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From The Principal's Desk

Always walk through life as if you have something new to learn, and you will.

Education is not preparation for life. Education is life itself. If we develop a passion for learning, we will never cease to grow. Learning is not the product of teaching. Learning is the product of the activity of learners. One must not cease to learn because life never ceases to teach. If you are willing to learn, no one can stop you from acquiring the required skills and knowledge. Learning is not attained by chance. It must be sought for with ardor and attended to with diligence. True learning is a valuable treasure that follows its owner everywhere. Learning is more than absorbing facts, it is acquiring understanding. Education aims at translating the acquired knowledge into action for the well being of all. The second edition of **The Qurio Mag – In my Backyard** showcases how exploring nature and engaging with green space are now linked with health and well-being benefits. Growing fruits, vegetables and flowers can make us happy and instantly brightens our mood. Decorating spaces indoors and outdoors with flowers and plants also goes a step further and brings in positive vibrations and attracts prosperity, health and happiness. The volume '**In My Backyard**' has given our students and members of staff the opportunity to share and showcase their talents and mini gardens. Teamwork is the hallmark of Podar Waluj. I appreciate the efforts put in by our wonderful team of students, teachers and members of staff. I appreciate our parent fraternity for supporting the school in every aspect. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the minds of the readers and take them to the fantastic world of sheer joy and pleasure.

Mr. Louis Rodrigues
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What Type of a Gardener are You?



You already know you're a plant person, but there are different types of gardening enthusiasts on this green Earth. Find out which of these relatable growers you identify with the most.

1

If you had to pick **JUST ONE** plant to grow in your garden, which would it be?

- a) rose
- b) cucumber plant
- c) money plant

2

Which of these Indian plants is your favourite?

- a) mogra / jasmine
- b) mint
- c) tomato

3

Which is your favourite **creepy-crawly** in the garden?

- a) butterfly
- b) earthworm
- c) grasshopper

4

When is your favourite time in the garden?

- a) first thing in the morning
- b) during the rains
- c) at dusk/night

5

If you could add one new thing to your garden, what would it be?

- a) wind chime
- b) compost pit
- c) pond



6

Which of the following makes you smile the most?

- a) seeing some flowers have bloomed
- b) seeing that there's a fruit growing
- c) seeing an earthworm and a centipede





7

Which of these rather special plants would you like to grow?

- a) bird of paradise flower
- b) guava tree
- c) venus fly-trap

8

A fairy godmother grants you a week's vacation Where would you like to go?

- a) garden
- b) orchards
- c) jungle

9

Your friends and family describe your garden as:

- a) beautiful
- b) organic
- c) unkempt

10

When you go to the garden you are first drawn to:

- a) flowers
- b) fruits
- c) trees

Almost finished...

Well done, you're nearly there! One last thing: just complete this sentence in less than ten words: "I really love gardening because

....."



OK, now it's time to find out the results!

Mostly (a)s

You sound like a young **landscape architect** in the making!
It's the sight and 'feel' of a garden that really appeals to you.
Your ideal outdoor space would be full of interesting shapes, vibrant colours and wonderful scents.

Mostly (b)s

You're a bit of a **back-garden farmer**.
Nothing appeals to you about gardening quite so much as the chance to 'grow your own.'
Your ideal garden is one which would give you plenty of opportunity to grow what you can eat.

Mostly (c)s

You're a born **nature warden** and from your point of view, a garden is all about the wildlife that lives in it, or pops in for a visit.
Your ideal garden will be full of all sorts of wildlife-friendly plants that would allow the birds, bees and other wild friends a place to call home.





Upcycled Planters

In My Backyard

“By plucking her petals, You do not gather the beauty of the flower.”

Plants are important in our life as it produce oxygen and take carbon dioxide from the environment .Plants prepare there own food with help of sunlight. The process used for making is photosynthesis .In our world more than 3 lakhs of species are found of plant.Many plants have medicinal qualities also are used to treat many disease such as cancer,etc. Most plants grow in soil. They get the water and nutrients they need from the soil. But some plants do not need soil. Plants called epiphytes grow on hard surfaces, such as other plants or rocks. They get most of the water and nutrients they need from rain and the air. Still other plants float in water. A few species of plant live on and get their nutrients from other plants. In the picture I have used recycled material to plant the plants they are :

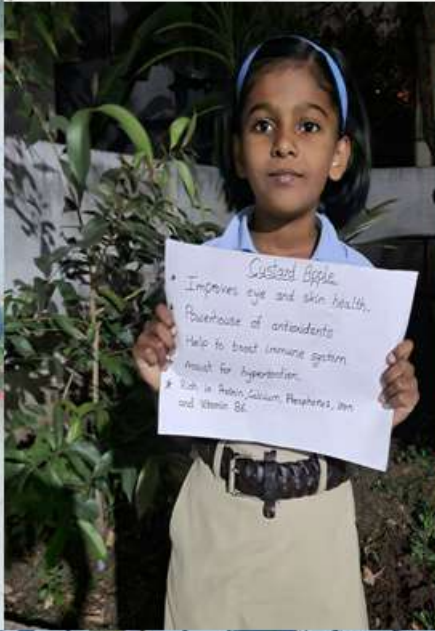
- 1.Use and throw water bottle
- 2.Ice cream pot
- 3.Plastic paper glass
- 4.Jam bot

“She said she wanted to see beautiful things.
I took her to where I planted my seeds.”

