



**PODAR
SENTINEL**

From Principal's Desk



To Dear Parents

Year 2014 is gone. I am thankful to you for the relationship and the bond you have strengthened with us, wholehearted cooperation you have extended to us and faith you have reposed on us. Now we have stepped in year 2015. Let me take this opportunity to wish you all a positive, healthy and fruitful New Year. I reassure you our commitment to standing up to your expectations. I sincerely expect your guidance and cooperation and also participation in School activities and in our endeavour to do all that is required for the overall development of our children. Let us work hand in hand to show a new Sun rise to our children and kindle in them new hope that will rejuvenate them to reach to new heights in their life.

Mr. Ramesh Chandra Panda
Principal, PIS, Nashik



A chat with our first Physics teacher

Q1. When did you decide to become a teacher?

Ans. Actually it was not decided to become a teacher .In my childhood I was More inclined towards Banking Sector. But when I was in eleventh standard on teacher's day I taught algebra to ninth class and I was acknowledged for the same. That day onwards my destiny changed.

Q2. What are your views about Podar Networking system?

Ans. Latest technology and activity based teaching can be best experienced here. Students enjoy their learning as they are involved in teaching learning process. Our Principal Sir is also very motivating. Once you join Podar you feel like you are in your family.

Q3. Who is your idol? Why?

Ans. Firstly , my parents who are always encouraging and supporting me to learn good things. And in teaching field my teacher Dharwadkar madam who taught me Math and Science.

Q4. Which is the best moment you have shared with your students?

Ans. Every year we have lots of activities and being a class teacher, I share a lot and enjoy . Biz-kid Bazaar which was held in this academic year was the best moment which I shared with my Students.

Q5. What message would you like to give to PIS students?

Ans. I would like to tell my students, to obey and respect their parents. Always love work , and you will be blessed by GOD.



December Editorial Team

Chief Editor :

Mr. Ramesh Chandra Panda (Principal)

Teacher Coordinator :

Mrs. Edna Fernandes (Event Coordinator)

1. Pranoti Billade X
2. Amisha Shirgave IX A
3. Tasneem Zakiuddin X
4. Rishi Nair X
5. Tanmay Phalke X
6. Anjali Nair X
7. Ritika Gupta X
8. Bharathi Surendran IX B
9. Tejas Morkar IX B
10. Purab Kalro X
11. Yash Gite X
12. A.N. Shreyas X
13. Shruthy Maria X
14. Aanchal Vyas X
15. Vijay Somvanshi IX A
16. Rohit Salve IX A



The mind is everything. What you think you become. –Buddha



Inaugural Assembly

When the students are more actively engaged in learning and experiencing various art forms, they are more likely to see the relevance of what they are learning and also develop an appreciation for art. Opening the world of art to your children is a way of giving him/her a gift for a lifetime. Art forms give children multiple ways to express themselves. The students can learn to express their thoughts and feelings through art. It encourages children to discover their artistic inspiration, builds the foundation for success in reading and writing, and builds self-confidence and social skills. Art helps children see that there are always fresh ways of looking at familiar things.

So to build-up this art in our Podarites, an inaugural assembly for the theme “THINK COMPOSE AND CREATE” was conducted on 10th of November 2014. The main focus was on developing visual acumen, aesthetic insight, and knowledge of the forms and the role of art across time and cultures. There was an act by students of grade 5 and 6 showing House-wise competition of ‘Art relay’ being conducted among the students. This was done so that it would be an impromptu to group art work. The act was very well done by the students in which children were asked to draw a picture in limited time given. Then the other one continued like relay race. Through this module the children not only learnt about great artists and their work, but also actually recognize and appreciate various art forms. So this was the inspirational opening of the theme “THINK CREATE AND COMPOSE.”....

By: Amisha Shirgave.
IX-A



Childrens Day



“In midst of tides, remain a child “
–Jawaharlal Nehru.

We in India, celebrate the birthday of the first prime minister of India, Jawaharlal Nehru. He was a natural lover of children and so he dedicated his birthday to the children worldwide. And to commemorate this day at Podar International School the teachers gave a bash to the students at Podar.



Since children are continuously open to new ideas, the teacher decided to impart some art forms and traditions of India in the children. The assembly started off with a fashion show of traditional Indian women dresses. Then some nightingales of Podar hummed their tunes for the students. Then came the show stunner, a traditional dance named ‘Ghoomar’ performed by some teachers. It received applause to the fullest. Then the men stepped in and gave knowledge to the students regarding some of the greatest artists who are forgotten. After this came another dance which portrayed a school life of four girls. At the end, the Principal of Podar International School joined the party after he showed his skills of playing the piano and singing.

