

Podar International School, Nashik **PODAR SENTINEL**

June-2023

Podar Students excel in ICSE Board Exam 2022-23



Mast. Anshul Tated
(98.00%)



Mast. Satej Kolhe
(96.66%)



Miss. Madhura Patil
(96.66%)



Mast. Pratyush Deshmukh
(96.50%)



Miss. Ananya Iyer
(96.16%)

Grade X students of Podar International School, Nashik, ICSE excelled in Board Exam with 100 percent results. We had 5 toppers scoring above 96 percent. Mast. Anshul Tated scored 98 percent, Mast. Satej Kolhe and Miss. Madhura Patil scored 96.66 percent, Mast. Pratyush Deshmukh scored 96.5 percent; Miss. Ananya Iyer got 96.16 percent and Mast. Kushal Shaniware scored 96 percent. 21 students scored above 90 percent, 18 students above 85 percent and 24 students above 80 percent. One student topped in English, Geography and Mathematics, 5 in History, Civics and Biology and 9 in CTA bagged a perfect 100. Principal Dr. Manohar Mahajan, GM Sameer Wagle and Vice Principal Shofi Dave felicitated and congratulated the students for their amazing performance.

Vice Principal Desk

“Education is not the learning of facts, but training the mind to think”
We need to train children to be responsible citizens for a bright future of the country. We at Podar International School, Nashik ICSE do our best to furnish our students for their journey ahead!
At Podar International School, Nashik ICSE we strive for excellence in all forms. Whether it is academics, co-curricular activities, sports we have set a benchmark. The world is changing in such a rapid speed that the education method now has to be keeping in mind the 21st century learners.
Podar International School, Nashik ICSE is well equipped to groom our children to face the challenges of life. Even when we train our children with technology and globalization, we ensure that our children are inculcated with moral values. We help our students to grow and develop themselves to be responsible citizens.



- Miss. Shofi Dave

Podarites perform brilliantly at IMO Zonal Level Olympiad

The students of Podar International School, Nashik ICSE outshined with their sterling and magnificent performance in SOF’s International Mathematics Olympiad Exam at zonal level held on 22nd November 2022-23. 25 students bagged Gold Medals of Excellence and 3 Gold Medals of Distinction making the school flag rise even higher. Mast. Vihan Pingale, Mast. Arun Patil, Miss. Vaibhavi Jadhav, Mast. Aditya Taskar, Mast. Harshal Thakur, Miss. Shreya Karlekar, Miss. Ishika Sanap, Mast. Arya Ajalkar, Mast. Aadhiraj Bachhav, Mast. Gaurav Mhaskar, Miss. Arundhati, Miss. Nirvi Aher, Mast. Savya Vaishnav, Miss. Swara Ranmale, Miss. Bhargavi Patil, Miss. Kunjal Patil, Mast. Tanush Singh, Mast. Rishikesh Gaikwad, Miss. Pradnya Gavit, Miss. Sharvari Sangle, Mast. Harshit Agrawal, Mast. Rudra Gadge, Mast. Sarthak Jadhav, Miss. Sahira Bakhs and Mast. Anshul Tated bagged the Gold Medals of Excellence, whereas Mast. Anay Patil, Miss. Aadishree Pagar, Miss. Sana Bakhs bagged Gold Medals of Distinction. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave felicitated and congratulated the students for their extraordinary performance.



Swim the way to Glory !

Ms. Shravani Gadakh, from X Aryabhata continues her feat to strive for excellence as she participated in the esteemed 66th National School Games Swimming 2023, (under 19) held at Dr. Shyama Prasad Mukherjee Swimming Pool Complex, Talkotara, Delhi from 6th June to 10th June 2023. This event was organized by the Directorate of Education & Sports Government of N.C.T Delhi. Principal, Dr. Manohar Mahajan and Vice Principal, Ms. Shofi Dave congratulated her and wished her good luck for her future endeavors. They emphasized on being motivated and to continue marching ahead with perseverance and focus



- Miss. Shravani Gadakh (X)

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

PIS, Nashik Earth Day

Podar International School, Nashik ICSE celebrated Earth Day on 21st April 2023. Students performed a skit and highlighted different ways on how we can save our mother earth. Principal Dr. Manohar Mahajan, Vice Principal Ms. Shofi Dave addressed the students and explained to them the importance of resources and effects of misusing the resources.