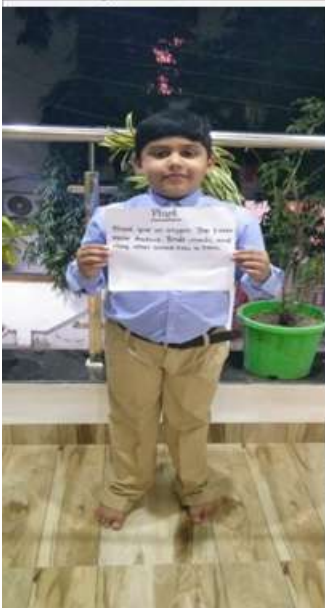


- Tejaswini Thorat
Grade 6 (Kalams)

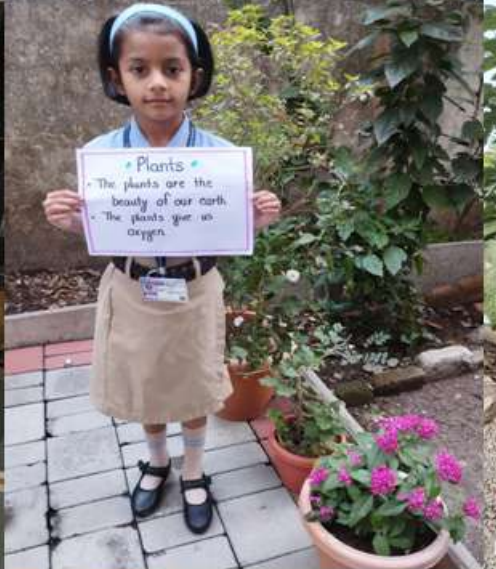
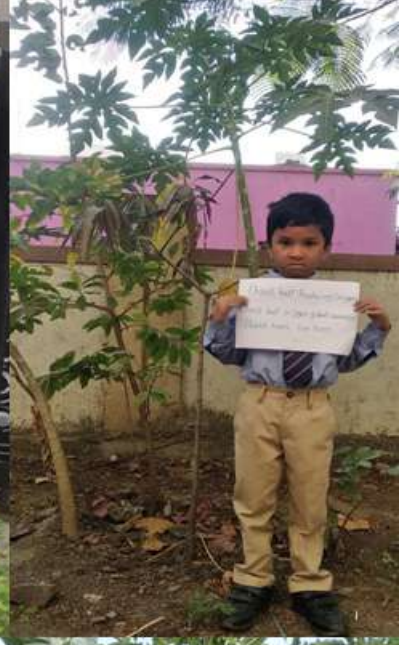
Upcycled Planters



Upcycled Planters



Upcycled Planters





DID YOU KNOW?



Dragonflies have been around on Earth since before the dinosaurs.



Sunflowers move throughout the day in response to the movement of the sun from east to west.



Some worms have ten hearts.

The typical mature tree can provide enough wood to make 170,100 pencils.



Caterpillars have 12 eyes.

Cucumber is a fruit and not a vegetable since it has seeds in the centre!



The average strawberry contains 200 seeds. It is the only fruit that has seeds on the outside.



The fastest-growing plant in the world is the Burmese bamboo. It can grow up to 91 cm per day. That's almost 4 cm an hour. You could actually watch it grow.



Carrots were originally purple in colour.



Fruit flies were the first living creatures to be sent into space.



The world's largest flower is the Rafflesia. It can grow to be 3.3 feet in diameter and can weigh up to 11 kg.



The scientific name for spiders is Arachnid.



Butterflies and caterpillars use their feet to taste.

The Backyard Talks

Why are Minibeasts important to human beings?

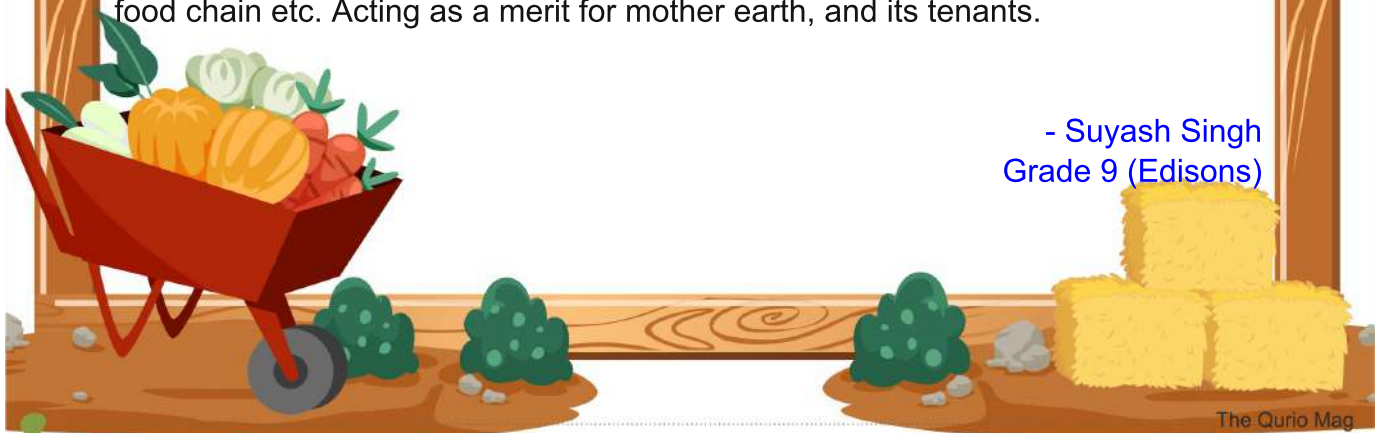
A Minibeast is quite simply a small animal/insect. Minibeasts are known as 'invertebrates', which are animals without a backbone, these animals do not have a skeleton inside of them. This makes them soft and bendy, and because of this, some of them have hard shells to live in. These Minibeasts are a very important source of food for several mammals and birds. Some birds feed only on insects and most seed-eating birds feed their babies on insects.

