caused a lot of problems, with people getting hurt and some taken as hostages. It took a few days for Israel to control the situation. After that, Israel stopped food, water, and fuel from going into a place called Gaza and sent soldiers in on October 27.



They surrounded Gaza City on November 7, kind of splitting the area in half. On November 17, Israel said they might go into southern Gaza, so people were told to leave. Over a million Palestinians had to leave their homes, and many felt nowhere in Gaza was safe. Israel said Hamas used regular buildings, like hospitals, for military stuff, but some people said Israel used too much force. There's a big argument about a hospital called Al-Shifa. Israel said they found proof that Hamas had secret tunnels there, but others disagreed. The situation got worse for the people in Gaza, and a lot of the world, including the United Nations and aid groups, said it's a big problem.

The U.S. said Israel can defend itself but asked for breaks to help Palestinian people

Granth Jain,
Grade 9

Riddles

- 1) First think of the person who lives in disguise, Who deals in secrets and tells naught but lies. Next tell me what's always the last thing to mend, The middle of the middle and end of the end. And finally give me the sound often heard, During the search for a hard-to-find word. Now string them together and answer me this, What creature is it best not to leave amiss?

Ans : A Spider

- 2) I show you the truth, but never reality. I capture moments, but never the present. What am I?

Ans : A memory

- 3) I speak without a mouth, hear without ears, and am born in the mind. I carry your thoughts, dreams, and fears. What am I?

Ans : A thought

- 4) The one who makes it sells it. The one who buys it doesn't use it. The one who uses it doesn't know he's doing so.

What is it?

Ans : A coffin

Shreyansh Yadav,

Grade 8



Kindness is Compassion in Action

Let's start with the title of this essay itself, the two parts included are kindness and compassion. Kindness could be defined in simple terms as the quality of being sociable, accommodating, and thoughtful but there's much more to that than mere words. Compassion is showing kindness towards a person. When you have compassion for someone, you're putting yourself in someone else's shoes and really feeling for them. Many things require compassion in life like volunteering to work with suffering people or giving to a charity. A key component of empathy is being compassionate and kind. A compassionate person desires to alleviate another person's distress through actions.



To justify that compassion in action is in fact kindness, we need to know the relation between them. If we are compassionate to someone, we are being kind to them. The reason for this is when we are compassionate, we empathize with them and feel for them. Kindness can be defined as being considerate and by being compassionate, we are already fulfilling this requirement. Compassion and kindness can increase well-being and improve well-being and also help people overcome loneliness. It can also build healthy relationships and improve their self-esteem. We can be kind, generous, and compassionate to someone we know, or to a stranger.

We sometimes forget to appreciate the little things around us. A common example could be the Earth that we live on. It proves us with everything we need but we still continue to treat it terribly by polluting it and cutting trees. If we were to treat the Earth the same way we treat our parents, with respect and kindness, we would have a much more fruitful and beautiful result. The point is, if we choose to be compassionate, kindness will surely follow along and we will be left with an exemplary result. Helping others can also awaken a sense of happiness and pride within.



Showing kindness to a person isn't that hard, even a small smile can light up anyone's day because we never truly know what a person is going through. We can show kindness to our teachers by respecting them and submitting their assignments on time. Showing kindness to social workers could include picking up a piece of garbage or avoiding littering on the road in the first place. These actions might seem minor and might not impact the world, but helping someone by making their day easier might mean the world to them especially if they are struggling with their life.

Concluding this essay, I would like to say that we should all encourage people to be understanding of each other because it would really make people comfortable. Everyone has kindness inside them because it is basic human nature but sometimes it takes the right person or thing to awaken it. Inculcating a practice to help at least one person every day will definitely increase the happiness felt by the person and the happiness within.

Sumedha Zope,
Grade 10

DIWALI CELEBRATION IN THE STATE OF GOA

There are many legends related to the festival of Diwali in India. However in Goa, the Narkasuras legend of Diwali is well known and is the reason for the Diwali celebrations. Diwali in Goa is marked by Narak chaturdashi, in which huge statues of the demon Narkasur are built and then burnt.

According to the legend of Narkasur it is known that in ancient times, the beautiful land of Gomantak was ruled by the demon king Narkasur. Narkasura had obtained a lot of powers which made him quite arrogant and he began to spread terror, cause destruction and torture people wherever he went. He also used to kidnap young beautiful girls and this caused great unhappiness among the people of the world.

The gods asked Lord Krishna for help. A great battle was fought between Narkasur and Lord Krishna in which Lord Krishna shot his famous Sudharshan Chakra, cut off the evil head of the Narkasur and slit his tongue. Thus the evil demon met his end in the hours of the morning and Lord Krishna smeared demon's blood on his forehead as a symbol of victory.

To wash away the blood of Narkasur, Lord Krishna was bathed and massaged with scented oils and thus the custom of early morning bathing with oil is being carried out. Also the young girls held captive by Narkasur were released and they lit lamps in their houses to mark the end of darkness and the beginning of light in Goa. The young girls who had been held captive got married to Lord Krishna. This is also a reminder that good can defeat evil.

In Goa the people make huge effigies of narkasur which are filled with grass, waste paper and crackers. The effigy of Narkasur is burnt at dawn amidst a lot of firework displays to begin the festival of Diwali.





In Goa on the second day of Diwali people wake up early in the morning, burn the Narkasura, light the oil lamps and Aakash kandil in the house. Apply oil and uktan and then take a bath and wear their new clothes. “Karit” is a bitter fruit that is smashed by a toe to celebrate the death of Narkasura. You need to taste the bitter fruit after crushing it.

The women of the house do the “Arti” of the man and children who crush the Karit. Ladies also make different types of Fov (poha,flattened rice). Some are spicy and some are sweet. They also make chaklis, ladoos, chana usal and ambada curry(hog plum curry) and so many other yummy foods.

Afterwards everyone from the family visits the temple. Take the blessing of the elders. In the evening everyone worships Goddess Laxmi and burns firecrackers.

Stuti Madwaikar,
Grade 5

Chandrayaan-3: More than just a Mission

On August 23, 2023, over 8 million people watched India create history. Hearts racing, every street empty, the moment everyone was eagerly awaiting had arrived at 4:06pm; Chandrayaan-3 had landed softly on the Moon's south pole, India being the first country to achieve this remarkable feat. The main objectives of this ambitious mission were to demonstrate a soft landing on the Moon's surface, to demonstrate a Rover roving on the Moon, and to conduct in-situ scientific experiments. Amongst the millions watching, the future of our country and the planet, thousands of young children, were gaping in awe. Yet, beyond the technical marvel, beyond the awe-inspiring imagery, what does the success of Chandrayaan-3 truly signify for the future that beckons us?



In an era of escalating globalization, where the world converges through a nexus of new technologies, ideas, and communication, the future unveils a tapestry of uncharted job opportunities. The youth of tomorrow, among them the budding visionaries and innovators, will encounter novel career prospects, some of which might remain uncharted even to our imagination. In this unfolding landscape, the realm of space technology stands as an inviting frontier. Space technology, a multidisciplinary field embracing engineering, physics, computer science, and material science, empowers explorations that stretch beyond the horizons of our current understanding. It beckons with promises that extend from space tourism to global connectivity, nurturing diverse possibilities for individuals to seize. The future holds grandeur and significance for space technology and its applications. As humanity looks skyward and contemplates the colonization of distant celestial bodies, the development of advanced spacecraft, habitats, and life support systems become inevitable.

Space-based Earth observation will evolve into a formidable tool for monitoring climate, managing resources, predicting disasters, and safeguarding ecosystems. This data will stand as a sentinel against the encroaching challenges of climate change and environmental crises. Space tourism is poised to redefine leisure, research, commerce, and trade, opening up new avenues for exploration and entertainment. Meanwhile, the concept of space mining promises to unearth resources from asteroids and the Moon,

fueling our economies and paving the way for resource sustainability. Scientific experimentation will ascend to new heights in microgravity environments, unraveling the secrets of physics, biology, and materials science. International collaboration, the cornerstone of future space exploration, will unite nations, pooling resources and expertise for incredible missions that bridge continents. The fusion of emerging technologies like artificial intelligence and quantum computing with space technology will usher in an era of enhanced exploration, communication, and problem-solving capabilities, further reshaping the trajectory of human progress.

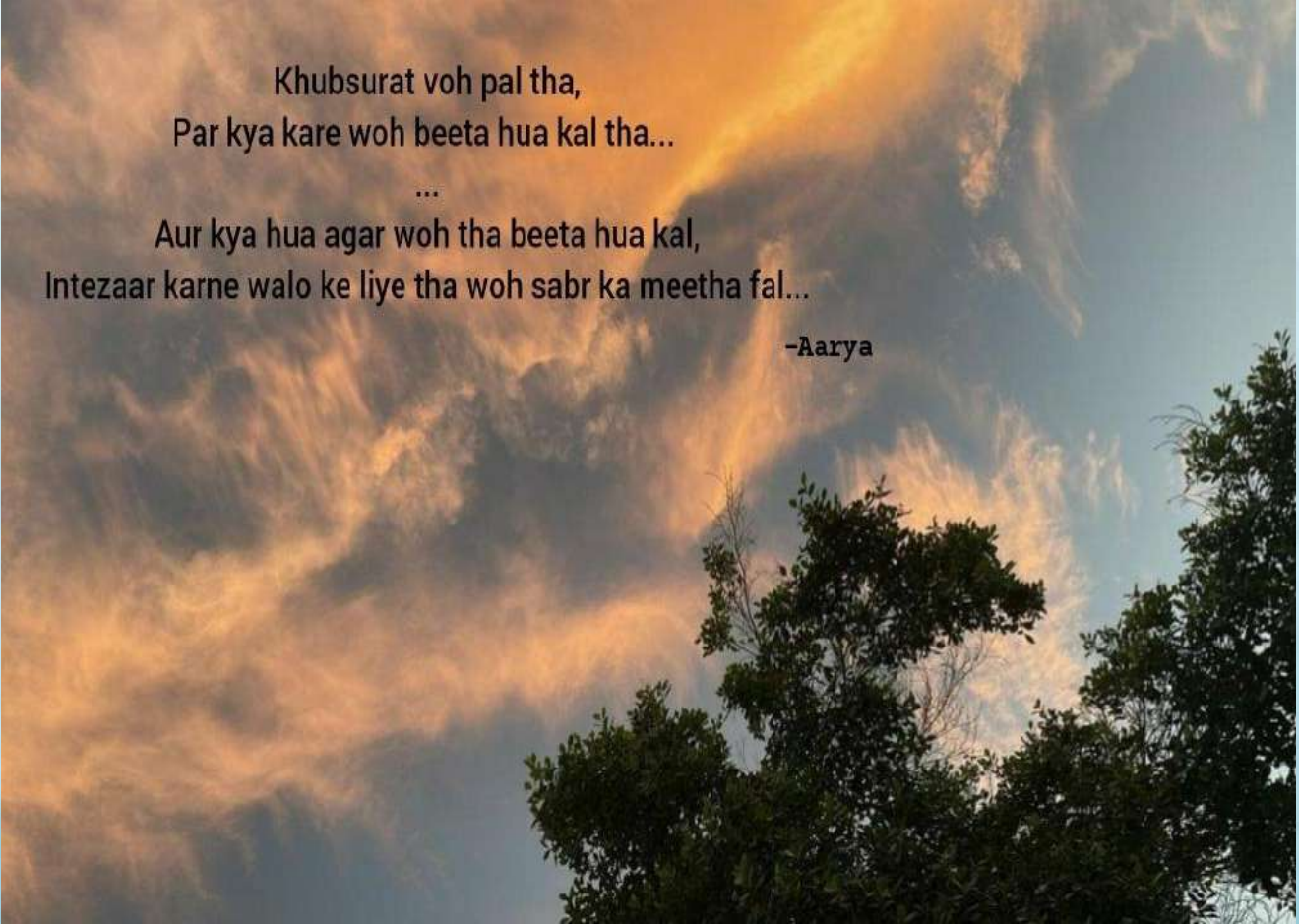
Chandrayaan-3's mission has inspired millions of children, and adults worldwide. Its success stirs the collective imagination of the youth, beckoning them towards science and technology. The impact is a call to action. The future now dangles with opportunities for these young minds, from scholarships and internships to educational programs that nurture their interests and stoke their ambitions. This new generation of scientists, engineers, and explorers will advance humanity's frontiers in the realm of space technology. This triumph exemplifies the importance of international cooperation in endeavors that transcend borders. It fosters curiosity among the young, kindling a deeper interest in scientific inquiry, innovation, and problem-solving. It assembles role models, not just in astronauts and scientists but also in engineers, technicians, and a spectrum of professionals who drive progress. With so many opportunities available in space technology, economic growth looms on the horizon, expanding available opportunities. Women make up only 34% of the workforce in science, technology, engineering and mathematics, and men vastly outnumber women majoring in most science fields. Missions like Chandrayaan-3 reinforce the idea that females must be given equal opportunities as males. Young girls feel inspired and empowered when they see women professionals; this defies gender disparities and helps girls believe they can be anything they dare to dream. The future holds the promise of narrowing gender pay gaps and reshaping societal standards and norms, creating a safer, sustainable and better future for all.





Chandrayaan-3's voyage to the Moon isn't just a mission, but a testament to human ingenuity and a promise of a brighter, sustainable and better future. It beckons the youth to join this journey, shaping the destiny of a world where the boundaries of space and possibility continue to expand. Chandrayaan-3, as the harbinger of a new era, carries with it not just a rover, but the dreams and aspirations of a generation ready to forge a path to the cosmos. This is just the beginning; we still have a long way to go.

Shaurya Madwaikar,
Grade 10



Khubsurat voh pal tha,
Par kya kare woh beeta hua kal tha...

...

Aur kya hua agar woh tha beeta hua kal,
Intezaar karne walo ke liye tha woh sabr ka meetha fal...

-Aarya

Aarya Sawant,
Grade 10

The Rainy Tuesday

I woke up to the sound of rain tapping against my window, a rhythmic melody that mirrored the thoughts swirling in my mind. Today was different, a departure from the ordinary. As I sipped my coffee, I couldn't shake the feeling that this rainy Tuesday held the promise of something extraordinary. Little did I know, the day would unfold in unexpected ways.



I hurriedly grabbed my umbrella and stepped out into the damp streets, the city taking on a serene glow in the soft morning light. The scent of wet asphalt mingled with the earthy fragrance of rain-soaked leaves. As I walked, each step felt like a beat in the symphony of the city waking up.

At the corner cafe, I met a stranger with a captivating smile. Our brief conversation unfolded like a scene from a movie, the raindrops outside forming a delicate backdrop to the words we exchanged. In that moment, time seemed to suspend, and the ordinary blurred into the extraordinary.

As the day progressed, I found myself entangled in a series of chance encounters and serendipitous moments. Each one pulled me deeper into the unfolding narrative of the day. From a lost wallet returned by a kind stranger to a sudden burst of laughter with old friends, the tapestry of experiences painted a vivid portrait of life's unpredictability.

In the evening, as the rain subsided and the city glistened under the streetlights, I stood on a quiet bridge overlooking the river. The day had been a collection of small miracles, a reminder that magic often resides in the seemingly mundane.

As I gazed at the reflections dancing on the water's surface, a sense of gratitude washed over me. Sometimes, it takes a rainy Tuesday to remind us that life's most enchanting stories unfold when we least expect them.

Jiya Tulsani,
Grade 9

How we shook the world !

He was the sky,
And she was the ocean
It was difficult for them to meet
But at the horizon was where they
seemed to collide

But it was an illusion because it
only seems

For love he could do anything
So he changed from the mighty sky to mere cloud
To bond with her and make a cyclone, oh so loud
That the entire world knew that they finally met
And got the future they deserved to get.

Revati Lalwani,
Grade 10



The Impact of Social Media

Introduction: Have you ever wondered how social media actually impacts us? Social media is a platform which has influenced people worldwide and is used for various purposes.

Positive impact of Social media: Social media helps people connect worldwide, also allows people to connect through platforms such as Whatsapp, which allows the user to chat, call, facetime, etc. Platforms such as Instagram and Youtube provide access to various content to its user such as educational, informative, entertaining, etc. It also plays a big role in E-commerce, for example, launching a new product, promoting it, etc. It allows a creator to cater his/her content to a large audience.

