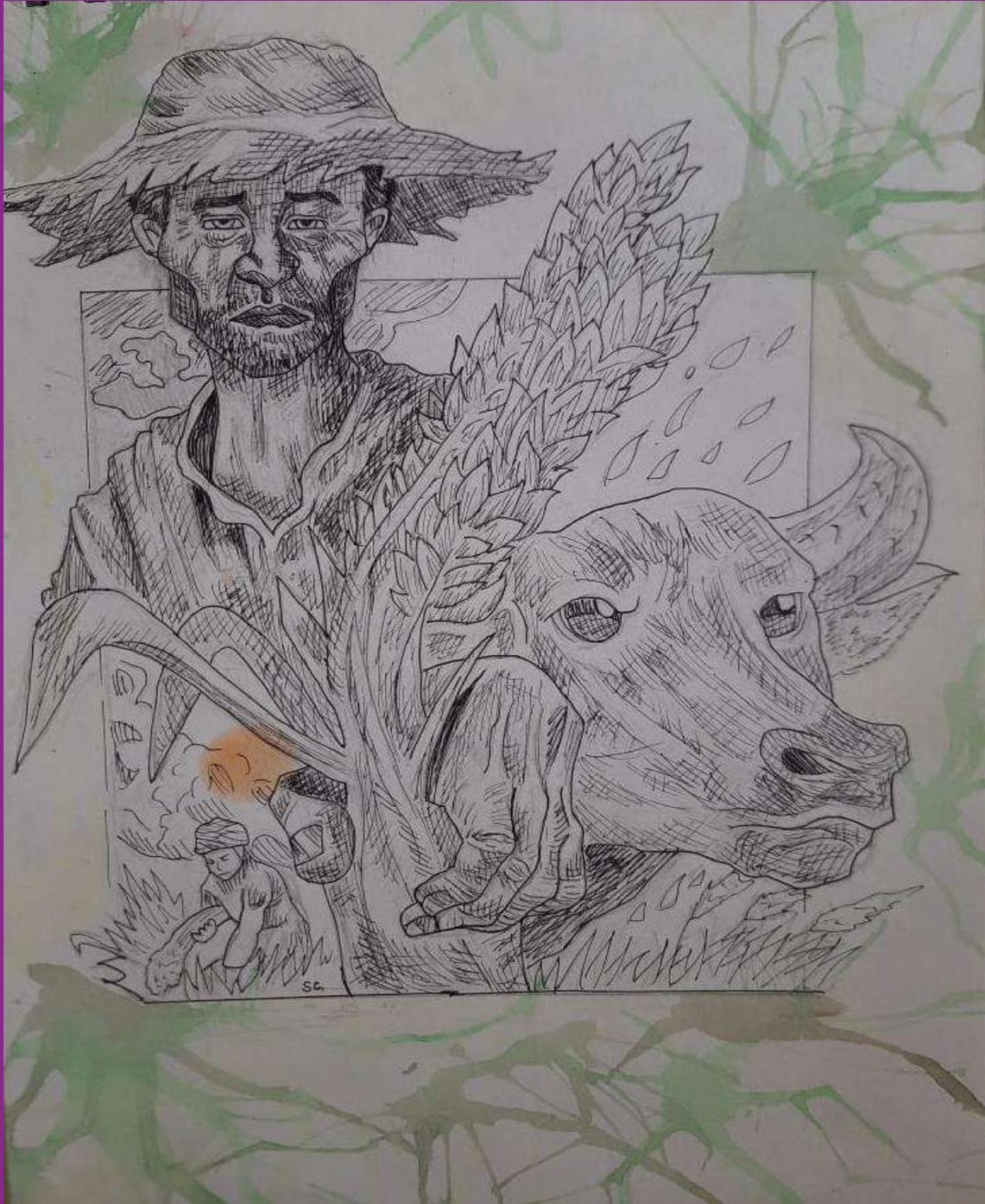


# THE HARVEST

*Planting the seeds of your dreams*



**PODAR INTERNATIONAL SCHOOL  
(CAMBRIDGE INTERNATIONAL), Kalyan  
Bi-Annual e-Magazine**



## EDITORIAL COLUMN – 2022

History will remember the last year 2022 in bold letters, for the largest armed conflict in Europe since World War II, “The Russian Invasion of Ukraine”. Operation Ganga led by Indian government have evacuated its citizens, from neighbouring countries of Ukraine amid the ongoing war. Around 22,500 of them were Indian students who were stranded in the war zone. Indians prefer Ukraine and Russia for medical studies, as the cost of medical education in private college is substantially higher in India. India is the land of ancient Universities. Takshashila, Mithila, Nalanda are to name a few. Foreign students came here to learn, free of cost!!! People believe that history will repeat itself. If that is true, then we might once again witness India becoming *Vishwa Guru* in literal sense.

Podar International School, CIE, Kalyan is one such place where education is not only bound in academics and classrooms. We focus in overall development of students. They learn sculpting clay models, dance, music, art and literature to enhance their creative acumen. Similarly, sports, festivals and picnics are organized for team work and social skill building. Our institute prepare the students to participate and excel in various competitions. We have been awarded Mimamsa School of Awards this year and we are listed in top 20 schools of Mumbai by Times School Survey 2022.

Besides the curriculum, extra-curricular and competition, we give high priority to internal peace and spiritual wellbeing. Meditation and Yoga are integral part of our school program. In a few years, life will take us to different parts of the world, that’s how a human grows, learning from one institute to another. We encourage our children and teachers to contribute their thought, imagination and philosophy towards life in writing, pictures and graphics through the annual issue of *The Harvest*. This is an archive of their beautiful journey in school life. Reading opens the horizon of a mind; one can explore the world without moving an inch. Similarly, writing is a path to one’s internal journey. Great authors always write, the way they observe the society. We try to inculcate the same values in our budding writers. I wish all young enthusiastic readers and writers that they shall achieve highest potential and spread their message from “The Harvest”.

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## Principal's Message

Good day learners and stakeholders!