The word 'Insect' comes from the Latin word 'Insectum', literally meaning being "cut into" three sections. The size of an insect varies from one to another; the largest insect 'Giant Weta' exceeds the size of an average human hand, whereas the smallest insect 'The Fairyfly' measures at an appalling 0.127mm. Despite the variance, these insects play a disparaging role in the environment; these insects fabricate the biological foundation for all terrestrial ecosystems. They cycle nutrients, pollinate plants, disperse seeds, and maintain soil structure and fertility. Insects are divided into two categories, the wingless insects -'Apterygote' and the winged insects -'Pterygote'. Hornets, Wasps, Fly, Neoptera, Dragonfly, Mayfly, Mantis, Odonata, are all a part of Pterygote, they are also known as pollinators.

These insect pollinators merit our preservation efforts because 67 percent of extant flowering depends upon them for reproduction. "Pollinators are an environmental resource a critical to the long-term survival of plant population as are light, moisture, etc." Insects such as earthworms prove to be salient for the production of crops, feeding on plant debris such as dead roots, leaves, grasses, allowing them to discharge manure. Proving them to be an important asset in the agricultural field.

Overall, these Minibeasts play a vital role in the Human life cycle, animal cycle, food chain etc. Acting as a merit for mother earth, and its tenants.

- Suyash Singh
Grade 9 (Edisons)



Is Plant Based Food the future?

Plant-based foods have gained increasing popularity in recent years as more people are becoming aware of the environmental, health, and ethical benefits of plant-based diets. Some experts believe that plant-based foods will play a major role in feeding the world's growing population in the future, as traditional animal agriculture is a major contributor to climate change, deforestation, and water pollution.

One of the main arguments in favor of plant-based foods is their environmental sustainability. Animal agriculture is a major contributor to greenhouse gas emissions, with the meat and dairy industries responsible for a significant portion of global methane and nitrous oxide emissions. Plant-based foods, on the other hand, have a much lower carbon footprint, as they require less land, water, and energy to produce.

In addition to their environmental benefits, plant-based foods can also have health benefits. Many plant-based foods, such as vegetables, fruits, grains, and legumes, are rich in essential nutrients and fiber, and can help to lower the risk of chronic diseases such as heart disease, diabetes, and certain cancers. Plant-based diets have also been shown to be effective in weight management and improving overall health.

Despite the many benefits of plant-based foods, it is unlikely that they will completely replace animal-based foods in the future. Many people enjoy the taste and texture of animal products, and they can also be an important source of protein, iron, and other nutrients. However, it is likely that plant-based foods will become more prevalent in the future, as more people become aware of the benefits of plant-based diets and as plant-based alternatives to animal products become more widely available.

In conclusion, plant-based foods have the potential to play a major role in feeding the world's growing population in the future. They are environmentally sustainable, have health benefits, and can help to reduce animal suffering. While they may not completely replace animal-based foods, it is likely that plant-based foods will become more prevalent in the future.

- Sarthak Patil
Grade 9 (Edisons)



Plants and Flowers

Flower Therapy and its benefits

What is Flower therapy?

Flower therapy is a multidimensional approach to healing that includes exposure to botanicals to improve our emotional state. It is also called essence therapy, a form of complementary and alternative medicine (CAM). It's based on the idea that flowers have a healing vibrational energy. Allison Chawla says that "Flower therapy can be the use of beautifully arranged bouquets of flowers to achieve healing properties and to improve mental health."

How do they work?



Flower essences work by the principle of resonance within the subtle human energy field. It impacts one's physical and emotional health. In other words, flower essences are based on vibrational energetics, rather than biochemical, and stimulate the body's natural capacity to bring itself back to a natural and calm surrounding with no depression and tensions. All plants carry vibrational energy patterns, and it is said that flowers are the pinnacle of this energy. It can also improve negative thoughts and emotions into a positive ones which can change a person's view point towards life. Some studies say flower essences can be used to prevent anxiety, pain and other diseases.



