



## IMPORTANT TIPS FOR EXAMINATIONS

Students are of different types and not all of them are brilliant students. Many work hard to get good marks, while others don't and yet manage to score well during examinations. There are also students who study hard but don't get the desired percentage. Here are few preparation tips to help students in exams.

- 1) Before starting with studies, students should design their own time-table.
- 2) Lose all the fear and free your mind.
- 3) Choose a study place where you feel relaxed and can concentrate properly.
- 4) Students should meditate or pray before exams as it helps in relaxing their mind and energizes them.
- 5) Sleep and eat well during exams.
- 6) Use creative techniques to remember.
- 7) 15 minutes prior to the commencement of the exam, close your books and relax.



Sangeeta Janikhel

### EDITORIAL TEAM FOR DECEMBER

**Chief Editor:** Mr. Ramesh Chandra Panda (Principal)

**Teacher Coordinator:** Mrs. Edna Fernandes (Event Coordinator)

#### Team Members

Priya Patil	VII Kalam	Dinkey Bhojwani	IX Mars	Atharv Jaju	IX Venus
Anushka Unhale	IX Venus	Aditi Teli	IX Mars	Khushi Garg	IX Mars
Soha Sayyed	IX Venus	Ayman Khan	IX Mars	Mohini Totre	IX Mars
		Shraddha Bharti	IX Venus		

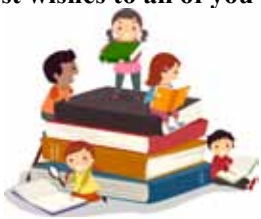
## Exam Tips

Examinations are almost always stressful. Students rarely know exactly what to expect on the test and those who suffer from exam fear or exam anxiety can see their grades suffer as a result of this stress. A little stress can actually help your performance but some students become so overwhelmed that they “Seize up” and forget what they have studied. To overcome this fear and achieve good marks you need to have good study habits. Many students study only during exams and expect good result but this may lead to stress and burden. Firstly you should organize a timetable at home and do studies accordingly and don’t leave anything until last minute. Use flow charts and diagram. Explaining answers to others can help you to understand concepts more clearly and remembering it for life time. You should have good reading habits. During exams you should have peace of mind to understand the question and to know what is expected and it is also important to have healthy diet and enough rest. Following these steps will surely help you to achieve best result.” Never do tomorrow what you can do today”, Procrastination is the thief of time so start studying and believe in yourself.

“Best wishes to all of you my dear students”



**Ms. Ashwini Mungi**  
Teacher, (Podar Jumbo Kids)



Each student is born with unique potential and not all of them are brilliant. Many work hard to get good marks in exam but other do not manage to score well in examinations. How to prepare for exam is a big question. Here are few tips to help students in exams.

**Good time table:** Student should design their own time table and this time table of every subject should be made with different priorities. Tough subject in which student is weak should be given more hours .

**Avoid fear:** Fear and stress are major factors at the time of examinations. One should loss all the fear and free his mind.

**Don’t cram make notes:** Cramming part is not good method of studying .Student should make short notes while studying and revise these notes time to time and for studying choose a place where you feel comfortable, relaxed and can concentrate properly.

**Trust God and yourself:** Students should meditate well before exam to relax their mind. Also be confident about yourself to produce good result.

**Time to study:** Human brain is in most active state in early morning time and evening time, so during this timing student can give maximum retention power.

**Write neat and present well:** Write neatly and present your answer sheet in proper way to securing high marks in examinations.

“Wish you all Good luck”



**Mr. Hemant Singh**  
Parent, (Nursery -B Morning)

## JUMBO KIDS’ CORNER



### Nursery brown Day

Brown day was celebrated with Nursery kids wherein children were dressed up beautifully in brown coloured dresses.They also learnt about objects which are brown in colour.



### Jr.kg Field trip to plant Nursery

Jr.Kg children were taken for a field trip to a Plant nursery. The kids recollected their classroom learning sessions very well by observing the different varieties of trees, plants and flowers.



### U.M.W Concept fruits

The concept of fruits was made more interesting and lively by showing real fruits to children.

**Play Day**  
International Play Day was celebrated on 1st February, 2017. The kids were in a relaxed and playful mood. They enjoyed a lot playing various indoor and outdoor games with their friends.