At last the children received some snacks and refreshments to add a spice to their day. We thank the teachers for this great day.

By Vijay K. S., Amisha Shirgave
IX - A

Debate Competition

An inter-house debate competition was held in our school on 20th December, 2014. The topic for the same was “PM Modi’s policy ‘Make in India’ -A step towards making India self-reliant or making India dependent on foreign countries.”

The students of classes 7th, 8th and 9th participated in the competition. The winner of the competition was Yellow House followed by Blue House and finally by Red House.”The best speaker” title was awarded to Raghav of Blue House. The speakers were allotted three minutes time to express their views, for or against the topic.



The speakers one by one put forward their views and were questioned by the audience as well as the opponent team members. The audience too played an important role in the competition. The speakers were up to the point and also tried to surpass opponent members by questioning them. They also stated various drawbacks as well as the advantages of Make in India movement.

The speakers were very interactive with the audience and tried to state as many points they could to win the competition. This debate competition made us all aware of the various policies of our Indian government.

By Rohit Salve Class
IX A



Student Workshop

‘When there are thoughts, it is distraction : when there are no thoughts, it is meditation.’

- Ramana Maharshi

To inculcate the importance of meditation and handling stress, few ISKCON associates had stepped into Podar International School on 29th of November for the sixth and seventh standard.

They started off with a shloka then gave the seeds and fruits of meditation and concluded with a story, a story worth remembering and implementing. For you to get a glimpse of the story, here it is in short.

The Gita’s dialogue between Arjuna and Krishna is recounted as narrated to Dhṛtarāṣṭra by Sanjaya. Arjuna saw all his relatives on the other side of the battle field. He felt nervous and choose to quit the war and give up his weapons. Then Krishna started explaining to Arjuna that there is reason for the battle to be there and that he needed to accept the circumstance and concentrate on achieving his goals through proper meditation.

From this story we learn that we need to accept everything that comes our way and not to give up on our goals. To achieve this, we need to learn the art of meditation. Podar International School has tied up with ISKCON to guide the students morally and this workshop is conducted every Saturday in school.

The students who attended this session were truly inspired and thankful to the ISKCON associates who spent time with them and taught them the key to success.

By Vijay Somvanshi

IX A

Joy of Giving

Grade 1 and 2:

The Theme of “Joy of Giving” helped the students of 1 and 2 in becoming aware that there were many ways of giving a ‘gift’ that can make someone happy. They also practiced giving and sharing their white elephant gifts to spread happiness with underprivileged students when they visited the schools. The purpose of these activities was to make students realize that true joy lies in making others happy.

Grade 3 and 4:

The “Joy of Giving Week” activities focused on the theme “Care, Share and Grow”. To encourage the idea of comparison in the students, a ‘Donation Drive’ was undertaken, wherein the students brought old toys from home for the underprivileged children. The students reflected on ‘to whom and how’ they can give, culminating with the activity- “The Giving Tree”. A sock-puppet activity conducted in their respective classes. Students understood the meaning of community by giving their time, skill and resources to these children in the form of a gift, who are a part of our community.

Grade 5 and 6:

The sessions conducted for these classes under the theme highlighted the problems of illiteracy and child labor in our society. The students were asked to bring old textbooks/story books from home. The students identified and helped ‘chotus’ around them. The students understood the educational policy in our country – ‘Sarva Shiksha Abhiyaan’ - ‘Education for All’ and the need to spread literacy and curb child labor in our country.

A Visit to the Old Age Home



A Value Education Workshop

Being successful in life is a great achievement, where you earn your name, wealth and respect. But what matters are your manners, your values and your etiquettes. If you are a man of wealth and do not have common etiquettes then a common man who has no wealth but has manners is a real man and leads a real and respectful life. That is why children right from childhood are nourished with these values so that they turn up to become a good citizen. They are taught lessons of value education through various examples, facts and videos which no one can deny.

To teach us such values Associates of ISKON Temple, Nashik had conducted a workshop on moral values and which manners which children should have. Mr. and Mrs. Aher were the host of the seminar. Videos were shown regarding showing kindness and humanity to the needy .We were also taught that smile is a universal language and is priceless. So one smile can change the day for a person.