Session on Self Defense

Podar International School, Nashik ICSE had organized a session for the girls from Grade VI to X in collaboration with Sakal Mr. Abhijit Garud and Mr. Nikhil Rokde. The Chief Guest Sub Inspector Ms. Savita Unde from Upnagar Police Station sensitized the girls on self defense, women empowerment and how to keep ourselves safe while using social media. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave felicitated the dignitaries.



Health Check Up Camp

Podar International School, Nashik ICSE organized a Health Check Up Camp from Pre Primary to Grade X morning and afternoon session on 11th April 2023. Renowned doctors from Nashik Corporation Dr. Prajaktha Lele and Dr. Bhausaheb Bacchav conducted a general checkup of the students. Respected Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave welcomed the guests. Principal sir addressed the students and motivated them to live a healthy life.



Tech-It-Up

Podar International School, Nashik ICSE conducted Jump Start Event 'TECH-IT-UP!': on 6th April 2023. The theme focused on how 'A World of Gadgets and Gizmos' stimulates our life. The theme focused on making students aware of the new technology we use in our day to day life. Students were briefed about the advantages and disadvantages of the modern gadgets. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave advised the students to use the gadgets carefully and wisely.



Activity packed Summer Camp for Podarites

The students of Podar International School, Tapovan gave a fun-filled and fantastic start to the summer vacation by enrolling in the Summer Camp organized in the campus from May 2 to May 6. They participated in indoor activities like dance, painting, yoga, handicrafts, playing guitar, drum-set, harmonium and synthesizer. Moreover they also enjoyed playing outdoor sports activities.. The school aimed at experiential learning and play-way method. The daily 3 hour schedule helped the students acquire various skills. They also performed in front of the parents on the final day of the camp. 290 students from grade 1 to 8 enrolled in the camp and were trained by renowned mentors from dance and music fraternity along with art and music teachers.

GM Sameer Wagle inaugurated the camp, Principal Dr. Manohar Mahajan, and Vice Principal Ms. Shofi Dave congratulated the participants and the staff for a successful summer camp.



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

PJK Welcome Back to School

It was not just the children, returning to school after 1 month, who were excited but the teachers as well. Learners of Kindergarten were greeted with visible glee by the teachers and other staff of the school. Teachers decided to focus more on fun activities and hand on skills lessons to ensure that the children returned home happy. Lastly, I just want to say to my kids- "We missed you while you were gone but we're so happy you're back!"



Express Yourself-Tech-It-Up "A World of Gadgets and Gizmos"

Podar International School, Nashik ICSE conducted Express Yourself activity on 21st April 2023. Activities included Play Dough (Making a Goofy Robot), pair and share activity, debate session and Comic Strip. Making sure to develop thinking, Communication, Research skills and team building in the students.



PIS Welcome Back to School

Podar International School, Nashik was extremely happy to welcome all the wonderful pupils back to school. We wish to see the smiling faces come together again and have a fun time learning, exploring and many more. Welcoming back each student to school is a reason for celebration because it means a new step towards a wonderful future!



Young Creative Writers of Podar International School

14 students from Podar International School, Nashik have recently enrolled in Bri-Books, the world's largest creative writing platform for kids. Among them, three books have already been published, while more are currently in progress. One notable publication is "Reminiscence" by Mast. Rudra Gadge from 9th Jupiter, a captivating story blurring the boundaries between reality and technology. This must-read book immerses readers in Rudra's imaginative storytelling, leaving them craving more.

Further on, Miss Ananya Deulgaonkar wrote a book on "The Soul's Acceptance" the way to live. This book also speaks about one's feelings.

Another remarkable work is "My Little Angel" by Miss Ashwini Upasani, which depicts the inspiring journey of a proud yet impoverished family. This touching narrative showcases the family's unwavering self-respect and resilience in challenging situations, leaving readers deeply moved. Furthermore, Tanishka Hire, a young writer from VII Newton, has

authored "Earth Encyclopedia," a fascinating publication by Notion Publishers. This book uncovers mind-blowing trivia about our mother Earth and encourages readers to explore the mysteries of the world we call home.



Principal Dr. Manohar Mahajan, General Manager Wing Commander Sameer Wagle, and Vice Principal Ms. Shofi Dave extended their heartfelt congratulations to the students for their tremendous success. These accomplishments reflect the students' exceptional talent and dedication, promising a bright future ahead.

