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# Podar International School, Nashik **PODAR SENTINEL**

## New Council Members elected to spearhead school activities

On 26th April, students of Podar International School, Nashik enthusiastically participated in an online voting process to elect their representatives for the Student Council. The Investiture Ceremony, held on 24th June, saw the official appointment of the newly elected student leaders, who are ready to take on their roles and responsibilities.

Mast. Yash Pandit and Miss.Nirja Deepak Varkute were elected as Head Boy and Head Girl for morning shift, Mast. Ved Karande and Miss. Vanshika Chechani from afternoon shift respectively. Mast.Vedant Darade and Miss.Maitrayee Suraj Kokane secured the positions of Deputy-Head Boy and Deputy Head Girl. In the Sports Prefect category, Mast.Ajenish Bharde and Miss. Gurbani Bindra emerged victorious.Mast. Ajenish will be supported by Deputy Sports Prefect Mast.Archit Rahane.



The Cultural Committee Prefects Miss.Samruddhi Sangale from morning and Mast. Vedant Waghmare from afternoon will be assisted by Deputy Cultural Committee Prefect, Mast.Swaraj Adhav.

For the Literary Prefect position, Miss.Salas Shende emerged triumphant. Along with her is Miss.Trisha Adinath Sabale, who earned the position of Deputy Literary Prefect.

Mast.Nishad Vijay Kalal from morning and Miss. Ananya Paliwal from the afternoon was elected as the Assembly Prefect. Miss.Ananya Deulgaonkar will support them as the Deputy Assembly Prefect.

The discipline of the school will be maintained by Mast.Bhavesh Sunil Mahajan in the morning and Miss. Dhriti Koul from afternoon. Supporting them as the Deputy Discipline Prefect is Miss.Mokshada Avinash Patil.

The House Captains, who play an essential role in fostering house spirit, were also elected. Miss.Janhavi Battase from morning and

Miss Sejal Wagh from afternoon were elected as Ignis House Captain and Mast.Manas Divase as Deputy Ignis House Captain, respectively

Mast.Sagar Saraf from morning and Mast. Parth Bachhav from afternoon was elected as the

Terra House Captain while Mast.Tanish Dipak Nilange as the Deputy Terra House Captain.

Mast.Tanay Pitale from morning and Mast. Surya Jagtap from afternoon will lead the Ventus House as the House Captain. Mast.Sarthak Solanki will assist them as the Deputy Ventus House Captain.

Finally, in the Aqua House, Mast.Manav Vispute from morning and Miss. Aishani Kuyate. will serve as the House Captain. Miss.Shravani Balu Rakshe will support them as the Deputy Aqua House Captain.



## Karate Kid from Podar International School, Nashik bags Gold medal at CISCE Games and Sports

Mast. Sheelvansh Waghmare, a talented ninth-grader from Podar International School, Nashik, has secured a remarkable victory in the recently concluded CISCE Games and Sports 2023 at the regional level. Mast.Sheelvansh emerged as the gold medalist in the under seventeen boys' karate category, competing in the 40-45 kg weight class. The competition took place at Dalmia High School from July 11, 2023.

Sheelvansh's impressive performance resulted in a resounding victory with a score of 0-8 points. Guided by Mr. Machindra Sonawane, the Sports Head of the school, Sheelvansh showcased exceptional skills and determination to outperform his opponents. Following his outstanding achievement, Sheelvansh has been

selected to represent his school at the national level CISCE Games and Sports. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave congratulated him on his achievements and wished him continued success in his future endeavors.



*" An investment in knowledge pays the best interest." – Benjamin Franklin.*

### Ananya Deulgaonkar stands 6th in the State for the National Essay Olympiad

Ms. Ananya Deulgaonkar, a talented student from Podar International School, Nashik, ICSE emerged as the State Topper and achieved an impressive rank of 6 in the National Essay Olympiad conducted by the Indian Talent Olympiad (ITO). The prestigious exam took place in December 2023, and the results were announced in March 2023, after the completion of Round 2. The National Essay Olympiad organized by the Indian Talent Olympiad is a renowned platform that recognizes and promotes young writers across the country. Ananya's success in securing the 6th rank in such a prestigious exam is truly commendable. By achieving such recognition, Ananya has not only established herself as a promising writer but has also brought glory to her school. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave congratulated Ananya on her phenomenal achievement in the National Essay Olympiad. They wished her continued success in all her future endeavors and hoped that she continues to shine brightly in the field of academics and writing.



### Guru Purnima Celebrated

Podar International School, Nashik ICSE celebrated Guru Purnima on 3rd July 2023 to honour the teachers who dedicate their life for the betterment of their pupils. After the auspicious lamp lighting ceremony students spoke about the importance of Guru Purnima. Moving ahead students performed a special dance performance and presented greetings to Respected Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave. Respected Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave addressed the students and told them the vital role gurus play in every individual's life. Principal Dr. Manohar Mahajan gave a rose and a greeting to teachers and appreciated them for their hard work and dedication.