The Backyard Talks

Specific Benefits

Each flower essence is intended to help relieve a certain negative emotional state. The following are some of the most popular flower essences.

Larch (*Larix decidua*) can provide a boost to self-confidence by addressing your fear of failure.

Passion flower (*Passiflora incarnata*) may help with anxiety and insomnia, as many find it has a calming effect and report better sleep quality.

Slippery elm (*Ulmus rubra*) is used to provide relief of a sore throat and cough. Many find it has a healing effect for indigestion and provides some protective gastrointestinal benefits.



- Flavia Monteiro
Grade 9 (Edisons)



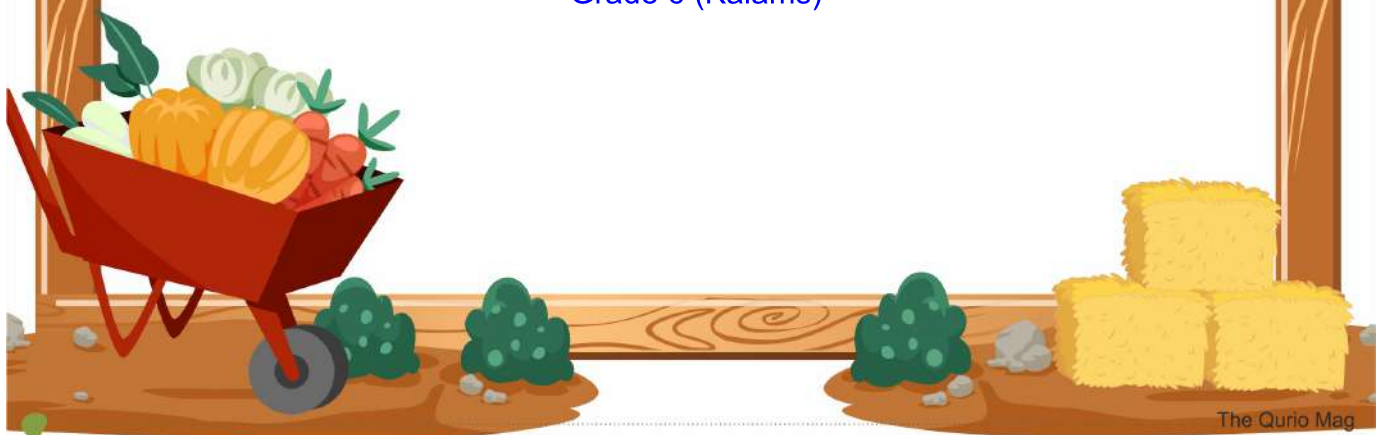
The Quirio Mag

Why is home grown food becoming more Popular?

Benefits are:

1. Your organic, home grown fruit, vegetables and herbs are fresher, more nutritious and more delicious than conventionally farmer fruit, vegetables and herbs.
2. Most fruit and vegetables lose nutritional value when they are stored for a lengthy period, or when they are being transported from interstate or overseas.
3. The fruit and vegetables in the supermarket have been bred for appearance, a long shelf life and resistance to bruising during transport.
4. You don't have to worry about the piece of vegetables, herbs and fruit continue to rise.
5. Food gardening is a gentle, relaxing and stress lowering form of exercise.
6. Home food production connects you with the season and the cycle of nature.
7. You have reduced your carbon footprint by reducing the food miles of what you eat.

- Jenil Gandhi
Grade 6 (Kalams)



Compost @Home

Composting is nature's way of recycling. Compost can be used on top of your soil. Mixing compost into the soil gives the soil better structure, nutrients and helps it hold in moisture as well.



You will need

- an empty 2 litre bottle (make sure it is transparent)
- raw food scraps (vegetables/fruit peel, tea bags, coffee grounds, raw leftovers)
- soil, scissors and water spray bottle

Method

- 1) Remove the label and rinse your soda bottle.
- 2) Cut the top off the bottle (the end with the lid). (Take help of an adult)
- 3) Throw a handful of soil into the bottom of the bottle. Follow this with a handful of food scraps. Repeat this process until the bottle is full, finishing with a layer of soil.
- 4) Once your bottle is full, spray the bottle with water (it shouldn't be too wet, but should be damp).
- 5) Place your composter in a sunny spot. When the soil on top dries out, spray with water to maintain a constant level of moisture.
- 6) Watch and wait as your food scraps decompose and turn to soil. You will need some patience as the whole process will take about eight weeks.
- 7) Take photos of the bottle once a week so that you can compare changes that take place from week to week.



