



A CHAT WITH OUR MUSIC & PE TEACHERS



Mr. Anand Adhav



Mr. Jay Dhengale



Mr. Rakesh Sharma



Mr. Sachin Kharde

1)How do you maintain discipline ?

Ans) Anand sir: Firstly, I check the sports preference of the students and train them for the preferred sports. I also motivate them to try new sports. Their curiosity for the game keeps them disciplined.

Jay Sir: Creativity itself maintains discipline. As we focus on music which they find interesting. So, discipline is maintained automatically.

Rakesh Sir: I maintain discipline by giving the students creative exercises.

Sachin Sir: I involve all students of my class in indoor and outdoor activities. Automatically discipline comes in them.

2)How important is your subject, to the children in school?

Ans) Sachin Sir: Yoga keeps us fit and healthy and keeps us emotionally balanced. So it is very important for the students.

Rakesh Sir: Practising any kind of sports keeps us fit and enhances our spirit to face all kinds of challenges in life. This is the reason why sports subject is important for our students.

Jay Sir: While practising or learning music, both(left and right)parts of the brain work together; and this develops the children's ability to focus on their studies as well.

Anand sir: Physical education brings discipline and alertness in our lives. That is why the subject is important for the students.

3)What are your future plans for next academic session?

Ans) Jay Sir: I plan to have violin and piano lessons in the school.

Rakesh Sir: To train the students personally so that the students can represent our school at various levels and bring laurels to P.I.S Nashik.

Anand Sir: I will like to introduce yoga day and Suryanamaskar day in my next academic session.

Sachin Sir: My future plan for next academic session is to engage my students in maximum sport activities so that they can choose these games as their career in their future.

- Deven Patil & Apurve Trivedi

EDITORIAL TEAM FOR MARCH

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Teacher Coordinator: Mrs. Edna Fernandes (Event Coordinator)

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Sanjana Valecha VII Newton

Apurve Trivedi VII Raman

Deven Patil VII Raman

Janhvi Hushangabade VI Shivalik

Vaishnavi Pawar VI Shivalik

Palak Nayyar VI Shivalik

Aditya Deore VII Raman

Nitin Pande VI Nilgiri

Shreyas Wakchaure IV Jal

“A friend is someone who knows all about you and still loves you.”

— Elbert Hubbard

Down the Memory – Lane

I miss the days when one used to hear children shouting with joy on the streets, making hay in the sunshine, swinging on the trees, dancing in the rain and running around care freely. I remember me playing hop-scotch, hide and seek, lagori, kho-kho & some boys playing cricket, football, and kabaddi.

In our vacations, we had small Tiffin parties and learnt to share. We used to cycle for hours together and be dead tired as time used to fly so fast. Alas!, the time has indeed flown or rather changed. I can hardly see children on streets. They are busy watching TV or playing games on computer. They have become isolated and are prone to boredom and fatigue. The feeling of togetherness and joy of being in a group is missing among the children. Moreover, a child is losing his days of pleasure, friendship, learning to share, to grow and also be active.

Let us all bring back those golden days. Don't let the feeling of study-pressure over shadow the child's tender age of play. Let him experience the joy that has now become our memory. Let him be himself, be happy and re-live the moments that I am sure – are the most cherished ones.



- Meeta Dogra

4 Important Skills in Language Learning

Languages are generally taught and assessed in terms of the 'four skills': listening, speaking, reading, and writing. Listening and reading are known as 'receptive' skills while speaking and writing are known as 'productive' skills. All language learners will need to develop their skills in each of these areas. Below are some practical steps.

Listening and reading

Listening to and reading content in the language you are learning is a great way to develop your vocabulary and comprehension. It is important to make your listening and reading active rather than passively absorbing the content.

Speaking

Developing your speaking skills will involve gaining fluency in spoken interactions with others, as well as practicing your pronunciation. To practise pronunciation try reading aloud or repeating after a recorded text, trying to reproduce the pronunciation and intonation of the original. Make a recording of yourself and listen back to try to identify your own strengths and weaknesses as a speaker.

Writing

Writing in another language can seem a daunting task, but is a critical skill, especially if you plan to use it in the workplace. Try to think actively about how texts are structured and what kinds of phrases or vocabulary are used for different purposes (e.g. introducing a topic, describing, comparing and contrasting, writing conclusions). Finally, try to get constructive feedback from others (your teacher, fellow students, native speakers) on how you can improve.