Podar International School Students bring laurel in ISSO Exam

The students of Podar International School, Tapovan Road, outshined with their sterling and magnificent performance in International Social Studies Olympiad Exam.

In all, 5 students bagged Distinction and 7 students bagged Gold Medals making the school flag raise even higher. Students who bagged the Gold Medals of Excellence are Mast. Rudra Pawale, Miss. Savya Vaishnav, Miss. Madhurima Bhabal, Miss. Yaadnyee Pawar, Miss. Adhishree Pagare, Miss. Sana Bakhs and Mast. Parth Moghe.

Mast. Rhotvij Saoji, Mast. Saksham Pawar, Mast. Sanay Gite, Miss. Aaradhya Kothawade, Miss. Nirvi Aher bagged the gold medal of distinction in zonal level. Principal Dr. Manohar Mahajan and Vice Principal Ms. Shofi Dave felicitated and congratulated the students for their extraordinary performance



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"Growing a Greener Future"

Have you ever stopped to think about the countless benefits trees provide to our planet? Planting trees not only adds beauty to our nature but also plays a crucial role in combating climate change, conserving biodiversity, improving air quality, and providing multiple benefits for both humans and wildlife. Planting trees is like sowing seeds of life, hope, and prosperity.

You may have learned in school that trees produce oxygen through photosynthesis. But did you know that a single tree can supply oxygen for up to four people in a day? Trees are the unsung heroes of water management. Their roots help prevent soil erosion and retain water, which improves the water quality in streams and rivers. By planting trees near water bodies, we can protect our precious water resources and promote a healthy ecosystem.

Imagine walking down a hot city street with no shade in sight. Sounds uncomfortable, right? Trees act as natural air conditioners by providing shade and reducing the temperature around them and making outdoor spaces more comfortable for everyone.

Forests are home to countless plant and animal species, Tree plantation projects help create new habitats and restore ecosystems,



providing refuge and sustenance for various creatures. Planting trees can be a fun group activity, encouraging teamwork and

collaboration, also providing educational opportunities for children and adults' alike, raising awareness about environmental issues and the importance of conservation. Spending time in nature has proven benefits for mental health and overall well-being by connecting with nature, reducing stress, and experiencing a sense of fulfilment. It provides an opportunity to escape the hustle and bustle of daily life and find tranquillity amidst the greenery.

"Trees exhale for us so that we can inhale them to stay alive. Can we ever forget that? Let us love trees with every breath we take until we perish."

Remember, every tree planted counts and contributes to a greener and brighter future for generations to come.

- Miss.Ridhima Banait (IX Mars)



Nature: Importance of Tree Plantation

"There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,
By the deep sea, and music in its roar:
I love not man the less, but Nature more."
Nature is so beautiful that it cares for and nourishes each and every person living on earth.



Nature is a source on which all the people in the world depend upon. Nature includes trees, water, air, light, etc...

Trees are our best friends and they even enhance the beauty of nature. People who live near trees are much healthier and fit.

Trees are the best sources for the existence of life. They are very benevolent givers in nature. They provide us with all the necessities.

Trees are equally important like water, air, etc. Trees give fruits and vegetables and they even start the food chain.

They not only help in providing materials to humans but also act as a purifier and help all living things to exist.

They work for purification of air and cleans the air we breathe.

Strong healthy trees act as carbon sinks, absorbing atmospheric carbon dioxide and reducing the effects of climate change.

They reduce the effect of global warming.

Global warming is now increasing due to increasing deforestation.

People cut trees for roads, property, etc..

Increase in global warming increases pollutants in air.

Thus, it is important to plant trees to save life on earth.

"Trees are the poems that the earth writes upon the sky"

- Miss.Dhadkan Bhatia (IX Mars)

Role of Trees In Human Life

Tree plantation is necessary because trees provide oxygen to the environment and make the air quality better. If more trees are planted, the world's environment will become a safer place to live in.

From purifying the air we breathe, to providing a sanctuary for wildlife, trees are vital for the health and well-being of our planet.

So, let's roll up our sleeves, grab a shovel, and join the growing movement of tree lovers, because every tree we plant is a step towards a brighter and more sustainable future!

Tree plantation also reduces pollution, thus making the life of future generations secure. The quality of life will improve due to an increase in oxygen and a decrease in carbon dioxide. Eco-tourism is another benefit that India may reap from tree plantation.