What can you Compost:

Browns - Leaves, pine needles, sawdust, wood chips, uncoated paper - source of carbon

Greens - Fresh grass clippings, vegetable scraps, weeds - source of nitrogen

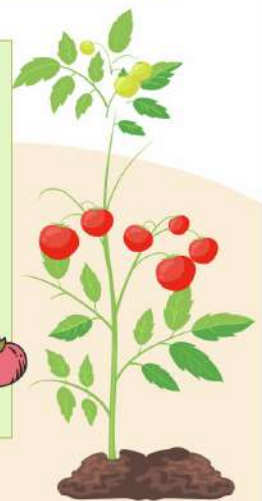
Mixed Ingredients - Moss, coffee grounds, tea bags, flower



What you can't Compost:

Meat scraps, bones, dairy products, pet wastes

Seeds and tuberous plants, diseased plants, waste that attracts pests



Create some fun and interesting items at home.
Always be safe, take help from an adult and do the following activities:

Potpourri



YOU WILL NEED

Any type of flower petals, cloves, and orange peels and cinnamon sticks, decorative bowl, essential oils (optional)

HOW TO MAKE

- Put all the ingredients in a decorative bowl.
- Give it a good mix and can also add a few drops of essential oils (optional) to the mixer.
- The ingredients together will combine to create a great smelling and looking mixture to perfume your room.

Bath Salt



YOU WILL NEED

$\frac{1}{2}$ cup epsom salt, $\frac{1}{2}$ cup sea salt (like the Pink Himalayan salt for the colour, but any sea salt will do), cup baking soda, red food colour (optional), rose petals, any essential oil (tea tree or rose), a mixing bowl, mason jar, whisker and a spoon

HOW TO MAKE

- Start by adding epsom salt, sea salt, and baking soda to a mixing bowl.
- Add 2-3 drops of red food colour (optional) and give it a good mix.
- Then add 5-6 drops of the essential oils and rose petals.
- Now whisk everything together using a whisker.
- Using a spoon pour the mixture into the mason jar.
- Volia! Your salt bath is ready to use.
- You can add 1-2 spoons of the salt bath in the bucket of water and enjoy a calming bath.



Plantable Seed Paper

YOU WILL NEED

1 cup of tiny pieces of used paper, large bowl of warm water, blender, mixing bowl, flat tray, plastic wrap or butter paper, food colour (optional), rough cloth, any plant seeds (coriander, mustard, lemon, flowers and so on.)

HOW TO MAKE

- Soak the paper pieces in the bowl of warm water overnight.
- Put the soaked paper into the blender and fill it half with fresh water.
- Blend until the mixture is pulpy.
- Add food colour, if desired, and then transfer it to the mixing bowl.
- Squeeze the water from the pulp, and make sure there aren't any large chunks of paper in it.
- Next, add a handful of seeds to the paper pulp and mix the seeds into the pulp using your hands or a spoon.
- Place the plastic wrap or butter paper on the tray and pour the pulp. Try to spread the pulp fairly thin, as a thick layer will take longer to dry.
- Use a cloth to press as much water as possible from the pulp, and leave the pulp to dry for at least 24 hours.
- Decorate or write your message with markers on the unseeded side.
- You have created a seed paper and it is ready to be used or gifted to your relatives or friends.



TO PLANT THE PAPER

- Lay it on the surface of the soil and sprinkle about one-quarter-inch thick layer of soil on top.
- Water the soil lightly and keep the seeds wet until they sprout and have a few days to grow roots.



“ Look at the stars . See their beauty.
And in that beauty, see yourself.”

This is a Bookmark which contains a beautiful scenery of starry sky and dark atmosphere. The starry sky gives the feeling of hope. When we observe the dark sky and the glittering stars we get positive vibes. We feel peaceful and calm.

Bookmark is important to keep a track of a reader's progress in a book and allow the reader to easily return to where the previous reading session ended.

The scenery on the bookmark gives the reader good vibes to continue reading.

The materials required to make this bookmark are peepal leaf , acrylic paints , paint brush , some decorative stars , Doli thread and some beads.

The glazed moon and the sparkling stars attract me the most in the scenery.

Because it makes us motivated, encouraged and gives us the feeling that we should not fear from darkness instead we should shine and glow.

By observing the night sky I got the inspiration to make a Bookmark which gives freshness and positive feeling to the reader.

According to my point of view, we can make these kind of bookmarks which are very useful and give it as a gift instead of purchasing expensive gifts.

-Riya Ghatge
Grade 9 (Edisons)



Careers

If you're fascinated by plants or insects, and want to pursue a career around them, the best thing to do is identify your particular interests and strengths. Working with plants or insects can be both creative and scientific. That way, you can choose the appropriate speciality or focus area for you.

If your answer is yes, there are many careers that you can opt to be a part of such as these:

Horticulturist (Pomology, Olericulture, Viticulture, Floriculture & so on.)

Farmer

Plant Morphologist

Perfumer/Fragrance Chemist

Plant / Soil Scientist

Microbiologist

Landscaper

Forest Ranger

Plant Biologist

Ecologist

Botanist

Entomologist

Beekeeper



The Qurio Mag

Green Narratives



IN MY BACKYARD

The beautiful cherry tree.
Stood in my backyard...
Resembling to the peace.

That it had caused...

Little swing hung.

There with pride...

Relieving stress and.
And everything alright...

Vibe created by the
Beautiful starlight...

Had me at once.

Perfectly tonight...

Candles and music.

Fit in perfectly fine...

Just like the wine.

Aged with time...

The only reason why this.
Is the perfect place of mine.



Bites & More

Easy Monaco Spiders



Ingredients

Monaco biscuits
Carrot/Cucumber/Tomato sticks
Cream/Mayonnaise and Choco chip for eyes
Peanut butter/Cheese spread to put in between two biscuits.