Recently, I was a part of a mentor group to honour and recognise the contribution of school Principal's at Mumbai.

The theme of this Mumbai edition was, "To address the current challenges faced by Schools in NEP implementation from various perspectives & how industry experts & Ed-techs can help!"



Transformational leadership (Enhancing leadership capabilities towards Institutions building) had been addressed by Prof. RSS Mani from ITM group of Institutions and real life formula  $E=MC^2$  (need of skills, moral & mental health) along with academic knowledge by Mrs. Shobha Rangarajan, founder of SWOL.

We received BEST Cambridge Board School (Mumbai region) with a trophy and certificates.

Nowadays, students are getting used to daily school habits like before lockdown situations. But approx. 2 years of missing physically is a great loss for all of us. Especially small children of great 1 to 5 (primary). To meet the gap, parents and schools need to play a major role.

On 11<sup>th</sup> November 2022 I attended 14<sup>th</sup> The Education Summit where our state Honourable School Education Minister Mr. Deepak Kesarkarji had given a beautiful speech as keynote speaker. In Panel discussion 1, our topic was Hybrid learning Model, and how has it evolved in the present education system. A participatory discussion happened where all panellists had shared their view points.

In short, hybrid learning can be initiated with a flexible instructional collaboration and mixture of self-study cum personalized learning style where two-way feedback is expected and directed by self. With the help of technology such as laptop/PC/device or mobile and internet facility the hybrid learning enables in-person interaction individually with vast learning styles where learners can learn with their comfort zones and flexible study hours. Everyone agreed that it's futuristic and needs to be extended as and when required keeping the learners in mind.

Wish you a happy access to this E-Magazine and enjoy reading.

All the very best!

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**Sanjay Nandi**





## Best Vegetables for Your Body

My favourite vegetables are ladyfingers and spinach. It gives me Vitamin K and 7 calories. Peas contain soluble fibre. Beetroot, carrots and tomatoes are healthy because they have a type of juice in them that increases the blood in our body.

**Mihaan Bafna**

**Grade 1**



## Connecting to The Internet

### What is Internet?

The internet is a huge network of computers and other electronic devices. It is used by billions of people worldwide to view information on many topics. You can access this information anywhere, at any time, using a computer or other devices connected to the internet.