### Podar School students bring laurel in SOF Exam

Students of Podar International School, Nashik Tapovan Road (ICSE) have achieved remarkable success in various exams conducted by the Science Olympiad Foundation (SOF). Their exceptional performance in the NCO, NSO, IMO, IEO, and the ISSO exam at the zonal level has brought great pride to the school.

Ms. Sana Bakhs achieved the top position in Maharashtra State in the International English Olympiad Exam at the second level. She was honored with a gold medal, certificate of zonal excellence and a cash prize of ₹5000 for her exceptional performance in the IEO and certificate of zonal excellence for IMO and NCO exams.

Ms. Kunjal Patil and Ms. Arya Ajalkar received merit certificates in IMO and NSO, while Mast. Anshul Tated and Ms. Shrujana Rakshe earned merit certificates in NSO. Mast. Anay Patil achieved a zonal certificate in IMO. Ms. Nirvi Aher demonstrated outstanding performance by receiving merit certificates in IEO, IMO, and NSO, along with a zonal certificate in ISSO. Ms. Aadishree Pagar secured merit certificates in IMO and NSO, as well as a zonal certificate in NCO. Mast. Sanjay Gite was awarded a zonal certificate in ISSO, Ms. Aaradhya Kothawade and Mast. Shaksham Pawar was awarded zonal certificates in ISSO, along with a cash prize of Rs 500 each. Mast. Anay Patil accomplished a zonal certificate in IMO. Principal, Dr. Manohar Mahajan, and Vice Principal, Ms. Shofi Dave, expressed their heartfelt congratulations and felicitated the students for their extraordinary achievements.



### Podar School's Vedika Aher Shines in All India Essay and Elocution Competition

In a remarkable achievement, Ms. Vedika Aher, a talented student from Grade IX of Podar International School, Nashik, has brought immense pride to her school by securing the second position in the prestigious All India Essay and Elocution Competition organized by Forum of Free Enterprise and The A D Shroff Memorial, and held at Fravashi International Academy, Nashik. The competition was organized in the backdrop of the G20 Summit, adding significance to the discussions.

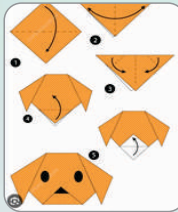
Ms. Vedika Aher delivered a compelling speech on the topic "Improving Sustainability in G20 Nations," showcasing her exceptional oratory skills and eloquence. Her victory not only impressed the judges but also resonated deeply with the audience, leaving a lasting impact. She secured the first position in the Socratic Discussion segment, setting an inspiring example for her peers and competitors.

With this triumph, Ms. Vedika Aher's exceptional abilities have not only earned her a trophy, a certificate, and a generous prize of ₹20,000 but also put Podar International School, Nashik on the map as a hub for nurturing and honing the talents of its students. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave congratulated Vedika and believe that her achievements will undoubtedly inspire current and future students to pursue their passions and excel in various domains.



### Dog Origami

- Step 1: Start with a square piece of origami paper.
- Step 2: Fold paper in half by folding the top corner to the bottom corner.
- Step 3: Fold the triangle in half by folding the left corner to the right corner.
- Step 4: Let's make the ears. Fold both corners of triangle down at an angle like you see in the picture.
- Step 5: The head's too pointy! Fold the top corner to the back.
- Step 6: Unless you want a pointy chin, fold the bottom corner back also.
- Step 7: Give your dog a face by drawing the eyes and nose!



### Podar School organizes Mock Fire Drill

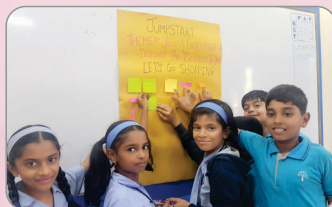
In an effort to ensure the safety and preparedness of its students, Podar International School, Nashik conducted a comprehensive mock fire drill on its premises today under the observation of Mr. Sunil Singh, fire and safety officer. The fire drill saw the active participation of students from Class 1 to 10, who were educated about the importance of being vigilant and informed during emergency situations.

Principal Dr. Manohar Mahajan emphasized the significance of fire drills in maintaining a safe and secure environment within the school premises. He stressed on the importance of staying calm and following the safety measures during such emergency situations.



### Young Entrepreneurs

Podar International School, Nashik ICSE conducted a Jump Start event on 3rd July 2023. Theme was based on Young Entrepreneurs. Grade I to IV conducted "Pick a Business" and "Let's go Shopping" where they had to decide which business they would like to do and what would be their shopping list. Moreover, Grade V to VIII conducted "What's In Your Name" and "My Business Idea" in these activities students expressed their ideas on how they would carry on their business.



### Podar School forms Parent Teacher Association

Podar International School, Tapovan formed the Parent Teacher Association for the academic year 2023-24 in order to foster a relationship between parents, teachers, school management and Board of Trustees. The PTA will ensure an overall growth and prosperity of the school.

