Since 1927

PODAR INTERNATIONAL SCHOOL, MANGALORE

The Campus Roots

THE 'UDDAN' EDITION

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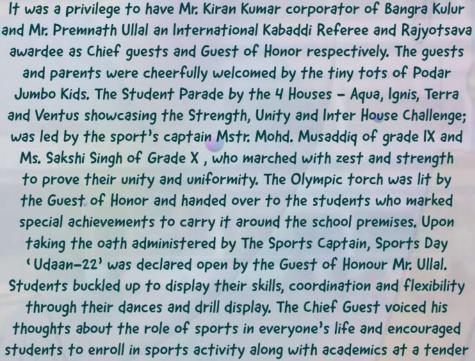
Sports Day 2022

PODAR Udaan' WARRAGE STORTS DAP Udaan'



"It's not whether you get knocked down, what matters is whether you get up."

Sports, and being a sport is very important to inculcate discipline as an integral part in everyone's life. Podar International School Mangalore had celebrated its 5 th Annual Sports meet "UDAAN -2022" on 12 November 2022.



students to enroll in sports activity along with academics at a tender age. Events were conducted on the sports day for the students and they were awarded with certificates and medals. Parents also actively participated in the fun games organized. Lastly, the event wound with lowering the school flag and singing the national anthem.



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Grade I		
Boys	Girls	
50 m race	50 m race	
I Place	I Place	
Rishank Y Shetty	Kanishkaa Prashanth	
II Place	II Place	
Chirayu Anchan	Aanya Shetty	
III Place	III Place	
Anam Deepak	Sanwariya M D	
Book balance race	Book balance race	
I Place Aathish Anantha Kotian	I Place Anargya Jain	
II Place	II Place	
Chirayu Anchan	Niharika D	
III Place	III Place	
Mohammed Ameen	Sanwariya M D	
Obstacle race	Obstacle race	
I Place	I Place	
Bhavith P Shetty	Sanwariya M D	
II Place	II Place	
Anam Deepak	Bodhay Pravaksha	
III Place Anmol Kamlesh Prasad	III Place Kanishkaa Prashanth	

	ade II Girls	
Boys	Giris	
50 m race	50 m race	
I Place Hussain Hanoof	I Place Igra Fathima	
II Place Diyan Poojary	II Place Sohalia Chandra Poojary	
III Place	III Place	
Samaksh Kotian	Jaanvi	
Obstacle race	Obstacle race	
I Place	I Place	
Hussain Hanoof	Ishaani K	
II Place	II Place	
Rishen R	Sohalia Chandra Poojary	
III Place	III Place	
Ajohn Varghese	Jaanvi	
TT ball Balance race	TT ball Balance race	
I Place	1 Place	
Ayush Umeshan	Dhruhi Shamanth	
II Place	II Place	
Manvith H R	Jaanvi	
III Place Mohammed Haifu	III Place Ishanyi Santhosh	

Gr	ade III
Boys	Girls
50 m race	50 m race
I Place	I Place
Aadan Franz Pinto	Kanishka A
II Place	Il Place
Laksh S S Poojary	Ruhi Gupta
III Place	III Place
Takshal N	Avani P Suvarna
Sack race I Place Aadan Franz Pinto	Sack race I Place Ayshathul Azwa
II Place	II Place
Laksh S S Poojary	Ruhi Gupta
III Place Tanush Indrajeet Raval	III Place Kanishka A
Water bottle filling with hand	Water bottle filling with hand
I Place	I Place
Gadin G Gulwadi	Avani P Suvarna
II Place	II Place
Priyansh Y Shetty	Vipra Prashanth
III Place	III Place
Rayansh P	Aalia Khan

Boys	Girls		
Standing Broad Jump	Standing Broad Jump I Place Athufa Aysha		
l Place Daksh Santosh Kumar			
II Place Soham Chandra Poojary	Il Place Purvi Prasad Therade		
III Place Pratham P Joshi	III Place Lavanya Mahesh Muddapur		
Sack race	Sack race		
I Place Pratham P Joshi	I Place Avya Varghese		
Il Place Akshaj Amin	Il Place Athufa Aysha		
III Place Pinto Samik Silas	III Place Dhruvi Meloth		
100 m race	100 m race		
I Place Mohammed Umar Hafeel	I Place Dhruvi Meloth		
Il Place Amaan Shetty	II Place Purvi Prasad Therade		
III Place Pratham P Joshi	III Place Avney Datarkar		