Negative Impact of Social media: Every coin has a flip side to it, so does social-media. Social media also has a negative impact on its users. Social media platforms such as Instagram and Youtube have explicit content, which is inappropriate for teenagers and can exploit them. Cybercrimes such as scams, phishing, frauds, etc. It takes place through E-commerce websites such as Amazon. Cyber-bullying is becoming one of the main reasons for depression nowadays. Social media is also damaging an user's physical body as the user procrastinates on Social media and forgets to take care of his/her health. It distracts a learner from his/her studies too.

Conclusion: Although social media has a very negative influence it can be used for good causes too fork example, a learner can use it for studying through video lectures, people can also learn skills of their choice, an user can listen to a podcast which they find interesting, read e-books, update themselves by gathering information about current affairs.

Dhir Kataria,
Grade 8



The Past

There was a scientist named Robert Fergus from Argentina. He was working on a project of AI robots which became successful. He became very happy and thought that it would be very helpful for people. No one knew that this was going to be a threat to humans. After the invention of AI robots, people started to use it for official purposes only. After five years, it was released for domestic purposes with many more features. People were very happy with this technology. But this happiness was just temporary.



There was a family who had used AI robots for approximately 2 months but suddenly it stopped working. They threw it in the dustbin and somehow its programming changed. The robot got out from the dustbin with a different programming. Then it started going to the control room, where all the robots were controlled. While going there, it kept repeating “destroy humans”. And when it reached the controller room it killed all the workers there. It became easier for the robot because it was Sunday, so not all the workers were present on that day. After killing all the workers, it changed the whole human race. Then all the robots started killing humans. All people started going to the safety room of the city which was specially made for this situation and robots could not enter there. There was stored food and weapons available. After a few days, the people decided to go on a war against robots. Before leaving for the war, they made a strategy. The plan was - there was an 18 year old boy who knew how to control the robots, but he needed to go to the controller room where the security was very high. So, they planned to go to the controller room where the security would make all robots busy in the war and the boy with his brother would go to the room and stop the robots.

The next day, the people got out of the room and the war started. All the robots became involved in the war. Meanwhile, the boys went to the controller room and started changing the program. There had been destruction in the whole world. Lakhs of people were dying per minute. Finally the boy had done the programming. However, it required two minutes to execute the program. Unfortunately, during the execution a robot saw the boy and was about to kill him. Suddenly the robot fell because the brother of the boy who came along with him threw a vase on the robot's head. Ultimately, all the robots stopped working as the program was finally executed. This caused much destruction in the world. Many people died and many of them were thankfully alive. I am one of those, who is alive and writing about the past after 50 years.

Unfortunately, during the execution a robot saw the boy and was about to kill him. Suddenly the robot fell because the brother of the boy who came along with him threw a vase on the robot's head. Ultimately, all the robots stopped working as the program was finally executed. This caused much destruction in the world. Many people died and many of them were thankfully alive. I am one of those, who is alive and writing about the past after 50 years.

Aniruddha Majumder,
Grade 7



The Siren Story

'Follow me!' she whispered," hissed Joseph, 'And towards her voice went the entire crew, only to die in the murky depths of the ocean.' A resounding silence filled the room. I shivered as the chill of the story seeped through my veins. Before this trip had even begun, the other apprentices and I had been told about the lore of the sirens; how they sweetly sang to lure sailors to their death. And now, we were entering a part of the sea that was rumoured to be reigned by sirens. Some of my crewmates, like Joseph, enjoyed eking out the gloomy nights by telling horror stories about sirens. But I always felt a prickle of fear when I heard their name.



Soon, everyone in my cabin was fast asleep, exhausted by the testing day. The sound of their even breathing reverberated through the room. But, despite the rocking boat, trying to lull me to sleep like a baby, I was wide awake. Perhaps it was the after-effect of the story, but I could swear that I saw the shadows in the corners creeping closer, inching towards me. Soon, I couldn't take it anymore. I threw off my blankets and strode out of the cabin, careful not to wake anyone.

As soon as I left the cabin, I felt the urge to go towards the sea. Like a puppet on a string, I glided forwards, almost unaware of my movements. It felt as if a mystical force was dragging me forward, and in my listless state, I followed. My brain feels foggy and a sensation of numbness pulsed through my veins. With every step, I could hear my heart beating louder and louder.

In front of me, the sea gleamed like rippling silver. Sea spray splashed in my face, as the roaring waves crashed like cymbals against the side of the boat. The reflection of the moon created a glimmering pathway on the surface of the sea. The tangy sea salt almost woke me from my stupor, but before it could, a mysterious voice called out. Its melodious song told me to follow the shimmering path. Stepping towards the edge of the deck, I hesitated. But the song called out again; a woman's voice barely audible over the sound of the waves.

'Follow me!' she whispered. And finally, I did.

Misha Sirnani,
Grade 10

Music is beautiful

Music is like a magical language that talks to our feelings. When we listen, it's like going on an emotional adventure with melodies and beats. Happy songs can make us smile, and sad tunes might make us feel a bit teary. It's a cool way for people to express themselves and connect with each other through shared feelings.



Music is also like a glue that brings folks together. Whether at a concert or just hanging out with friends, sharing songs creates a bond. Think of it as a soundtrack to our lives, making moments special and memorable. It's like having a musical friend that understands us without words.

And guess what? There are so many types of music out there! From classic tunes to bouncy pop or smooth jazz, there's something for everyone. It's like a big, colorful painting with all kinds of sounds. Exploring different music lets us find what we love and adds a bunch of excitement to our lives.

Beyond just making us feel good, music has a superpower – it can help us express things we might find hard to say. Sometimes, a song says exactly what we feel, and it's like someone out there understands us. Whether it's a love ballad or an energetic anthem, music becomes a way for us to share our emotions without needing many words.

Imagine a world without music – it would be like missing a piece of sunshine. It's not just a background noise; it's a companion in our daily adventures. From the hum of a lullaby to the beat of our favorite workout song, music is there, making ordinary moments extraordinary. So, next time you tap your foot to a rhythm or sing along to a tune, remember you're enjoying a bit of the beautiful magic that music brings to our lives.

Atharva Pawar,
Grade 5

An abandoned stadium

There was a void! The sudden stagnancy of the air around my face, forced me to look around, to cause some agitation. White markings on the yellowing grass had faded to the point that it looked like a jarred face. An unexplained gust of wind made the precarious rusting and flaking light poles creak deafeningly, as they swayed back and forth. With one breath, I had judged the stale fate of this forsaken setting. The dejected aura was enough to send shivers down my spine and incapacitate my limbs. Even the ground refused to press down, with retaliation against my frustrated stomp. This place had birthed fury inside of me. How could something so welcoming have turned to a cold wasteland?



'FIFA World Cup 2022'! When I fixed my gaze up on a large wall, I could view remnants of that large mural. The red paint had withered to dust, fading into the sizably evident cracks of the cement. It seemed as if it had survived a brutal apocalypse. The apricot gleam of an early evening peeked through the fissures of the encircling tall boundary. It failed at protecting its shadow, as well as the grandeur.

With heavy feet, I plodded up to the steps. I was in a quest for one hopeful view of this precisely antithetical location. As I dejectedly tried to step onto the dusty brick red tiled steps, its sonorous cracking beneath the weight of my body and emotions swept me off my feet. Fortunately, my hands clasped onto grubby railings, jerking me back up. Sight of tired seats, bleeding beige sponge had been a predictable discovery made by my redressing head.

A few heedful steps had led me to the top. But dismayingly the view was not the least ebullient. Digital scoreboards flickering, in a monotonous theme of scintillating magenta, green and yellow. The floodlights stationed at the corners had exposed electronics through a jagged plane of shattered glass.



My head drooped down, and I was stunned. The crossbar was in a pitiable state. With no robust support, it stood arched towards the ground. The net, which cushioned the blazing ball, had given up, and disintegrated on the goal itself.

What a place I had ended up in! The deserted setup made my mind hearken back to when it was a utopia. Blinding ivory flood lights lit up the arena in the darkest of nights. The stadium echoed with unending, deafening cheers of the lovers of this game. Scoreboards shone with vividly animated graphics, keeping up the splendor of the night. Blithely, the wind brought me back to the present, where I still stood, solitary in this wasteland.

Srujan Salian,
Grade 10

The Future Of Sustainable Transport

- Electric vehicles :

Electric vehicles are a great option for future transport as they don't depend on fossil fuels instead they use electricity to charge the large li-ion batteries but there are some disadvantages like if the battery overheats it could damage the battery or taking hours for a single full charge and more but advances in technology can fix these problems in the future.



- Advances in public transport :

Public transport can be also modernized by using all electric buses and taxis and increasing the frequency of public transport vehicles and increasing availability to all remote places to reduce consumption of electricity by cars on road.

- Smart city planning :

We can use city planning to turn the place into a sci-fi movie by adding railway stations to any densely populated areas and bus stops outside of offices and fast chargers at every turn for electric vehicles and metro stations for quick inter-city transport and adding underground cables so that the internet and electricity does not get interrupted by rain or hurricane ,widening roads so that traffic wouldn't be a problem and adding

an additional lane for emergency vehicles like ambulance, police and fire brigade.



- Conclusion :

Better city planning can be used for a better city and a better place to live.

Shresth Gupta,
Grade 8

Riddles

1) Speak without a mouth and hear without ear.I have no body but come alive with the wind.What am I?

Ans : An Echo

2) The more you take,the more you leave behind.What am I?

Ans : Footstep

3) I fly without wing.I cry without eyes.Wherever I go,darkness follows me.What am I?

Ans : Cloud

4) The more you feed it,the more it grows.The more you ignore it,the smaller it becomes.What am I?

Ans : Fire

5) I can be cracked,made,told and played.What am I?

Ans : A joke

Mahek Kale,
Grade 8




BEING A COACH: A COMPLEX RESPONSIBILITY

I have been playing Badminton for more than 5 years and I have had training by many amazing coaches! I remember, I had one coach who actually didn't know how to teach. No doubt he was good at Badminton, but he never knew how to teach. I know, this sentence is quite baffling, but we all should understand that there is a big difference between being good at something and teaching something. Teaching is an art; it is not that easy. It is a skill of being patient, motivating, friendly, helpful, inspiring, understandable and chill! A good coach never shouts and isn't strict. Honestly, I feel that there is no reason for a coach to be strict, a coach can still teach properly by being chill. Being chill doesn't mean that they don't care what's happening, they just want you to learn happily and peacefully!

If a coach really thinks that he should be strict then I feel that it is a very big question mark on his or her ability to teach. Because a coach becomes strict when the students aren't listening, why aren't the students listening? Is it that they are careless or cannot cope up with the difficulty level but are still trying? If a coach understands the difference between this, he or she can only then be called as a coach.

A coach shouldn't make groups amongst the students of the same batch based on their playing level, it can seriously make a person doubt his or her playing capability. A coach shouldn't only give chance to the ones who are playing really well in their comfort zone but to the ones who are struggling hard, trying to leave their comfort zone and are aiming to be the best. Because they are the ones who deserve more attention and better coaching. A coach should give the same target to the students of the same batch/level otherwise, some might feel underestimated. I know, when you feel underestimated, you try to give your best, but if that best is never appreciated or counted, the person might feel so unmotivated that he or she might give up on that sport.





A coach is someone
who can give
correction without
causing resentment.

Instead of a coach being proud of himself that some students he has taught to are really playing well, he should think why others are not able to match that level. A coach should be ready to explain the same thing over 100 times. A coach should include everyone and give all equal opportunities.

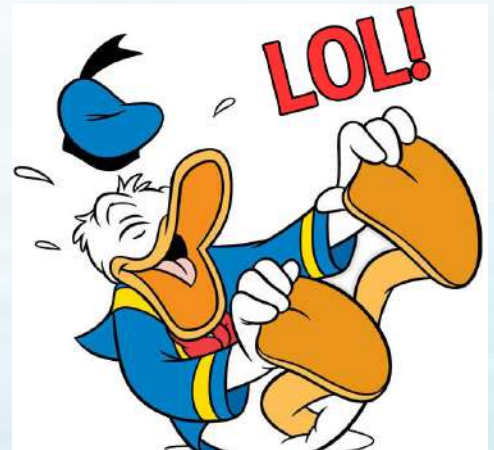
All these qualities are very important and necessary for a person to be called as a coach! Hence, I say, being a coach is a complex responsibility!

Sanvi Mali,
Grade 8

Jokes

1) Why did the vampire have no friends?

- Because he was a pain in the neck!



2) What do you get from a pampered cow?

- Spoilt milk!

3) Why did the bee go to the doctor?

- Because it had hives!

4) Why was the Maths homework so sad?

- It had so many problems.

Kritika Gayatre,
Grade 7

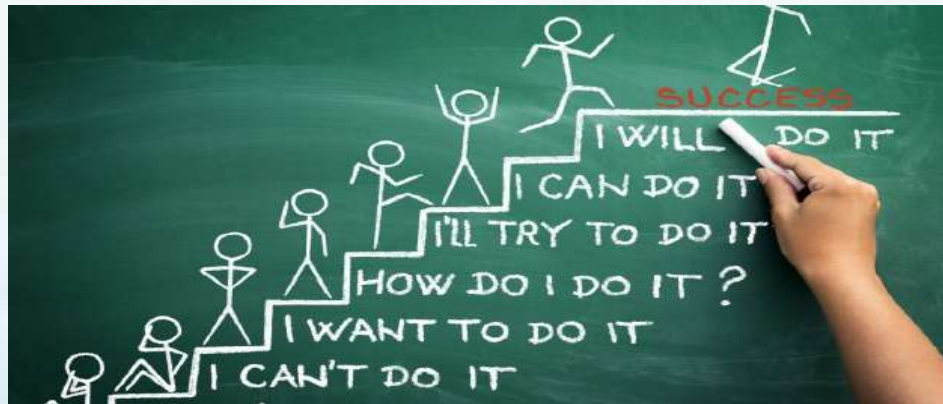
The Wonky Road To Success...

When one thinks of exams, I'm sure a few things instantly pop up in one's mind. The clock that always seems to tick faster than it should. The time limit always seems shorter than it is. The invigilator becomes akin to a walking security scanner. And all students become minor

outlaws even without nefarious deeds being conducted in the back of their minds. The textbook they so thoroughly read becomes a jumbled mess in their head and the question paper seems to be written in some archaic tongue that they cannot recall ever reading before (That might be somewhat true for the French papers but in general as well) This time, where we kids become divided amongst those with a righteous fury to maintain academic integrity and those who would do anything for a couple extra marks is perhaps one of the most important, most stressful, most notable part of our school years. So, it is natural that many strive to find ways to make this as easy as they can. I've been through this, and though I'm not an expert on trying to survive exams, I'd say I have at least some notable experiences when it comes to this. I'm sure harder exams are stored for us in future so I will be using this guide just as much as my fellow peers.

When it comes to doing well in exams, the first thing that comes to my mind is THE GOAL. It might seem stupid to ask what your goal is for an exam but it is essential for you to realize this. A vague goal of "get good marks" is not going to motivate you to do better. What is "good marks" anyway? 99.9%? is that good? Or 65% is that good enough. We need to set clear goals for what we want to achieve. For me, the goal was all A* in my IGCSE. I got pretty close to that goal with 6 out of 8 A* [Missed 7th one just by 4 marks, though] But It would not have been possible unless I had my eye on the goal. Without a goal to achieve, we cannot decide how and to what extent we must study.





Next comes THE CONFIDENCE. We should have confidence in ourselves. We have read, revised, solved and completed numerous worksheets, papers and notes in the past years of schooling. No matter what happens, we'll recall what we've read or heard. We must Trust our abilities.

The pandemic hit me really hard and my average score dropped to 70%. That was the time when my parents and teachers, especially Nandi Sir, Chandan Sir, Manjula Mam and Arti Mam, heck all my teachers gave me a great push. I regained my confidence and you have the result next to you. We mustn't lose our focus and confidence. Beware your hubris and ensure that you are confident. And let me be clear here, I'm not asking you to be egotistical. DO NOT assume you are the best of the best, that will harm you perhaps more than being under confident.