- Miss.Vanshika Chechani (VIII Amber)



अंतरराष्ट्रीय ओलंपिक दिवस

अंतरराष्ट्रीय ओलंपिक दिवस जिसे दुनियाभर में 23 जून को मनाया जाता है। यह दिन खेल और फिटनेस को ज्यादा प्रेरित किया जाता है। साथ ही इस दिन विश्व के अलग-अलग हिस्सों अलग-अलग कार्यक्रम आयोजित किए जाते हैं। जिसमें हर उम्र के लोग शामिल होते हैं।

अंतरराष्ट्रीय ओलंपिक दिवस का इतिहास

“ओलंपिक डे” इस दिन को सर्वप्रथम 1948 में परिचित करवाया गया था, परंतु ओलंपिक गेम्स की शुरुवात इससे कई वर्ष पूर्व 23 जून 1894 को



सोरबोन, पेरिस में हो चुकी थी। जब सर्वप्रथम ओलंपिक डे मनाया गया था, तो इसे अंतरराष्ट्रीय ओलंपिक समितियों द्वारा कुल 9 देशों में मनाया गया था, जिसमें आस्ट्रेलिया, बेल्जियम, कनाडा, ग्रेट ब्रिटेन, ग्रीस, पुर्तगाल, स्वीज़रलैंड, उरुग्वे और वेनज़ुएला शामिल थे। सैकड़ों या कह सकते हैं हजारों की संख्या में छोटे बड़े और विभिन्न देशों के लोग विभिन्न तरह के खेलों जैसे दौड़,

एक्सिबिशन, म्यूजिक और एजुकेशन आदि में भाग लेते हैं, और अपनी प्रतिभा का परिचय देते हैं, और अपने देश का प्रतिनिधित्व करते हैं। ओलंपिक डे आज के समय में केवल एक स्पोर्ट्स इवेंट न रहकर काफी आगे बढ़ चुका है और इसके तीन मुख्य स्तंभ (move) आगे बढ़ो, (learn) सीखो, और (discover) खोजो। इस गेम्स के द्वारा खिलाड़ियों में सही खेल, एक दूसरे के लिए रिस्पेक्ट और स्पोर्ट्समैनशिप की भावना को बढ़ावा दिया जाता है।



-**कु.अपेक्षा कलंत्री**
(6 वीं त्रिशूल)

चार्टर्ड अकाउंटेंट पेशे का दायरा और योग्यता

चार्टर्ड अकाउंटेंट्स (सीए) की देश के आर्थिक विकास में महत्वपूर्ण भूमिका होती है। सीए देश में अर्थशास्त्र के पंडित की तरह कार्य करते हैं और आर्थिक अनुशासन की परंपरा सुनिश्चित करने में उनका काफी महत्व है। किसी भी संस्थान में चार्टर्ड अकाउंटेंट अथवा सीए का काम बेहद सम्मानजनक एवं चुनौतीपूर्ण होता है। वे उस संस्थान अथवा कंपनी से जुड़े सभी अकाउंट एवं फाइनेंस संबंधी कार्यों के प्रति उत्तरदायी होते हैं। इसके अलावा इनका कार्य मनी मैनेजमेंट, ऑडिट अकाउंट का एनालिसिस, टैक्सेशन तथा फाइनेंशियल एडवाइज उपलब्ध कराने से भी संबंधित है।



-**कु.यदिका जाधव**
(6 वीं त्रिशूल)



Chartered Accountant

CA बनना कठिन है ? सीए की इस सलेक्शन प्रणाली के चलते इसे कोर्स को बहुत कठिन माना जाता है। इस वजह से कई छात्रों का पहले से ही आत्मबल कम होने लगता है। लेकिन सही तरीके और बेहतर इंस्टीट्यूट की मदद से इस परीक्षा को आसानी से पास किया जा सकता है।

भारत में वाणिज्य छात्रों के लिए सबसे कठिन परीक्षा सीए या चार्टर्ड एकाउंटेंसी परीक्षा है। इसमें तीन चरण होते हैं, सीए फाउंडेशन, सीए इंटरमीडिएट और सीए फाइनल। उम्मीदवारों को केवल एक ही प्रयास में सभी राउंड क्लियर करने की आवश्यकता है। सीए एक पेशेवर प्रमाणीकरण है, लेकिन यह एक बहुत ही चुनौतीपूर्ण करियर विकल्प है। इसके विपरीत, औसत छात्र के लिए यह पाठ्यक्रम बहुत कठिन है। यहां तक कि औसत छात्र भी सीए कोर्स कर सकते हैं और सीए में करियर बना सकते हैं। 12वीं की परीक्षा पास करने वाले छात्र आईसीएआई द्वारा प्रशासित फाउंडेशन लेवल की परीक्षा दे सकते हैं। इस समय भारत में तकरीबन 3 लाख चार्टर्ड अकाउंटेंट्स हैं।

