



A conversation with our very own Social Studies mentor

Q. What is the goal of your life?

A. I, seek to inspire students in all aspects of their lives and become a role model for the students and encourage them to strive for greatness.

Q. Whom do you admire the most? Why?

A. I admire my mother, who is my first teacher. She has been the main inspiration for me to take up teaching as my career. I love her and really admire her kindness, unconditional love and patience.

Q. Which is the historic place you have visited? How was it?

A. I loved visiting Delhi. It is believed to be the 'Indraprastha' the capital of Pandavas. Amongst one of the most ancient inhabited capitals of the world, the city has lots of historic places like Yoga Maya temple, Red Fort, Qutub Minar, Rashtrapati Bhavan, Raj Ghat, India Gate, the list is endless. It was an unforgettable experience.

Q. Which are the recreational activities you enjoy the most?

A. I love to read, paint, knit and cook.

Q. How does studying of History as a subject, help the students?

A. History is the study of how various civilizations developed from the ancient period. I see the study of History as very important in creating knowledgeable and engaged citizens for our nation. History promotes understanding between cultures and between national traditions. History also offers an opportunity to acquire and improve on many of the key skills required to be known in their life.



- Vaishali Ingle





It is said that School life is the best part of everybody's life. In this stage children are innocent and carefree. They are unaware of the problems and challenges of the outer world. School days are joyful and fun filled for them. In this stage they go through physical development, emotional bonding, friendship and knowledge. These are the building blocks of life. School life comes only once in a life time, because as we grow up we have to move on to university life and adult life. Here, we have to face the reality of the life.

Every child should make the best use of school days, as these days are the foundation of their future. You are the architect of your own life and it's up to you, whether to build a small hut or to create an empire on this foundation. Focus on your studies in your school days, make your foundation very strong and brighten your future; so you are ready to accept the challenges offered by a bigger school, called as "The World". Follow the rule - "Play while you play and study while you study". Don't forget to work hard and keep moving ahead to make good memories.



- Rupali Joshi
(Primary Maths Teacher)

PARENTING STYLE

In today's fast and busy schedule, we as parents are giving very less time to our kids. We must make sure that whatever time, we spend with our children should be qualitative rather than being quantitative. Every parent has his/her own style of parenting and different ways of bringing up the child.

Above all a good parenting can be enhanced by following few essential points.

- Be available for your children, notice the time when your kids are most likely to talk.
- Start conversing with them and make them aware, that you care about what is happening in their life and know their interests.
- Initiate conversation by sharing what you have been thinking about them rather than questioning.
- Whenever your children are talking about problems, give immediate attention to them. Listen to their point of views and then respond. Respond in a way your children will hear.
- Express your opinions without putting down theirs.
- Most often, they will follow your lead in how they deal with anger, solve problems and work through difficult things.

Though, parenting is just a little more hard work - listening and talking is the key to a healthy connection between you and your children.



- Sangeeta Nayyar
(Educator)



Healthy eating habits in children

Diet has a profound effect on our body functioning. The brain needs to be properly hydrated in order to be alert. This means to be a happy, alert, intelligent child, your child needs the right food and water habits.

It is very essential to find out whether your child is having a rich nutritious balanced diet or a diet that can greatly contribute to health problems in the future.

So let's keep concern and become your child's personal dietician and ensure that your child is getting a healthy



rich in carbohydrates, proteins, fats, vegetables, fruits, nuts, milk and milk products.

Some points to remember:

1. Keep a check on the sugar and salt content in your child's daily diet. It's going to cause harm in more proportions. It will make the child hyper.
2. See that your child drinks water at regular intervals.
3. Do not give coffee and colas to your kids.
4. Start his/her day with a good breakfast as it is a 'memory activator'.
5. Fix meal times and stick to it, no in between snacks.
6. Avoid packaged food.
7. Do not believe media perpetuated myths about food like noodles have wheat, or a bar of chocolate is equal to a glass of milk etc.

Remember a healthy childhood is the foundation for healthy adulthood.