### Connecting to the Internet

We have learnt to use the internet for browsing the world wide web and communicate with others using email. However, to use these services you need to be connected to the internet.

### Various ways to connect to the internet:

- **Broadband**

With a broadband connection, we are always connected to the internet. A broad band connection allows us to use internet services that require

- high speed such as playing online games or watching online videos.
- Wi-Fi  
The Wi-Fi connection uses radio frequency bands for connecting to the internet. It offers high speed and can be used for mobile devices, such as tablets and smartphones. It is a broadband connection without using wires and cables.

### Basic requirements for an internet connection

- Computer System  
The computer system is a basic requirement for accessing an internet connection. The internet can be accessed by a desktop computer or a laptop.
- Modem  
Modem stands for modulator-demodulator. It enables a computer system to send or receive information using a telephone line. It is usually provided by the ISP. A router is used to then distribute this signal to the connected devices.

**Manthan Jain**

**Grade 4**



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## Fashion: Why do we need it?

According to society, fashion plays a major role in the world and it affects the social aspects of society. Many scholars say that fashion is a way to express our personalities and emotions through our daily wear. It displays the person's choices and why they chose to wear them. However, not everyone thinks the same way about fashion. There are negative and positive opinions about fashion.

There are countless amounts of people who think that fashion is oppressive, offensive, and appalling. Many questions that these antagonists ask are- Why not a simple white cloth? Why do people ignore it? Audiences believe that the point of clothes is to cover your body not express yourself through them. The less time, money, and attention that people devote to this trivial chore, the more they have for things that they need. Different people have different matters of concern and interest. Some people focus on living and some people on the reason for living.

But on the other hand, many other people who like fashion have many things to say. Fashion is semi-permanent art, which is what people love about it. When they say semi-permanent, they mean that it's easy to make it whatever you want it to be. People love that they can create any sort of persona that they want depending on their mood, where they're going, or what people want to say that day. Unlike a finished sculpture, people are able to easily change up my outfit or even the way that each piece looks if they choose to. Fashion is a way of expressing art and emotions.

In the end, Fashion is really a work of art. It emphasizes your inner self and personality. Even though the antagonists have a point, frankly no one is going to stop people from loving fashion! However, fashion is not necessarily needed to live. But if we ever get caught up in a fashion pandemic, we know what to wear- A white cloth!

**Sumedha Zope**

**Grade 9**



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## Never forgetting this one

And I know that it's just fine,  
That you're working with your own pace and time,  
Every time you show attention to others, I let out a sigh,  
But each time I wonder why?  
You're never by my side,  
Then I remember, it's not the sun but the moon who controls the tide,  
But it is my fault,  
For thinking you are the key to my vault,  
Just tired of trying,  
slowly going to bed after crying

And I know it's my fault,  
I guess I'm just too default,  
Maybe I was the salt,  
To my own wound,  
By the time you'll realize,  
My dead body would have been found  
I'll miss our clingy fights,  
Going weeks with sleepless nights,  
You still love that one boy,  
Who treated you like a toy,  
He never made you feel right,  
Just gave you direction like his kite.





media, such as ‘Cancel Culture’. This is when an individual or a group of people are shunned for simply sharing their beliefs and opinions. Many argue that ‘cancelling’ someone is a type of free speech in itself, but the majority of people believe that it is simply just a form of boycotting. Another reason behind how social media can hinder free

speech is the undue influence it has on mankind. Whenever we see a photo or watch a video online, we tend to click straight to the comments section and blindly follow the opinions of others without forming our own. This is called mob mentality and can lead to a lack of independent thoughts, as we will all strive to agree with the crowd. In conclusion, I think that social media can help free speech if it is utilised well, solely because it provides a link to between everyone, despite their geographical distance. However, like everything, it has its disadvantages-one of the biggest being its influence that can alter our points of view. Therefore, I believe that, though social media has undoubtedly helped in encouraging free speech, there are features of it that can hinder and be detrimental to it.