Ex-officio chairman of the PTA, Dr. Manohar Mahajan conducted the formal election procedure for finalizing class-wise representatives through lottery round. The school also ensured 50% participation of women and a representative from a backward community in the e-PTA.

After the formal election for class representatives, Principal Dr. Manohar Mahajan conducted an election for Vice Chairperson, Joint Secretary and Treasurer positions. Accordingly, Adv. Ketaki Durve, Mr. Lalit Patil, Mr. Pradip Hire, and Ms. Sanjivani Mundhe were unanimously elected as Vice Chairperson, Joint Secretary and Treasurer positions respectively.

Principal Dr. Mahajan announced class representative as Mr. Hemant Gawali - Grade I, Ms. Ketaki Durve - Grade II, Mr. Rohit Jaiswal - Grade III, Ms. Rajani Nair - Grade IV, Ms. Jyoti Gaikwad - Grade V, Ms. Sanjivani Mundhe - Grade VI, Mr. Pradip Hire - Grade VII, Ms. Jayashree Adhangale - Grade VIII, Ms. Vaishali Johare - Grade IX, Mr. Lait Patil - Grade - X and congratulated newly elected e-PTA team for their active involvement.

Secretary Shofi Dave requested parents' wholehearted support during the formation of e-PTA. Besides, Vice Principal Ms. Dave proposed a vote of thanks.



### Merit Holders Of Dr. Homi Bhabha Balvaidnyanik Competition.

Podar International School, Nashik, ICSE proud students Miss. Sana Baksh, Miss. Aadishree Pagare, Mast. Varun Pawar and Mast. Harshraj Morey has brought laurel and glory to our school by achieving merit certificates in Dr. Homi Bhabha Balvaidnyanik Competition which was held on 6th January 2023.

The competition serves as a platform to encourage scientific exploration and promote a scientific temperament among young minds. Sana Baksh's exceptional scientific acumen, Aadishree Pagare's commitment to excellence, Varun Pawar's analytical skills, and Harshraj Morey's profound scientific knowledge have earned them well-deserved merit certificates. Their accomplishments inspire other students to pursue scientific exploration and strive for excellence in their fields.

Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave congratulated them for their phenomenal achievement and wished them success in all future endeavors.



## Chandrayaan-3

India's space agency, the Indian Space Research Organisation (ISRO), began the launch of the Chandrayaan-3 lunar mission to explore the Moon on July 14, 2023, by making a soft landing on the natural satellite of Earth. Building upon the success of its predecessors, Chandrayaan-1 and Chandrayaan-2, the third lunar mission is set to push the boundaries of space discovery and innovation.

According to ISRO, the Chandrayaan-3 mission has three major objectives:

- 1] Demonstrate safe and soft landing on the surface of the Moon,
- 2] Conduct rover operations on the Moon,
- 3] Conduct on-site experiments on the Lunar surface.

The Vikram lander of the mission is planned to soft-land on the surface of the South Pole region of the Moon on August 23 at 5.47 p.m., according to S. Somanath, Chairman of the Indian Space Research Organisation (ISRO). Mr. Somanath also said that the space agency has incorporated major improvements in the lander for the upcoming mission. "We have also increased the quantity of the propellant, and solar panels cover a larger area. New sensors also have been added," he said.



- Miss. Sneha Sangale (VIII Amber)

## Importance of Paper Bag

- 1) Paper bag day is celebrated on 12th July of every year to promote the significance of utilizing paper bags instead of plastic.
- 2) They reduce pollution and thus are good for the environment.
- 3) They are easy to recycle.
- 4) They are biodegradable in nature.
- 5) They can carry a wide range of products like groceries, clothing, books, electronics and also used as shopping bags.
- 6) A paper bag is a packaging solution made from recycled paper.
- 7) They can be used for purposes like composting.
- 8) We should start using paper bags from now on for the sake of our mother earth.



- Miss. Hansika Pareek (IX Mars)

## World Chocolate Day

Every year on July 7th, World Chocolate Day allows chocolate lovers around the world to indulge in their favourite treat without any guilt. The day also celebrates all kinds of goodies made from chocolate, including chocolate milk, hot chocolate, chocolate candy bar, chocolate cake, brownies, or anything covered in chocolate. World Chocolate Day is nothing short of a special tribute to mankind's greatest culinary invention. Chocolate comes from the seed of the tropical Theobroma cacao tree. Cacao grows in Mexico, Central America, and Northern South America. The earliest known documentation of using cacao seeds is from around 1100 BC. Since cacao tree seeds have a very intense, bitter taste, they must be fermented to develop the flavour. Once fermented, processors dry clean and roast the beans. After roasting, the shell is removed to produce cacao nibs. The cacao nibs are then put through a grinding process creating cocoa mass, which is pure chocolate in rough form. The cocoa mass is usually liquified into two components: cocoa solids and cocoa butter. 4 common types of chocolates are unsweetened baking chocolate, sweet chocolate, milk chocolate and white chocolate.