We are going to school for a reason. OUR SCHOOL is a center of opportunity. I can proudly vouch for that with my 200+ certificates and 100s of medals and trophies. I can never thank our teachers enough for all their guidance, support, encouragement and opportunities they have given me. Our principal's discipline, his way of teaching Economics, Chandan sir's contribution in building the foundation for crucial subjects like math and physics. Pooja mam's timely advice and doubt solving, Arti mam's easy explanations and conversations, actually I can handpick each and everyone from whom I have learned something or the other apart from their academic subjects. Take economics for example, it has one of the biggest questions to be answered. No matter how much you practice, how can you gain those extra 2 to 3 marks that will make your large answers worth it? Our class was asked to make question papers and answer schemes of our own, finding source materials or being provided the material through newspaper article

This taught us something essential, what does the examiner want from you in such an answer? Seeing the paper from the examiner's point of view, gave us much insight into how we should word our answers, and how we can structure our answers to be more cohesive and reliable. I don't think any of me or my classmates would have scored as high as we did if it weren't for this simple but massively effective exercise. I'd like to very specifically call out Nandi sir for this way of teaching that he has provided us. It did play a crucial part in my success.

Textbooks can be bought online, sample papers are there on every other website, one can make notes by themselves and there are public libraries for reference. The main reason we go to school is OUR TEACHERS. Apart from separating academic knowledge, they play a bigger role than this. They mold us to be finer human beings. Trust me, they are well aware of our strengths and weaknesses. Sometimes It might feel like they are unreasonably strict,

homework is the bane of our existence and we are being called into the principal's cabin even though we have seemingly done nothing wrong.

Yet trust your mentors. Don't claim to be an expert, far from it. We all are still learning. When Your mom tells you to get off your high horse and study a little, listen to her. When your teacher tells you to improve your handwriting and revise your notes more, listen to him. They know how you can improve and get better, they know how you can succeed. Don't ignore them..it will not end well if you do...

We also need to work with OUR PEERS. Now is not the time to make enemies and create a "me vs them" dynamic here. Work together. Learn from someone who knows the topic better than you do and help someone when needed with what you are good at. A friendly rivalry can make it fun as well as useful for you to learn. I can't remember the number of times I have revised, learned and taught amongst my friends, especially right before the exams.

**“I never dreamed
about success.
I worked for it.”**

ESTÉE LAUDER

Teamwork makes the dream work, or so the saying goes. Isolating yourself, taking no help from others and offering no in return will only worsen your mental health. Don't pull yourself back, help and get help and you will surely do better.

The next most important factor is DISCIPLINE and TIME MANAGEMENT. I know timetables and schedules are a big bore. But no matter what, discipline is a must. I'm not a disciplined guy myself, but even I have to begrudgingly admit that daily perseverance was a deciding factor in what I achieved. Practice daily for some time. Once you return home, revise what you learned in class. Practicing math and physics to the point that you know all the formulae by heart. It might seem like too much, but trust me, it's never too much to be thoroughly prepared. And while you are at it, learn to manage your time. Don't hyperfixate on one subject and leave out the others. Allot according to what your strengths and weaknesses are. When chemistry MCQs were a challenge for me, I paid a little more attention to practicing them, but when I was having trouble with the physics formula, I didn't ignore them.

Most importantly DO NOT GIVE UP ON RECREATIONAL ACTIVITIES. When you are preparing hard for your exams, work on maintaining a balance between leisure time and productive time because Mental health and physical health are also equally important. Mental health is important, and the school has undoubtedly had several webinars at this point about this topic. Pick a hobby, something you enjoy; art, music, dancing, gaming, reading etc. Anything that calms you, takes your mind off the stress. And take some time for yourself. Yes, you need to get good marks, and yes a lot depends on how you do in the exams... but it will amount to nothing if you destroy and burn yourself out doing it. Take a step back once in a while, you'll be surprised at how much you were stressing once you look back at it. So at times Chill..

“

Your level of success is
determined by your level of
discipline and perseverance.

—

I hope a few of these pointers will help you all to ease your stress and will change your outlook towards looking at the school. The inter-school and intra-school competitions, the friendly rivalries, the competitive exams, the events and activities; all play a crucial part in my success and I'm sure they will for you as well. Wish you all the best to reach the same heights or even surpass the same heights that I have reached. This is Shrishailya Rao,
signing off~

Shrishaliya Rao,
Head boy (2022-23)

Podar, a stepping stone towards preparing you for life.

Hi! I'm Jiya Patel, former student of Podar International School CAIE Kalyan. I have been in Podar since 1 st grade and honestly, I grew up there. From being the kid who hesitated to raise her hand in class, I became the one who would never shut up. Everyone there is incredibly supportive, from the teachers to the helping staff. The school focuses heavily on both academics and extracurriculars, this allows students to explore their potential and shape themselves. Personally, back in 7th grade when I signed up for MISA Synergy, a science competition, I also signed up to find my passion, genetics. If my teachers had not supported my drive for this, I may not have found my dream yet.



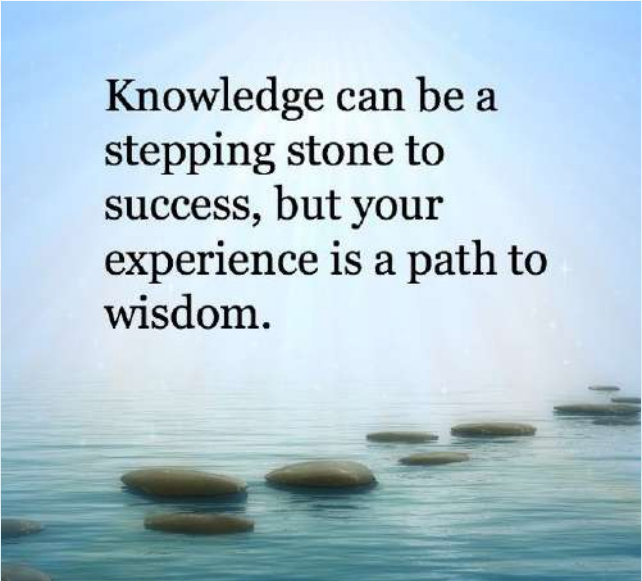
Also, I never realized until I left Podar, how much this school has prepared me for the outer world. The practical learning approach has helped me achieve great levels of critical thinking and creativity. Moreover, how the school valued working in groups, which truly has helped me fit better into team atmospheres. I was also the head girl of the school; this had allowed me to expand my leadership skills. The school has always urged me to step out of my comfort zone and explore the world beyond, and this quality has truly helped me in dealing with the atrocities of the world. How can I forget to mention, the great efforts the school has taken into making its students financially literate and you may not know it yet, but this is a critical skill to have, this is the skill that will help you in the adult world when you come to managing your finances. I would also love to highlight the incredible medical staff present at school, because they are the sweetest and most caring personnel at school.

As for present, I am currently doing my AS and A levels. Truthfully, this is a very challenging curriculum but there is no compromise on the quality of education you receive. Podar also introduced us to High School Moms, a student club which provided incredible opportunities for students, like internships, career counseling, etc. I recently did a business internship with them, and it was a great learning experience. My future plan is to pursue a degree in Neuroscience, and I have been working hard to achieve this goal. For example, I have been working on a paper which talks about emotional intelligence, I also have been connecting with experts worldwide to expand my knowledge on the topic.

To conclude, I can say that Podar has shaped me into the person I am today. It will always be a place I can come back to. It will always be my home.

Thank you.

Jiya Patel,
Head girl (2022-23)



Knowledge can be a
stepping stone to
success, but your
experience is a path to
wisdom.

Endangered Species Act (ESA)

The Endangered Species Act (ESA) was given in December 1973. This Act gives the framework to protect and conserve endangered species along with their habitat.

Researchers from different universities were invited to discuss how ESA has evolved and what its future might hold. There is mass extinction of species at a very fast rate, which we don't even realize. New technology has helped scientists to monitor animal and plant populations at scale for the first time.

Without this information it would be difficult to track how different species are doing and whether these policies (ESA) are helping endangered species. Economics should be another partner in the fight to save endangered species. "There's this tendency to think that protecting endangered species is all about biology and ecology."

"But various tools in economics are very helpful in making sure the work we do to implement the Endangered Species Act is successful. That is not always obvious to people". For example, bioeconomic research is a multidisciplinary effort between economists and biologists to work together to see how human behavior interacts with ecological processes and systems.

So, it's an urge to everyone----Save Animals and Plants.

Arti Koli,
Secondary coordinator



Être en bonne santé

Chaque jour, notre choix de nourriture affecte la santé. La bonne nutrition est une partie importante pour un bon style de vie. Si votre régime alimentaire est associé à une activité physique, cela vous permettra de maintenir votre poids. Une bonne santé est une bénédiction. C'est un cadeau de Dieu à l'homme.



Nous devrions manger le régime qui consiste de vitamines et minérales. Si, nous les manquons, nous souffririons de carences et de maladies. Il faut prendre des aliments qui fournissent la plupart des nutriments au corps pour être en bonne santé. Pour petit déjeuner, Je préfère manger les céréales, le fruit et les légumes et boire le jus, le thé ou le café. De plus, pour un meilleur régime, nous pourrions inclure la protéine, glucides, fibre, etc. Ce sont des lentilles, des produits laitiers et des œufs. J'ai également remarqué que de bonnes habitudes comme se lever tôt, maintenir la propreté personnelle, manger de façon modérée, faire des exercices physiques, bien dormir et se reposer, etc., sont des éléments vitaux qui aident à acquérir une bonne santé.

Je crois qu'il faut faire de l'exercice quotidiennement. Cela peut durer dix minutes seulement, mais nous ne devons jamais le manquer. Pour rester en bonne santé, j'essaierai de boire plus d'eau, au moins huit verres par jour. Je ferais un examen médical régulier car je me suis rendu compte que nous pouvons traiter la maladie ou la maladie tôt si nous les détectons tôt.

Neha Balani,
Primary coordinator

HOW TO BE HAPPY

To be truly happy, we must accept things as they are.

We can plan years ahead in life, yet oftentimes the greatest laid plans can also go for a toss. We can plan painstakingly for the future, but we do not know what unexpected twists and turns we will meet along the way. The key is to not allow oneself to disintegrate when plans are interrupted.

There are always solutions for every problem we encounter.

To take life as it comes, we accept that life is full of challenges, unexpected interruptions. Sometimes life may want us to take a different path and when that happens, we must embrace and accept the changes that are leading us in a new direction. Change is not easy for many people, and we often avoid or resist big changes in life. We become comfortable in our lives, even if we're not entirely happy, but change is what helps us to grow, learn and develop spiritually. Change is an opportunity to fulfill our potential.

Change gives us the chance to prove ourselves and to see what we're truly made of. So, taking life as it comes means accepting and embracing changes in life. Endings lead to new beginnings, and sometimes that ending is exactly what we needed in order to truly be happy.

Another key is to remain flexible and open to all of life's experiences. When you are open to experience, you are not resisting the flow of life, but you are allowing the flow of life. Life is so much richer when we are open to different and new experiences.



Accept, trust and have faith in the natural order of the universe. Sometimes, we don't get what we want, but we do get what we need. Life is not about getting what we desire all the time. And sometimes, we may need a good start in the right direction to make much needed changes. Take things as they are and take things as they come. Be equipped with the knowledge that you can handle any challenges that come your way. The universe does not give us more than what we can handle. You are much stronger and more resilient than you may think. So, go with the flow and take life as it comes. There is no blueprint to life. There is only what happens to us, and more importantly, how we respond to all that happens to us. We are the masters of our own happiness and destiny.

**POSITIVE
THOUGHTS.**

**POSITIVE
LIFE.**

Madhavi Shinde,
Science Faculty

Panchkoshas-

Derived from the Sanskrit terms pancha, meaning "five" and kosha meaning "sheath" , pancha kosha refers to the concept in yoga philosophy that there are five layers of awareness through which all experience is filtered.



The 5 Sheaths of our Energy Bodies are-

1. Annamaya-kosha (food sheath, Earth element)
2. Pranamaya-kosha (vital sheath, Water element)
3. Manomaya-kosha (mental sheath, Fire element)
4. Vijnanamaya-kosha (intellect/intuitive sheath, Air element)
5. Anandamaya-kosha (bliss sheath, ether/space element)

ANNAMAYA KOSHA- It is the outermost layer, the gross Physical Body, that represents flesh, blood, muscles and bones. It is nourished and maintained by 'Anna'the food we eat, so called Annamaya or food layer. We are most familiar with this body.



Pranamaya Kosha- is the sheath made of the breath or vital energy of air.

Manomaya Kosha- is the sheath made of mind and the five senses.

Vijnanamaya Kosha- is the sheath of knowledge and intelligence.

Anandamaya kosha- is the layer made of reflection or an image of Atman.

Samaya Ahuja,
Accounts & Business Studies Faculty

Guess Who?

This is about smarty...
Teddy with a big hearty,
So caring, so friendly;
Oh so Protective about his family!

Acts Tough
Someone you can't Bluff
Been so popular in his School
Damn he's so cool

Look at this Cutie, at times a bit moody,
Yet considers protecting you as his duty!

You might think you know him,
But trust me you don't!
You'll need to try hard to know,
Coz There's so much inside him he won't show.
Damn He's deep,
Don't mess with him, or else he'll make you weep.

Man with a logical and practical mind..
The one who never stops his grind!
Finding someone like him is quite a bind,
Because he's truly one of a kind!

Can you guess any further
Yes, He Is My Brother!!!!!!
You know He's unlike the rest,
That's why he's the Best!!!!!!

Divya Ahuja,
French Faculty



What if ZERO was not invented ?

The invention of zero is considered one of the most significant mathematical breakthroughs in history. Without zero, many of the mathematical concepts and technologies we rely on today would not exist.

Here are some of the consequences of a world without zero:



No algebra or calculus: Zero is essential for understanding negative numbers, fractions, and exponential functions, all of which are fundamental concepts in algebra and calculus. Without these concepts, we would be unable to solve many basic mathematical problems, let alone develop advanced mathematical theories.

No accounting or finance: Zero is also essential for understanding concepts like debt, profit, and loss. Without zero, we would be unable to keep track of our finances or make informed economic decisions.

No computers: The binary number system, which is used to store data in computers, relies on the concept of zero. Without zero, computers would not be able to function.

No science or engineering: The concept of zero is also essential for many scientific and engineering disciplines. For example, zero is used to measure temperature, calculate chemical reactions, and design structures.

In short, the invention of zero was a major turning point in human history. It allowed us to develop new ways of thinking about mathematics and the world around us, and it laid the foundation for many of the technologies we use today.

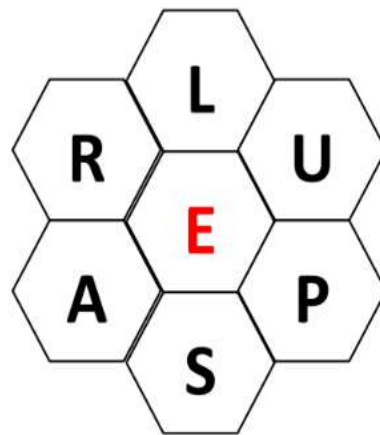
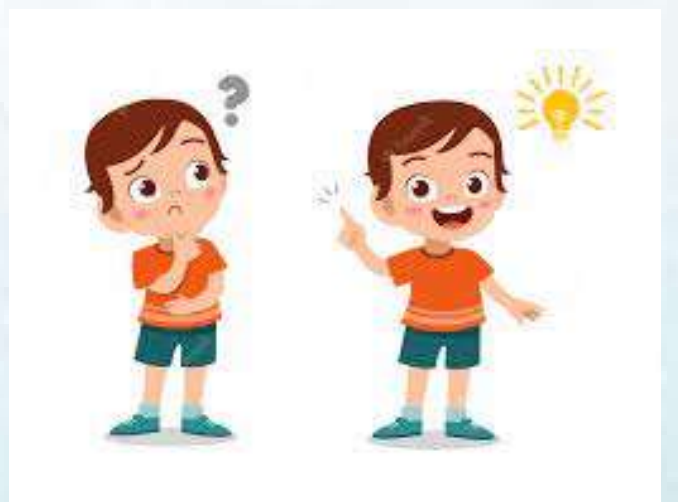
Chitra Nadar,
Maths Faculty

Make - A - Word

How many words can you find??

Instructions :

1. Each word should be at least 4 letters.
2. The letter 'E' should be used in each word.
3. You can repeat letters.
4. There is one word which uses every letter. Can you find it?