स्कूल के बाद स्पोर्ट्स क्लब और इसका महत्व

खेल एक शारीरिक क्रिया है, जिसके खेलने के तरीकों के अनुसार उसके अलग-अलग नाम होते हैं। खेल लगभग सभी बच्चों द्वारा पसंद किए जाते हैं, चाहे वे लड़की हो या लड़का। आमतौर पर, लोगों द्वारा खेलों के लाभ और महत्व के विषय में कई सारे तर्क दिए जाते हैं। और हाँ, हरेक प्रकार का खेल शारीरिक, मानसिक, मनोवैज्ञानिक और बौद्धिक स्वास्थ्य के साथ गहराई से जुड़ा हुआ है। यह एक व्यक्ति के शारीरिक और मानसिक स्वास्थ्य को बनाए रखने में मदद करता है। नियमित रूप से खेल खेलना हमारे मानसिक कौशल के विकास में काफी सहायक होता है। यह एक



-**कु.लावण्या केदारे**
(6 वीं पृथ्वी)



व्यक्ति के मनोवैज्ञानिक कौशल में भी सुधार करता है। यह हमारे अंदर प्रेरणा, साहस, अनुशासन और एकाग्रता लाने का कार्य करता है। स्कूलों में खेल खेलना और इनमें भाग लेना विद्यार्थियों के कल्याण के लिए आवश्यक कर दिया गया है। खेल, कई प्रकार के नियमों द्वारा संचालित होने वाली एक

प्रतियोगी गतिविधि है। हम नियमित रूप से खेलने के लाभ और महत्व को कभी भी अनदेखा नहीं कर सकते हैं। यह हमें हमेशा तंदुरुस्त और स्वस्थ रखने के साथ ही मादक पदार्थों की लत, अपराध और विकारों की समस्याओं से दूर रखता है।

"जगन्नाथपुरी यात्रा का महत्व और विशेषताएँ"

जगन्नाथपुरी यात्रा का महत्व | ऐसा माना जाता है कि जो भक्त इस रथ यात्रा में शामिल होकर भगवान के रथ को खींचते हैं उन्हें कई यज्ञों के सामान फल मिलता है। ऐसी मान्यता है कि जो भी व्यक्ति इस दौरान जगन्नाथ पुरी दर्शन हेतु जाता है उसकी सभी मनोकामनाएँ पूर्ण हो जाती हैं और पापों से मुक्ति मिलती है।

मान्यता है की भगवान जगन्नाथ की रथयात्रा में शामिल होने से व्यक्ति की १०० यज्ञों के बराबर पुण्यफल मिलता है और जीवन से जुड़े तमाम सुखों को भोगता हुआ अंत में मोक्ष को प्राप्त हो जाता है।



-**कु.यश सुर्यवंशी**
(9 वीं जुपिटर)



जगन्नाथपुरी की विशेषता यह है कि:- मादिर का झंडा हमेशा हवा की दिशा के विपरीत लगता है हवा का रुख जिस दिशा में होता है झंडा उसके विपरीत दिशा में लहराता है कहा जाता है की. जगन्नाथ मंदिर में दुनिया की सबसे बड़ी रसोई है रसोई का रहस्य ये है कि यहाँ भगवान का प्रसाद पकाने के लिए

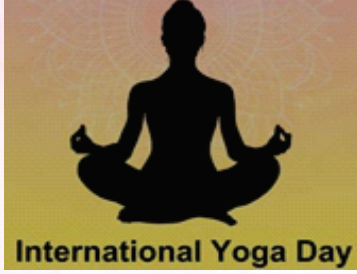
सात बर्तन एक के ऊपर एक रखे जाते हैं पुरे विश्व में प्रसिद्ध श्री जगन्नाथ इसलिए ही प्रसिद्ध है यह मंदिर सबसे लंबे सुनहरे समुद्र तट के ऊपर बसा है इसलिए भी यह प्रसिद्ध है। यह भारत में चार धामो यानी पूरी, द्वारिका, बद्रीनाथ . और रामेश्वर में से एक धाम है जो सबसे पवित्र स्थान माना गया है।