**Misha Sirnani**

**Grade 9**



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## Easy and Healthy Recipes

### Recipe 1- HEALTHY ENERGY BOOSTER DRINK

Serves- 1 people

Time taken- 2 mins

#### **INGREDIENTS:**

- 2 Almonds
- 2 Cashew nuts
- 2 Dates
- 2 Walnuts
- 2 Pistachios
- 2 Dried figs (Anjeer)
- 5 Raisins
- 5 blueberries
- 5 Redberries

#### **Procedure:**

Soak all dry fruits overnight with limited water or milk, as per your choice. You can add more or less dry fruits, according to your taste.

Take all the soaked dry fruits, mix and grind them, making a paste. Add 1 glass of milk (Chilled or room temperature, as per taste) and 2 tsp of honey in the mixture, and blend.

**The Healthy Energy Booster Drink is ready! Kids to old, all can enjoy!**

### Recipe 2- HEALTHY SPROUTS SALAD: -

Serves- 6 people

Time taken- 10 mins

#### **INGREDIENTS:**

- Moong Sprouts- ½ cup
- Moth beans sprouts- ½ cup
- Dark Brown Channa Sprouts- ½ cup
- Chopped Cucumber- 1 cup
- Tomatoes- 1 cup

- Carrots (grated or chopped)- 1 cup
- Beetroot (boiled and grated)- 1 cup
- Pink Salt (as per taste)
- Jeera (as per taste)
- Lemon (as per taste)
- Chopped coriander leaves- 2 tbsp
- Paneer (chopped)- 1 cup
- Pomegranate (optional)

### **Procedure:**

Mix all the above ingredients, adding or skipping any ingredients as per your choice.

**Super Healthy Salad of Sprouts is ready, which will keep your stomach full for a longer tie. It is very nutritious, and is convenient for vegetarians.**

### **Recipe 3- HEALTHY CHAAT**

Time taken 10 mins

Serves 2 people

### **INGREDIENTS: -**

- Boiled chickpeas- 1 cup
- Chopped cucumbers- 2 cups
- Chopped tomatoes- 2 cups
- Chopped Carrots- 2 cups
- Boiled and chopped beetroot- 2 cups
- Capsicum (Red, yellow and green)- 1 cup each
- Chopped Onion- 1 cup
- Ginger and garlic paste- 1 tbsp
- Green peas- 1 cup
- Finely chopped Broccoli (optional)

### **Procedure:**

Take 1 non-stick pan, add 2 tbsp oil, add curry leaves, ginger-garlic paste and onion. Add the capsicums, green peas and cook it for 1 min. Then add carrots, beetroots and chickpeas. Afterwards, add pink salt, chaat masala and

jeera powder. Cook for at least 2 mins. Finally, add cucumber, tomatoes and chopped coriander leaves.

**Delicious chana chaat is ready. You can add more veggies as per your taste. It's very healthy**

### **Recipe 4- VEG PANEER MASALA**

Time taken: 10 mins

Serve: 2 people

#### **INGREDIENTS: -**

- Paneer cubes- 1 cup
- Onion- 1 cup in cubes, 1 cup puree
- Tomato paste- 2 cups
- Ginger/Garlic paste- 2 tbsp
- Capsicum cubes- 1 cup
- Boiled green peas- 1 cup
- Lemon
- Coriander
- Curry leaves
- Salt

#### **Procedure:**

Marinate the paneer for half an hour with curd. Add pink salt, garam masala, jeera, Kashmiri red mirch powder as per your taste. Take butter in pan, let it melt and add jeera, curry leaves, ginger garlic paste. Add 1 cup of onion paste, tomato paste and cashew paste. Add boiled green peas, onion cubes and capsicum. Cook for 5 minutes, and finally, add paneer and coriander for 2 minutes. Add salt and lemon as per taste.

**Veg. Paneer Masala is ready to be served with multigrain bread or any healthy roti/ chapati.**

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**Muskaan Jain**

**Grade: 1**





## A Prison of Timber & Gravel

Sometimes when I have nightmares, I feel omniscient. I just stay there impassively, things deteriorating and crumbling around me. I stare listlessly as hands grab and tear bloody pieces off of me; sit mutely as unseen faces scream at me; stand still as cracks and plumes of death rise around me, melting my skin off. Its like I know that I'm in a nightmare and I'm patiently waiting for the visions to end so I can wake up and go on with my day.