- Ms. Sejal Pandiya
Class teacher of Sr.kg 'A' afternoon batch

BOOKS- OUR BEST FRIENDS



Books are our best friends. You will never be alone if you know reading. Once you learn to read, you will forever be free. Books are not just made of words, they are also filled with places to visit and people to meet. Reading books takes us to another world. Reading is to the mind, what exercise is to the body. A good book is the best of friends, the same today and forever.

- Aastha Joshi III A

Dreams are not those....

Dreams are not those,
In which we play with fairies,
Dreams are actually those,
For which we can stop playing.



Dreams are not those,
In which ghost fears us,
Dreams are actually those,
For which we scare our fear.

Dreams are not those,
In which we meet Sachin Tendulkar,
Dreams are actually those,
Which make us Tendulkar our selves.

Dreams are not those,
Which change day by day,
They are those,
Which change us.
Dreams are not those,
Which we see when we sleep,
Dreams are those,
Which don't let us sleep

**Gayatri Devidas Gosavi &
Anuja Manish Ambewadik**
(Class: 7th B)

Amazing Friendship

FRIENDSHIPS are like BIRDS,
If you hold TIGHTLY they DIE.
If you hold LOOSELY they FLY.
BUT IF HOLD with CARE they remain with you FOREVER.

FRIENDSHIP is SWEET when it is NEW,
And it is sweeter when it is true
But you know what????!!!
It is sweetest when it is you.
You can make more FRIENDS in two months by becoming
interested in OTHER PEOPLE,
Then you can make friends in two years by TRYING to get
OTHER PEOPLE interested in you.

- Riddhi S. Kalantri 7th C



झील, समुंदर,
दरिया, झरने
उसके हैं ।

झील, समुंदर, दरिया, झरने उसके हैं
मेरे तश्नालब पर पहेरे उसके हैं

हमने दिन भी अँधियारे में काट लयि
बिजली, सूरज, चाँद-सितारे उसके हैं

चलना मेरी ज़िंदगी में शामिल है वरना
उसकी मर्ज़ी, सारे रसते उसके हैं

जिसके आगे हम उसकी कठपुतली हैं
माया के वे सारे पर्दे उसके हैं

मुड़ कर पीछे शायद ही अब वो देखे
हम पागल ही आगे-पीछे उसके हैं

-Aman Sharma VII C



मित्रता बड़ा अनमोल रत्न

मित्रता बड़ा अनमोल रत्न है, सच्चा मित्र ईश्वर का वरदान है । सच्चा मित्र मलिना हमारा सौभाग्य है । ऊपरी मित्रता निभाने वाले, हमारे सुख में हमारा साथ देने वाले मित्र तो बहुत मिल जाते हैं किन्तु सच्चे मित्र तो कुछ ही होते हैं जो जीवन कि हर परिस्थिति में हमारा साथ निभाते हैं । मित्रों से मन की बात कहकर मन हल्का किया जा सकता है, अन्यथा एकाकीपन अभिशाप कि भांति हमें सताता है । सच्ची मित्रता पानी और मछली जैसी होती है जो एक-दूसरे के दुख में दुखी होते हैं।

विपत्ति के समय साथ देने वाला ही सच्चा मित्र होता है । सच्चे मित्र संकट के समय आगे खड़े रहते हैं । सच्चे मित्र का चुनाव करने में सतर्कता बरतनी चाहिए और विवेक से काम लेना चाहिए । जो मित्र के दुख को बड़ा समझे, अवगुणों को हमारे सामने प्रकट कर उन्हें दूर करने में सहायता करे, हमें सही मार्ग दिखाए, प्रेरणा दे, पीठ पीछे अहित न करे और मन में कुटिलता न रखे वही सच्चा मित्र होता है । इतने गुणों के परिपूरण मित्र का मिलना वास्तव में खजाना पा लेने के सामान है ।

- Anjali Sharma IX A



“A picture is worth a thousand words.”

Podar Jumbo Kid Corner



ANNUAL DAY

Annual day for the year 2014-15 was celebrated at kalidas kalamandir on 11th Feb with a unique theme of “Jumbos Pathshala”. It was dedicated to our kiducation heroes for their immense contribution in the field. Parents also enjoyed watching there tiny tots performance.