आंतरराष्ट्रीय योग दिवस

आंतरराष्ट्रीय योग दिवस दरवर्षी 21 जून रोजी साजरा केला जातो. ग्रीष्म संक्रांती 21 जून रोजी येते आणि या दिवसाचे जगाच्या अनेक भागांमध्ये उपयुक्तता आणि महत्त्व आहे. तसेच उत्तर गोलार्धात हा वर्षातील सर्वात मोठा दिवस आहे. 21 जून हा दिवस भारताचे पंतप्रधान नरेंद्र मोदी यांच्या सूचनेनुसार निवडला गेला, कारण तो सांस्कृतिकदृष्ट्या महत्त्वाचा दिवस मानला जातो. सप्टेंबर 2014 मध्ये भारतीय पंतप्रधान नरेंद्र मोदी यांनी योगाभ्यास स्मारकाचे आयोजन केले होते. 84 देशांतील 35,000



कु. कृपा खरचे
(५ वी विंध्याचल)



हून अधिक लोक आणि अधिकारी पंतप्रधान मोदी यांच्यासोबत नवी दिल्ली, भारत येथे राजपथ येथे 35 मिनिटे योग आसनांचा सराव करण्यासाठी सामील झाले.

योग दिनाचा उत्सव जगभरात घडणाऱ्या विविध कार्यक्रम आणि उपक्रमांना सूचित करतो. भारतात हजारो लोक योगाभ्यास

करण्यासाठी जमतात. विशेष म्हणजे पहिल्या आंतरराष्ट्रीय योग दिनाला भारताचे पंतप्रधान श्री नरेंद्र मोदी यांनी हजेरी लावली होती. यावेळी त्यांनी इतर सर्वांसोबत वेगवेगळ्या योग तंत्रांचा आणि आसनांचा सराव केला होता.

भारतासाठी हा एक महत्त्वाचा क्षण मानला जातो, आंतरराष्ट्रीय योग दिन साजरा करणे म्हणजे योग आणि त्याचे फायदे याबद्दल जागरूकता वाढवणे. योग हा एक सर्वांगीण अभ्यास आहे, जो शारीरिक मुद्रा, श्वासोच्छ्वासाची तंत्रे आणि ध्यान समाकलित करते. हे शरीर आणि मन एकमेकांशी जोडलेले आहेत या विश्वासावर आधारित आहे. दुस-या शब्दात सांगायचे तर, शारीरिक कल्याण हे केवळ शरीराचे नाही, तर मन आणि आत्म्याचेही आहे. योगाचा उद्देश त्याच्या विविध आसनांमधून मन आणि शरीर यांच्यात संतुलन निर्माण करणे आहे.

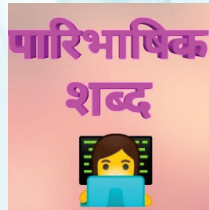
आंतरराष्ट्रीय योग दिन हा योगास प्रोत्साहन आणि सराव, शारीरिक, मानसिक आणि आध्यात्मिक आरोग्याचे पोषण करण्यासाठी जागतिक व्यासपीठ म्हणून काम करतो. हे जगभरातील व्यक्ती आणि समुदायांना योगाची परिवर्तनीय शक्ती आणि एकता स्वीकारण्यासाठी प्रोत्साहित करते.

पारिभाषिक शब्द

- 1) Approval - अनुमोदन
- 2) Bookmark - वाचनखूण, पृष्ठचिन्ह, पृष्ठनिशाण
- 3) Draft - मसदा
- 4) Express way - द्रुतगती मार्ग
- 5) Foundation - प्रतिष्ठान
- 6) Gate - फाटक
- 7) Handshake - हस्तांदोलन
- 8) KeyBoard - कळफलक
- 9) Template - आकृतीबंध, रचनाबंध, साचा
- 10) Terminology - परिभाषा



कु. रोमा सोनावणे
(६ वी पृथ्वी)



योगाचे फायदे

वजनात घट, सशक्त आणि लवचिक शरीर, तजेलदार त्वचा, शांत आणि प्रसन्न मन आणि उत्तम आरोग्य यातली जी गोष्ट तुम्हाला हवी असते ती घ्यायला योग समर्थ आहे. योगाची मर्यादा ही फक्त योगासनांपूर्तीच मर्यादित आहे असा बऱ्याच वेळा लोकांचा गैरसमज होतो कारण त्याचे शारीरिक स्तरावर होणारे फायदे आपल्याला सहज लक्षात येतात. परंतु प्रत्यक्षात शरीर, मन आणि श्वासोच्छ्वास यांचा योगामुळे संयोग झाल्याने आपल्याला अगणित फायदे होतात. मन, शरीर आणि श्वास यांचे एकमेकांशी संतुलन राखले गेल्याने जीवनाचा प्रवास शांत, आनंदी आणि सर्वार्थाने सफल होतो.