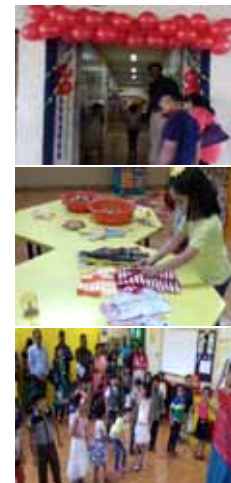
### Sr.kg outdoor activity

Sr.Kg children enjoyed playing various games in the outdoors.



### Sports Day

Annual sporty meet themed ‘Kidslympic’ was held on 18th February, 2017. The children participated in full spirits and performed wonderful exercises and dances. There was full on excitement during the races of children, grandparents and parents.



### Bye bye Kindergarten

Sr. Kg children were given a farewell in a unique way by celebrating the event of ‘Bye-Bye Kindergarten....Hello Primary! ‘wherein they enjoyed various fun-filled activities which will help them in effective transition to class 1 .



## परीक्षा में सफलता की और...

➤ पढाई शुरु करने से पहले अध्ययन सारणी बनाना और उसे अमल करना अच्छा रहता है. किसी दिन अमल ना भी हो पाए तो आगे का नियोजन नहीं बिगड़ने दें.

➤ परीक्षा प्रारंभ होने के कुछ महिने पहले से ही पढना शुरु कर देना चाहिए. पहिली बार पढने से भी ज्यादा महत्त्वपूर्ण होता है. दोहरान करना इसलिए पुनरावृत्ति के लिए पर्याप्त समय दें.

➤ डर को अपने दिल और दिमाग से पूरी तरह निकाल दें. बस मेहनत करते रहें. याद रखें डर हमेशा आपकी ऊर्जा को कम करता है और जितना आप डरते हैं चिंता करते हैं. नकारात्मक तनाव रखते हैं उतना ही असफलता के नजदीक जाते हैं. परीक्षा के लिए तनाव सिर्फ सकारात्मक रूप से होना चाहिए जो पढने को प्रेरित करता रहे.

➤ हर ४५ मिनट से १ घंटे के समय बाद खुद को थोडा सा विश्राम करना चाहिए. इस विश्राम में आप खुली जगह थोडा सा टहल सकते हैं. मनपसंद संगीत सुन सकते हैं. ऊर्जा की कमी को पूरा करने के लिए कुछ अल्पोपहार ले सकते हैं. बस विश्राम के समय को निश्चित करें और तरोताजा होकर फिर से पढने बैठ जाँ.

➤ जिन विषयों की परीक्षा बाद में है उन्हें पहले पढना चाहिए ताकि आखिरी दिनों मे वह विषय पढे जा सके जिनका परीक्षा सबसे पहले है. इसके लिए अध्ययन सारणी बना लें.

➤ पूर्व वर्षों के प्रश्न पत्रों को हल करना चाहिए. इससे परीक्षा का प्रारूप समझने में मदद मिलती है.

➤ अध्ययन कक्ष व्यवस्थित होना चाहिए. कुर्सी आरामदायक होनी चाहिए. मेज पर अलार्म घडी रखी होनी चाहिए. अध्ययन कक्ष में प्रेरणादायक तालिकाए लगी होनी चाहिए. रोशनी की उचित व्यवस्था होनी चाहिए.

➤ जिस भी विषय की तैयारी कर रहे हैं, उससे सम्बंधित सारा अध्ययन सामग्री, पेन, पेंसिल, रबर, रफ नोटबुक और भी जो कुछ जरुरी हो सब पास लेकर बैठना चाहिए ताकि पढाई के बीच-बीच में बार-बार उठना ना पडे और आप मन लगाकर गंभीरता से पढ सकें.

➤ अपने पास पानी की एक बोतल औ गिलास लेकर बैठे और बीच-बीच में पानी पीते रहे.

➤ परीक्षा के दिनों में तनाव का माहौल रहता है. तनाव को दूर करने और एकाग्रता बढ़ाने के लिए योग, व्यायाम आदि का सहारा ले. माता-पिता और परिवार के भावनात्मक संबल और प्यार की इस समय बच्चे को सबसे ज्यादा जरुरत होती है. अतः इन दिनों माता-पिता जितना संभव हो घर में रहें और बच्चे को बात-बात के लिए टोकने की बजाय ऐसा माहौल बनाये कि बच्चा निर्भय और तनाव रहित होकर अपने परीक्षा की तैयारी कर सकें.