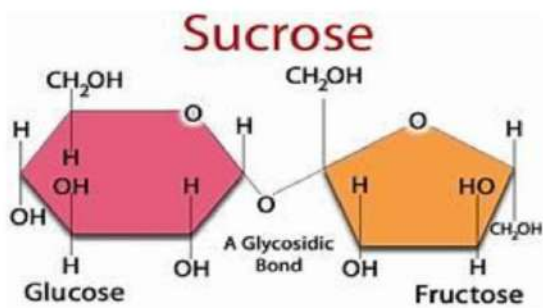
Answers to the puzzle :

Sell	Pearl
Less	Pearls
Real	Earl
Reap	Pears
Seep	Plea
Leap	Pleas
Reel	Please
Sells	Rare
Reaps	Lasers
Leaps	Laser
Reels	Sure
Peels	Seal
Peel	Seals
Sale	Pure
Pale	Rule
Resale	Rules
Sleep	Apes
Sleeps	Pleasure
Leer	Peers
Leers	Pear
Repels	Repel
Peas	Peer

Jyoti Sirnani,
English Faculty

THE CHEMISTRY OF SUGAR

- Sucrose is a **source of energy**
- Molecular weight: 342 g/mol
- Calories per gram=3.9
- Net carb= 100%



Sucrose is a type of sugar commonly known as **table sugar** or cane sugar. It's a disaccharide, meaning it's composed of two simpler sugars: glucose and fructose.

Brain Chemistry: Sugar triggers dopamine release in the brain, similar to addictive substances, contributing to cravings and potential addiction-like behaviors.

The Sweet Aging: Through a process called glycation, excessive sugar intake may speed up skin aging by damaging collagen and elastin, affecting skin elasticity.

Mindful Indulgence: Enjoying sweet treats in moderation can still be a part of a balanced diet, emphasizing the importance of moderation in sugar consumption.

Pooja Singh,
Science Faculty

Bekarar dil

ये दिल तू क्यों है इतना बेकरार ?
किस बात पर इतना खुश का, दिन है गिरहा ?
किसका है तुम्हारा इंतजार ?

तेरी बेसब्री की वजह थोड़ा सा समझ आ रहा
है,
कोई करीबी घर आ रहा है ।

इतनी भी खुशी से मत उछल,
कहीं गिर न जाये तू मुँह के बल ।

आने की खुशी तो है खूब,
पर जब वापसी का पल आयेगा...
तब नजाने तू कैसे संभल पायेगा ?

काश ये दिल तुझे काबू मे मैं खुद रख पाती,
अगर रख भी देती,
तो क्या मे हर छोटी सी खुशी को जी पाती ।

Renuka Alfonso,
English Faculty

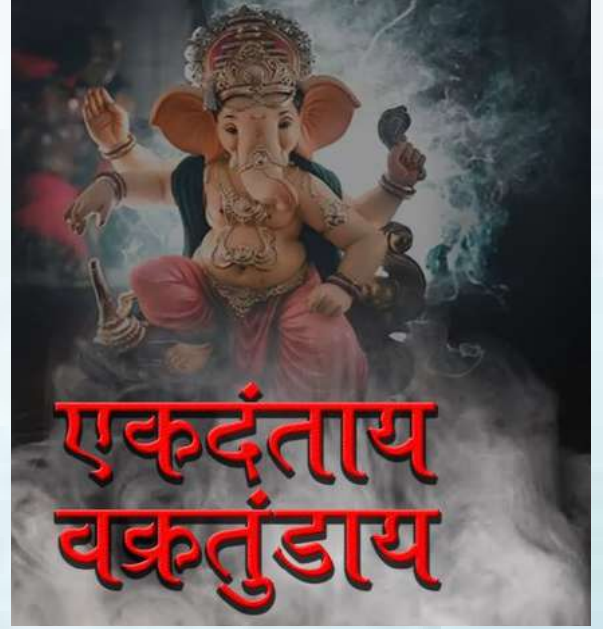


Ekdant Katha

Nandi ka Bhole ke prati,
Maan dekh woh bhagaye.
Toh apne liye uptan ki murti,
Parwati bhi bana diye.
Naam unka Ganesh rakh,
Woh kaam ek bata gaye.
Snan waqt koi na aaye,
Iska unko dhyan rahe.

Apni hi patni, ko jo milne,
Shiv ji nikal pade.
Dwaar pe ruk jane ko,
Ganesh ji unhe keh gaye.
Anurodh ko woh shivji ki
Ekdant thukra gaye.
Krodh main anjan Shivji
Bacche pe apne vaar kiye.

Mastak vihin bacche ko dekh
Parvati ji roo padi
Nasht karne woh ye duniya
Shigra hi jo chal padi
Khabar ye sun rokne ko
Dev devta aah pade
Fir se jeevit karne ki unhe
Tarkib woh de gaye (2)



Hathi ka sir aur manushya ka dhad liye
Unka punarjanam hua
Devtao ke ashirwad ne
Unhe sarva shresth bana diya
Har manushya ko unhone
mushkilo ka samna karne ka bal diya
Tabhi toh prithvi par hum sab ne
Unhe Dukh harta hi keh diya.

Sarvesh Mistry,
Dance Faculty



Digital Detox: Need of the generation

What happens when you keep on eating more without thinking what you are eating? Have you ended up having acidity after it that you regretted eating wrong food or eating too much?

Right. You prefer to detox your body by eating light food or liquid so that your body gets detoxified.



Same goes with smartPhones, Television, Video Games and Laptops when you end up regretting using too much of all these things that you missed your priorities and got frustrated.

You need “Digital Detox”.

What exactly does “Digital Detox” mean? This is a period of time during which you intentionally reduce the amount of time you spend online on your devices. You may even opt to disconnect completely. One study has found that 25 % of people between age of 18 to 45 using digital devices most frequently in a day were facing issues such as, Self- Image problems, Low self- esteem etc.

Now let’s see the benefits of digital detox:

- It Calms you down and makes you feel content.
- You become more productive.
- You start feeling better about yourself.

By disconnecting from screens and reconnecting with the world around you can foster a sense of balance and well- being.

Harshada Phadke,
Counseling Psychologist

The Balance Sheet Of Life

What is a balance sheet?

The balance sheet is a statement that shows the financial position of the business. It records the assets and liabilities of the business at the end of the accounting period after the preparation of trading and loss account.



What is the balance sheet of life?

So have you ever thought about what you might be worth? While conventional accounting valuation methods have its place, thinking about Finance in an enlightened way, may help you to better understand your potential; I will argue, is a critical first step to understanding how money really works.

Balance sheet of life

Assets	Liabilities
<u>Tangible Assets:</u> Health Education Material Possessions	<u>Capital:</u> Limited life span
<u>Non-tangible Assets:</u> Knowledge Emotional well-being Positive Attitude	<u>Liabilities:</u> Personal liabilities Setbacks and failures Obstacles and challenges Toxic relationship
<u>Current Assets:</u> Your vacation	<u>External liabilities:</u> Societal Expectation Stressors and pressures
<u>Investments:</u> Self-care Pursuing passion	

जीवन एक संघर्ष

जिंदगी के रास्ते, संघर्ष से भरा है,
मुश्किले आती है, पर हिम्मत न हारे ।

रात के अँधेरे में, तारे चमकते हैं,
सपनों की उड़ान में, जीवन रंगीन
बनते हैं।

बाज़ार में शोर है, मंजिलों की तलाश में,
हर कदम पर, नये सपने देखते हैं ।

संकट आये या बदल छाये आसमान में,
इरादा पक्के हो, तो मुश्किले भी है आसान ।

दिल में होसला है, आँखों में जज्बा है,
जिंदगी की कविता में, संघर्ष का रंग है ।

Sashi Upadhyay,
Hindi Faculty



“M-O-T-H-E-R”

“M” is for the million things she gave me,

“O” means only that she’s growing old,

“T” is for the tears she shed to save me,

“H” is for her heart of purest gold,

“E” is for her eyes, with love-light shining,

“R” means right, and right she’ll always be,

Put them all together, they spell

“MOTHER”

A word that means the world to me.

Vini Nandwani,
ICT Faculty



2. Physical activity is important for healthy growth & development. Consuming unhealthy foods on a regular basis can lead to childhood obesity. Physical education at school helps in preventing obesity and high blood pressure. By doing physical exercises individuals use their extra calories to gain energy. Being physically active makes the students energetic and strong, which can help motivate them to take interest in classroom activities. Any exercise which provides oxygen to the muscles is called aerobic exercise, such exercises are essential for a healthy heart. Some of the healthy aerobic exercises are playing soccer, playing basketball and jumping rope.



3. Physical activity prevents sleep deprivation. A complete night's sleep is an essential component of a happy and healthy life. Complete sleep makes kids more upright and attentive during lectures in the classroom. Being attentive will help prevent them from performing careless mistakes and will provide them the energy to be helpful towards teachers and fellow students.

4. Physical activity helps relieve stress and anxiety. Taking part in physical activities and education allows students to relieve their academic stress and anxiety. Physical activities give students an environment to breathe out their stress. By exercising and breathing deeply, we provide extra air to our lungs which in turn provides more oxygen to the brain, this makes the brain feel relaxed and stress-free.



5. Physical activity makes an individual flexible and happy. Many schools have made physical education an essential component of their school curriculum and students are promoted to maintain a healthy balance between their education and exercise. This is due to the fact that those students who take part in physical activities have proved to be happier and healthier than those students who spend all their time doing school work. Such activities help develop blood circulation in an individual's body. This helps in providing more oxygen to the heart and brain and allows the body to maintain a balance between physical and mental health. Balancing exercise and stretching also help improve flexibility and physical balance which decreases the chances of injuries.

Kapil Kamble,
Sports Faculty

Mental Health- Key for a Balanced Life

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the stress of life, and can work productively and fruitfully.

Mental health can be broken down further into Six components. Each of these Components interacts with and influences the others, and they are all important for overall well-being. These Six components include following aspects;

- Physical aspect - Sleeping habits, Diet, Exercise, Physical features
- Emotional aspect - Emotions (happiness, sadness, anger and love), Expressions and Feelings
- Social aspect - Social relationships, Communication skills
- Mental aspect - Thoughts, Opinion, Attitude
- Spiritual aspect - True purpose/meaning of the life
- Behavioral aspect - Actions to life situations

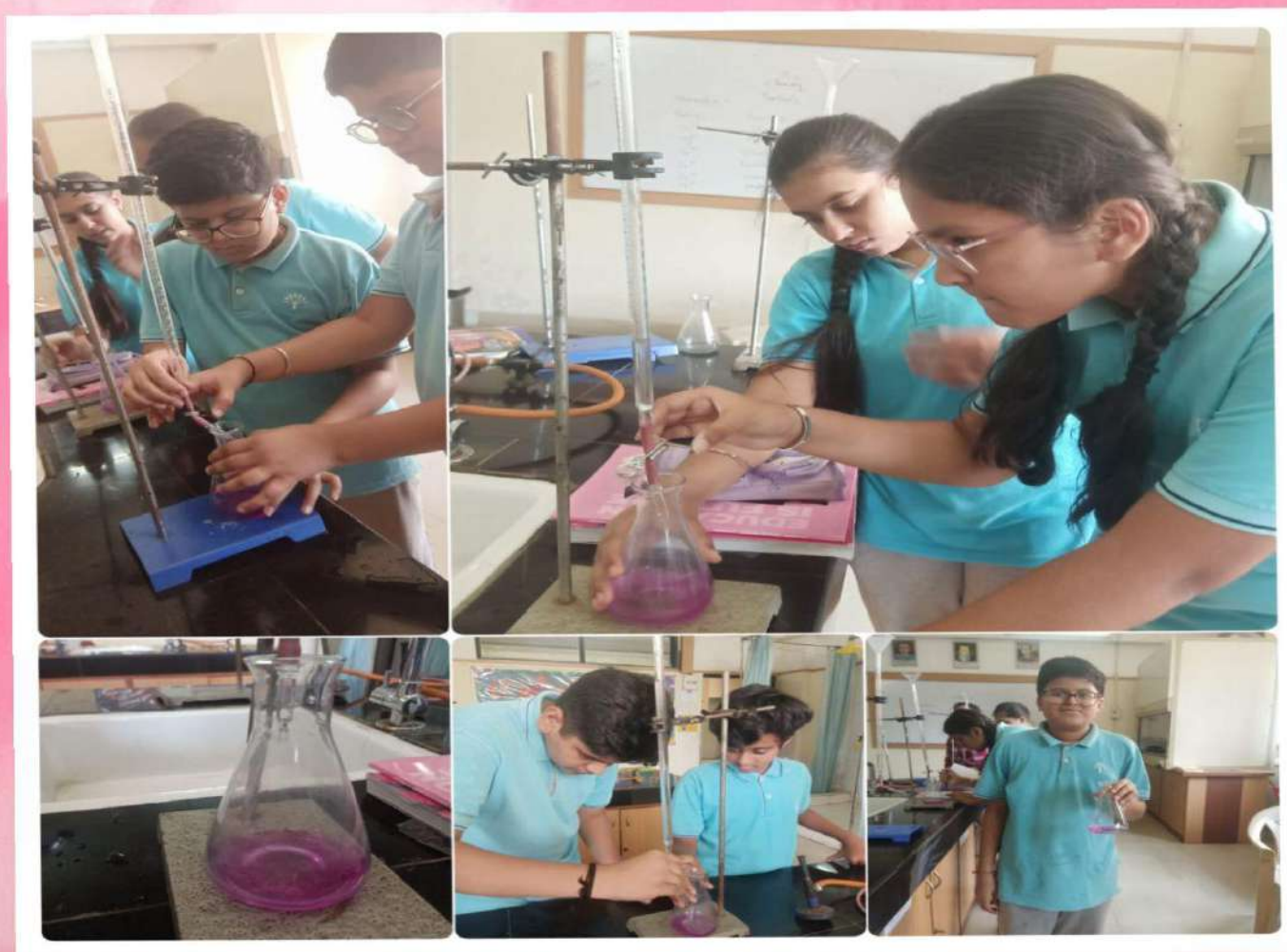
Mental health is important at every stage of life. Every individual should maintain good mental health.

Kashish Kataria,
Faculty





*Season of
Fun learning*



Grade 9 Chemistry Activity - Preparation of salt using titration method



Grade 4 French activity on verbs and their ending



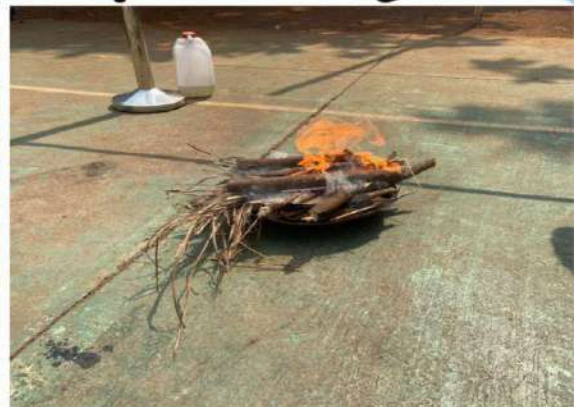
**Grade 3 Science activity on
sensitivity hot & cold**



Grade 6 Biology activity on plant & animal cells



Fire Drill (20/04/2023)





Multilingual





Multilingual



Multi-lingual week (Drama & Poetry) – 2023.

27th April 2023

Multi-lingual week – Inter-house drama & poetry competition was held on 27th April, 2023 Thursday, to highlight the importance of extra-curricular activities among students. The programme was arranged in the school library. It was judged by the secondary co-ordinator Ms. Arti Koli, primary coordinator Ms. Neha Balani & Music artist & teacher Mr. Swapnil Nandgaonkar. It commenced with Principal Mr. Sanjay Nandi sir's speech on the importance of multilingual week, he emphasized on the fact that such events not only bring out the best talents of students but also helps them take the lead and nurture the same in their co-learners. It helps them to build a positive and healthy bond with the teachers. The program was carried on with the drama on one of the important issues 'Air pollution' by Air house, followed by the energetic performance of other houses. They portrayed some of the social problems like the Sati system in India, problems caused to living beings due to Industrialisation & the ways how people should start conserving water and other resources. The room was filled with an energetic aura, all the students clapped & hooted indicating how much they appreciate everyone's efforts. Lastly, each house presented their poetry performances that focused on their melodious side. The results were announced & Water house led the competition. The objective of bringing students interest towards various activities was successfully achieved, all the students participated in the activities.