योगाचे सखोल परिणाम आपल्या सूक्ष्म स्तरावर सुद्धा होत असतात. योगाच्या नियमित सरावामुळे होणारे सर्वात महत्त्वाचे फायदे-

1. सर्व स्तरांवर तंदुरुस्ती, 2. वजनात घट, 3. ताण तणावा पासून मुक्ती, 4. अंतर्दामी शांतता
5. रोगप्रतिकारक शक्तीत वाढ, 6. सजगतेत वाढ होते, 7. नाते संबंधात सुधारणा,
8. उर्जा शक्ती वाढते, 9. शरीराचा लवचिकपणा आणि शरीराची ठेवण सुधारते,
10. अंतर्ज्ञानात वाढ



कु. लावण्या निरभवणे
(५ वी विंध्याचल)



चला विचार करूया -

प्रश्न : अशी कोणती वस्तू आहे जिच्यात खूप सारे छिद्रे असतांनाही पाणी भरता येते?

उत्तर : स्पांज

प्रश्न : काळा घोडा पांढरी स्वारी, एक उतरवला तर दुसऱ्याची पाळी?

उत्तर : तवा आणि पोळी

प्रश्न : असे काय आहे जे नेहमी तुमच्या पुढे असते परंतु तुम्ही त्याला पाहू शकत नाहीत?

उत्तर : भविष्य

प्रश्न : जगभराची करतो सैर, जमिनीवर ठेवत नाही पैर (पाय). दिवसा झोपतो रात्री जागतो. सांगा पाहु कोण?

उत्तर : चंद्र

प्रश्न : वाचणे लिहिणे दोन्ही ठिकाणी असते माझे काम, कागद नाही पेन नाही सांगा माझे नाव?

उत्तर : चष्मा

प्रश्न : अशी कोणती वस्तू आहे जी फ्रीज मध्ये ठेवूनही गरमच राहते.

उत्तर : गरम मसाला

प्रश्न : एका माणसाचे पाच अक्षरी नाव काय ? जे नाव उलटे आणि सरळ वाचले तर सारखेच येते?

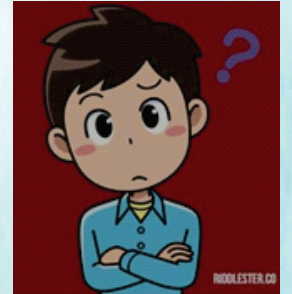
उत्तर : नवजीवन

प्रश्न : रात्री 3 ठिकाणी आग लागली आहे. 1- मंदिर 2- शाळा 3- दवाखाना सांगा सर्व प्रथम अँबुलन्स कोणती आग विझवेल?

उत्तर : अँबुलन्स आग विझवित नाही.

प्रश्न : रामाच्या वडीलांना एकूण चार मुले आहेत. पहिल्याचं नाव 25 पैसे. दुसऱ्याचं नाव 50 पैसे. चौथ्याचं नाव 100 पैसे. मग तिसऱ्याचं नाव काय असेल?

उत्तर : रामा



Leading a Healthy Life Style.

Most of us today are living a sedentary lifestyle with increased odds of physical inactivity, excessive eating and sitting, stress, anxiety, and depression. In particular, many of us will gain some weight and may keep the extra weight permanently, which may carry considerable health risks for type 2 diabetes, hypertension and other health problems.



Here are some basic tips to maintain a healthy lifestyle, body weight, and overall well-being.

1. Measure and Watch Your Weight

Keeping track of your body weight on a daily or weekly basis will help you see what you're losing and/or what you're gaining.

2. Limit Unhealthy Foods and Eat Healthy Meals

Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.

3. Take a variety of Vegetables and Fruits

Many micronutrients present in fruits & vegetables are vital to your immune system, including vitamins A, B6, B12, C, D, and E, as well as zinc, iron, copper, selenium, and magnesium.