प्रज्वल बिल्लाडे  
८वीं रुबी

Best Wishes  
for your exams

For many students, exam time is the most stressful part of the school year. With so much riding on the outcome, there can be a high degree of pressure to perform well. But to help you in studying effectively and minimize stress you need strategies to beat the Exam stress-

1. Make a proper study plan.
2. Start your test preparation early.
3. Stay relaxed.
4. Take healthy food and drink a lot of water.
5. Organize textbooks, notes and study material.
6. Stay away from distractions.
7. Find a cozy spot to study.
8. Take short breaks in between studies.
9. Do not overfill your brain; allow one hour to soak in before topping up.
10. Do not prepare new topics a day before the exams.

Akanksha Shinde VII Kalam

## On The Exam Day

- ❖ Have a relaxing night before the exam.
- ❖ Do not cram till the last minute.
- ❖ Be ready to go to school well in advance.
- ❖ Check your compass box, pens, pencils, sharpeners, erasers, scales, etc.
- ❖ 15 minutes prior to the commencement of the exam, close all your books & relax.
- ❖ While answering the questions, read the questions carefully & attempt the questions that you know first.
- ❖ Don't leave any question unanswered.
- ❖ Plan your time.
- ❖ Verify your answers before submitting the answer sheet.
- ❖ Do not discuss the answer with your friends after the exam, prepare for the next paper.



Arya Khairnar  
VI Prithvi



## Podar Musical Evening



First time ever in the history of PODAR INTERNATIONAL SCHOOL, NASHIK a unique event like that was witnessed on 11th March, 2017 by all the parents, their friends and relatives. The two thousand chairs for the oldsters and the carpet for the youngsters, the school playground packed till the other end of it and the musical notes in the air, was a matter not to be explained but to be felt and experienced. As a token of our love to the parents for the unconditional love and support they have extended in the ups and downs and in the success of the school as well as in shaping the future of our children, the school, under the guidance of our DEAR PRINCIPAL, had organized a grand event called PODAR MUSICAL EVENING. The programme began with the GANPATI VANDANA. The school

orchestra under the guidance of our Music Sir had literally left the audience overwhelmed. The melodious performance by all our tiny stars and our beloved teachers left everybody spellbound. The songs selected were suiting to people of all ages. The song by Principal Sir dedicated to 'MAA' made everyone speechless. It was a pure entertainment based an event that opened a platform for students and teachers to bring out the potential in both of them and to cherish and carry forward the musical heritage of our country to the next generation. With the address and thanking note of Principal Sir and the General Manager, the programme was declared to be over.

**Shraddha Bharti IX Venus**



## THE Book Fair



## Parivartan Drive

If something is good, and you are benefited by it OK!! And with your benefit, if you think of benefitting others as well. That's something different. This is the mind-set of the children of PIS, NASHIK. As the school is celebrating the last theme 'BE GOOD, DO GOOD' of the academic session 2016-17, as a part of it the students were taught 'What is Good?', 'How to know what is good to do?' And How to be good? This goodness should not be confined to the book but being good in everyday life. As a part of the theme on 4th March, 2017 the Student of Grade VII were taken to a PARIVARTAN DRIVE. The drive started from the school main gate and covered the ambit. The students presented Street Play, Walkathon and Wall Painting activities. The slogans and the placards were giving the message of BE GOOD, DO GOOD. Principal Sir appreciated the excitement and the sense of social responsibility of the children.

**Atharva Jaju IX Venus**

"There is no friend as loyal as a book." The Podar International School, Nashik never loses any chance to bring something or other for children to open the doors of knowledge for them and expose them to the new horizons of learning. With a view to achieve this, the school had invited the Scholastic Publication to organize a book fair on 10th and 11th of February in the school. There was great range of books like General knowledge, thriller, cars, adventures, science, novels etc., all the books that a child would love to read. All the grades were taken to the reception area by teachers where the BOOK FAIR was arranged to have a glance at the books which we would like to buy. We were not only allowed to select the books to buy but were also allowed to read them for 15 minutes. Overall, it was a great experience to dive into the 'world of books' and enjoy reading a specific book for some time. I believe that all of us must have experienced the marvel of the book fair and also realised that the above quote is TRUE.