Besides the fact it tastes so good, there are some health benefits of chocolate. Chocolate increases serotonin and dopamine levels, which helps to boost the mood. Dark chocolate can also be especially good for you. Dark chocolate is a powerful source of antioxidants, plus it helps to improve blood flow, lower blood pressure, and reduce the risk of heart disease.

So, celebrate this day by visiting your favorite restaurant and indulge in a delicious chocolate dessert or host a chocolate tasting party and invite friends to bring their best chocolate recipes to share.

- Miss. Vaishnavi Suryawanshi (VI Shourya)



## Ten Types of Chocolate

- Milk Chocolate.
- White Chocolate.
- Dark Chocolate.
- Semisweet Chocolate.
- Bittersweet Chocolate.
- Unsweetened Chocolate (or Baking Chocolate)
- Cocoa Powder.
- Sweet German Chocolate.



### अंतरराष्ट्रीय शतरंज दिवस

शतरंज एक सार्वभौमिक भाषा है जो सीमाओं और बाधाओं से परे है। शतरंज एक खेल, एक कला, एक विज्ञान और एक दर्शन है।

हर साल 20 जुलाई को दुनिया अंतरराष्ट्रीय शतरंज दिवस मनाती है, जिस दिन 1924 में पेरिस में अंतरराष्ट्रीय शतरंज महासंघ (FIDE) की स्थापना हुई थी।

अंतरराष्ट्रीय शतरंज दिवस शिक्षा, सामाजिक समावेशन, शांति और विकास के लिए शतरंज के लाभों को बढ़ावा देने का एक अवसर है। शतरंज तर्क, रणनीति, रचनात्मकता, एकाग्रता, स्मृति, समस्या-समाधान और निर्णय लेने का कौशल सिखाता है। शतरंज खिलाड़ियों के बीच सम्मान, निष्पक्ष खेल और सहयोग को भी बढ़ावा देता है।

अंतरराष्ट्रीय शतरंज दिवस पर, FIDE खेल और उसके समुदाय का जश्न मनाने के लिए विभिन्न कार्यक्रम और गतिविधियाँ आयोजित करता है। उदाहरण के लिए, पिछले साल FIDE ने एक अभियान शुरू किया था जिसमें लोगों को दूसरों को शतरंज खेलना सिखाने के लिए आमंत्रित किया गया था। इसके परिणामस्वरूप हजारों नए खिलाड़ी शतरंज के खेल में शामिल हुए।

चाहे आप आरंभकर्ता हों या मास्टर, कैजुअल या प्रतिस्पर्धी खिलाड़ी, प्रशंसक हों या पेशेवर, अंतरराष्ट्रीय शतरंज दिवस पर हर किसी के लिए कुछ न कुछ है। अंतरराष्ट्रीय शतरंज दिवस की ढेर सारी शुभकामनाएँ!



-कु.रुद्र गाडगे  
(९ वीं ज्युपिटर)

### गीता रहस्य

श्रीमद् भगवद् गीता को पढ़ने से हमें आत्म-नियंत्रण के महत्व और इसका अभ्यास करने के तरीके को समझने में मदद मिलती है।

आज मैं आपके सामने भगवद् गीता अध्याय के कुछ अध्यायों का सार एक वाक्य में बता रहा हूँ।

**अध्याय 1** - गलत सोच ही जीवन की एकमात्र समस्या है।

**अध्याय 2** - सार्थ और संपूर्ण ज्ञान ही सभी समस्याओं का अंतिम समाधान है।

**अध्याय 3** - निःस्वार्थता प्रगति और उन्नति का सर्वोत्तम मार्ग है।

**अध्याय 4** - प्रत्येक कार्य को प्रार्थना समझें।

**अध्याय 5** - आत्म-महिमा में अहंकार का त्याग करें और अनंत के असीम आनंद में भाग लें।

**अध्याय 6** - हमेशा उच्च चेतना के अनुरूप रहें।

**अध्याय 7** - आप जो सीखते हैं उसका अभ्यास करें।

**अध्याय 8** - अपने आप को मत छोड़ो, हिम्मत मत हारो।

**अध्याय 9** - आपके प्राप्त आशीर्वाद की सराहना करें।

**अध्याय 10** - अपने चारों ओर की दिव्यता से अवगत रहें।

॥ ॐ तत्सत् ॥

इन अध्यायों के सारांश से हमें यह सीख मिलती है कि कभी भी गलत सोच ही समस्या का कारण होती है। कभी भी गलत सोच मत रखिए। संपूर्ण ज्ञान ही समस्या का अंतिम समाधान होता है। कोई भी कार्य निस्वार्थ से करना चाहिए। हमेशा खुश रहो। हमें अहंकार का त्याग करना चाहिए। हमेशा सत्य है उसी का अभ्यास करें। कभी भी हिम्मत नहीं छोड़नी चाहिए। हमें बड़ों से जो आशीर्वाद मिलते हैं, उसकी हमें सराहना करनी चाहिए। हमारे चारों ओर की दिव्यता है उससे अवगत रहिए।