- Afroze Mirza

बचपन

बचपन! क्या आज बचपन सचमूच रह गया है? या बच्चे बचपन में ही बड़े जैसा व्यवहार करने लगे हैं और बड़े हो गए हैं?

यह तो चर्चा का विषय बन गया है। आज सभी अभिभावक शिकायत करते हैं की हमारे बच्चे हमारी बात नहीं मानते और मोबाईल लैपटॉप वीडिओगेम्स खेलते हैं। पर वे ही अभिभावक ये सब चीजें वे उनके हातो से अपने बच्चो को खरीद कर देते हैं।

आज बच्चे पढाई के बोझ से और विविध प्रतियोगिताओ में अच्छे प्रतिशत अंक प्राप्त करने के लिए दौड़ रहे हैं।

बहुत से बच्चो को मैदानी खेल खेलने के लिए समय नहीं हैं और उनका बचपन "बचपन" नहीं रह पाता। गिल्ली दंडा लगेरी कंचे खेलना आम और कैरी तोड़ना पड़ो पर चढ़ना आदि यह सब बच्चो के लिए दूर की बात है। बच्चो का बचपन तंत्रज्ञान में खो गया है।

इससे बचने के लिए हमें कार्यालय से वापस आने के बाद अपने बच्चो के साथ वक्त बीताना चाहिए।

परिवार के सदस्यों ने बच्चो को एक अच्छा नागरिक बनने का प्रोत्साहन देना चाहिए।



आदित्य देवरे
7वी रमण

जल का महत्त्व

जल एक जीवदानदायी प्राकृतिक संपत्ति है। इसका महत्त्व दिर्नर्बदिन बढ़ता जा रहा है क्योंकि इसकी उपलब्धता घटती जा रही है। खासकर पीने योग्य मीठे जल की मात्रा तो बहुत कम हो गई है। पृथ्वी पर जल की जितनी मात्रा है उसका एक प्रतिशत ही हमारे उपयोग के लायक है। फिर भी लोग जल का अपव्यय करते हैं। यदि जल की उपलब्धता को बनाए रखने में हम नाकाम रहे तो एक दिन हम जल की बूँदबूँद के लिए तरस जाएँगे। आज भी हम लोग शहरों में जल के लिए घंटों लाइनों में खड़े रहते हैं। ग्रामीण क्षेत्रों में भी जल की समस्या है। हमें जल का महत्त्व समझ कर इसका सावधानीपूर्वक उपयोग करना चाहिए। वर्षा जल के संग्रहण एवं इसके अधिकतम उपयोग पर ध्यान देना चाहिए। उपयोगी जल के स्रोतों को प्रदूषित नहीं करना चाहिए।



सकिना दानावाला
7 वी रमण

“Always forgive your enemies, nothing annoys them so much.”

— Oscar Wilde

EXAMS!!!!!!!



Exams Are Near
It's Time To Remove Fear
No Television
But Only Mission

To Get Good Marks
And Not Just Pass

All My Subjects Are Indeed Very Tough
But I Am Confident; I Am Prepared
Because I Like Exams All The Very
Much

- Janhvi Hushangabade
VI Shivalik



My wonderful family, I love dearly,
From my heart, I speak sincerely.
They make me laugh all the time,
Help me up, when I need to climb.
I know my family, truly care,
They don't judge me or compare.
Always welcome me with open arms,
They make sure nothing harm's.
I love my family, every day,
With this poem, I wish to convey.
I know they may be a little strange,
But I hope they never, ever, change.

-Palak Nayyar
VI Shivalik

GOOD MANNERS ARE IMPORTANT

We say "THANK YOU"

We say "PLEASE"

We don't interrupt or tease.

We don't argue,

We don't fuss,

We listen when folks talk to us.

We share our toys,

We take our turn,

Good manners aren't

too hard to learn.

It's really easy,

When you find good manners,

It just means being kind.