**Atharv Jaju IX Venus**

# Events

A Podar International School News Monthly



## Field Trip

Science is at the peak of its advancement. The materialism has completely taken over and left the mankind with feeling of disconnection, lack of peace of mind, dissatisfaction and no contentment. Man in futile is running to get it. The way to get connected to the Life Force is the only way so the world is again going back to the timeless teachings of the enlightened souls. The Podar International School, Nashik on 18th Feb., 2017 had taken the students of grade 4th to a field trip to ISKON temple to inculcate in them the spiritual SANSKARS. Reaching the temple, the students were told stories from Holy Scriptures to expose them to different values and ethics. It was a relevant experience for them and it would surely teach them to be a better human being.

**Shraddha Bharti IX Venus**



## Girls Welfare Committee

There is no doubt that today girls are seen topeing everywhere; they are ahead in every aspect of life; but the same time the safety of girls has become a topic of prime concern. To do it what can be the best way other than creating awareness among girls. For this the Podar International School, Nashik has formed Girls' Welfare Committee through which girls are enlightened on various issues related to them. On 17th February, 2017 the committee had conducted a meeting in which girls were explained the word distance and how important it is to understand what is a personal, social and public distance. The Committee had also organized a special session for the girls of grade 7th and 8th in which they could discuss various issues they face and the teachers had satisfactory solutions for them. This session was really a very helpful one.

**Shraddha Bharti IX Venus**



## Flower Exhibition



Podar International School, Nashik is like a honey bee that sucks the nectar from flowers and collect in the hive. On February 3rd, 2017 the students of grade 9th visited the biggest ever flower exhibition in Nasik at Nasik Club. It was a spectacular event. The students were delighted to see myriad vibrant flowers on display at the exhibition. The moments of the visit were captured by teachers clicking photographs of the children and the surrounding. The children enjoyed a lot and were wonder struck to see how mysterious is the working of nature and appreciated the startling experience.

**Shraddha Bharti IX Venus**

## Teacher-Student Relationship



Students of grade VII were enlightened by Mrs. Neeta Patil, Parent of Kashish Patil on striking the right balance in a teacher-student relationship. She organised many activities for the students, wherein they learnt with fun. All in all it was a very interactive session. The students realised that a teacher after a child's parents wants the child only to grow and progress righteously.



## Movie Screening



# Events

A Podar International School News Monthly



## National Science Day



On 28th February, 2017 the Podar International School, Nashik celebrated the National Science Day with enthusiasm. The celebration started with morning assembly. It was a special assembly in which the Grade III and IV performed role play of the known scientists. There were Science and Mathematics related games arranged for children after the assembly. The Science Dept. had also arranged an inter-house quiz competition for Grade VII and VIII. It was followed by a Seminar by an expert in science. After long break the students were shown movies based on science and were delighted to know about the 'World of Science.'

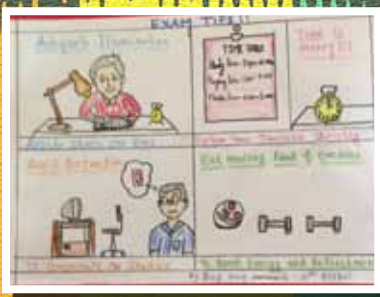
Atharv Jaju IX Venus



## ART CORNER



Aman Bagga (VIII - Topaz)



Deep Hanmante (VI - Prithvi)



Garv Shrivastav (VI - Trishul)



Ashana Gawade (V - Aravali)



Mihira Gaikwad (I - Tulip)



Palak Nayyar (VII - Raman)

“You don't have to be great to start, but you have to start to be great.”

# Articles

A Podar International School News Monthly



## Exam Tips

### PREPARE A SCHEDULE

Making a schedule helps in giving enough time for all the subjects and topics.

### MAKE NOTES FOR ALL SUBJECTS

Prepare notes for all subjects and while doing it use creative methods for easy memorisation.

### EXPLAIN YOUR CONCEPTS TO OTHERS

It helps as when we have to explain we have to be thorough with the topic.

### PRACTISE OLD PAPERS

This helps you in knowing the format of papers.

### HAVE CONFIDENCE IN YOURSELF

It is very important to be confident about yourself for a splendid result.