-कु.सत्य वैष्णव  
(६ ठी त्रिशूल)



### विश्व प्रकृति संरक्षण दिवस

हर साल 28 जुलाई को विश्व प्रकृति संरक्षण दिवस मनाया जाता है। इस दिन लोग प्रकृति संरक्षण के महत्व के बारे में जागरूकता बढ़ाते हैं। हर दिन हर किसी के छोटे-छोटे योगदान से, हम अपने ग्रह को बचा सकते हैं और उस प्रकृति को फिर से प्राप्त कर सकते हैं, जो हमें विरासत में मिली है। पर्यावरण उस परिवेश को दर्शाता है जो कि सजीवों को सभी तरफ से घेरे रहता है व उनके जीवन को प्रभावित करता है।

यह वायुमंडल, जलमंडल, स्थलमंडल और जीवमंडल से बना होता है। इसके प्रमुख घटक मिट्टी, पानी, हवा, जीव और सौर ऊर्जा हैं। पर्यावरण ने एक आरामदायक जीवन जीने के लिए हमें सभी संसाधन प्रदान किए हैं। पर्यावरण- चारों ओर का आवरण। ये सिर्फ मनुष्य का नहीं है, हर जीव-जंतु, पेड़-पौधे का है और प्रकृति का खुद का भी। जीवन, जीवन की विविधता, जीवन की सहजता और सौन्दर्य को बनाए रखने के लिए पर्यावरण संरक्षण अनिवार्य है। पर्यावरण संरक्षण उपायों का अर्थ है पर्यावरणीय गुणवत्ता को प्रभावित करने के लिए किए गए सभी उपाय, जिनमें प्रभावों का मूल्यांकन और भविष्यवाणी, निगरानी, प्रभावों से बचने या कम करने के उपाय, पर्यावरणीय क्षरण के लिए सीमाएं निर्धारित करना और निर्माण, संचालन, बंद करने के उपाय शामिल हैं, लेकिन इन्हीं तक सीमित नहीं हैं। वायु, भूमि और जल प्रदूषण का सभी पारिस्थितिक तंत्रों और हमारे जीवन पर प्रभाव पड़ता है और यह हमारे भविष्य और आने वाली पीढ़ियों को खतरे में डाल सकता है। जन जागरूकता और धारणा पर नीतियों के महत्व को पहचाना गया है और पर्यावरण की सुरक्षा में इसकी प्रभावी भूमिका हो सकती है।

हम पर्यावरण प्रदूषण को कैसे रोक सकते हैं?

अपनी कार में यात्रा करने की संख्या कम करें। चिमनी और लकड़ी के चूल्हे का उपयोग कम करें या समाप्त करें। पत्तियां, कचरा और अन्य सामग्री जलाने से बचें। गैस से चलने वाले लॉन और उद्यान उपकरण का उपयोग करने से बचें।



-कु.प्रत्युष मिश्रा  
(६ ठी पृथ्वी)



### अधिक मास 2023

हिंदू धर्म में अधिक मास का विशेष महत्व है। 18 जुलाई दिन मंगलवार के दिन अधिक मास या मलमास की शुरुआत हो रही है। अधिक मास को पुरुषोत्तम मास भी कहा जाता है, क्योंकि इसके स्वामी भगवान श्री हरि विष्णु हैं।

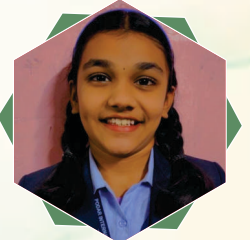
अधिक मास कितने साल में आता है? पता है आपको वह तो

दोनों वर्षों के बीच लगभग 11 दिनों का अंतर होता है, जो हर तीन वर्ष में लगभग 1 मास के बराबर हो जाता है। इसी अंतर को पाटने के लिए हर तीन साल में एक चंद्र मास अस्तित्व में आता है, जिसे अतिरिक्त होने के कारण अधिकमास का नाम दिया गया है। इस साल सावन में दो शिवरात्रि हैं, इसलिए हिंदू कैलेंडर के अनुसार 2023 में अधिकमास है और इसलिए सावन का महीना दो बार आएगा। अधिकमास में श्रीमद्भगवद्गीता, विष्णु सहस्रनाम का पाठ, राम कथा और गीता का अध्याय करना चाहिए। सुबह शाम 'ॐ नमो भगवते वासुदेवाय' मंत्र का 108 बार



जप करना चाहिए। 2- अधिकमास में जप तप के अलावा भोजन का भी ध्यान रखना चाहिए। इस पूरे मास में एक समय ही भोजन करना चाहिए।

अधिक मास से हमें यह पता चलता है कि हमेशा अपने जीवन में हमें समय पर काम करना चाहिए अपना जीवन अनुशासन में रहकर बिताना चाहिए। हमें बड़ों का, गुरु का आदर सम्मान रखना चाहिए। हमेशा अच्छे कार्य करते हुए सच का साथ देते हुए, स्वयं का विकास एवं अपने राष्ट्र का विकास करना चाहिए।