Rank holders of Spellbee and IMO examination



Winners of Hand Writing Competition

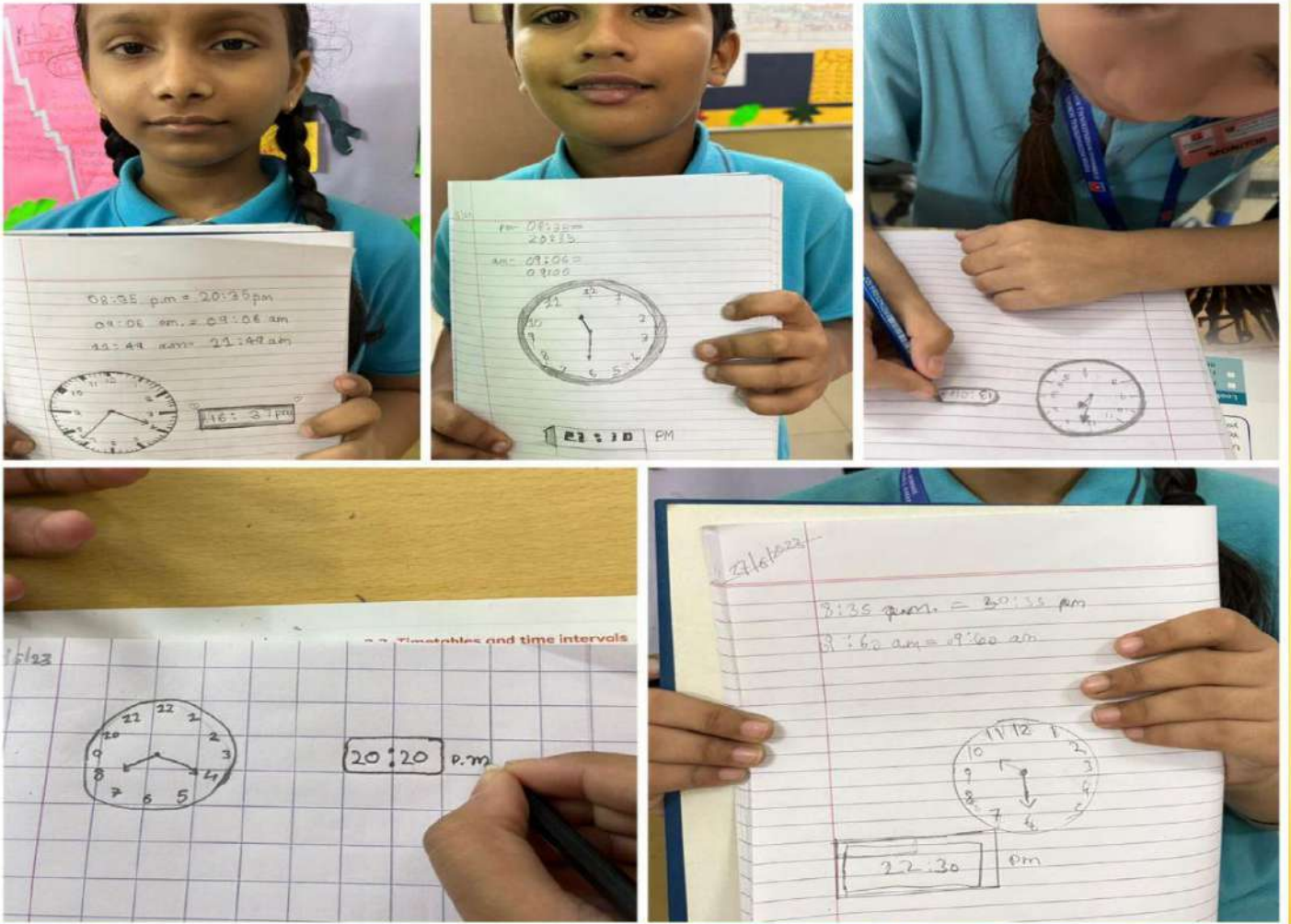




**Grade 8 Chemistry
activity - Comparing rate
of reaction using iron nail,
iron wool & iron filings**



Grade 6 Biology Lab Session



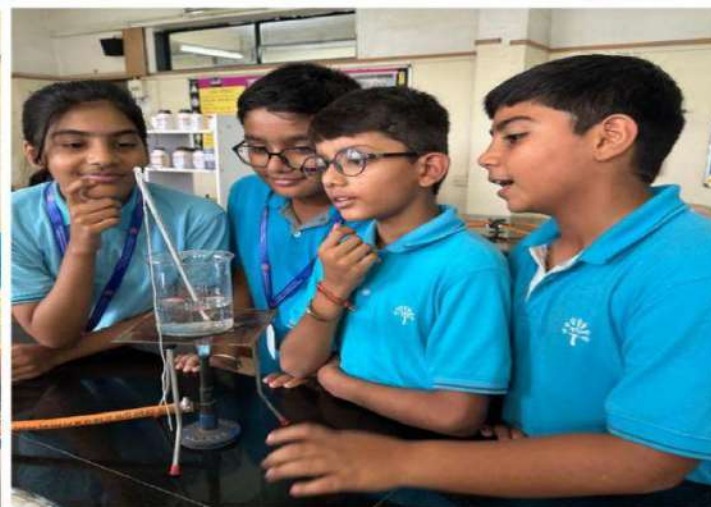
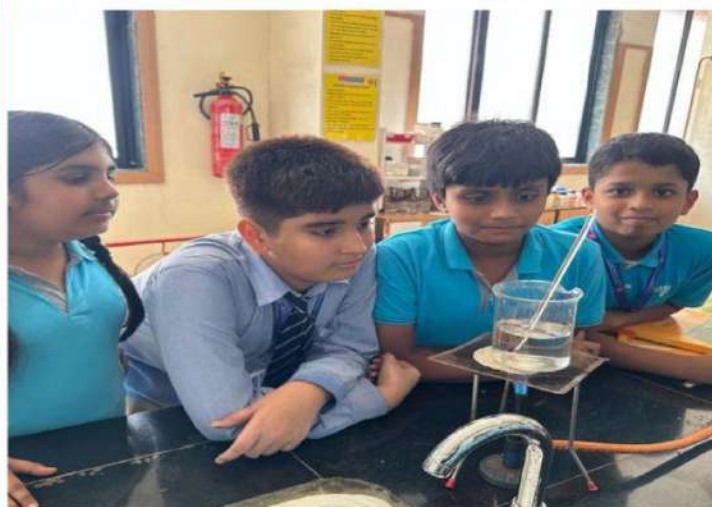
Grade 4 Maths activity Learning 24-hour clock format



Grade 4 Science activity - Importance & use of First Aid



**Grade 8 Chemistry activity -
Understanding how surface
area affect rate of reaction**



**Grade 6 - Chemistry
activity - Apparatus used
for measuring volume &
temperature**



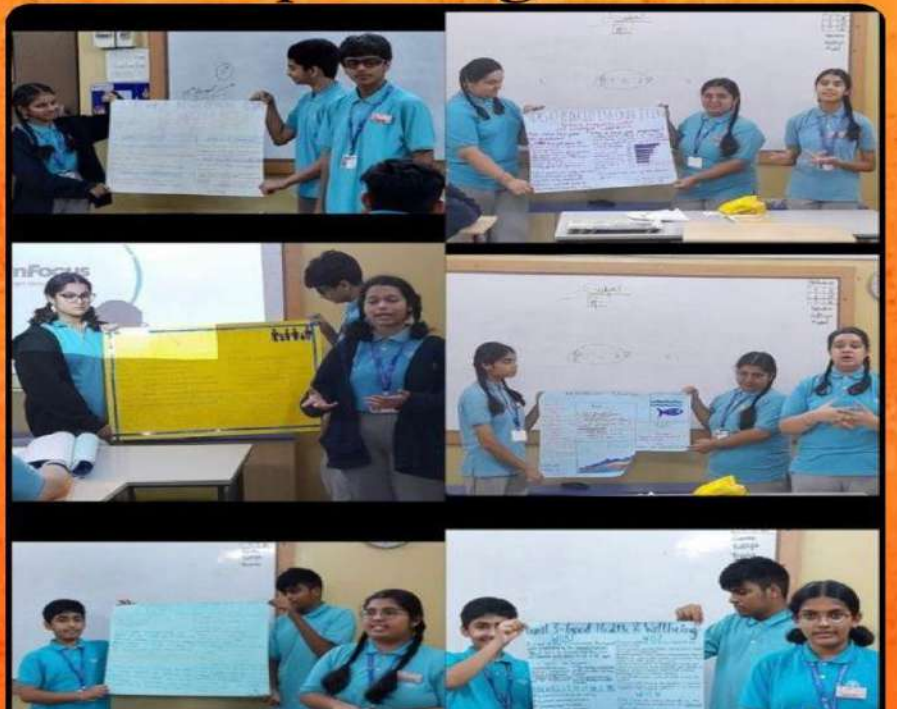
Grade 2 Science activity - Different plants in out surrounding

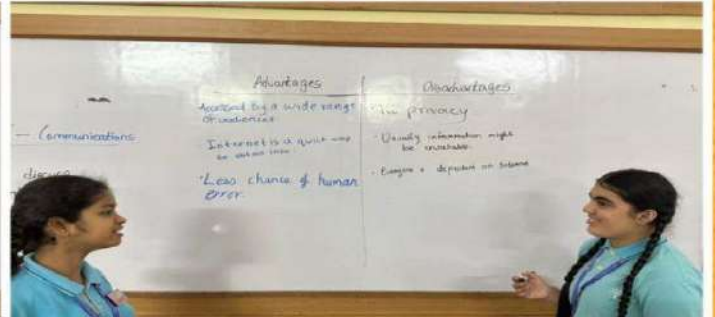
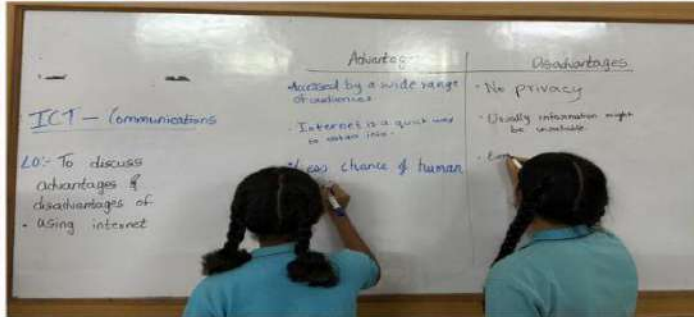
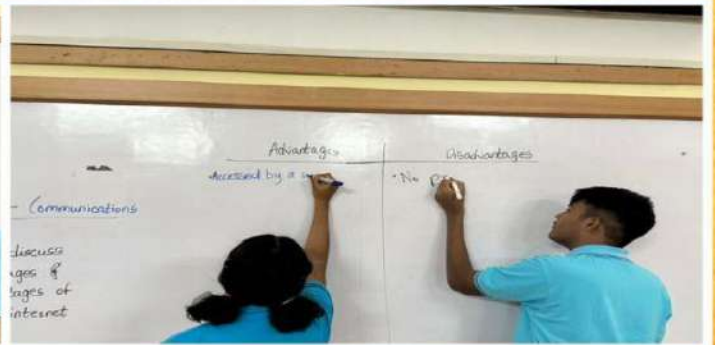
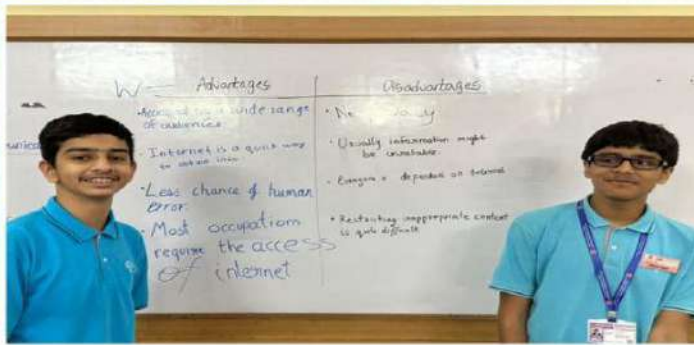
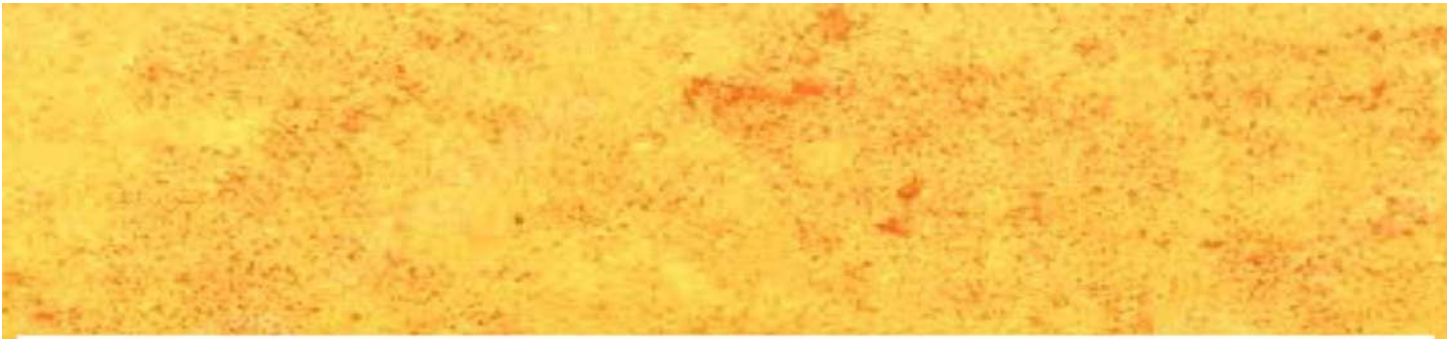


Grade 3 Science activity - parts of a plant

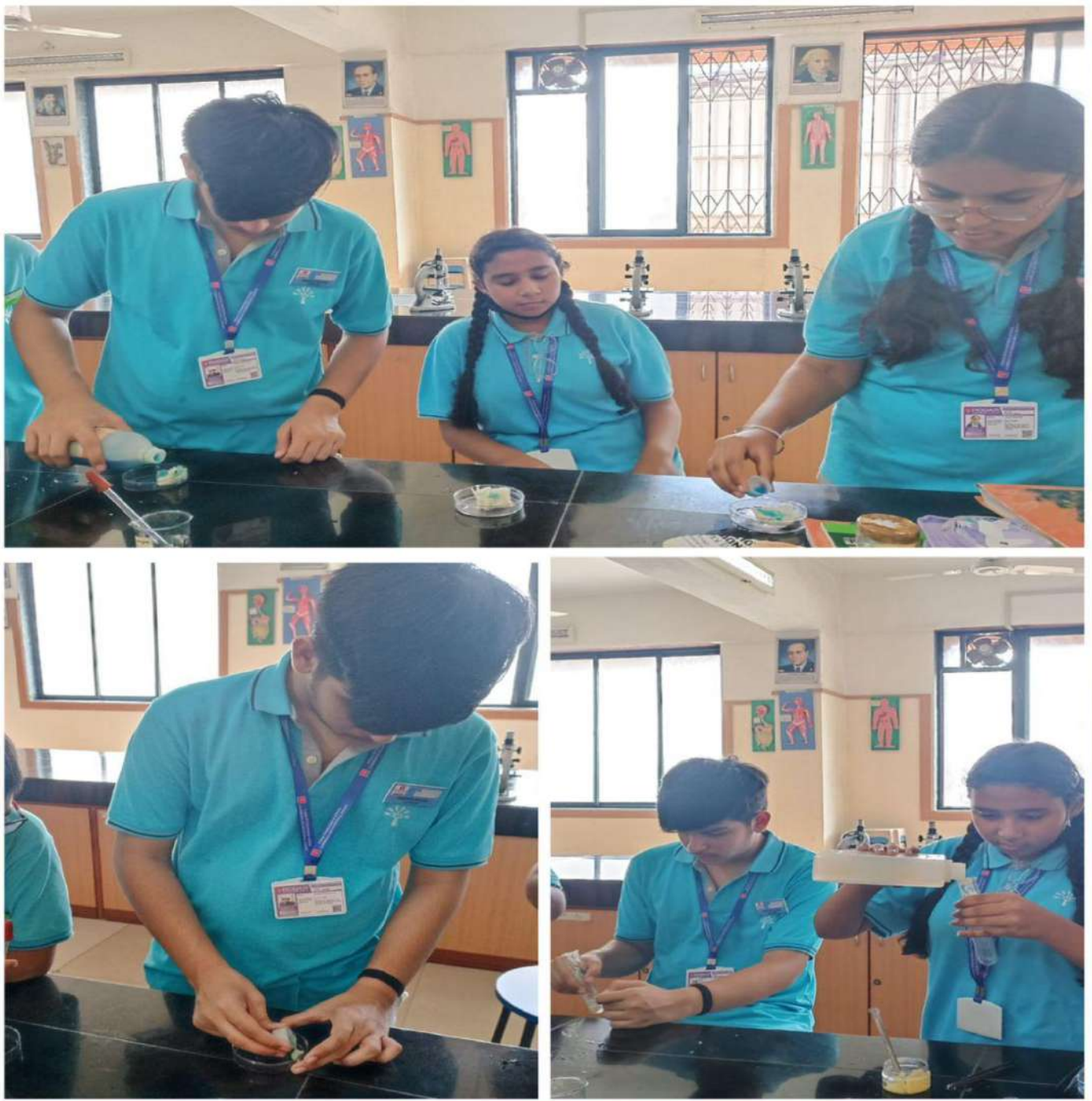


Grade 10 Economics activity - Discussion on sustainable development goals





Grade 10 ICT activity - Discussion on advantages & disadvantages of using internet