### DRINK PLENTY OF WATER

Drinking plenty of water helps in keeping the mind active.

### SLEEP AND EAT WELL

Sleeping and having balanced diet is necessary for proper working of brain.

### WRITE WELL AND PRESENT NEAT

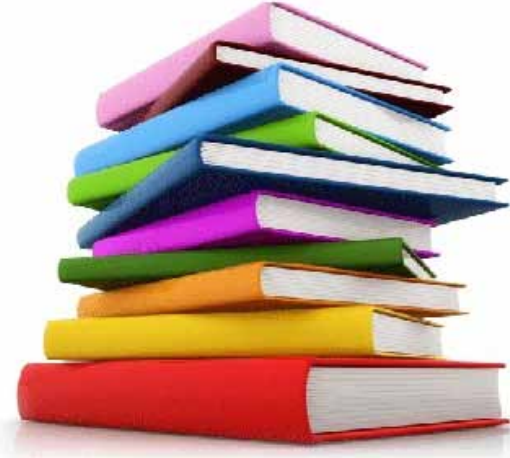
It is important because if the examiner doesn't understand your answer your marks may be deducted even if you know the answer very well.



**Surendra Unhale**  
**Anushka Unhale (IX Venus)**  
**Ishaan Unhale (I lotus)**

## परीक्षा

परीक्षा आहे तिला  
समजू नका दडपण  
अभ्यास करा जोमाने  
घेऊ नका टेन्शन ।



एकाग्रता मनी करा  
उजळणीच चिंतन  
काय आले काय गेलं  
घेऊ नका टेन्शन ।

समजू नका स्पर्धा  
माना भविष्याचं सदन  
प्रयत्नांना सजवा तुम्ही  
घेऊ नका टेन्शन ।

यश तुमच्या पदरी आहे  
आणू नका बंधन  
अपेक्षाचं ओझ वाळगून  
घेऊ नका टेन्शन ।

ऑल द बेस्ट घेऊन करा  
ईश्वराचं स्मरण  
अपयशाचा विचार टाळा  
घेऊ नका टेन्शन ।

ओजस्वी चौधरी  
8 वी पर्ल

## इम्तहान का बुखार

देखो इम्तहान फिर आया,  
खेल - कूद छूट गया हमारा  
इसने आका हमें डराया,  
जल्दी सुबह हमें उठाया  
पाठों को रटना सिखलाया,  
जिससे अपना सिर चकराया  
जाने कैसे होंगे परचे,  
अपने तो फिर होंगे चर्चे  
वही सोचकर दिल घबराया,  
देखो फिर इम्तहान आया




गौरी दिक्षित  
आठवी पर्ल

# Achievements

A Podar International School News Monthly

## Podar International School, Nashik


### Student's Achievement February 2017


**GOPAL R.MALANI**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- X  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**SHREYASH SHELAR**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- X  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**ATHARVA BODKE**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- IX  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)

**NAMAN CHAUHAN**  
**EVENT :-** CRICKET (U -17Year)  
**POSITION :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 STD :- IX  
**PARTICIPATED IN :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**ORGANISED BY :-** Students Olympics Association, Solapur  
**DISTRICT :-** Solapur (National- Rohtak)



**KASHYAP PANCHANI**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- IX  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association 2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)




**ABHISHEK KSHIRSAGAR**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- IX  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**DISTRICT :-** Solapur (National- Rohtak)



**SHUBHKANT BEHERA**  
**Event :-** CRICKET (U -17Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- VIII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**ARYA KAVEDE**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- VII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)




**ARCHIES CHANDRATRE**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- VII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (NATIONAL- ROHTAK)




**ANIKET SONAWANE**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 National- Participation  
 Std :- VII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**KAIF SHAH**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 STD :- VIII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**ANKIT KALASKAR**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 Std :- VIII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-216-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National- Rohtak)



**AMEY SARODE**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 Std :- VIII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National-Rohtak)



**APURVE TRIVEDI**  
**Event :-** CRICKET (U -14Year)  
**Position :-** 1<sup>st</sup> (GOLD MEDAL)  
 Std :- VIII  
**Participated In :-** 3<sup>rd</sup> State Students Olympics Association-2016-17  
**Organised By :-** Students Olympics Association, Solapur  
**District :-** Solapur (National-Rohtak)