- कु.नित्या क्षीरसागर  
(६ ठी त्रिशूल)

### कारगिल विजय दिवस

कारगिलच्या लढाईत भारताने मिळवलेला विजय 'कारगिल विजय दिवस' म्हणून साजरा केला जातो. या दिवशी कारगिलच्या लढाईत शहीद झालेल्या वीरांच्या आठवणी जागवल्या जातात. कारगिल विजय दिवस हा भारतीय सैन्यांच्या शौर्याची आठवण सदैव जागृत ठेवणारा दिवस असून देशाबद्दल त्यागाची आणि सैनिकांप्रती कृतज्ञतेची भावना जागृत करणारा दिवस आहे. २६ जुलै हा कारगिल दिन म्हणून साजरा होतो...त्याविषयी.



**कु. इशिका सानप**  
( 4 थी उर्जा )

इतिहासात हा विजय सोनेरी अक्षरात लिहिण्यासारखाच आहे. कारगिल युद्धात शहीद झालेल्या भारतीय सैन्याच्या शूर अधिकाऱ्यांच्या स्मृतिप्रीत्यर्थ 'कारगिल विजय दिवस' देशभरात साजरा करण्यात येतो. याच दिवशी भारतीय सैन्याच्या जवानांनी कारगिलमध्ये विपरित परिस्थितीत शत्रूसैन्याला नामोहरम केले. कारगिलच्या शहिदांचे नागरिक समानाने स्मरण करण्याबरोबरच, देशातील सैनिकांचा आदर करण्याचा हा दिवस असतो. देशासाठी शहीद झालेल्या वीरांच्या शौर्याची व बलिदानाची आठवण करून आपली देशभक्ती जागृत करण्यासाठी कारगिल विजय दिवसाच्या निमित्ताने विविध कार्यक्रमाचे आयोजन देशभरात करण्यात येत असते. भारतीय सैन्याचे देशप्रेम, स्वयंशिस्त, श्रद्धा, शारीरिक व मानसिक सामर्थ्य, तसेच वीरवृत्ती उल्लेखनीय असते आणि त्यांचा आदर्श डोळ्यांसमोर ठेवून आपण देशहितासाठी कार्य करणे आवश्यक आहे. सैनिकांनी केलेल्या त्यागाबद्दल आपण सर्वांनी कृतज्ञता व्यक्त करणे आवश्यक आहे.

कारगिल विजय दिवस हा देशासाठी अभिमानाचा दिवस असून या युद्धात शहीद झालेल्या तसेच उल्लेखनीय कामगिरी करणाऱ्या जवानांप्रती समाज आणि शासन कृतज्ञ राहिल. कारगिल युद्धात बलिदान देणाऱ्या सैनिकांप्रती कृतज्ञता व्यक्त करतानाच त्यांच्या शौर्याचे स्मरण करण्यासाठी 26 जुलै हा कारगिल विजय दिवस म्हणून साजरा करण्याचा उपक्रम महत्त्वपूर्ण आहे. देशासह देशवासियांचे संरक्षण करण्यासाठी सीमेवर सैनिक अहोरात्र पहरा देत असतात. त्यावेळी आपले सैनिक स्वतःसह कुटुंबाचाही विचार करीत नाही, फक्त देशाचाच विचार करतात. देशासाठी प्राणार्पण केल्यानंतर त्यांच्या कुटुंबियांना आधार देण्यासह त्यांची जबाबदारी उचलणे हे आपले सामाजिक कर्तव्यच आहे.

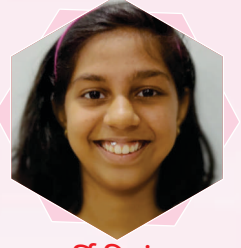
### बुद्धिबळ

बुद्धिबळ हा दोन खेळाडूंनी एका तक्त्यासारख्या पटाच्या दोन्ही बाजूला बसून खेळावयाचा बैठा खेळ आहे. आज आंतरराष्ट्रीय स्तरावर खेळले जाणारे बुद्धिबळ हे पाश्चिमात्य बुद्धिबळ म्हणून ओळखले जाते.