That is what I felt like right now. The door was closed, just as it was before, as I lay there with my back burning, my head foggy and my ears ringing. I stared at the ceiling listlessly as a big, fat, black spider was busy making a net for his next kill. A somewhat pretty web slowly being made between the rafter and a leaky pipe... that I think was supposed to be a cooling unit? A heating unit? I really don't, know nor do I care. As I stared at it apathetically, I heard the faint sound of singing. A steady humming, barely discernable words of a horribly out of tune male voice with a scratchy throat and an utterly weird accent. It took a hot second for me to realize that, that was my voice; "Itsy Bitsy spider crawled up the water spout~" and I giggled. '*Wow... the fall must have loosened something in me*' I thought. Then again, two days of complete isolation would've done the same thing.

You know those houses? The ones that make you feel... weird? That weird gut feeling you get from places? Like something is just...off? Yeah, that feeling had been toiling around inside me ever since I bought this house and moved in. I had come down to the basement to deposit some boxes of disgusting canned foods. After setting down like eight boxes of "*Shaath*'s" canned tomato puree, I heard the faintest of creeks.

The door to the basement was an old but strong wooden piece, with one of those old-fashioned metal locks on it, like the one's with a single swinging arm that slips down to block the door from opening. It was rusted and got stuck a lot, but the metal was strong, so I decided not to change it. Oh, how I would come to regret that. As I stood there in the basement, cocking my ears to hear it again, I heard the heart stopping creek grow louder. **\*CLANG\*** Like some cliched horror movie, the latch fell down and had locked me in.

In the pitch black of the basement, no one heard my screams. I have been stuck here for two days now with nothing to do; My phone was on the living



## The Polar Academy

The Polar Academy trains a group of teenagers fit enough to send to an expedition to Greenland. The experience inspires to teach teenagers to have the motivation to do things and succeed in them. It aims to teach teenagers to gain self-confidence and overcome their fears. It makes them work outside their boundaries and teaches them how to push themselves. To be chosen, a team will communicate with the teachers to decide best fir teenagers and narrow them down. The short-list is to participate on a busy weekend of outdoor activities at the Scotland National Outdoor training centre where the teenagers face different challenges underwater followed by a hike to test their potential, where some may fail to face their fears. Once selection is over there are 10 months of difficult training ; preparing for the expedition.

**Riona Ramchandani**

**Grade 10**



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## Deepest Desire

Afterlife Standing beneath the willow, what do you see up there? Does that do any justice to your suffering? Why bawl your eyes out, when you could still be singing your heart out in the avalanche Wish we'd stay forever young to be voicing out painful stories, with plentiful mistakes and comebacks to look at. Drawing a memory lane of tears back down there with no one to hold you today, Now adapting to an alternate of being antisocial; set the queues up. Let your rain here by hands down to the most critic and stress free, those are the ones who streets let you up here. Don't try to cut back on revenging those who wrong you. Your ebony eyes still scintillate like they used to when they spotted me Running through those royal halls. Surely, beauty is a façade, that when one puts on forgets their true colours, let lightning acknowledge your presence and thunderstorms bow down Along with tsunamis bestowing you with never ending strength. Hold your head up high and outnumber them beyond their wits Let the unforeseeable erupt through you of what they had never anticipated. Let yourself beneath the peach trees showering flower petals, Soul near the cool breeze untamed by the burning rage within, Imaginations as fierce and profound as your deepest desires, turning mirages into a reality of glistening fantasies and Heart as cold as snow to only let it melt in your discretion