Strawberry Ladybugs



Ingredients

Strawberry
Grapes
Toothpicks
Chocolate sauce

Healthy Fruit Bug



Ingredients

Toothpicks
Any fruits/vegetables of your choice
Chocolate sauce & Mint leaves for decoration

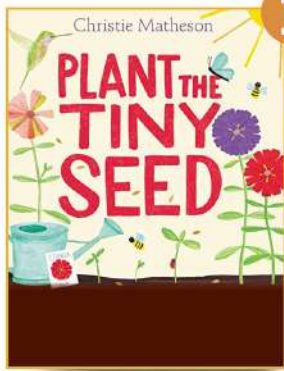
Banana Caterpillar Snack



Ingredients

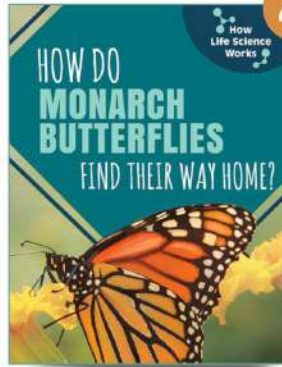
Banana
Fennel candy(saunf)/Gems/ Rainbow sprinklers
(Please Note: You can use different ingredients for decoration of your choice.)

Book Recommendations



1

Plant the Tiny Seed
By Christie Matheson



4

How Do Monarch Butterflies Find Their Way Home?
By Kip Almsy



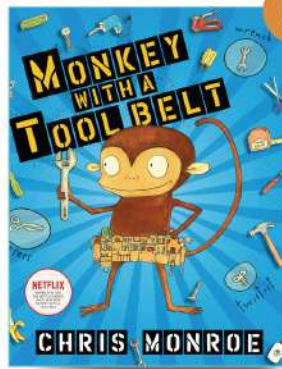
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In The Garden
By Emma Giuliani



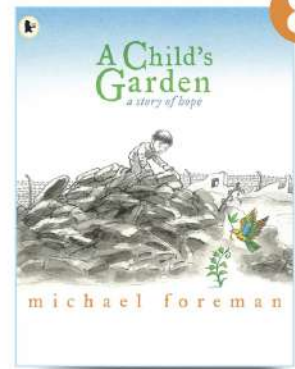
2

Tap the Magic Tree
By Christie Matheson



5

Monkey with a Tool Belt
By Chris Monroe



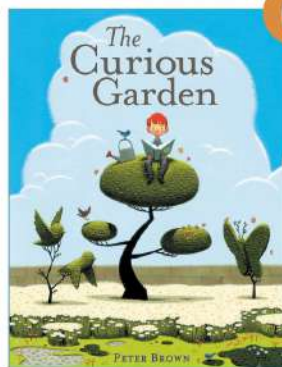
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A Child's Garden
By Michael Foreman



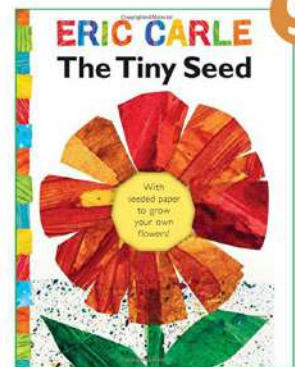
3

Top 10 Minibeasts
By Jay Dale



6

Monkey with a Tool Belt
By Chris Monroe



9

The Tiny Seed
By Eric Carle



Local Nurseries

Pallawankur Nursery:

Location:

Gut No.106, Nakshatrawadi, paithan road, waluj road, Aurangabad- 431001



The Pallawankur nurseries came up with concept of gardening show-rooms in 1999, the nursery pioneered in sales of everything and anything possible related to gardening. Improved by experimenting and customers feedback, it now stands as the one stop hub for setting up every gardening tools and garden.

Nisarg Nursery:

Location:

Near Shri hari residency, Aurangabad

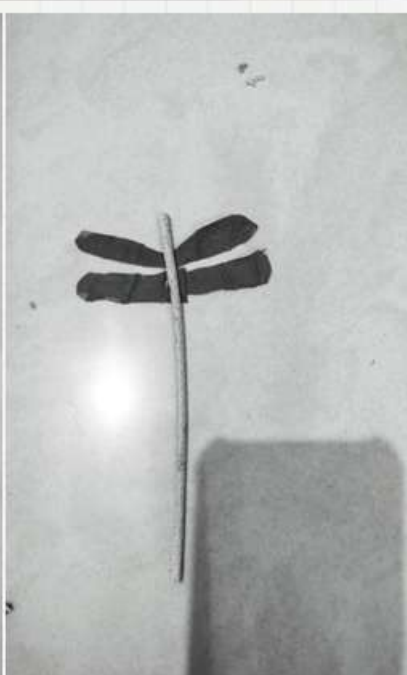
Nisarg nursery is known for plant nurseries, gardening services, garden developers, garden contractors, landscape gardening, agricultural shade net exporters, vertical landscape gardening services and much more. This nursery in Aurangabad is one of the leading business in plant services.