Workshop taken on Good touch and bad touch for bus didi's

A workshop on Good touch and bad touch was taken for bus didi's to educate them and involve them cautiously in the safety of the kids.



Sr.kg Field trip to aquarium

A field trip to an aquarium showed so much of delight on the face of the kids. They learnt & recollected the concept of water world done in the class.

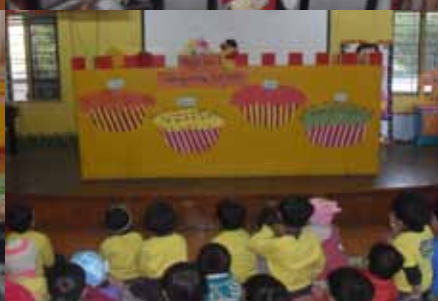


Sr.Kg concept of water world

The little scuba drivers enjoyed the exciting experience of the underwater life by learning life in coral reefs & making scuba diving masks.

Puppet show

A wonderful puppet show done for the children to inculcate healthy eating habits.



Free play activity

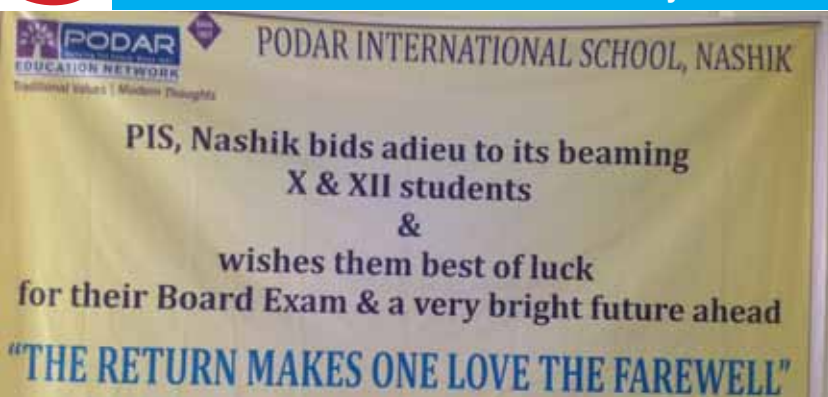
Our daily freeplay activities widely helping in the over-all development of children's minds.



Nursery concept of fruits

Our tiny tots from nursery are learning to become healthy fruit eaters by knowing about fruits & fruit sellers.





Adieu Friends

“School is a place where a warrior is trained for the battle of life in all aspects, mental as well as physical.” - Anonymous

It is certainly well said because during this phase, a child is taught the way of living and achieving success. A student captures all those wonderful moments he experienced during his school life and keeps them till grave.

Well then as his school journey comes to an end, he experiences a moment of happiness – A FAREWELL PARTY

This year, yet another successful batch of the 10th and 12th for Podar International School, Nashik, left with a smile as the 9th graders gave them a memorable farewell on the 14th of this month.

Games, chips, sweets, music, dance, cakes, momentous, tears of happiness, blessings ...and much more.

The guests of honour after being welcomed with bouquets, were asked to light the lamp, for proceedings of the party.

May it be ‘kal ho na ho’, ‘school days’ or ‘papa kehte he’, the melodious voices cheered up the students and inspired them for their boards.

Photo frames, CD containing all their memories, a token of appreciation were given to the students as memory.

Dance by the 9th graders gave them a flashback of their own journey and certainly bought out some tears. Many games also lightened up the atmosphere.

A touching video of their school life, right from jumbo kids to the present moment was also shown which brought tears in their eyes as a nostalgic memory.

As the 9th standard wanted to get a view of their journey, some students expressed themselves and their appreciation towards the teachers and fellow students. Later the teachers gave the students, inspiration for their boards and wished them.

As the party came to an end, the Principal gave them words of inspiration for a successful future.

It was a happy ending, and everyone left with a heart full of inspiration and blessings.

Vijay Somwanshi IX-A

GIRLS WELFARE COMMITTEE

Today women’s safety has become very important. We must strive to make every place safe and secure. Measures have to be taken throughout the world. There are various organizations that work for the welfare of women. UNO is one such world famous organization that promotes several programs for the welfare and empowerment of women around the world.