G	rade IV		
Boys	Girls		
50 m race	50 m race		
Piace Vishnusmaran M D	I Place Aadya L Saliyan		
II Place T K Thimmaiah	Il Place Hamna Rasheeda		
III Place Vihaan Shetty	III Place Parinitha V Nayak		
Water bottle filling with hand	Water bottle filling with hand		
Place C Ankush	I Place Theertha Shetty		
Il Place Prathyaksh Raj Pai	Il Piace Simrah Jameela		
III Place Vihaan Shetty	III Place Shanvi Riya Dsouza ; Raashi R Raj		
Obstacle race 9/11/22	Obstacle race		
I Place Vishnusmaran M D	I Place Aadya L Saliyan		
II Place Anvith Shetty P	Il Place Hamna Rasheeda		
III Place Udbhav D Hegde	III Place Theertha Shetty		

Grade VIII		
Boys	Girls	
100 m race	100 m race	
Place Kanishk Kiran Bengre	I Place Shreeya Sunii	
Place	II Place	
Mohamed Samaan	Kumuda Bapur	
II Place Aryan	III Place	
Rao	Shreya Amol Suvarna	
Shot put 19/10	Shot put 19/10 /22	
I Place	I Place	
Kanishk Kiran Bengre	Shreya Amol Suvama	
II Place	Il Place	
Mohammed Afeef	Kumuda Bapur	
III Place	III Place	
Mohamed Samaan	Lia	
200 m race	200 m race	
I Place	l Place	
Kanishk Kiran Bengre	Shreeya Sunil	
II Place	Il Place	
Mohamed Samaan	Kumuda Bapur	
III Place Aryan Rao	III Place Lia	
Standing Broad Jump	Standing Broad Jump	
I Place	I Place	
Kanishk Kiran Bengre	Kumuda Bapur	
Il Place	Il Place	
Mohamed Samaan	Shreya Amol Suverna	

	Grade X	
Boys	Girls	
100 m race 9/11/22	100 m race 9/11/22	
Place	I Place	
M A Prahallad	Niriksha Ria Noronha	
I Place	II Place	
Samir Singh	Sakshi Singh	
II Place	III Place	
Mohammed Eshaan Hejamady	Yuktha Satheesha Kotian	
Shot put 19/10/22	Shot put 19/10/22	
Place	I Place	
M A Prahallad	Kushi	
l Place	II Place	
Mohammed Eshaan Hejamady	Lekisha Vinod	
II Place	III Place	
Samir Singh	Priya Bhansali	
00 m race	200 m race	
Place	I Place	
M A Prahaliad	Niriksha Ria Noronha	
l Place	II Place	
Samir Singh	Lekisha Vinod	
II Place	III Place	
Mohammed Eshaan Hejamady	Sakshi Singh	
Discus Throw	Discus Throw	
Place	I Place	
M A Prahallad	Lekisha Vinod	
l Place	II Place	
Samir Singh	Sakshi Singh	
III Place	III Place	
Mohammed Eshaan	Shatakshi Yadav	

Boys	Girls
100 m race	100 m
I Place Mohammed Hamid Musaddig	I Place Aanya C Amin
II Place Dhrithanidhi D Hegde	Il Place Hania Zainaba
III Place Rachith Pushpakara Ganguli	III Place Shambhavi S Kartha
Shot put	Shot put
I Place Dhrithanidhi D Hegde	I Place Aanya C Amin
Il Place Ayaan C Vikram	II Place Adrena Deepthi Sequeira
III Place Shashwath Sujit Shetty	III Place Hania Zainaba
Discus Throw	Discus Throw
I Place Dhrithanidhi D Hegde	I Place Aanya C Amin
II Place Ayaan C Vikram	II Place Adithi Malli
III Place Shashwath Sujit Shetty	III Place Hania Zalnaba

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	irade VI		
Boys	Girls		
Standing Broad Jump	Standing Broad		
l Place Siddharth Vasanth Acharya	I Place Ishitha M		
Il Place S Jai Hari Krish	II Place Ruqayya S R		
III Place Hisham Salim Mohammed	III Place Harshika H R		
Shot put	Shot put		
I Place S Jai Hari Krish	I Place Ishitha M		
II Place Diptanshu Vishal Sali	II Place Ruqayya S R		
III Place Shiv Prajapati 100 m race	III Place Jaanvi Jayaram Sapaliga 200 m race		
I Place Siddharth Vasanth Acharya	I Place Ishitha M		
II Place Hisham Salim Mohammed	II Place Prakanya p		
III Diane	III Place Rahana		