बुद्धिबळ सध्या जगातील सर्वांत प्रसिद्ध बैठ्या खेळांपैकी एक आहे. जगभरात अदमासे ६० कोटी हौशी किंवा व्यावसायिक लोक क्लबमध्ये, पत्राने, आंतरजालावर व विविध स्पर्धामधून बुद्धिबळ खेळतात. बुद्धिबळात कला आणि शास्त्र यांचा मिलाप झालेला दिसतो. बुद्धिबळ एका चौरस पटावर खेळला जातो. या ८x८ च्या पटावर ६४ घरे असतात व ती आलटून पालटून क्रमाने काळ्या-पांढऱ्या रंगाची असतात. पहिला खेळाडू पांढऱ्या तर दुसरा काळ्या सोंगट्यांनी खेळतो. या सोंगट्यांना मोहरे म्हणतात. प्रत्येक खेळाडूचे एका रंगाचे सोळा मोहरे असतात. एक राजा, एक राणी (इंग्रजीत क्वीन), दोन हत्ती(इंग्रजीत रूक), दोन घोडे(इंग्रजीत नाइट-सरदार), दोन उंट (इंग्रजीत बिशप) आणि आठ प्यादी (पॉन). प्रतिस्पर्ध्यांच्या राजाला शह, म्हणजे मृत्यूचा धाक देऊन मात करणे (हरवणे) हा खेळाचा उद्देश असतो. राजाला शह मिळाल्यानंतर कुठलीही खेळी करून जेव्हा त्याला शहातून बाहेर पडता येत नाही त्यावेळी राजावर मात झाली असे मानले जाते. विचारवंतांनी बराच अभ्यास करून मात करण्यासाठी विविध क्रमांच्या चालींच्या खेळी रचल्या आहेत.जरी अनेक देश

### पाय (π) दिन

गणित आणि भौतिक तज्ज्ञांसाठी पाय डे दिवस विशेष आहे. आज जागतिक स्तरावर विशेष म्हणजे अमेरिकेत पाय डे (π Day) साजरा केला जातो. पाय डे म्हटल्यावर डोळ्यांसमोर गणिताचे आकडे येतात. अर्थात, हा तोच पाय आहे ज्याचा वापर केल्याशिवाय गणितं सोडवता येत नाहीत. पायची किंमत ही २२/७ किंवा ३.१४ अशी आहे. पाय डे का साजरा केला जातो असा प्रश्न तुम्हाला पडला असेल. तर, याचंही एक विशेष कारण आहे. मार्च महिना म्हणजे वर्षातला तिसरा महिना आणि १४ तारीख आहे. पायची किंमतही ३.१४ अशी आहे. त्यामुळे या दिवशी पाय दिवस (Pi Day) साजरा केला जातो.



**कु. कार्तिकी अंबाडकर**  
( ७ वी न्यूटन )

भौतिक शास्त्रज्ञ असलेल्या लॅरी शॉ यांनी सर्वप्रथम १९८८ साली सॅन फ्रान्सिस्कोधील एक्सप्लोरेटोरियम मध्ये पाय दिवसाचे आयोजन केलं होतं. त्यांना 'द प्रिन्स ऑफ पाय' या नावानेही ओळखलं जातं. २००९ साली संयुक्त राष्ट्रात अमेरिकेच्या प्रतिनिधींनी १४ मार्च हा दिवस पाय दिवस साजरा करण्यात यावा अशी मागणी केली. त्या आधी पाय दिवस हा जुलै महिन्याच्या २२ तारखेला साजरा करण्यात येत होता. पायची दुसरी किंमत ही २२/७ अशीही आहे.



नद्यांची लांबी मोजण्यासाठी पायचा उपयोग होऊ शकतो. महान शास्त्रज्ञ अल्बर्ट आइनस्टाईन यांनी पायचा वापर करून नद्यांची लांबी मोजण्याचा प्रयत्न केला होता. पायचा वापर करून गणिततज्ज्ञ पिरॅमिडचा आकार मोजला जातो. अवकाशातील दोन ताऱ्यांमधील अंतर मोजण्यासाठी, त्यांच्यातील अंतराचा हिशोब लावण्यासाठीही पायचा उपयोग होऊ शकतो. पायच्या किंमतीचा वापर करून आपण आपल्या ब्रह्मांडाचा आकार अंदाजित करू शकतो. पायच्या किंमतीचा वापर करून आपण आपल्या ब्रह्मांडाचा आकार अंदाजित करू शकतो. पायच्या किंमतीचा वापर करून आपण आपल्या ब्रह्मांडाचा आकार अंदाजित करू शकतो. पायच्या किंमतीचा वापर करून आपण आपल्या ब्रह्मांडाचा आकार अंदाजित करू शकतो.

पायची किंमत ही २२/७ म्हणजेच ३.१४५९२६५३५८९७३२३८... अशी अनंत आहे. जगातल्या अनेक शास्त्रज्ञांनी पाय च्या निश्चित मूल्याचा शोध लावण्याचा प्रयत्न केला होता. पण, अजून कुणालाही यश आलं नाही.

बुद्धिबळाच्या शोधाचा दावा करत असले तरी बुद्धिबळ ह्या खेळाची सुरुवात प्रथम भारतात झाली असे सध्यातरी मानले जाते. बुद्धिबळासाठी विविध भाषांत वापरले जाणारे शब्द भारतीय चतुरंग या शब्दापासून तयार झाले आहेत यावरून हे स्पष्ट होते. चतुरंग म्हणजे "सैन्याची चार अंगे" पायदळ, घोडदळ, हत्ती आणि रथ. तसेच प्राचीन काळात फक्त भारतातच सैन्यांमध्ये घोडे, उंट आणि हत्ती हे तीनही प्राणी वापरले जात होते.