**Sachee Galankar**

**Grade 10**



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## All alone now

It has been 7 years now since the last time I visited this street but, I know I'll never forget it, it was the street I grew up on, I remember I used to spend hours and hours playing until the sunset and my mum had to physically drag me back, I never thought that the place holding my very core memories of laughter and fun could be turned into something like this. The fence which was one bricked up was now made up of metal, losing all its domesticity. The drains were all sealed and reminded me of the incident when I fell into one of those when I was 10, my friends had to haul me up from where I was knee deep into the grime and grease. I was laughing the whole way home but the houses, they really hit me hard, just telling me more evidently how much this place change and how I had missed every little change, the houses look like cottages with backyards and swings in them but now they were buildings and extremely modified houses the warmth that used to seep out of the street now made me feel cold and alone as if I was the only one in a crowded room. I made a turn towards my old playground, as I stepped in, I was hit with a surge of nostalgia, I remember my best friends laugh. We use to climb up the slide instead of taking the stairs made for climbing up but now, it was all in ruins. The Slide was broken down, the swings had one side of it broken and the merry go round was rusted. I walk towards the basketball ground, remembering the time when I broke the basketball who when I was aiming in it, I walked around the whole day later with the hoop around my neck. I was suddenly hit with an overwhelming feeling of sadness and sorrow colouring by insides ocean blue. I sat down to control my heart which threaten to burst at any moment. Tears painted my eyes and face remembering the countless times I sat on the same bench with my long-lost friends and cried, laughed, cried and laughed at the same time and even vomited once. But I had them then, now it was only me.

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**Bhuvi Gurnani**

**Grade 10**

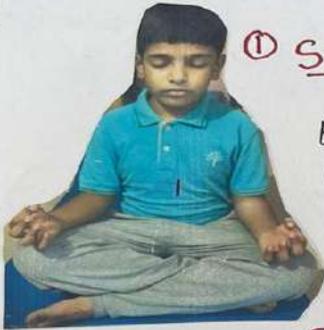




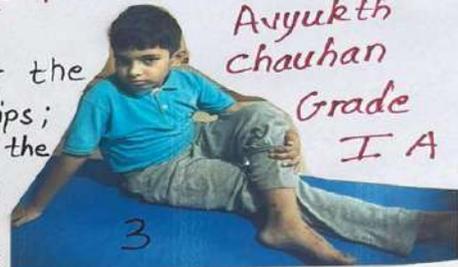
## Different Asanas in Yoga

### \* Different Asanas in Yoga and its importance \*

#### ① Sukhasana :-



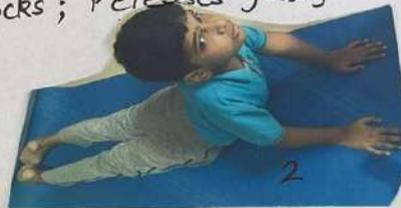
Good for the back, thighs, and hips; gives a stretch to the knees and feet; and helps in negating anxiety and stress



Avyukth Chauhan  
Grade I A

#### ② Bhujangasana :-

strengthens the spine; stretches the chest, shoulders, abdomen, and buttocks; releases fatigue and stress.



#### ③ Vakrasana :-

It makes the body flexible and reduces belly fat and also helps in improving digestion by regulating digestive juices.

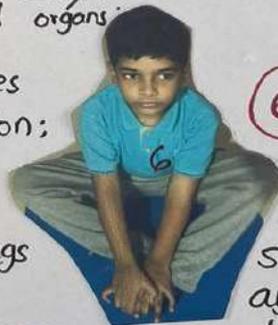


#### ⑤ Virabhadrasana :-

strengthens our shoulders, arms, legs, ankles and back, Improves focus, balance and stability, Energizes the entire body, stimulates our abdominal organs



④. Vrkasana :- Improves balance and concentration; strengthens the thigh muscles, calves, and ankles while stretching the legs and the chest.



#### ⑥ Bhujangasana :-

strengthens the spine stretches the chest, shoulders, at thighs, knees and hips; regulates the in- intestine and bowel movement

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Avyukth Chauhan

Grade 1



## From The Eyes of a Killer

Timothy was mesmerised. He'd never seen anything quite like that. The ripped-up body lay still in front of his blood-stained combat boots, the figure surrounded by yellow tape, something that makes most of the public around it wary with fear. "Six stabs in the, nine cuts in the throat, seven in the chest...interesting," said Timothy aloud, clearly deep in thought, tapping his foot in such a fashion that one might've thought he was attempting to break the ground. "Who would've done something like this?" pondered Timothy, fiddling with his badge, his eyes now fixed on the victim's face, her eyes gauged out, lips and cheeks smeared in blood in such a way a twisted person may even call artistic.