Grade VII		
Boys	Girls	
Standing Broad Jump	Standing Broad Jump	
I Place	I Place	
Saksham	Spoorthi	
Kotian	Bhandarkar	
II Place		
Vivan	Il Place	
Bhansali	Dimpal	
III Place	III Place	
Aaron Fabian	Poojana	
Pinto	Jayaram	
Shot put	Shot put	
l Place	1 Place	
Hardik	Dhanisha D	
Rathnakara Rai	Padaki	
II Place	II Place	
Chinmay S *	Dimpal	
III Place	III Place	
Saksham	Christal	
Kotian *	Fernandes	
200 m race	200 m race	
1 Place	I Place	
Saksham	Dhanisha D	
Kotian	Padaki	
Manager Commence	II Place	
Il Place Aaron	Spoorthi	
Fabian Pinto	Bhandarkar	
III Place	III Place	
Chinmay S	Dimpal	





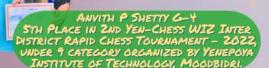




Full Results of PISM Sports Fest Udaan-22

Special Achievements







AADHYA GURUPRASAD G3 IST PLACE IN SINGING EASTERN SOLO ROTARY CLUB MANGALORE



VIHAAN SHETTY GY

7TH PLACE IN 2ND YEN-CHESS WIZ INTER
DISTRICT RAPID CHESS TOURNAMENT - 2022,
UNDER 9 CATEGORY ORGANIZED BY YENEPOYA
INSTITUTE OF TECHNOLOGY, MOODBIDRI.



SHREEVATSA P G9
BEST DELEGATE (1) IN UNSC COMMITTEE AT
SAPMUN-22

School Achievers 🛛 🗳

PISM HAS BEEN RECOGNIZED AND RANKED 3RD BEST CO-EDUCATION SCHOOL IN MANGALORE

https://docs.google.com/spreadsheets/d/1WEBKQWa7AGbqho0s1gECR0n6k-0mvF85nAQDD_R0xck/edit?usp=share_link



STUDENTS ARTICULATE



Fly in the Sky
When I look up at at the bright blue sky
And see the birds that soar up high
I feel I want to grow wings and fly
Up in the cloudless sky
It would be just so fun
To gaze at the blazing sun
And the twinkling stars
Localed so far

I would be happy and very gay If I flew to the sky for just a day !!

Adhya G Grade 3

My DESIRE

Chandu and Akash were brothers. They used to sleep in the same room and in the same bed. Before going to bed, every night they used to play a game. The name of the game was 'My Desire'.

One day Chandu started the game and said I wish I had a blue fairy with me. A blue fairy? But why? asked Akash. So that with his magic wand, he would make all my work easy, replied Chandu. Oh! Now I have understood. You are talking about your homework. You don't like doing homework, isn't it? Said Akash smiling.

Ok! Akash tell me what your wish was, asked Chandu. Oh! I wish for snow all night. All around there is snow and snow. Both of us would play in the snow and make snow balls. Just then mummy came in. She said, Oh! Both of you are still awake. Go to sleep immediately .Chandu and Akash said good night to their mother and that night they really dreamt that there was snowfall everywhere.

NAME: S.HEMRAJNANDAN GRADE: 3

DIV: A



My Journey to New York City

New York City is a universally known city. With 59 billionaires and 345,600 millionaires, New York stands as the richest city in the world by 2022. It is also home to the world's two largest stock exchanges by market cap and imagine me visiting one of the richest cities in the world.

On 6th late evening me & my family left for NYC (New York City in short) from Tampa, Florida on JetBlue flight at 6 pm. We reached our pre-booked rooms by taking a cab. It was late at night so we had a great sleep on our comfy beds.

On the 7th morning we got ready for a pre-planned long day. We walked towards the subway which is said to be inaugurated in 1904. Upon reaching lower Manhattan we took a cruise toward the infamous Statue of Liberty given as a gift by France which took almost four months to rebuild on the island. It was built by Auguste Bartholdi on the year

We then went to the Charging Bull which was built by an Italian-American Arturo Di Modica with his own money in 1989. As it was afternoon and everyone was hungry we walked to Chipotle, a Mexican restaurant, and had our lunch. We then went to the "Edge" opened on the 100th floor of the 30 Hudson Yards skyscraper in New York on March 11, 2020, officially making it the highest outdoor observation deck in the Western Hemisphere at 1,131 feet tall.

By the time we were done with the "edge" building we had to visit a building built at an astounding height of 1244 feet tall, the "Empire State Building". We went all the way to the top and took some photos. It was about 9 pm and everyone was hungry again. We decided to visit a place after dinner.

At 10 pm we reached the sheer amount of theaters along Broadway, in Lincoln Center, and the Theater District. You can catch award-winning plays and musicals all year long. The area is busiest during annual festivities, especially New Year's Eve called "The Times Square". After this we went to our rooms via subway early in the morning at 1am, and had a great sleep again.