साहित्यामध्ये बुद्धिबळाचा पहिला संदर्भ इ.स. पूर्व ५०० मध्ये भारतात दिग्गज मध्ये ब्रह्मजल सुत या ग्रंथात आढळतो. मुस्लिम जगाने शतरंज पर्शियाच्या विजयानंतर उचलला. मोहोत्यांची पर्शियन नावे तशीच राहिली.

खेळ पश्चिम युरोप आणि रशियामध्ये तीन वेगवेगळ्या मार्गांनी पोहचला. पहिल्यांदा नवव्या शतकात सुरुवात झाली. १००० पर्यंत सर्व युरोपभर पसरला. इबेरियन पठारावर मुर यांनी दहाव्या शतकात खेळाची ओळख करून दिली



**कु. याज्ञी पवार**  
( ७ वी न्यूटन )

*"The great revolution in the history of man, past, present and future, is the revolution of those determined to be free."*

## Book fair organized at Podar International School, Nashik

Books open windows to the world and have the power to transform lives. To inculcate early reading habits in young kids of Podar International School, Nashik, the school organized a book fair by Daffodil Lane for the students of grade I and II on 22nd July, 2023. The book fair welcomed school's young book lovers offering them a wide - range of age-appropriate books that catered to various interests and reading levels. From delightful picture books to engaging beginners books series, the collection aimed at nurturing a lifelong passion for reading. Principal Dr. Manohar Mahajan expressed his delight in witnessing the enthusiasm of the students during the book fair. He highlighted the role of books in shaping the child's future and emphasized that the school believed in creating a culture of learning within the school community. The Book Fair received an overwhelming response from the parents who recognised the importance of reading at a young age. Many parents appreciated the school's efforts in organizing such a stimulating event. With the successful conclusion of the Book Fair, the school reaffirms its commitment to encouraging students to advance beyond grades. By providing access to diverse and captivating books, the school has taken a significant step in nurturing the dreamers and thinkers of tomorrow.



### हिंदी शब्द भंडार

- 1 विषय- subject
- 2 अनुसंधान- research
- 3 पंजीकरण-registration
- 4 समन्वयक-coordinator
- 5 परीक्षा प्रणाली-examination system
- 6 अभियंत्रिकी-engineering
- 7 नियोक्ता-employer
- 8 पेशा-profession
- 9 वित्त-finance
- 10 संगठन-organisation
- 11 कोशिका-cell
- 12 संक्रमण-infection
- 13 संविधान-constitution
- 14 समीप-near/close to
- 15 उपरांत-after



-कु.वंशिका साबळे  
( ७ वी विक्रम)

## Global Warming!

Global warming is a term used to describe the gradual increase in the Earth's average surface temperature due to the build-up of greenhouse gases in the atmosphere. These gases, such as carbon dioxide, methane, and nitrous oxide, trap heat from the sun and prevent it from escaping back into space, leading to a rise in temperature.



The effects of global warming are already being felt around the world, with melting glaciers, rising sea levels, and more frequent extreme weather events. If left unchecked, global warming could have catastrophic consequences for the planet and its inhabitants. To address this issue, it is essential that we take action to reduce our carbon footprint by using renewable energy sources, supporting clean transportation options, and making lifestyle changes to reduce our overall impact on the environment. Let us all do our part in protecting our planet and combating the effects of global warming.



- Miss.Insiyah Merchant (IX Venus)

## Poem on Parents

I do believe in magic around  
Because I have my world sound;  
With my strength beside me,  
The whole world seems a bit wee.  
My parents are everything to me,  
I do not have any fear, you see.



People around can be sometimes manipulative;  
Mom then says I need to be attentive.  
When fear strikes me badly;  
Dad motivates me to face things boldly.  
My parents are everything to me;  
I do not have any,fear you see.

There are times when my stomach goes clutter-clutter;  
And zoom comes mom with her delicious platter.  
Balancing cycle is a difficult job;  
But dad instructs to keep trying but do not sob.  
My parents are everything to me;  
I do not have any fear you see.

Emotions in my heart go in roller coaster ride;  
Smilingly, mom convinces me to keep my horizons wide.  
I lovingly call my dad with many names;  
My secret Santa, piggy bank to the man of great fame.  
My parents are everything to me;  
I do not have any fear, you see.

- Miss.Khushi Pimpalkhare (VII Dhawan)

### English Quiz :

- 1) What was 'Word of the Year-2016' according to Dictionary.com?  
A) Xenophobia B) Menophobia C) Chemophobia D) Semophobia
- 2) In Bihar, UNESCO has declared which place as a World Heritage Site?  
A) Bihar's ancient Nalanda University  
B) Jaipur National University  
C) Takshila University  
D) Jagjivan University
- 3) How many satellites in a single mission using PSLV C-34 launched in 2016?  
(A) 10 satellites  
(B) 30 satellites  
(C) 20 satellites  
(D) 05 satellites

Ans: 1) A 2) A 3) C

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