Grade 9 Biology activity - Test for Carbohydrates, Fats & Proteins



Grade 10 Chemistry activity - Flame test to identify cation



Grade 10 Physics activity - Refraction of light





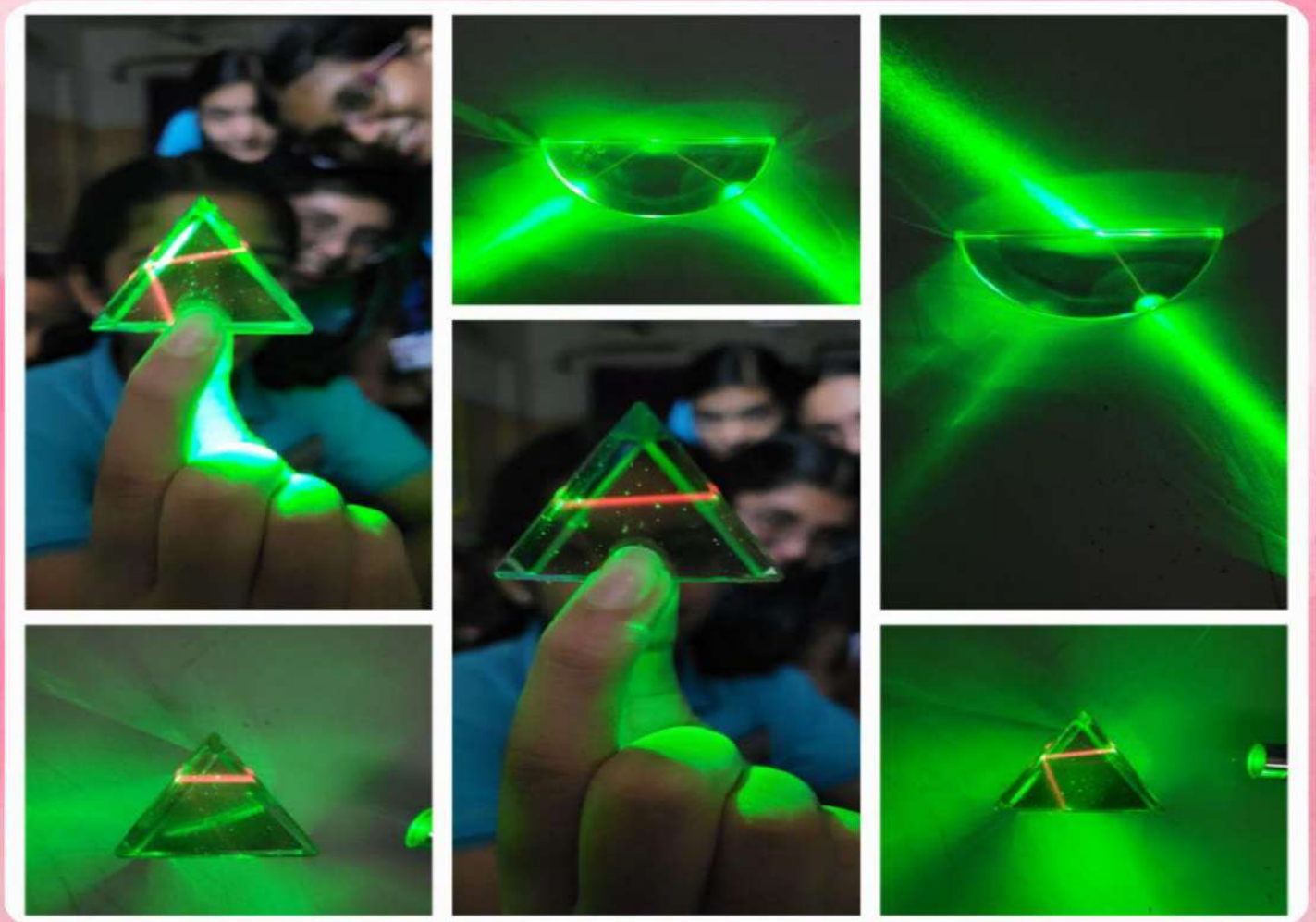
Grade 10 Business Studies activity - Effect of interest and corporation taxes



Grade 10 Economics activity - Relating economic concepts with news articles



**Grade 2 Maths activity -
to understand place value of
tens and ones**



Grade 10 Physics activity - Total internal reflection



Grade 3 - French activity On animal vocab





Trophy Distribution



Investiture Ceremony 2023-24





Investiture ceremony – 2023-24

23rd June 2023



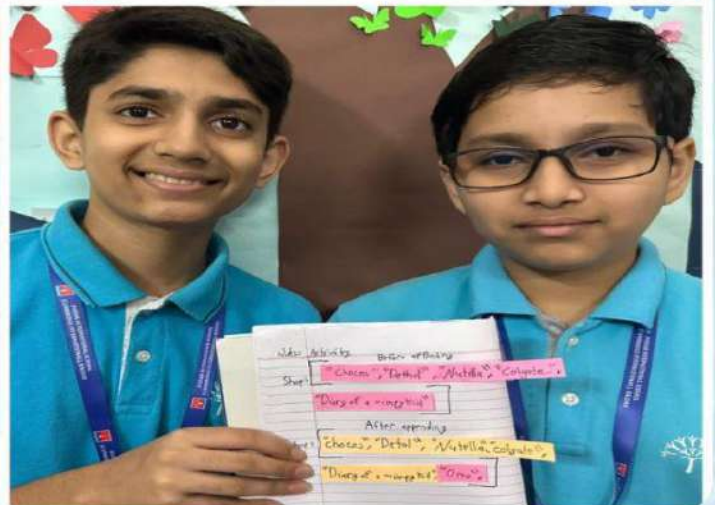
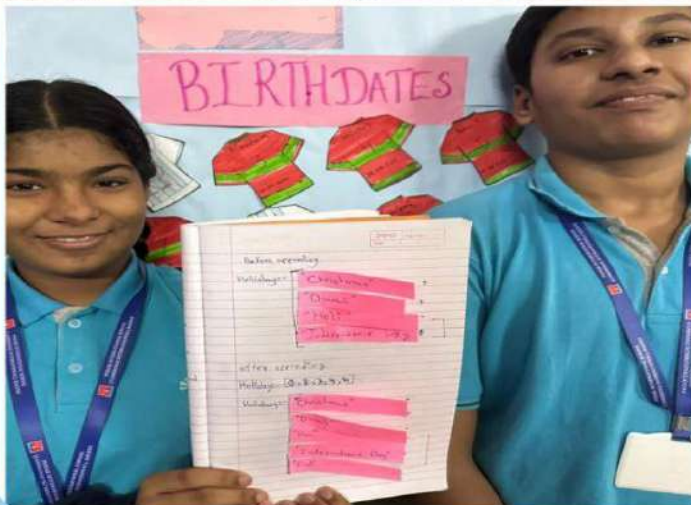
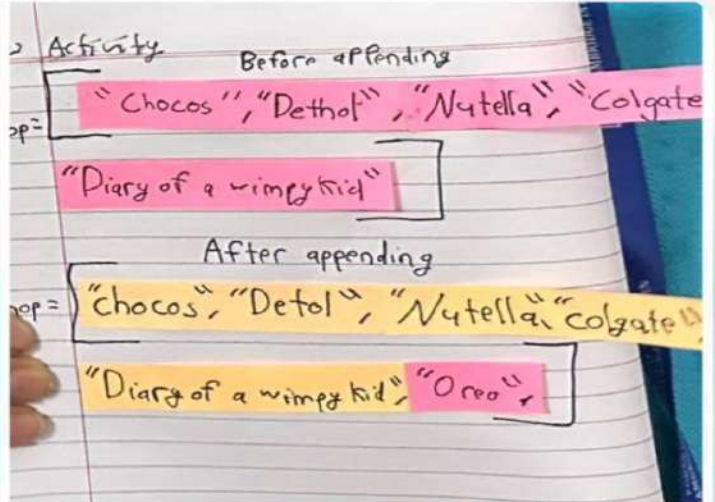
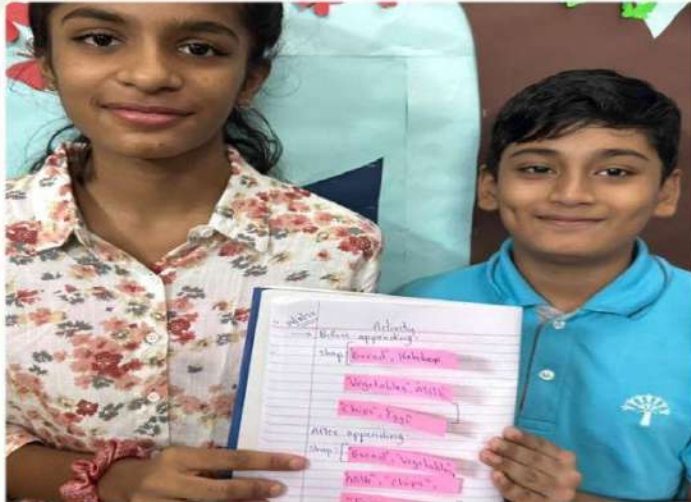
The most awaited ceremony of the year where young minds are filled with the sense of responsibilities, Investiture ceremony, took place on Friday, 23rd June, 2023. Young leaders were passionately waiting to don the prestigious badges on their uniforms. The event began with welcoming the guests, Inspector Ajinkya More and Mr. Vikram Shetty. The chief guests along with the Principal Mr. Sanjay Nandi lightened the lamp to commence the programme.

Principal sir introduced the guests and gave a thoroughly encouraging speech on the need and importance of leaders in our lives and how leaders play a pivotal role in shaping one's qualities. Talented podarites show-casted their moves by performing on the motivational number to welcome the guests & the parents. It was then, the announcement of primary & secondary rising stars filled students' and parents' hearts with pride. Even the musical tones of the students made a successful effort to make the event a sight to behold. The badges for the Head boy, Head girl, Sports head, House captains, House vice-captains, Activity incharges, Discipline incharges, monitors and best buddies filled the atmosphere with pride. Holding the responsibilities onto their shoulders, council members took an oath to abide by their duties. The chief guests motivated the audience, specifically students, by their inspirational speeches, they highlighted the importance of learning in student life.

A vote of thanks was then given by the newly formed Head boy & head girl where they expressed their gratitude towards the co-learners who voted for them, the interview panel who gave them a chance to hold the prestige.



Grade 5 English activity - Informative poster making



Grade 7 ICT activity - To append & insert an item in List in python

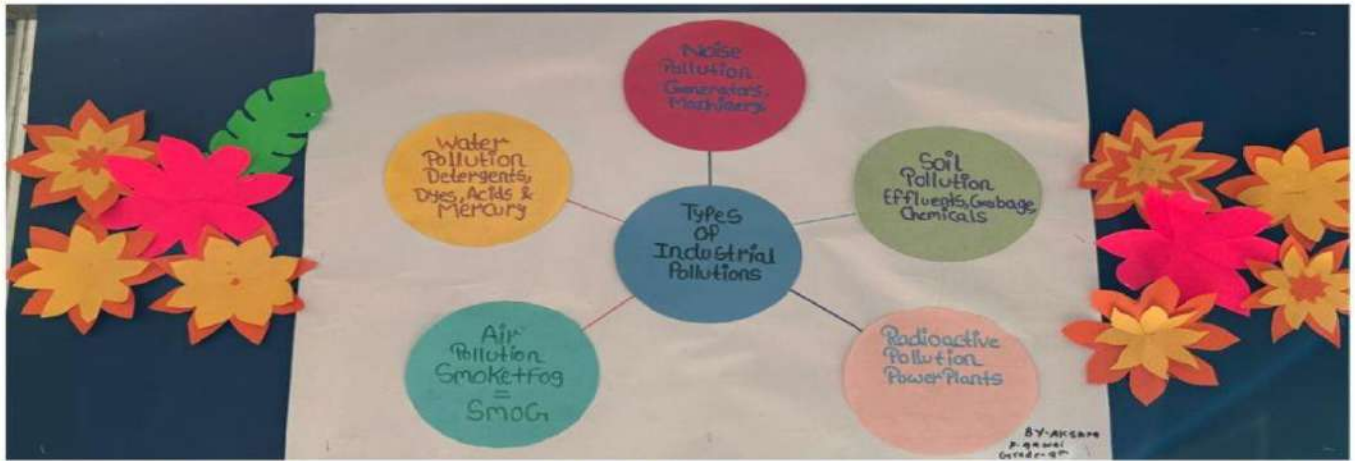


Grade 2 English activity - On solar system





Grade 5 Maths activity - Quadrilateral robots



Grade 10 Role play - Types of industrial pollution



Sampling Distribution





Grade 4 French activity - on time



NCO Certificate distribution



77th Independence Day



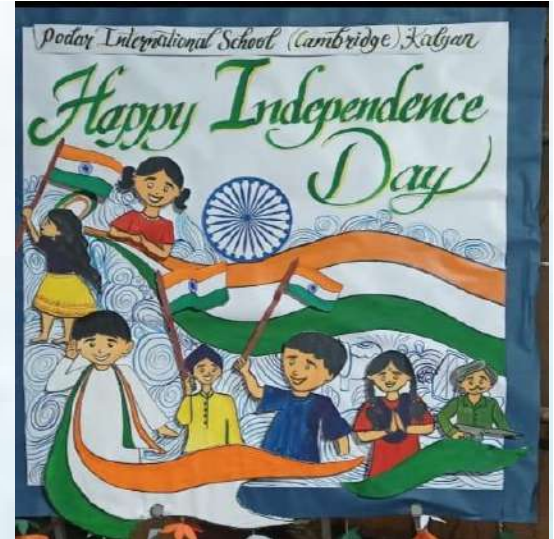


Independence Day 2023

77th Independence day Celebration

15th august, 2023

Podar International School, Kalyan celebrated the 77th Independence day with great pride and enthusiasm. The campus was decorated with tri color posters and ribbons which enlightened the spirit. Patriotic fervor marked the 77th Independence day celebration



The celebration began with a warm welcome of the dignitaries, Principal Sanjay Nandi, Principal (CAIE), Mrs. Sanjeevani Bose, (Principal, ICSE), Mrs. Rinku Agarwal, (Principal CBSE) and Ms. Darshini Yadav (Headmistress, Podar Prep).

The programme commenced at 8.30 am. The dignitaries were welcomed, followed by the unfurling of the Indian tri flag and national anthem sung by PODARITES. Students of ICSE presented a skit to honor the efforts of the Indian army and freedom fighters. The students of grade 4 CAIE, delivered an outstanding speech in Hindi, enlightening the sacrifice of the Indian Freedom fighters like Shahid Bhagat Singh, Chandrashekhar Azad and many more. The cultural programme of classical singing and dance was well appreciated. It was followed by certificate distribution to students who participated in the Scholastic Internship Programme. Additionally Ms. Saachi Galankar was felicitated with the trophy for her achievement in holding the 6th place in the SpellBee International Competition. Furthermore, CBSE students also displayed their talents by paying tribute through patriotic songs and dance.