In today’s globalised world, India is not only keeping pace with the latest technologies but it is also trying to curb the social evils prevalent in the society. Various national organizations, NGO’s are working 24x7 to address and curb the crimes that are been inflicted on the women of our country.

Podar International School Nashik, has also come up with a novel idea of having a “Girls Welfare Committee”. There are various important discussions done in this meeting. The girls from class grade 6th to 10th assemble together and have an interaction with the senior lady teachers. Teachers like Preeti Ma’am, Ashwini Ma’am, Edna Ma’am, Shofi Ma’am, and Shreedevi Ma’am interact with the girls. They address and counsel the girls in respect of any issues or problems faced by them in a very friendly and cordial manner. The committee conducts these sessions regularly as per the stipulated schedule.

Podar International School, Nashik surely vouches the endeavor of girl’s safety through its exemplifying ‘Girls Welfare Committee’.

-Rutuja More IX B



“A broken clock is right twice a day.”



THE MOST AWAITED DAY....

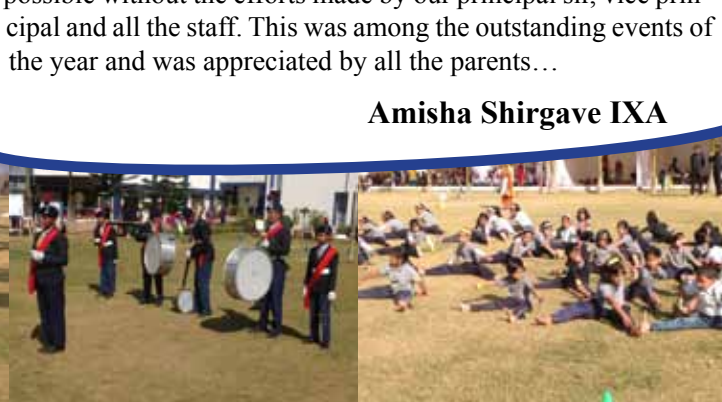
There is great importance of games and sports in the life of a student. Sports teach discipline to the students. They also develop the spirit of sportsmanship and suddenly derive a lot of pleasure by playing games. It also inculcates the quality of team spirit in them. The students learn the qualities of leadership and work unitedly. They also learn the technique to face difficult situations and how to react to them...in short they learn the competition of life.

Podar International School, Nashik conducted Annual Sports Meet on 31st of January 2015. It was actually divided into 2 sections. The primary section had it in the morning session and the Secondary section had it in the afternoon session. In the morning session, the program started with a dance by the kiddos of our school and then followed by the various track events. At the end of the program, there were also games organized for the parents. Thus, both kids and their parents had a great time.

Then it was time for the secondary section. The event started with a crisp march-past by our senior Podarites. The Head Boy master Rishi Nair and the Head Girl Miss Anchal Vyas smartly marched waving the school flag high followed by the other house captains and students. After the March-past and the oath by the Head Boy, the chief guest Colonel Sampat declared the Annual sports day 2014-15 open. The program started with a rocking dance performance by grade six on song 'India wale'. Then a number of demos such as Karate, Gymnastics & Yoga were performed. The track events for various grades filled the air with excitement. Musical chair for mummies and running race for daddies was also organized. The prize distribution ceremony was also held to award the students for their incredible performance on that day. At last it was the time for the principal to announce the best house of the year and the trophy of the year was won by the Ignis house. Principal Sir declared the Sports meet closed and congratulated all the students and staff for their efforts.

The entire program came to an end around 5:30 pm. Really this was a great event and all the teaching staff, non-teaching staff, housekeeping staff and students had taken great efforts to make this event successful. And of course it just wouldn't have been possible without the efforts made by our principal sir, vice principal and all the staff. This was among the outstanding events of the year and was appreciated by all the parents...

Amisha Shirgave IXA





'Gadgets' – a blessing? Think over it...

'Technology and human stupidity will never stop' – Maxlem Hendricks

Gadgets have ruled humans since its creation and certainly, it is yet another gift of technology.