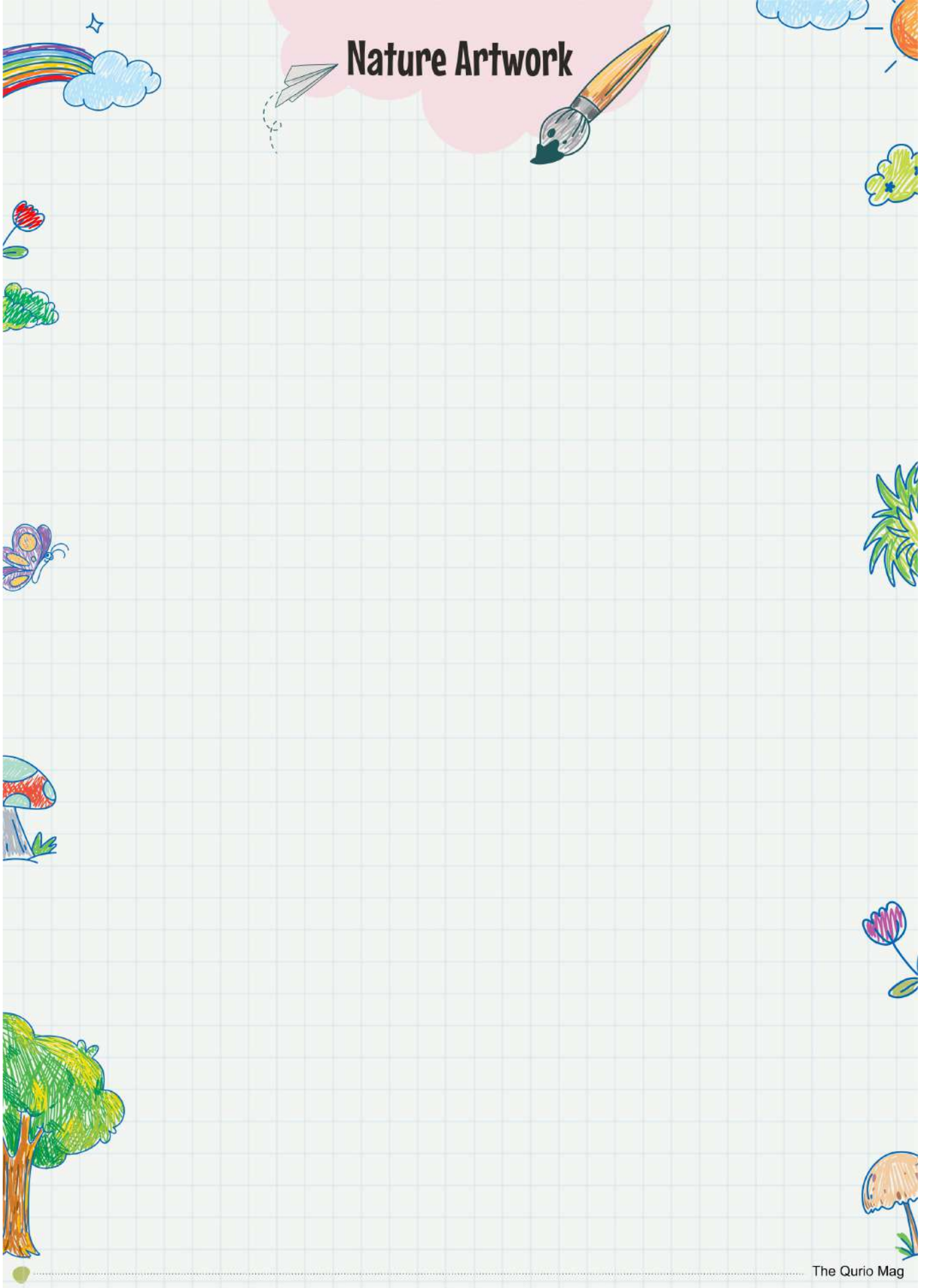
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-Angad Bahekar
Grade 9 (Edisons)

Nature Artwork



Nature Artwork



Brain Play



Spot The Difference

Can you identify 6 differences between the two pictures?