By: Amisha Shirgave. IX-A.

Eighty percent of success is showing up. –Woody Allen

Electronic Exhibition

A science and technology awareness workshop organised by HPT Commerce, RYK Science College and Science Forum was held in our school on 10th December, 2014. In this workshop first year college students explained and demonstrated various science activities, experiments and laws through their self-made models and charts.

The students of classes 8th, 9th and 10th visited this workshop. This made understanding of difficult experiments and laws easier. The projects and models made by them were really interesting and attractive. The college students had made models on various scientific experiments like Hydraulic arm, solar energy, etc which they also explained to the students as well as to the teachers. The students were very interactive and friendly too and tried to explain us with no doubts in our mind. They had also made models through which there could be a drastic change in the society like using solar energy and wind energy to reduce the use of electrical energy and also to reduce pollution.

This workshop helped us to understand and remember difficult scientific terms easily.

By Rohit Salve
IX A

Express Yourself

GRADE 1 & 2: -

TOPIC - Art Activity – ‘Let’s Recolour the World’

This ‘Express Yourself’ activity aims at providing inspiration and support for teachers who want their children to remain engaged, to experiment with the process of colouring and to retain their enthusiasm and sense of adventure with colours. This activity was held on 2nd December, 2014. In this, the students were asked to colour the nature in a way they wanted but something different from the original one. We hope that this activity has definitely helped the students to develop their imagination power.



GRADE 3 & 4: -

TOPIC – Sound and Art Activity – ‘I Hear, I Draw’

Young children love sound. Music activities and experiences help children practice important skills, including thinking, language, motor coordination and understanding emotions. This interesting activity was conducted on 3rd December, 2014. The teacher played four short music pieces for the students and they drew four accompanying pictures on a paper. The students learnt to recognize how music can be used to create ideas and pictures in a listener’s mind. They also learnt to represent musical links through visual art.

GRADE 5 & 6: -

TOPIC: Story Writing Activity - ‘My Photo Fable’

The idea behind this writing exercise was to engage pupils with a short story writing activity, which can ultimately be about anything and

not strictly related to the image in the photo or picture. This imaginative activity was held on 4th December, 2014. In this activity, students were shown a photo on which they had to write a story. Students enjoyed it a lot and I think they will always remember this experience.

GRADE 7 & 8: -

TOPIC: Song Writing Activity - ‘Music & Lyrics’.

Songwriting develops the students’ writing skills. It gives the students an opportunity to practice the arts of penmanship and organize thoughts in a structured manner. Class VII and VIII conducted this activity on 5th December, 2014. This activity consisted of 2 songs. Students heard these songs and they had a discussion on these songs. They discussed about the type of song, singer of the song, the writer of the song, the mood of the song and the way in which it expresses its mood. This unit aimed at development of the children's ability to compose a song with an awareness of the relationship between lyrics and melody.

By: - Pranoti Billade (X)

Special Assembly



A special assembly was conducted on ‘Child Rights Day’ on 20th November, 2014 focusing on ‘A CHILD’S RIGHT TO EXPRESSION’.

INTRODUCTION:

✓ The assembly was conducted by the students of 5th D.
✓ The introduction to this assembly was carried out with help of a ‘Mime session’ wherein the students enacted the action using sign language to -

- ▶▶ Act like playing a musical instrument
- ▶▶ Act like dancing on a favorite tune.
- ▶▶ Act like singing to a favorite song.
- ▶▶ Act like painting a picture.
- ▶▶ Act like giving a speech.
- ▶▶ The students in the audience gave response either by thumbs up or down.
- ▶▶ Then a group of students played the role of famous artistes like Lata Mangeshkar, Hema Malini, Sachin Tendulkar, M.F.Hussain and Honey Singh.

DISCUSSION:

✓ The anchor of the assembly continued with a discussion related to what the audience observed through the various mimes presented. He explains that-

- ▶▶ All the mimes were directed towards people expressing themselves through different forms such as music, dance, art and speech.
- ▶▶ Famous artistes like Lata Mangeshkar, Hema Malini etc expressed themselves through various forms such as songs, dance, cricket etc.
- ▶▶ Being able to express oneself freely in any way one likes and without interference is one of the most important things that we all should enjoy. This is called the ‘Right to Expression’.
- ▶▶ The ‘Right to Expression’ is one of the most important right that all the children should be able to enjoy whereby they can freely express themselves through any media such as speech, writing, drawing, dance, writing without any outside interference.