Again on the 8th morning we had our breakfast, walked towards the subway and visited the Brooklyn Bridge the longest suspension bridge in the world-by far. After this we visited China Town which was a bad experience for us. We had our lunch at Chipotle and visited one of the biggest stock exchanges markets, the "World Trade Center" from the outside. We also visited the 9/11 memorial. A tragic incident ever occurred. About 3,000 people were killed, 1,000 injured. The plane attack on the twins of the World Trade Center.

This was the end of my journey to NYC. It was an amazing experience for me. Especially the underground subway. I became a really good navigator in just 2 days of my visit

New York City "A City That Never Sleeps" -Shrinidhi Kudreppady VIII Ventus House

ಇದು ಸ್ಪರ್ಧಾತ್ಮಕ ಯುಗ. ಜೊತೆಗೆ ಜ್ಞಾನದ ಯುಗವು ಹೌದು. ಇಲ್ಲ ಜ್ಞಾನಕ್ಕೆ ಮುಖ್ಯವಾದ ಬೆಲೆ ಇದೆ. ಒಳ್ಳೆಯ ಜ್ಞಾನ ಒಳ್ಳೆಯ ಶಿಕ್ಷಣದಿಂದ ದೊರೆಯುತ್ತದೆ. ಶಿಕ್ಷಣ ಮಾನವನ ಪ್ರಗತಿಗೆ ಬುನಾದಿಯಾಗಿದೆ. ಶಿಕ್ಷಣದಿಂದ ಜೀವನದಲ್ಲ ಉತ್ತಮ ಬೆಳಕು ಕಾಣಬಹುದು. ಮಾನವೀಯ ಮೌಲ್ಯಗಳನ್ನು ಕಾಣಬಹುದು.

ಶಿಕ್ಷಣದಲ್ಲ ಆಸಕ್ತಿ ಇರುವ ಎಲ್ಲರಿಗೂ ಗುರುವೊಬ್ಬರು ಬೇಕು. ಹಾಗೆಯೇ ತಂದೆ ತಾಯಿಯೇ ನಮ್ಮ ಜೀವನದಲ್ಲ ಅದರಂತೆಯೆ ಶಾಲೆಯಲ್ಲ ವಿದ್ಯೇ ಶಿಕ್ಷಕರು ಸಮಸ್ಯೆಗಳಗೂ ದಾರಿದೀಪವಾಗಿರುವರು.

ನಮ್ಮ ಉಜ್ಞಲ ಭವಿಷ್ಯಕ್ತಾಗಿ ಶಿಕ್ಷಣವು ಒಂದು ಪ್ರಮುಖ ಸಾಧನವಾಗಿದೆ.

> ಶ್ರೀಯಾ ಸುನೀಲ್ **8ನೇ ತರಗತಿ**

AM GOING TO PO SOME COMERY, FOR ALL OF YOU TO ENJOY AND IT IS TRUE THAT YOU ALL WILL
LAUGH,
SOME WILL LOSE THEIR MIND AND
FEW WILL COUGH.
AND SO WE WILL CALL HIM "A CLOWN AND HE WILL ALWAYS COME TO OUR HOMETOWN.
HE WORKS IN A HUGE CIRCUS,
WHO DOES THINGS WITH LOTS OF SOME PEOPLE WILL BECOME FAN OF HIM, OF HIM,
AND I AM A FAN OF MR.LIM.
NO MATTER HOW HARD THEY WORKED,
SOMETIMES THEY WOULD GET HURT.
THEY WEAR COLORFUL DRESS,
AND A BOUNCY RED NOSE WHICH
IS SOFT TO PRESS.
THEY HAVE TO PRACTICE AND PRACTICE, UNTIL THEY BECOME PERFECT IN THIS. HE WILL DO MANY GAMES SUCH AS, KIPING OF BIKES AND ONE WHEEL CYCLE PANCE, AFTERWARDS THEY WILL EXIT FROM THERE SO THAT WE CAN ENJOY THE FAIR.
FROM,
SAMIK SILAS PINTO
GRAPE-S



पुर्वी प्रसाद थेराडे



कोई फर्क नहीं पड़ता कि मौसम क्या हो सकता है, बारिश का दिन भी बहुत राहत और आराम देता है और हमारी आत्मा को शांत करता है। बरसात के दिनों का आनंद लेने के लिए कोई आयु सीमा नहीं है। लगभग हर उम्र के लोग समान रूप से इसका आनंद लेते हैं। इस प्रकार,