-Vaishnavi Pawar
VI Shivalik



सरण

जनावराला न्याय
नि माणसाच काय
चार वितीची बी
मला जागाच न्हाय ।। 1 ।।

धोंड्या दुखळयातला
गटुडयाचा माझा सोस
किती चालू वो माय
काटयाकुटयाची ही वाट ।। 2 ।।

आलं आभाळ भरून
लेकराची घालमेल
अंधारात भेगाळलं
भाकरीचं सपान ।। 3 ।।

कुणी दिला ह्यो भोग
काचतोया गळाभर
माझ्या जिण्याचं सरण
धडाधडा पेटलंय ।। 4 ।।



श्रेयस वाकचौरे
4थी जल

जरा जपून

बोलताना जरा जपून बोलावं ।
कधी शब्दही अर्थ बदलतात ।

चालताना जरा जपून चालावं ।
कधी रस्तेही घात करतात ।

झुकताना जरा जपून झुकावं ।
कधी आपलेच खंजीर खुपसतात ।

ओळखताना जरा जपून ओळखावं ।
कधी माणसे रंग बदलतात ।

नात जोडताना जरा जपून जोडावं ।
कधी नकळत धागे तुटून जातात ।

- नितीन पांडे
6वी निलगिरी

GUEST LECTURE

Podar International School is known for its Themes that include a wide variety of learning. On the same, we had a very special theme “SIGNIFICANT PEOPLE”. Our school had invited the Zonal Head of Habitat for Humanity, Mr. Wajed Sayyed to address our students. The students were oozing with excitement. He explained the role of his organization in helping the poor constructing houses. He updated us with the pathetic conditions of the poor who earned a meager amount and are not able to meet their daily requirements. He urged us to save a Rupee a Day so that we can help the needy.

His speech was quite promising and motivating. Principal Sir and Vice Principal Sir also inspired us to help the needy and be a good and responsible citizen.

– Sakina J Danwala
VII Raman



INTERNATIONAL WOMEN’S DAY



Our school celebrated International Women’s Day. We presented a Skit in the assembly. It was about Neerja, the youngest citizen to be awarded with Ashok Chakra. Neerja was the senior flight attendant of PAN AM 73 flight which was moving from Mumbai via Karachi to USA. When the plane landed at Karachi International airport four men entered furiously with guns in their hands. They hijacked the plane. She saved 361 passengers and 19 crew members. She is a true legend. The skit was a tribute to her. Edna Madam also delivered a short speech on women and explained us the true worth of women, empowering women and giving due respect to women.

– Sakina J. Danawala
VII Raman

“If you don’t stand for something you will fall for anything.”

— Malcolm X

SCIENCE EXHIBITION

We celebrated National Science Day. Our school had organized a science exhibition. The participants were from class IV to VII. The theme was Water & Energy conservation. We all participated with great enthusiasm. Parents were invited to witness the amazing creations of their wards. We had working models of Volcano and Lifts. One of them was an interesting model of a fan which started spinning when one would shout. Other was a light which lit up on clapping. Various charts of water conservation were displayed. All the different idea of conserving water were put up. Rain water harvesting, repairing of defected taps, and many more were among the bright ideas.

– Sakina J Danwala
VII Raman



AWAKENING THE STUDENTS



The month of March was a very awakening month for the students of P.I.S Nashik. The month started with the science exhibition which was followed by Maha Shivratri and International Women's Day celebration. On 10th march, the students of class VII Newton performed a skit about Good and Bad touch, by which the students learnt to say a loud NO to something they don't like and to talk to their parents about everything and share all their secrets with them. They also learnt about a Safe Circle and that talking is a powerful tool.

– Sanjana. Valecha
Class: VII Newton

“Education is not preparation for life; education is life itself.”