CLOSURE:

The assembly was concluded by the students of V D by showing their gratitude towards the nation INDIA for bestowing onto them various rights like;

- ▶▶ Right to survival
- ▶▶ Right to food
- ▶▶ Right to education
- ▶▶ Right to family
- ▶▶ Right to protection from neglect and abuse and above all
- ▶▶ Right to expression

BY: AKSHITA LOLAGE X

Podar International School, Nashik				
Secondary Section				
Medal Winners In Competitive Examinations 2014-2015				
Sr. No.	Exam	Std.	Name Of The Student	Type Of Medal Won
National Cyber Olympiad (Nco)				
1	Nco	V	Aniket Sanjy Sonawane	Gold Medal At National Level
2	Nco	Vi	Prajwal Manojkumar Billade	Gold Medal At National Level
3	Nco	Vii	Pranal Vinayak Ingle	Gold Medal At National Level
4	Nco	Viii	Sahil Dilip Ghule	Gold Medal At National Level
National Science Olympiad (Nso)				
5	Nso	V	Tanush Jayesh Khairnar	Gold Medal At National Level
8	Nso	Vi	Gauri Rajesh Dixit	Gold Medal At National Level
11	Nso	Vii	Atharv Prasad Jaju	Gold Medal At National Level
12	Nso	Viii	Himanshu Ganesh Sonawane	Gold Medal At National Level
15	Nso	Ix	Toshit Girish Choudhary	Gold Medal At National Level
Homi Bhabha Young Scientist Award Exam				
16	Science	Ix	Toshit Girish Choudhary	Selected For Second Level
17	Science	Ix	Tejas Morkar	Selected For Second Level
Sport Competitions				
18	Chess	V	Kartik Kumar Singh	Gold Medal At National Level
19	Karate	V	Anushka Sable	Gold Medal At District Level
20	Swimming	Vi	Mayank Kad	Gold Medal At State Level
21	Marshal Art	Vi	Khushi S. Garg	Gold Medal At State Level
23	Karate	Vi	Tanmay Jain	Gold Medal At District Level
24	Skating	Vi	Priyanshu Kandalkar	Gold Medal At State Level
26	Shooting	Viii	Om H. Rajput	Gold Medal At State Level
27	Shooting	Ix	Rishikesh Vishwambhar	Gold Medal At State & Silver At National Level
28	Kick Boxing	Ix	Justin Benny	Gold Medal At State Level
Last Years Icse School Topper				
29	Icse	10	Abhishek Anil Kulkarni	Secured 93% In Icse 2014 Exam
30	Kvpy	10	Maitreya Sonawane	Selected In Kishor Vyganik Protshan Yojana 2015
Best Students Of The Year In Academics 2014-2015				
31	Academics	10	Bhakti Rajhans	
Best Students Of The Year In Cca 2014-2015				
32	Cca	10	Pranoti Manojkumar Billade	

Sports Achievements

To achieve in sports you should first have a dream, and then you must act on that dream. The best athletes are those who truly enjoy what they are doing and display a tremendous amount of work ethic. They continue to persevere in spite of setbacks and never lose sight of their ultimate goal. Here are some sports achievements achieved by our school students in the month of November:-

- 1) Shreyas Shelar played Cricket at state level under 17, which was organised by Tennis ball Cricket- Federation of India, held in Solapur dist.
- 2) Shlok Dahake played under 12 Skating Championship, which was organised by Skater Association of Maharashtra held in Mumbai and Achieved Gold Medal.

3) Pearl Chourasia achieved Gold Medal (best fighter) in under 12 Karate event organised by Do Karate Academy Association of Maharashtra, which was held in Mumbai.

4) Kushi Gang achieved Gold Medal (best fighter) in under 14 Karate event which was organised by Do Karate Academy Association of Maharashtra, held in Mumbai.

5) Atharava Shinde played Cricket at State level organised by Tennis Ball Cricket Federation of India. It was held in Solapur district.

6) Gopal Malani played Cricket at State level organised by Tennis Ball Cricket Federation of India, which was held in Solapur district.

7) Tanmay Chandak played Cricket at District level organised by Tennis Ball Cricket Federation of India. It was held in Solapur district.