"Any updates on who might have...done t-that to her?" inquired Mrs Thompson, choking down sobs for the victim, her daughter, her kin- her very own daughter Bernadette had been brutally and inefficiently murdered in the dead of the night, her last moments all alone, save her predator. "I-erm, I'm apologetic ma'am. We haven't had any upd-", started the socially awkward Julia, only to be silenced with a stern glare from her superior, Timothy Jonathan, to which she gladly shut up, the sight of the heartbroken mother flustering her. "I'll make it my upmost priority and ensure that I shall personally investigate this. We'll give you updates as soon as possible," vowed Timothy dumbly heroically, for the sight of a poor, innocent, elderly mother had softened his pathetically weak heart.

That's why he was here at 8 PM, all alone at the scene of the murderous artwork. Ah, foolish Timothy, whose parents never taught him that there's always someone in the darkness, always waiting, always watching. Always. Swiftly, I glided across the room, slicing his neck with perfection. Wonderful. A 10/10 kill. The last one had been too stubborn, oh no, this was perfect. Satisfying. Pleased with my work, I added my ...ah, signature, gently dislocating his eyes. I'm such a good artist; some may not get it...but I had created a masterpiece.

**Shaurya Madwaikar**

**Grade 9**



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## ANSWERS:

1. Lexus
2. Bugatti
3. Porsche
4. Mercedes
5. Bentley
6. Jaguar
7. BMW
8. Rolls Royce
9. Audi
10. Lamborghini

**Vivaan Maru**

**Grade 3**



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## His Only Room

You don't usually believe in ghosts; Do you? Not until you see a scary movie and suddenly the hat rack looks like a skeleton, the branches of the tree outside your window become gnarly thin hands, and the sound of your cat walking outside become the footsteps of something lurking to kill you. Just think about it, okay?

Every fear you ever had, from the fear of the dark, to the fear of a certain sound is rooted in you, seeing or hearing something that creepily used that setting. As I walked into my grandfather's old room, I felt a shiver go up my spine. I assumed that all the scary haunted house movies that I had watched ever since I became a fan of the genre were to blame for my unease.

It wasn't that bad, not like a dusty old attic or a humid grimy basement. Sufficiently cleaned since the maid was paid to do that job; though a bit disorganized. The bright yellow curtains flung open partially, the chair a bit too far away from the desk. My grandfather, that poor brilliant old sod, had too much going on in his bright mind to pay attention to trivial little things like putting his slippers under the bed and setting his pillows the right way; A trait I inherited that was a constant headache for my parents. His bed still had some of his clothes and those atrocious green and yellow pillows that my mum hates with a passion. I once heard her talk about how she wanted to throw them into the fireplace when grandpa wasn't looking.

The bedside table still held my late aunt's ancient lamp that no one knew how to turn on while the closet still had all his old threadbare outfits. An assortment of nick-knacks from his travels littered the shelves and drawers. The floorboards seemed to creak with every step I took inside as if they felt the urge to alert the room that someone unknown had entered. They never made such sounds when my grandfather was here, pacing about muttering to himself; Why for me?

I kneeled to look below the bed. One of his slippers was kicked under there along with the glittering gift-wrapped box that I had hidden there. The perfect place to hide someone's gift, right under their bef. The pale-yellow carpet was soft to the touch as I retrieved it. While lifting it, I could feel a tear roll down my face. With so much life in the sunny room, the gift for his birthday right in my hand, the clothes still wrinkled on the bed. How could I ever believe, that he won't come back to it...?