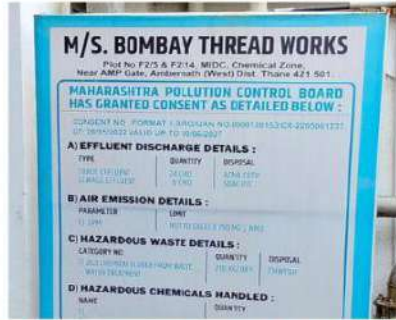
Mrs. Rinku Agarwal, concluded the event by sharing a few words of wisdom. She opined that although India got its freedom from the slavery by the British, we are yet to free ourselves from the slavery of our orthodox thoughts.

The programme ended with everyone singing the National song. Sweets and saplings were distributed to the students.

Overall it was a joyful celebration.



Visit to Shiv Mandir, Ambernath



Industrial Visit

Bombay Thread Works





Industrial Visit

Omkar Plastic Industries



Industrial Trip Report: Exploring Heritage & Industry Amid Rain

26th august, 2023

On Saturday, students from Podar International School, Kalyan embarked on a captivating field trip to Ambarnath, Maharashtra. Despite the rainy weather, the journey was marked by excitement and curiosity as the students delved into the cultural and industrial wonders of the region. The expedition commenced with a visit to the Ambarnath Shiv Temple, a historical gem dating back to the 9th century. The students, undeterred by the rain, were awed by the temple's intricate architecture and carvings. An insightful guide shared tales of its significance, offering the students a glimpse into the town's rich cultural heritage.

Undeterred by the rain, the students moved on to the Bombay Thread Works Factory. Here, they witnessed the inner workings of the textile industry, gaining valuable insights into the manufacturing process despite the weather's challenges. The experience highlighted the factory's role in the local economy and exposed the students to the complexities of industrial operations. It also explained how they contributed to a better environment by having 0 carbon emissions.

The journey continued with a visit to a File Manufacturing Factory, where students learned about the production of everyday office supplies. The factory's operations were enlightening, showcasing the students the journey from raw materials to finished products. This visit underscored the importance of manufacturing in our daily lives. The field trip reached its pinnacle at the rain-soaked Durgadi Fort. The students explored the fort's historical significance and marvel at its architecture. The fort's panoramic views and Strategic importance was eye-opening, giving the students a glimpse into the past. The field trip, though challenged by rain, left an indelible mark on the students. It blended cultural exploration and industrial insights seamlessly, enhancing their understanding of the region's heritage and economic dynamics. Thanks to the dedication of the school's staff and the enthusiasm of the students, this rainy-day adventure will be remembered as an educational triumph.





Grade 5 Humanities activity - Water cycle



Grade 3 Humanities activity - Maps & Directions



Hindi Divas Celebration



Teacher's Day



Teacher's Day Celebration 2023



Janmastami Celebration





Janmashtami Celebration 2023-24

06th september, 2023



Krishna Janmashtami is a significant festival observed. It marks the birth of Lord Krishna and is joyfully celebrated all over. It is more than just a festival. Janmashtami embodies devotion, unity, and spiritual enlightenment, It is a colorful and festive occasion that is celebrated with great joy and enthusiasm

Students from Grade 2 to 5 had a fashion show. They did a ramp walk dressed as Radha Krishna. Students enjoyed pairing and walking on the ramp as Radha Krishna.

Students from Grade 6 to 10 had Dahi Handi. Girls broke the Dahi Handi first forming the pyramids. They enjoyed the formation of the pyramid and after many trials broke the Handi with the coconut.

After the girls round ,Boys took the lead and broke the Dahi Handi after many trials of formation of the pyramid.

It was a lot of fun and enjoyment for the students.They enjoyed dancing to the tune of different Dahi Handi songs.

Overall everyone enjoyed the celebration and received coconut and fruit as prasad.



Field Trip to Patel R Mart





Field Trip

Pathare Nursery, Kalyan



Field Trip To Pathare Nursery:

08th september, 2023

On 8th September 2023, Friday, the primary students of Podar International School CAIE, Kalyan were given the opportunity to go on an educational field trip to Reliance Smart Mart and Pathare nursery. The day started off with all the grades lined up, ready to embark on their buses. The students were divided into groups of two, each grade evenly distributed among the buses. Srujan and Shaurya were in bus 2, and Sumedha and Palak were in bus 1. The bus ride was extremely fun, as all the students anticipated the arrival of their first destination.

The first stop on the agenda was Reliance Smart mart. The kids were allowed 50 rupees each to spend on whatever they wanted. Given that they had this budget, it was an opportunity to teach them about the basics of budgeting. We taught them to prioritize their choices using two major questions - 'Do you really need it?' And 'Is it in the budget?'. The second thing we taught them, which most of them were already aware of, was communication skills. We asked them to be polite and speak appropriately with the employees and thank them after they helped the kids. While picking out the products everyone wanted, we educated them about the three crucial elements of the label, the manufacturing date, the expiry date, and the MRP (maximum retail price). Lastly, everyone's math skills kicked into place at the billing counter as the kids started adding their totals and calculating their change. At the billing counter, the kids realized that a discount had been applied to their purchase. This enabled them to further brainstorm about the discount amount and ask themselves the question, "How much money did we save?".

After the visit to Reliance Smart Mart, we visited Pathare Nursery. The kids were split into 3 groups; Group 1 was with Sumedha, Group 2 was with Palak, and Group 3 was with Shaurya and Srujan. The kids took a stroll along with the teachers, senior students and guides at the Pathare Nursery. They learnt about the different parts of a plant (e.g- the stem, leaves, flowers, etc.). They learnt why flowers of the same species looked different from each other (e.g- why there are white hibiscuses and red hibiscuses). They were able to identify different plants from their leaves, their fragrance and their flowers. Along with that, they also learnt about the different uses of plants, like, which plants were used for decorative purposes, which ones were used for medicinal uses, etc. The children were able to identify common household plants, and described how they use plant products in their daily lives. They were briefed regarding how plants are adapted to their environment, and they were fascinated regarding the adaptive features of cacti, roses and other plants. The kids learnt about the needs of different plants (how much water and sunlight they need, and what soil they're grown in), as well as how to take care of them. We encouraged them to be inquisitive about the variety of plants there, and there were numerous curious queries, such as, 'Why are the leaves of this plant red?', 'What is this plant?' 'Why do we need this plant?', 'Why does this plant have flowers like this?', and many more. The children's queries were answered, and the visit ended with an explanation on why it's crucial to plant trees for a sustainable future.

In conclusion, it was a tremendously fruitful trip that allowed the students to explore the world outside of their classrooms.

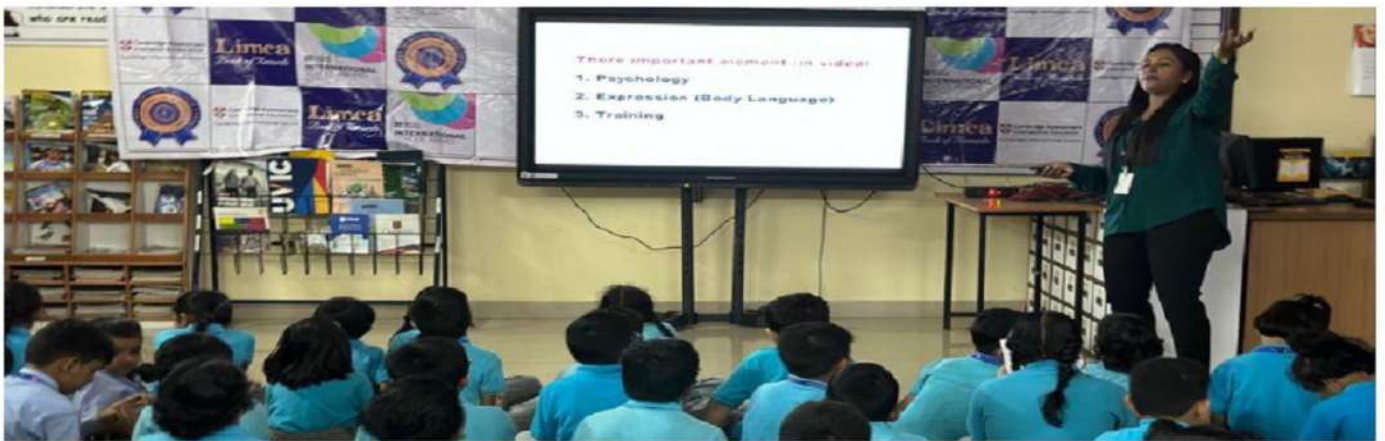




Grade 8 Chemistry activity - Diffusion



ED Talk - Basic Life Skills

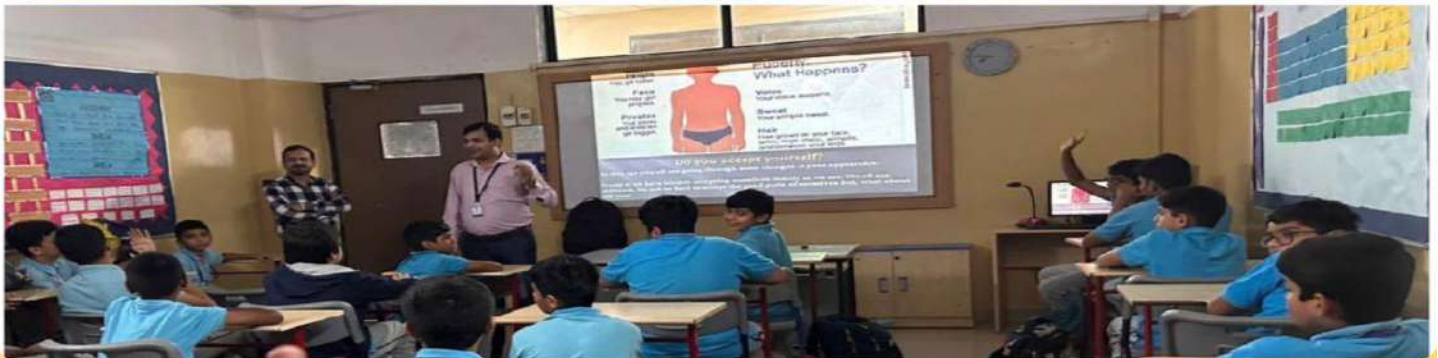


ED Talk - Body Language

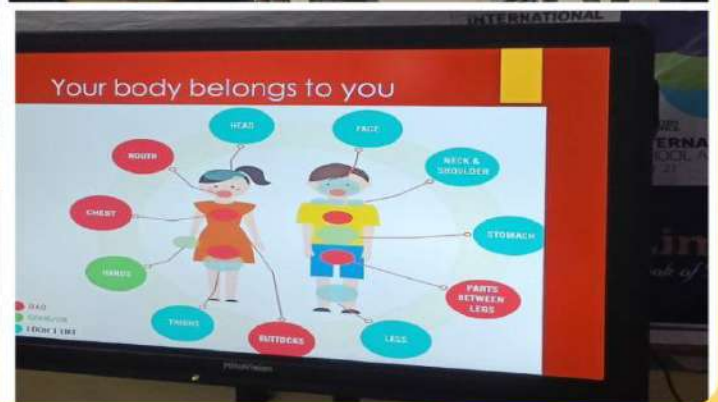


Ganesha Making





Boys & Girls Welfare Meeting



ED Talk - Good Touch vs Bad Touch

Good Touch Bad Touch Report

04th august, 2023

Good Touch Bad touch workshop was conducted in the library with grades 6th to 10th.

The objectives were

- 1) **To make students aware about Safe and unsafe touches that they may receive in various public places as well as from relatives.**
- 2) **To make them aware about how with growing age they may find some unsafe touches good.**

The workshop was conducted by **Mrs. Harshada (counselor)** and for grade 6th to 10th. Students were asked about the information about feelings related to good and bad touch. They were asked about the places they travel where they may get such a touch. They were made aware that in public places also they can get to see such instances. They were also educated that the person who is doing this crime can be anyone from the family as well.

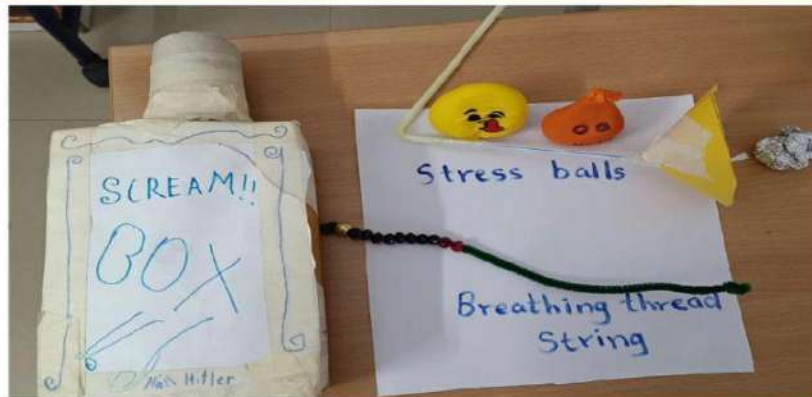
They were encouraged to tell some ways to cope with bad touch events and how to convey about such instances to the parents. They were made aware about the developing sense of touch through growing up concepts. Why in this age the touch we might find good cannot be safe? What is the impact of such events can occur on our mind, body and emotions which would be manifested throughout the life by them.

The workshop was so interactive that all the queries by students were answered. It was concluded at 9:35 am by explaining to them the safety measures to be taken to prevent and protect them from getting unsafe touches and its impact.





Mental Health Activities





Navratri Celebration 2023



DSO Tournament Participants





Diya Making







Educational Trip-Mahabaleshwar





Educational Trip To Mahabaleshwar

Podar International School CIE Kalyan, had arranged a trip to Mahabaleshwar on the 8th, 9th and 10th of November for students of grade 5 to grade 10. All the students were required to gather at the school at 5:30 in the morning, before



departure by bus at 6:00. The journey was quite tedious and long, but there were frequent pit stops for washroom breaks. We stopped at a highway restaurant for a scrumptious buffet breakfast. After that we directly embarked for our hotel Regenta Green, and reached at 2:00 PM. After our weary travel, it was the tour guide that allotted our rooms, and room captains were assigned. Students were then given a few hours to settle into their rooms, unpack and enjoy the breathtaking sceneries around the hotel. Students also enjoyed various games setup in the yard. At 7:30 PM, the Ramp Walk, for the title of Mr. and Miss Podar, began. One by one students of each grade walked up to the judges, expressing their unique style. Each grade also had a group ramp walk, followed by a group picture. I waited along with the teachers since we had been assigned the task to interview each of them for a video which would be presented on the Annual Day. This session brought us closer to our teachers as individuals, the day drew to a close, with most of the students taking walks right after their dinner, before going back to their villas. It was quite an eventful experience spending the night with our classmates, who were also our roommates. We left for Pratapgad Fort, 24 kilometers from Mahabaleshwar. It was an arduous trek up to the statue of Chhatrapati Shivaji Maharaj but eventually all the students made it up to the statue and back. After our lunch we went to Bhilar book village where an expert came onto the bus to explain to us about the village, which we couldn't visit due to rainfall.



We went to Mapro Garden, where we brought various Mapro products and ate at the cafe. After we came back to the hotel, the winners of the ramp walk which was held the day before were announced. Before the prize distribution, grade 9 students had organized a treasure hunt for all the students. In the end team orange won the treasure hunt. It was followed by the distribution of prizes

We gathered for breakfast at 7:30 AM and left for our final attraction, the on-wheelz amusement park. The students enjoyed various rides such as pendulum, bumper cars and even the horror house. The highlight of the visit were the go-kart rides, which almost everyone tried. After that we embarked on our final destination, the school. After that we stopped at a fresh fruit vendor, so the students could purchase the speciality of Mahabaleshwar, the strawberries. The we had a few hours of continuous travel, until we reached the school. All of us were then dispersed with heavy hearts but also with priceless memories.

Srujan Salian,
Grade 10



Educational Trip To Mahabaleshwar

The trip started on the 8th of November, 2023. We reached school at 5AM, and boarded the bus at around 5:45 AM. The bus ride was truly memorable, and we all had a blast. We stopped for breakfast, and then arrived at our hotel for lunch. The lunch was delicious and we were told who our room captains were. I was made the room captain. After lunch, we went to our respective rooms to freshen up and get ready for the ramp walk. The fashion show was a unique experience that I will not forget anytime soon. Though many of us didn't qualify for the questioning round, we all enjoyed dressing up and cheering for our peers. We then had dinner and went up to our rooms to change into more comfortable clothes. Many of us then came back downstairs for a short walk, and then retreated to bed.