Shlok Dahake



Pearl Ahourasia



Atharava Shinde



Gopal Malani



Shreyas Shelar



Kushi Gang

By: Ritika Gupta And Anjali Nair

Your time is limited, so don't waste it living someone else's life. – Steve Jobs

Art Corner



Master Chef



Cooking a yummy grandma's recipe with papa and grandma was a great fun for our little chefs. The children learnt the importance of healthy eating and also to lend a helping hand to parents.

Sudoku

puzzle # 1									two								
2	7	6	3	9	1	4	8	5	8	9	2	7	6	4	3	5	1
1	5	3	4	8	7	9	6	2	4	5	7	8	3	1	6	2	9
4	8	9	2	5	6	3	1	7	3	1	6	2	5	9	8	7	4
9	1	8	6	7	2	5	4	3	2	3	9	1	8	6	5	4	7
5	4	7	8	1	3	6	2	9	6	8	1	5	4	7	2	9	3
3	6	2	5	4	9	1	7	8	5	7	4	3	9	2	1	6	8
6	2	4	9	3	8	7	5	1	7	6	3	9	2	8	4	1	5
7	9	5	1	2	4	8	3	6	9	2	8	4	1	5	7	3	6
8	3	1	7	6	5	2	9	4	1	4	5	6	7	3	9	8	2

Curriculum activity Dress me up party



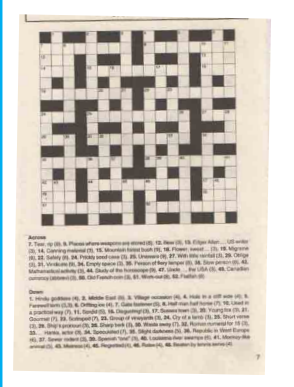
Our tiny tots from nursery participated enthusiastically for the Dress me up party showing their understanding of the concept 'Jobs people do' which they have learnt.

Children's day celebration



Children's at Podar Jumbo kids enjoyed their day by dancing and singing together.

Crossword



Crossword 4

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

Previous Ans

The fashion

The wizard Ho-ho uses a magical carpet to fly up in the sky. But now that's old, the wizard Ho-Ho says magical carpet is really too slow. And so he has ordered his servant to bring a little blue saucer. What a strange thing! But see, the old wizard so clever he is! He is making the saucer as large as it can be. Hour right in the..... Is cunning Ho-Ho Swift through then his saucer will go

By Snehal Singh
VI B

Ode of Books



Oh! Books thank you for relaxing me. I always come to you whenever I don't understand anything. Oh! Books you give me knowledge and shocks by giving some stunning facts. Oh! Books I can depend on you for anything. Oh! Books you are my best friend and will always be. Oh! Books you are my next world, best world and my favourite world!!

By Shruti Chawan
VIII A

Ode to My Computer

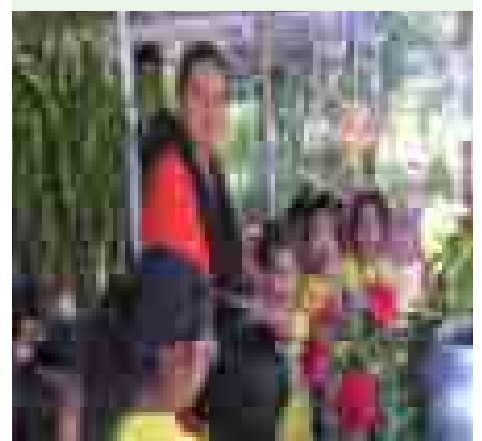
My computer is a wondrous thing. And so many pleasure it can bring. With all my friends so far away, Now I can visit them each day. It really keeps me occupied you see, And best of all, the stuff I want is free. Of course, there are things that I must do, Like scan disc and defrags too. So take away my phone, unplug my old TV, For its my computer I love, don't you see!



By Kanak Dhakaria VIII A

Sr.kg field trip

A field trip to a plant nursery was arranged for Sr.kg children. The children had a wonderful experience by seeing the plants around and recollecting what they had learnt in the concepts taken in school.



Winning isn't everything, but wanting to win is. –Vince Lombardi

Movie Review

When a reviewer is confronted with a Bollywood star vehicle as spectacularly vacuous as *Action Jackson*, the usual tendency is to go a touch easy with the potshots. In other words, one dismisses it as a film meant only for diehard fans of the lead actor and leaves it at that. But in the case of Prabhu Dheva's latest all-out mockery of moviemaking, one would be inclined to think twice before making any such unilateral claim. Would any actor's fans, at least those that are in their right minds, be so undemanding as to lap up something as excruciatingly trashy as *Action Jackson*?