Word Search

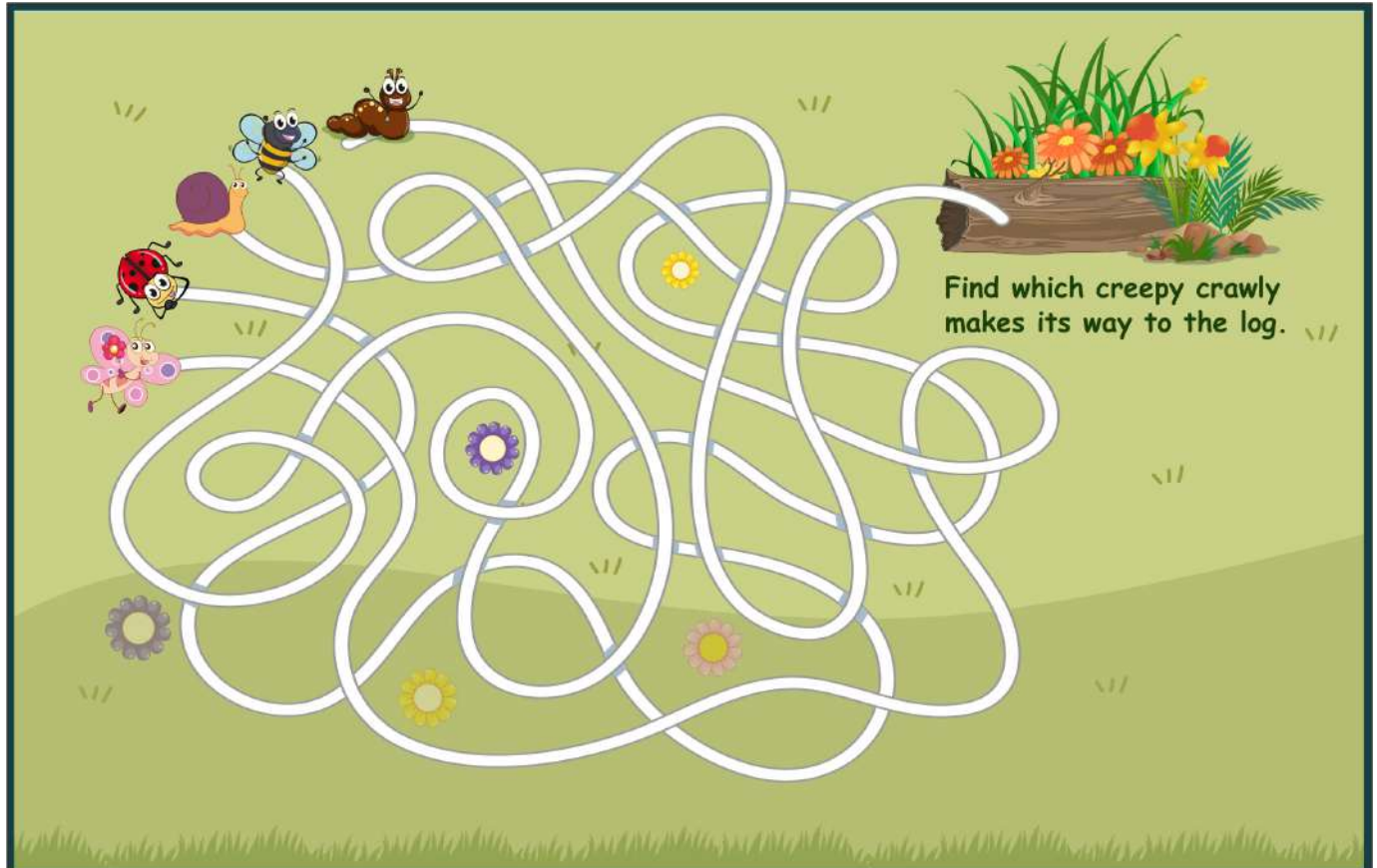
V	E	A	E	E	R	O	L	P	X	E	E	P	L
E	N	N	A	T	N	L	A	D	Y	B	U	G	N
N	I	E	W	A	T	E	R	M	E	L	O	N	I
U	H	B	T	H	G	I	L	R	A	T	S	A	B
E	S	R	O	E	R	R	F	O	X	S	O	E	O
C	N	E	R	O	A	H	S	R	I	M	N	C	R
R	U	V	H	N	A	S	O	L	S	T	I	C	E
E	S	E	A	I	N	U	T	E	P	O	C	D	E
E	I	Y	R	R	E	B	E	C	I	V	R	E	S
K	Y	S	I	A	D	L	A	V	E	N	D	E	R
M	E	C	U	R	P	S	E	U	L	B	I	N	S
D	R	I	B	G	N	I	M	M	U	H	S	S	X
E	S	T	P	N	R	R	I	I	K	I	G	G	S
M	E	L	H	O	N	E	S	S	U	C	L	L	E

Solstice
Hummingbird
Daisy
Honeysuckle
Petunia

Verbena
Ladybug
Hiking
Blue Spruce

Starlight
Serviceberry
Creek
Robin
Watermelon

Explore
Lavender
Sunshine
Fox



Find which creepy crawly makes its way to the log.

Leaf Doctor

What does the leaf say?

Firm & Yellow

Calcium in compost of lime-hating plants

Brown Tips or Edges

Dry air or contact bruising. Also possible watering issues-check for other symptoms

Spotty or Patchy

Crisp & brown = underwatering
Soft & dark brown = overwatering

Wilting

Underwatering or waterlogging. Too much light, heat or dry air also possible

Falling Yellow Leaves

Over watering or cold draughts

Lower Leaves Dried & Falling

Too little light, too much heat, under watering

Curled & Fallen

Too little heat, over watering or cold draughts

Shock from sudden temperature change or light intensity, or dryness at root

Shock from sudden temperature change or light intensity, or dryness at root

Dull & Lifeless

Too much light, dirty or dusty leaves

Leaf Fall on New Plant

Sometimes due to movement or light shock

Sudden Leaf Fall

Sudden Leaf Fall

Spotlight @PIS



Spotlight @PIS



Spotlight @PIS



Spotlight @PIS



Spotlight @PIS



Spotlight @PIS