4. Drink Water and Stay Hydrated, and limit Sugared Beverages.

5. Exercise Regularly and Be Physically Active

Set an exercise routine and stick to it. It can be any form of sports, cycling, swimming, brisk walking, dancing, aerobics, etc.

6. Reduce Sitting and Screen Time

Avoid too much use of computers, mobiles, watching T.V, etc.

7. Get Enough Good Sleep

There is a very strong connection between sleep quality and quantity and your immune system. You can keep your immune system functioning properly by getting seven to eight hours of sleep each night.

8. Manage Your Emotions

Talk to elders about any sort of negative thoughts and emotions or take the help of counselors.

9. Strengthen Family Bonds

Spend more time with your family, share and care, give love and make others happy. Trust your family and make your Family your best support system.

10. Smile: It is Contagious!!!

- Dr. Deepali Gothwal (Gynaecologist)



Tree Plantation

Planting trees is the ideal approach to support nature. It additionally helps other living species, including people, in many ways. Trees give us oxygen, food, shelter, and many more. They are natural air filters and noise safeguards. Areas having a thick estate of trees, are seen to be less loud and generally having cleaner air than the zones without trees.



Tree planting is the process in which tree seedlings are transplanted generally for forestry, land reclamation, or landscaping purposes.

Tree plantation is necessary because trees provide oxygen to the environment and make the air quality better. Tree plantation also reduces pollution, thus making the life of future generations secure.

The tree is the key to a pollution-free environment for a long time because they are responsible for providing oxygen, improving the quality of air, climate amelioration, conserving water, soil preservation, and supporting wildlife. Due to all these reasons, tree plantation has become necessary in the present scenario as pollution is at a peak.

The air at a spot with a great number of trees is significantly healthy and clean. Planting trees likewise helps birds, squirrels, and different species, giving them food and living arrangement. The least we can do is plant a large number of trees to provide nature with what we have taken from it. Go Green, Plant trees...

- Mast.Sarthak Jadhav (IX Jupiter)

Jokes

1) Patient: Doctor, I have a pain in my eye whenever I drink tea.

Doctor: Take the spoon out of the mug before you drink.

2) PUPIL: "Would you punish me for something I didn't do?"

TEACHER:" Of course not."

PUPIL: "Good, because I haven't done my homework."

3) Why won't the elephant use a computer?

He is afraid of the mouse.

4) Which are the stronger days of the week ?

Saturday and Sunday rest are weekdays.

5) What did the math book tell the pencil ?

I have a lot of problems.

6) Trainer: If an old man and a child come near your car, what will you hit?

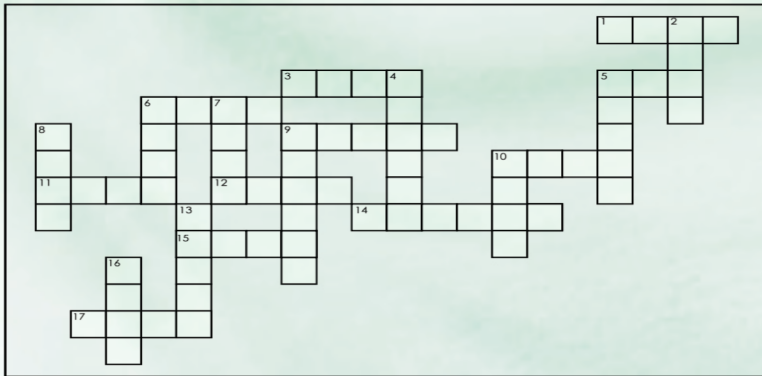
Girl : Old man.

Trainer: You should hit the BRAKE.

7) Grandfather: When I was your age, I used to go to the market with two Rupees and bring home soap, rice, milk, bread, ghee, face powder etc.

Grandson: Nowadays it is difficult. There are CCTV cameras everywhere.

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



ACROSS

1. color of the sky
3. to put in your hands
5. apple and pumpkin are types of this
6. add an e to the word cut
9. unscramble: egear
10. unscramble: mnia
11. a clock tells you this
12. unscramble: lead
14. day before Saturday
15. where you live
17. She ___ her bed.

DOWN

2. antonym for new
4. My pool is ___ than yours.
5. use this to call people
6. past tense of come
7. past tense of tell
8. has a tail and flies in the sky
9. surprised
10. breakfast is one of these
13. a triangle is this
16. put your lunch on this

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