The film proffers the worst of everything – obnoxious characters, mindless situations, juvenile action sequences, raucous music, bizarre dance routines and pathetically cheap gags – with nary a sign of any redeeming feature that could lessen the blow.

Prabhu Dheva the director seems to have lost it completely. But what, pray, was Ajay Devgn thinking when he chose to be part of this monstrosity?



Even by the pitiable standards that *Action Jackson* sets for itself, Kunal Roy Kapur as the bumbling sidekick of one of the two Ajay Devgn presents a sorry sight. If there is anything here that sinks lower than Kunal Roy Kapur is forced to do *Action Jackson*, a surefire Golden Kela contender, could give *Humshakals* a run for its money. Give it a miss.

Purab Kalro and Rishi Nair

Online Test For Grade X

Our school has taken many-many initiatives to improve and polish the skills of students, like a goldsmith polishes a gem. So our school has started a new trend of online test for 10th standard.

By this test students are really benefitted. An amazing factor of this test is the instant result we get after our exam. This test is only for math and science subjects and it is conducted twice a week that is on Tuesday and Friday. By this test we the students are improving in understanding the question which are tricky and difficult to understand, speed of solving of a question is increased, managing time while solving is improved as this exam is time based exam.

We hope that this type of test will increase our score in our board exam and bring good name to our school.

BY :- A.N.SHREYAS X



Teacher Article

Experience Counts

A mighty tree, deep in the forest, was home to a great many birds. The oldest resident was an owl. One day, the old owl noticed that two branches had grown very close to each other. So he alerted the others. "Friends, those two branches over there are constantly rubbing against each other," said the owl.



"So, what about it?" asked one bird? "In the dry weather, friction could cause a spark that could set the tree on fire. My advice to those of you, who are building nests, is to shift to safer location!" Said the owl.

"Age has made you timid, sir!" said a wood pecker. "We woodpeckers know everything about building nests and I assure you that the tree is safe."

Only a few birds decided to leave the tree and build nests elsewhere. The majority decided to stay where they were. "This tree is as old as the hill! Fire has never occurred here," said one of the birds.

"That's true," replied another bird. "We would be fools to leave such a safe place. I think Owl is an alarmist!"

And then one hot summer afternoon, the tree caught fire just as the old owl had predicted. A spark caused by the branches rubbing together led to a fire that engulfed the whole tree destroying every living thing on it. Moral of the story: Listen to the voice of experience.

By Mrs. Shubhangi Jhavar

5 ways to study effectively

Some people believe that successful students are just born that way. True, some students are able to breeze through school with little or no effort. However, the vast majority of successful students achieve their success by developing and applying effective study habits. The following are the top 10 study habits employed by highly successful students.

1. Don't try cram all your studying into one session.

Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

2. Plan when you're going to study.

Successful students schedule specific times throughout the week when they are going to complete their studying -- and then they stick with their schedule.

3. Study at the same time.

When you study at the same time each day and each week you're studying will become a regular part of your life. You'll be mentally and emotionally more prepared for each study session and each study session will become more productive.

4. Each study time should have a specific goal. Simplifying studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying set a study session goal that supports your overall academic goal.

5. Never procrastinate your planned study session.

Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may get everything accomplished that you need to.



I am not a product of my circumstances. I am a product of my decisions. –Stephen Covey

Happiness



Since childhood, I have heard a common refrain from my elders and betters(?) and that is, Gone are the Good Old Days! We were so Happy then! Okay, so you were very happy then, but not so much now – so what? used to be my internal reaction. But, what troubles me now is that I have started mouthing the same refrain towards my juniors. Yes, I am old enough now! And, what troubled me even more is that I was not mouthing it just because it is a done thing as one progresses in age, but I was actually believing what I was saying. Therefore, I decided that this happiness thing deserves some thought. For a long time I made no headway and then inspiration struck! What if, like all physical quantities God also made Happiness a limited commodity? Obviously then, if the total amount of Happiness created by Him in this world of ours has not changed, then with continuous increment in human population, the per capita happiness would keep reducing. Wow! No wonder each successive generation feels that the past was a better place to live in.