लाभग हर उम्र क लाग समान रूप से इसका आनंद लेते हैं। इस प्रकार, कई कारणों से बारिश के दिन बहुत महत्वपूर्ण होते हैं। सभी जीव, जंतु, पशुं, पशुं, दुसान, पेड़़, पौधे सभी को बरसात की आवश्यकता रहती हैं। सभी के लिए बरसात बहुत ही आवश्यक है। बारिश की वजह से ही सब को पानी मिलता है। पेड़़ पौधों में नहीं जाना जाती है क्योंकि तेज धूप के चलते पेड़़ पौधे मुख्झा जाते हैं परंतु बारिश के आते ही खिल जाते हैं।

बरसात के मौसम में वातावरण ठंडा और हरा-भरा हो जाता है। कभी कभी अधिक **बारिश** होने के कारण फसलों को नुकसान भी **होता** है। आवश्यकता से अधिक **बारिश** हो जाने पर नदियों का जलस्तर बढ़ने से बाढ**़** आते हैं। बरसात के समय में नमी हो जाती हैं जिससे वायरस व बैक्टीरिया कई रोग फैला सकते हैं।

उसी प्रकार से पर्यावरण के संचालन के लिए गर्मी शीत और बारिश का होना अत्यंत आवश्यक है। इसके बिना पृथ्वी पर सभी जीव जंतु गौधे वनस्पति इंसान आदि का जीवन जीना संभव ही नहीं है। बारिश पृथ्वी और पर्यावरण के लिए अमृत के समान होती है। बारिश से ही गर्मी से तपती हुई धरती की प्यास बुझती है। वर्षा तीन प्रकार की होती हैं :

. संवहनीय वर्षा (Convectional rain)

•पर्वतकृत वर्षा (Orographical rain)

•चक्रवातीय वर्षा (Cyclonic rain)

निष्कर्ष: वर्षा ऋतु के कारण लोगों के पूरे जीवन में हर्षोल्लास की लहर दौड़ती है, वर्षा ऋतु पृथ्वी पर रहने वाल सभी लोगों के जीवन के लिए अमृत का काम करती है। खेतों में लहराती फसल का मनमोहक नजारा बहुत ही मनमोहक होता है; चारों ओर हरियाली देखकर सभी को मन की शांति मिलती है।

Personal Development! WHY SELF-ESTEEM IS IMPORTANT?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Self-esteem impacts your decision-making process, our emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

People with low self-esteem tend to feel less sure of their abilities and may doubt their decision-making process. They may not feel motivated to try novel things because they don't believe they can reach their goals. Those with low self-esteem may have issues expressing their needs.

Niranjana Rakesh

Special Recipe

You can use your preferred type of chocolate – sweet, semi-sweet or chocolate powder. Item : Chocolate Sandwich

Rame : Yashmin & Baik

Roll Bo : 50

Grade : II

Ingredients: Coca Pourder

Condensed Mills

Chocolate Chies

- · Take 4 bread slices. Slice the edges
- Take a bond and old chocolate pounder % cop. 3 tablespoons of Condensed milk and 4 tablespoon milk (for thick consistency). Whish it well
- Spread it on bread and place the bread in layer
- Top it with some crushed malnuts / any dry fruits.

Freeze it for an hour.

Highlights @PISM

Podar International School,

#Mangalore organized a Field

trip under the IE-Theme:

'Footprints in Time' to St. Aloysius

College Museum. Students from

Grades 3 to 6 enjoyed exploring
the various artifacts and sights

of rare objects that were on
display at the museum.

Podar International
School, #Mangalore
conducted the Culminating
Event under the
IE-Theme: 'Footprints
in Time – An Archaeological
Expedition' on 03rd
September 2022.
The event was organized

by the students and
the staff members of
the school within the
school premises with
the aim of providing
opportunities to the
students to showcase
their learning and
sharing the experience
that they have had
during the course of
the module

Podar International School, #Mangalore organized a
Mini-Marathon on the occasion of National Sports Day
which is celebrated every year in India on 29th August.
The day is celebrated to commemorate the birth anniversary
of Indian hockey legend, Major Dhyan Chand.
Marathon was held for students in different categories

Marathon was held for students in different categories like Category A- Grade I and II, Category B- Grade III and

V, Category C- Grade VI and X



Udaan-22 Senior Girls Sari Drills Display



Baarisu kannada dindimava! oh karnataka hridayashiva!

School celebrated 67 kannada Rajyotsava on 1 November 2022 with various cultural events upholding the cultural integrity of karnataka. To mark the occasion a variety of programmes were presented by the students with great enthusian and spirit which included dances, songs and speeches.

HIGHLIGHTS @PISM