— John Dewey

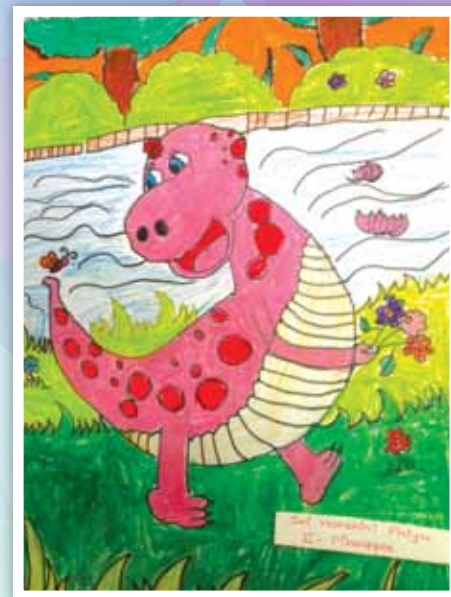
ART CORNER



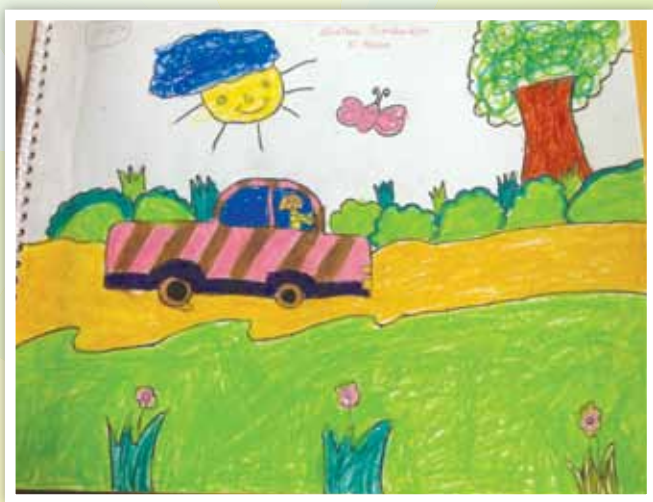
Diya Lodaya VI-Vindhyachal



Ishita Khund VII - Raman



Sri Harshini Priya II-Pineapple



Sailee Sundankar I-Rose



Meet Karde _Pranjali Sao II-Apple



Srushti Bhalerao VII-Raman

“If you judge people, you have no time to love them ”

— Mother Teresa

GOD'S PHARMACY

It's been said that God first separated the salt water from the fresh, made dry land planted a garden, made animals & fish. All before making human he made & provided what we would need before we were born. These are best & more powerful when eaten raw. We're such slow learners..... God left us a great clue as to what food helps what part of our body.

Really God's Pharmacy is Amazing!!!!!!?

1) Carrot

A sliced carrot looks like the human eye. The pupil, Iris & radiating lines look just like the human eye...And yes, science now shows Carrots greatly enhance blood flow to & function of the eyes.

2) Tomato

A tomato has four chambers & is red. The heart has four chambers & is red. All of the research shows tomatoes are loaded with lycopine & are indeed pure heart & blood food.

3) Grapes

Grapes hang in a cluster that has shape of the heart grapes are also profound heart & blood Vitalizing food.

4) Walnut

A walnut looks like a little brain a left & right hemisphere upper cerebrums & lower cerebrums. It helps develop more than three dozen neuron – transmitters for brain function.



5) Kidney beans

They actually heal & help maintain kidney function & yes they look exactly like human kidneys.

6) Sweet potatoes

They look like the pancreas & actually balance the glycemic index of diabetics.

7) Onions & Garlic's

Onions look like body cells .They help clear waste materials from all of the body cells.

Garlic helps eliminate waste materials & dangerous free radicals from the body.

God's pharmacy is a boon to human beings. We should value the natural pharmacy of god.



-Deepali Shirgave.

Parent of Avantika shirgave VI Aravali.

CHILDHOOD BOOKS



Children should have their own favorite book. The book should be full of knowledge. When they read that book, they should enjoy it & get good morals. If we give them some books which they do not like, they will not enjoy. We must encourage them to read books which are informative, entertaining and teach moral values. Some books are boring but have interesting values & good morals . Books are of many types ; such as general books, poems , story books, ancient books, historical books & many more .When we parents read some books for our children we should explain it by some actions so that they understand the value of that book. When children read books, parents should be involved with them & ask them what they read in the story, moral of the story, & what they learned from the story. Parents must monitor what type of book their children are reading. It is parent's responsibility to guide their children to read good books and learn good values in life.



- Archana Thombare,
mother of Harshada Thombare ,
class 4th Akash

“We don't see things as they are, we see them as we are”

— Anais Nin

PODAR INTERNATIONAL SCHOOL, NASHIK

STUDENTS' ACHIEVEMENT MARCH 2016

RAHIL P.KHAN

EVENT :- Football

POSITION :- Participation

STD :- 10th

PARTICIPATED IN :- District Football Association

ORGANISED BY: - The Western India Football Association (Maharashtra)

DISTRICT :- Sangli



HARI KRUNAL DABHI

EVENT :- Skating

POSITION :- 1st (Gold)

STD :- 1st

PARTICIPATED IN :- Federation cup state level Rolling Skating Championship -2016

ORGANISED BY: - Taluka Krida Sankul , Sangamner

DISTRICT :-Ahmadnagar