Now, being gifted with a scientific bent of mind, I started searching for corroborative evidence for this empirical postulate. Soon, I found many instances which corroborated my line of thought. A few illustrations would make the point clear :-

Illustration 1 – You ask your boss for some leave. The boss in no uncertain terms says No! accompanied with unnecessary remarks about your usefulness in general. Result? Boss is happy and you are unhappy. It doesn't stop here. Now imagine, that your colleagues have come to know about the roasting you got. Result? Everybody at the workplace is happy and you are very very unhappy.

Illustration 2 – Your wife takes your credit card and splurges. Result? Obvious isn't it? However, not being satisfied with these routine observations I tried this theory on a global scale like say, war between India & Pakistan, India wins, Pakistan unhappy and India happy. Or say 9/11. Terrorist groups happy, Western world unhappy.

Thus, I was now convinced that this theory works and therefore I decided to formally define this Law of Happiness as – “The Sum total of Happiness in the world is a Constant”. I felt like I was next to Einstein.

All went well for a few days. Then, one fine evening while doing nothing, my thoughts strayed once again towards my newly formulated Law of Happiness. Meandering along with this line of thought, I imagined what would happen say a few hundred years down the line. Would all people be generally unhappy? Most likely yes, assuming that the population graph continues to move upwards and therefore the per capita happiness graph goes correspondingly down. Now, this worried me a bit. Is this Law which I postulated all wrong? This worry now occupied my mind at all times. In such a pensive mood I was driving to my work place when at a junction a car attempted to cross when I had the right of way. He deserved the choicest of the abuses but being pre-occupied, I slowed down, and waved him on his way in a disdainful manner. To my wonder, he smiled back and waved at me. This action of his made me feel nice.

The next moment, I was horrorstruck! My entire theory of happiness had come crashing down. We both were happy when by all rules (or my rules) one of us should have been fuming.

I mulled over this small but significant incident which was a shining exception to my Law of Happiness. My ego made several attempts to intervene and kill this thought process. But, finally me and my ego bowed down to reason. Therefore, with lot of regret, I have to announce that please ignore the earlier stated Law of Happiness. The new Law is – Happiness shared is Happiness multiplied. However, you will still find a lot of chaps following my old law. Don't get perturbed. They will eventually understand. And, even if they don't, You be happy.

By Mr. Sameer Wagle
General Manager, Nashik Region

Let's Go Counselling



- Aishwarya & Aditi STD.X

Date of Training : 04.10.2014

Place : PIS Nasik.

Workshop name : Counselling Orientation

Resource person : Ms. Swati Mahajan

It was an awareness activity about Counselling which answers, ' what? Why? When? How? & who? Needs counselling.'

▲ What is Counselling?

Counselling provides an opportunity for children to talk, with confidence, about things that are worrying them or affecting their day today life. The common issues are bullying, parental disagreement, stress, friendship, bereavement, distressing traumatic events and anger.

A child gets an opportunity to ventilate his feelings. This helps to make him optimistic.

▲ What does a Counsellor do?

Counsellors are trained to listen without judging and to help children sort out their thoughts and feelings. Counsellors in schools often use creative activities to help children express their concerns. The word Counsellor means someone who is...

- C. Caring
- O. Open-Minded
- U. Understands
- N. Never Judgmental
- S. Sympathetic
- E. Encouraging
- L. Listener
- L. Lifelong Learner
- O. Offer Suggestion
- R. Ready to Help

▲ Why is a councillor needed in school ?

When children are experiencing difficulties at home or in school, their concentration and the way they behave can be adversely affected by it.

A councillor can help children by providing emotional support and enabling them to 'off load' their feelings and anxieties to concentrate more in class, and build their self-confidence.

▲ Who needs counselling?s

A student who has an intellectual, physical, sensory, emotional, behavioural and learning disabilities.

Types of Learning disabilities

- ▲ Dyslexia: difficulty reading and spellings
- ▲ Dyscalculia: difficulty with math and numerical reasoning
- ▲ Dysgraphia: difficulty with writing and psychomotor skills
- ▲ Slow Learning

Behavior difficulties

- ▲ Attention deficit hyperactivity disorder (ADHD):
- ▲ Oppositional defiant disorder(ODD)

Counselling is a purposeful, planned activity.

Counselling involves

1. Acceptance of the problem.
2. Awareness of the root causes of the problem.
3. Preplanning to overcome the problem.

“It works well when it is a joint efforts of parents, teachers. If all these stake holders whole heartedly participate with patience and faith in the process, then the chance of success is extremely high. Therefore, we try our best to help them deal with their problems and make their school days happy.”