Gadgets can be called a coin having two faces – advantages and disadvantages. None can disapprove that gadgets do a great deal of work with ease and comfort. But take time and think about the negatives of gadgets.

Automated machines in factories cut down a great deal of labour which results in many being unemployed. It is one of the major issues a country faces. Gadgets put us in the mode of comfort, where everything is available to us at a click, may it be furniture, vegetables, crockery, or even a car. This comfort zone reduces the fitness of everyone as no more we have to go out into the market and survey the goods. Not only physical but also there are mental effects of gadgets. High rate of e-waves emitted by these gadgets damage many organs and may also result in cancer, gadgets can also be a halter.

Gadgets have seen to reduce direct communications due to the latest chatting features found in smart phones.

"Anything too much is too bad"

We must limit the amount of time we engage in the usage of these gadgets and learn to spend time with loved ones.

Gadgets are the greatest creation of this century but they can turn out to be fatal also.



Kishor E. Somwanshi

THE ECSTASY OF IMAGINATION

More than necessity, imagination is the mother of all inventions, be it science, art, music or even the food industry. Our childhood imagination starts with bed-time stories.

The rich Indian heritage, epics and folk tales took us to the land of Utopia. The kings and queens, and the mere jesters exalted us. To keep excitement alive, reading is the best way. It may be comics or classics, reading a book and discussing it

with friends was a great entertainment. We couldn't wait to read a book (which won't be bought by us mostly); lending and libraries were the major sources. Our imagination knew no bounds; even with a small description. Today's youngsters are software-savvy since infancy. But the excitement of waiting for a book or a magazine; and the feeling of wanting the book to not end was great. Even the smell of the new print gives more euphoria than completing a quest in Candy Crush. Authors are a lot entertaining than Android phones. History, romance, technology, science, crime, politics – our imagination only fills the gaps. While I write this, a new book of Sandra Brown is inviting me to imagine.



Sudha Surendran

ART CORNER



**Ananya Chaudhary
(III B)**



**Gayatri Gosavi
(VII B)**



**Unnati Rajguru
(VI C)**



**Anubhav Prasad
(III D)**



**Anushka Unhale
(VII B)**



**Moli Gupta
(III B)**

SPORTS ACHIEVEMENTS

You can make your dreams come true if you put in efforts and make a reasonable plan. All you have to do is know what you want and take steps to be on your path to success. No success can be achieved without hard efforts. So here is the list of our Podarites who made tremendous efforts to achieve their goals in the month of February.

**RISHIKESH KISHOR VISHWAMBHAR**

Std- IX B

Game :- Rifle shooting –Peep Sight

GOLD MEDAL

(Selected for State level)

(Organized by D.S.O Interschool competition)

U-17

**ACHYUTAM A.SETH**

Std – III D

Game :- Karate

GOLD MEDAL

(Selected for 4th National Level karate

Championship)

(Organized by Vibhagiya Krida Sankul,
Nashik)

U- 8

**OM H. RAJAPUT**

Std-VIII B

Game :- Rifle shooting-Open Sight

GOLD MEDAL

(Selected for State level)

(Organized by D.S.O Interschool
competition)

U -14

**JAINAM K.LODHA**

Std- I A

Game :- Karate

GOLD MEDAL

(Selected for 4th National Level karate

Championship)

(Organized by Vibhagiya Krida Sankul,Nashik)

U-10

**ANUSHKA S.GITE**

Std- V A

Game :- Taekwondo

SILVER MEDAL

(Selected for State level)

(Organized by Amateur Martial Art Taekwon-
do Sports Association,(7th Maharashtra open
State Taekwondo Championship 2015)

U-10

**SHRISHALYA P.ZAREKAR**

Std- IX A

Game :-Dodge Ball

Participation in State-Level Competition

(Organized by Vibhagiya Krida Sankul , Jalana)

U-14

**KESAVAM A. SETH**

Std- I D

Game :- Karate

GOLD MEDAL

(Selected for 4th National Level karate

Championship)

(Organized by Vibhagiya Krida Sankul,Nashik)

U- 6

**Aditi Vidhate &
Shiwani Dhage**