The next day started at 5AM, at least for me. I freshened up and helped my roommates get ready too. Breakfast started at 7AM, and soon after, we boarded the bus to Pratapgah fort. It was an enthralling experience, and we learnt more

about our state's history, and had a great time exploring with our teachers and friends. Soon after, we went back to the hotel to eat lunch. We then went to Mapro Gardens, where we did some shopping and ate some of the specialties and snacks, which were absolutely scrumptious. We then returned to the hotel to freshen up for Music Night. There was a surprise planned by grade 9- a treasure hunt! We were split up into groups with one teacher each. The winner was team orange, Renuka ma'am's team. The results for the past day's fashion show were also announced, and there were on-spot prizes too. It was a great night filled with a lot of fun, laughter and happiness. We ate dinner, freshened up and changed into comfortable clothes, and then went on a walk before going to sleep.

On day 3, we all woke up early and packed our bags. Breakfast was at 7AM, and we departed soon afterwards. Our first stop was OnWheelz Theme Park. We all had a great time going on various rides, go-karting and eating delicious food. We even befriended a white cat who followed us around, even posing for our group photograph. We then boarded back on the bus, ready to go back home. The bus journey was marvelous, with fun, music and laughter everywhere. It was truly a trip to remember.

I learnt many new things on this trip, such as the history of Pratapgarh fort, as well as bonded with my peers. I even learnt how to go-kart, which was quite amusing, even though I nearly caused some accidents. I also got to experience and learn about new things, like learning how to walk on a ramp, work in a team as well as learn how to manage my money efficiently. I had a great time, and my last trip to school was truly memorable.

Shaurya Madwaikar,
Grade 10



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Achievements

PODAR INTERNATIONAL SCHOOL (CAMBRIDGE INTERNATIONAL), KALYAN



PODAR
INTERNATIONAL SCHOOL
MORE THAN GRADES



Cambridge Assessment
International Education
Cambridge International School
Cambridge International
IN 718



UDISENO :
27210600215

IGCSE TOPPERS MARCH-2023

100%
Result



Shrishailya Rao
6A* 1A



Vedika Pal
6A* 1A



Bhuvi Gurnani
3A* 4A



Bhavesh Valecha
2A* 4A



Parth Bhatia
1A* 5A



Ayaan Sayed
1A* 4A



Devashree Sarvade
5A 1B



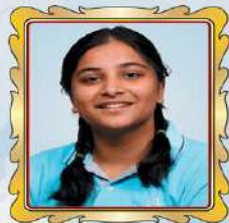
Aarya Maitra
3A 4B



Sachee Galankar
3A 4B



Aryan Majhi
3A 2B



Jiya Patel
3A 2B



Pari Jain
2A 3B




Krishna Dulani
1A 3B

Congratulations!

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UDISENO :
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Checkpoint Result - October 2022



Akshat Kulkarni

Eng. - 4.2/6 Maths - 6/6 Sci- 6/6



Saachi Shah

Eng.- 3.4/6 Maths - 6/6 Sci-6/6



Granth Jain

Eng.- 3.2/6 Maths - 6/6 Sci- 6/6



Congratulations!





MIMAMSA School Award Mumbai 2023 - Best Holistic Development Programs for students (Thane region)



Star Education Award 2023 - Best Principal In International School (Kalyan)



World Of Education Expo 2023 - Podar International School (CIE) , Kalyan

TIMES Education Icons

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Thursday, December 28, 2023

An Advertorial, Education Promotional Feature
An Optimal Media Solutions Initiative, A Division of Times Internet Limited



FELICITATING THE BEST IN THE FIELD OF EDUCATION



Education plays a vital role in every individual's life. To felicitate the best schools and educational institutes in the city, we present the Times Education Icons 2023, an event conducted by Optimal Media Solutions (A division of Times Internet Limited).

These awards are based on surveys conducted for the top business schools, engineering colleges, education institutes in the field of fashion design, architecture and hotel management as well as schools and pre-schools across Mumbai. The winners of the event are selected basis survey conducted by independent research agency i3RC Insights Pvt. Ltd for Times School Survey 2023, Times Top Education Institutes Survey 2023, Times B-School Survey 2023, Times Engineering Survey 2023 and Times Preschool Survey 2023.

The ceremony was attended by renowned educationists and eminent sport celebrities including Geeta Phogat, Leander Paes and Rani Rampal. This event was anchored by celebrity host Sachin V Kumbhar, who entertained guests with his witty one-liners. He made an impression on the who's who from the Mumbai education fraternity while conducting the event. At the event, educator, Dr. Brijesh Karia, captivated the audience with his illuminating discourse on the evolution of education and its dynamic metamorphosis. Dr. Karia seamlessly intertwined poignant narratives with profound insights, fostering an unparalleled engagement that resonated profoundly with attendees. His compelling anecdotes and adept articulation illuminated the shifting paradigm of education.

Padma Shri Dr. Vijay K Raghavan graced us with his presence who has conceptualized The Lodha Genius Program. The Lodha Genius Programme is a joint initiative between Lodha and Ashoka University.

Ashoka University is India's premier liberal arts university, known for its interdisciplinary approach to education, world-class faculty, and commitment to social impact. Guided by a vision of building a better life, Lodha aims to positively contribute to both - our planet and our people.

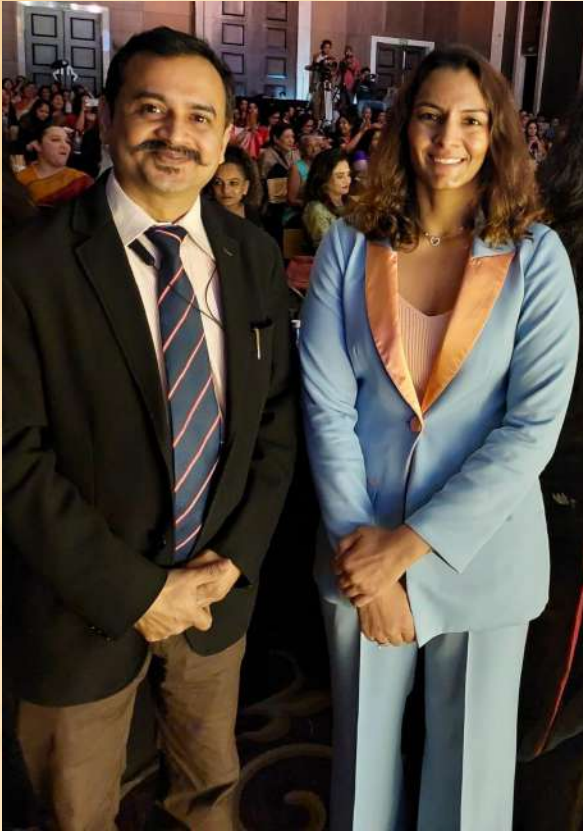
Together, Lodha and Ashoka University are committed to creating a programme that provides students with the knowledge, skills, and network they need to succeed in today's complex, interconnected world. Uni Mitsubishi Pencil was the premium writing instrument partner and Navnit Motors Discovery Sport was the luxury auto partner.



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Rani Rampal felicitating Podar Education Network



**With the legend female
Indian wrestler -
Geeta Phogat**

**With the legend
Indian former
Professional Tennis
player -
Leander Paes**





Times Education Icon in the category Top School Cambridge Curriculum - Podar International School (CIE) , Kalyan



EXPERT SPEAK

UNLOCKING FINANCIAL INDEPENDENCE: EARLY EDUCATION IN FINANCIAL LITERACY

writeback@scoonews.com

Sustainable Educational Practices involve developing life skills including leadership, communication, collaboration, and management, all of which are extremely important for the personal development of students. Financial literacy involves an individual's ability to interpret and understand basic financial concepts and apply that knowledge to make informed decisions as lifelong learners. There are many benefits to being financially literate which definitely brings more development and innovation through the use of more technologies and more economic & social prosperity. The key role students would be playing in saving, managing pocket money, understanding the power of compounding, retirement planning, accumulating wealth, and avoiding debt. Financially literate more the ability to understand macroeconomic problems and make informed decisions related to fiscal and monetary policies, the scope and limitations of new start-ups, and how to take calculated risks.

Life Skills education would place us on the pathway to growth and development. It is the process enabling us to lead our lives as effectively and efficiently as possible. Life Skills prepare an individual to live life independently and productively within a society.

According to United Nations Children's Fund (UNICEF), Life skills are, "a behavior change or behavior development approach designed to address a balance of three areas: knowledge, attitude, and skills." World Health Organisation (WHO) in 1991 defined Life Skills as, "The abilities for adaptive and positive behavior that enable individuals to deal effectively with demands and challenges of everyday life. WHO already understood the inestimable role that Life Skills play in our lives and has already felt the need for inculcation of Life Skills in the minds of students the

world over so as to equip these citizens of the future with the skills necessary. According to Dictionary.com, Life Skills refer to "the ability to cope with stresses and challenges of daily life, especially skills in communication and literacy, decision-making, occupational requirements, problem-solving, time management, and planning."

The types of Life Skills needed to function effectively within a society depend on the cultural norms or standards of the society. Due to the dynamic nature of society, Life skills are viewed as crucial for everyone to cope with a rapidly changing world. These skills can lead us to success and accomplishments, professionally as well as in regular life.

The major Life Skills are:

- Everyday living skills like managing own finances & time, practicing good and healthy habits, cooking and cleaning.
- Self-development skills include self-reflective and understanding like taking own decisions and coping with stress
- Social skills include teamwork, communication, listening, and conflict resolution.
- Occupational skills are finding employment opportunities, developing work integrity, etc.

Basic Life Skills include financial literacy which is to improve understanding of basic financial concepts and using them in daily life. It is being able to provide that basic guidance about the management of finances as stage 1 to the students. They may choose any career ahead but they should always be financially literate to manage their own finances by themselves. To develop a country's economy it is very important for the young generation to be financially educated so that they are able to take calculated risks.

It will help the youth to comprehend the

importance and advantages of savings, the necessity of staying out of unproductive loans that are beyond capacity to repay borrowing with the formal financial sector, the concept of interest and the power of compounding, time value of money, inflation, the need to insure, the role of major financial sector institutions such as regulators, banks, stock exchanges, etc.

Financial literacy hasn't been given much importance in the Indian school education system and even the New Education Policy (NEP) has hardly given any scope for financial education. It is witnessed that when a parent reads, talks, or plays with the kid, they are stimulating the growth of his/her brain and building the connections that will become the building blocks for reading. Similarly at school, financial literacy can be started in the early years like class 6 or class 7 where students have lots of excitement, potentiality and curiosity to do productive work. Introduction to the basics of money, savings, wants vs needs, budgeting, expenses, and savings could be used at a lower secondary level with relevant daily examples. In due course of time creating a budget geared towards long-term saving, investing in companies or buying stocks, or the power of compounding and visit to a bank for functioning could be introduced. The importance of handling and managing money should be useful and valuable.

In the Indian education system class 9 onwards students should be able to decide their science or commerce streams but most of them fail to understand their liking for subjects. Many times it has been found that they choose subjects/streams due to parental or peer-pressure. Usually, no introduction or basics of the subjects like Economics or Accounting is explained to them. As a result, they lose interest or end up with the wrong career choices. Financial Literacy could be useful in this case.

The Financial Inclusion and Development Department of the Reserve Bank of India has come up with customized financial literacy content for school children. The objective is to make readers financially literate. It is not intended to influence the reader into making a decision in relation to any particular financial products or services but to become more aware of financial risks and opportunities to enable each one of them to make informed decisions and as a return, they can improve their financial well-being.

Reserve Bank of India (RBI), the Securities and Exchange Board of India

Principal's research work was published in ScooNews magazine.

52 SCOO NEWS May 2023



(SREB), The Insurance Regulatory and Development Authority of India (IRDA), and the Pension Fund Regulatory and Development Authority (PFRDA) jointly set up an organization as National Centre for Financial Education (NCFE) under National Institute of Securities Markets (NISIM) to spread awareness among school students. Central Board of Secondary Education (CBSE) and their associates published several books for Financial Education but were not accepted by many of their own board schools.

The introduction of the Financial Literacy program on financial autonomy at the school level can help make the economy stable (from external disturbance) and enhance continuous growth towards development; we should be able to provide guidance to students for risks and other opportunities. To evolve energetic and active students for financial literacy at the school level we should try to coach, rather than teach, through different strategies like, think - Pair - Share, 6 thinking hats, field trips, expert talks, flip classroom, etc. Strategies should engage them completely with collaboration, cooperation, critical thinking, and problem-solving. Also, subject correlations like History, Civics, Geography, English, and Mathematics could be interlinked together. Every student should be able to understand the importance of money on a daily basis. They should be able to understand how to maintain a self-budget, managing their pocket money and basic savings. More studies could bring out the usefulness of financial inclusion in our daily life where students can get details from schools at an early age and have better decisions in their life.

In this article, we will share experimental research in education where Research Problem was:

Impact of Financial Literacy on financial autonomy among Secondary School Students: a case study

Research Methodology:

I. Objectives of the Study: Depending on the research questions below, this paper seeks to achieve the following objectives.

- To identify the pre-test scores of Secondary School Students
- To implement the Financial Literacy program.
- To identify the post-test scores of Secondary School Students
- To compare pre-test & post-test scores of Secondary School Students

II. Hypothesis of study:

H0: There is no significant difference between the pre-test & post-test scores of Secondary School Students.

Research Design and Data Collection:

By using an experimental research method in one of the schools at the secondary level, single group design with Pre-test, then using the content developed by RBI, planning the lessons, execution with bank visit, and finally Post-test. From the test results, we will find mean, median, mode, Standard Deviation, t-test, P-test, and finally inference.

Findings: There is a significant difference between the pre-test & post-test scores of Secondary School Students. Hence null hypothesis is rejected and the alternative hypothesis is accepted and it is statistically significant.

Significance of the Study: This study could bring out the impact of financial literacy on students' daily life as lifelong learners and also provide food

for thought to parents, schools, policy-makers, and researchers. This study aims to clarify the awareness and impact of financial literacy in secondary school and leads to more scope & further studies for future researchers and practitioners who can use the information to identify and assist students at differing financial literacy levels. With the increased interest in the financial literacy level in high school, college, and university students this study will add to the body of knowledge and lead to continued research on the university student population by providing a reference point for future researchers. Introduction to basics of money, savings, wants vs. needs, budgeting, and expenses; savings could be used at the lower secondary level with relevant daily examples. In the course of time creating a budget geared towards long-term saving, investing in companies or buying stocks, or the power of compounding and visit to a bank for functioning could be introduced. The importance of handling and managing money should be useful and valuable.

It will benefit school administrators, Principals, teachers, and policy makers for making use of this research and implement it for the betterment of society & nation as well as make a difference.



Sanjay Nandi
Principal,
Podar International School (CE),
Kalyan, Mumbai



ScooNews magazine May 2023 under Expert Speak : Unlocking Financial Independence: Early Education in Financial Literacy
<https://scoonews.com/magazines/scoonews-may-2023-digital-edition/> pg 52-53

We Congratulate all teachers and students for the successful completion of E-magazine Issue - 16. Together, we can research further to make our school magazine interesting and worthwhile for people to enjoy reading.

Suggestions and advice are welcome for E-magazine.

Email : principal.ciekalyan@podar.org



References

Kindly follow the links for more information

- **Information Desk -**

<https://www.podareducation.org/school/kalyancie/kalyancieinfodesk>

- **Best CIE School in Kalyan, Maharashtra -**

<https://www.podareducation.org/school/kalyancie>

- **Why Cambridge International Board at Podar -**

<https://www.podareducation.org/uploads/kalyancie/faqs%20about%20cambridge%20curriculum%202020%20.pdf>

Announcement !!!!!

We would like to announce that we have started encouraging students with Award/Trophy by recognising their efforts in the category - Designing the most creative cover page for E-magazine.

The above award would be dedicated to the fond memory of Ms. Vanshika Shetty, the Cheerful, Vibrant and Lively Podarite who will continue to stay in our Hearts Forever.



**Creative Cover Page award Winner -
Heer Shirani for E-magazine Issue 15**