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**Shrishailya Rao**

**Grade 10**



## ICT- Full forms

- **WWW** - World Wide web
- **ISP** - Internet Service Provider
- **PAN** - Personal Area Network
- **IP** - Internet Protocol
- **LAN** - Local Area Network
- **WAN** - Wide Area Network
- **VPN** - Virtual Private Network
- **MAN** - Metropolitan Area Network
- **UPS** - Uninterruptible Power Supply
- **CPU** - Central Processing Unit
- **CD** - Compact Disc
- **HD** - High Definition

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**Bani Thakkar**  
**Grade 4**





## Importance of Yoga

- Yoga is not a religion; it is a way of living, whose aim is a healthy mind in a healthy body
- Yoga is an old method of exercise that has developed over thousands of years in Indian society and has been practiced ever since
- Yoga is practiced worldwide now with huge popularity, especially in India

## Benefits of Yoga

- Yoga has not one but many benefits
- Yoga helps in keeping our mental and physical health intact
- It keeps away most of the ailments from our body

**Viha Singhvi**  
**Grade 6**



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on the outskirts of my town, it was owned by a sweet old lady, though I did find it queer that when I entered, she said was ‘expecting me’. I didn’t think much about by concluding that she was mistaking me for someone else.

Getting ready for it was the best part of my whole day, I felt like princess in my light pink gown with flowers stuck on it along my waist line and flower pattern on the ends of my gown. I did my makeup matching my attire, all pink.

Grabbing my intricate patterned silver and deep pink mask and my invitation, I headed out to my car.

Locating the ball was a piece of work. Flying to and from in my car made me dizzy and it was testing my patience. Finally reaching the mansion where the ball was held, I taken aback by how beautiful it looked. The whole place glimmered and twinkling, and it looked as if the builder chose the specific to build a house, I only saw these types of houses in my childhood history textbooks. Stepping into it I was hit by an electrical wave, and it vanished as soon as it came, I frowned and was perplexed by this but the view in front of me made me forget it. An usher appeared beside me and asked for my invitation in a gravelly voice, I handed it to him,

“ahh mademoiselle, you are finally here, I hope you didn’t have any trouble finding the place?” “well sitting in a flying car, the whole time made me a bit dizzy but that’s all” He chuckled and said “flying cars, you’re a funny one”

What?? Why is flying cars all of a sudden funny? “there was no need to send an invitation though, could’ve sent it through e-mail” “what? E-mail? What’s that? I’m afraid I’m starting to no longer get your jokes”

I laughed nervously and said “you know? E-mail, that thing through which we send electronic mails to people we know?”

“what non-sense are you speaking? This is 1955 not 2055”

**Devashree Sarvade**

**Grade 10**



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## Riddles 1

1. Which month has twenty-eight days?

Answer: All of them!

2. There's a one-story house in which everything is yellow. What colour are the stairs?

Answer: There aren't any stairs. It's a one-story house.

3. I shave every day, but my beard stays the same. What am I?

Answer: A barber.

4. You see a boat with people, yet there isn't a single person on board. How is this possible?

Answer: All the people on the boat are married.

5. What can't talk but will reply when spoken to?

Answer: An echo.

6. David's parents have three sons: Snap, Crackle, and what's the name of the third son?

Answer: David.

7. What gets bigger the more it is taken away?

Answer: A hole.

**Heer Sirnani**

**Grade 3**



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## Save The Pandas

We are going to discuss about the conservation of a single species, Panda. Since I believe in non-violence, I don't want the pandas to be extinct nationally and globally, although it's expensive to take care of pandas, maybe, we can spend a little on them. They appeal to the emotional side of the people and attract a lot of attention. Pandas belong to the species of bear and are herbivores, eating food that is not nutritious, thus they are susceptible to fatal diseases and above all we cannot breed them when they are held captive. They are going to be extinct within a few years due to the change in climate. Pandas can be very attractive with their large eyes gazing innocently. There are people criticizing about the single species campaign. They feel that spending a lot of money on pandas would be a waste of time and money. In reality, the money given for such campaigns is used far more than just to support a particular animal because it provides education and employment for local people. If people are empty and it supports the habitat too. This reminds us of our closeness towards those creatures who are close to extinction. I personally feel that us as humanity should not let pandas be extinct. We have the power and unity to save the creatures. Why not use our power for good? I don't think everyone should necessarily agree with me and I don't expect everyone to, but if you do, I would be happy to help the ones who want to sign up for "save pandas campaign"

**Viraj Jaiswal**

**Grade 10**

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## Speedy Swifter

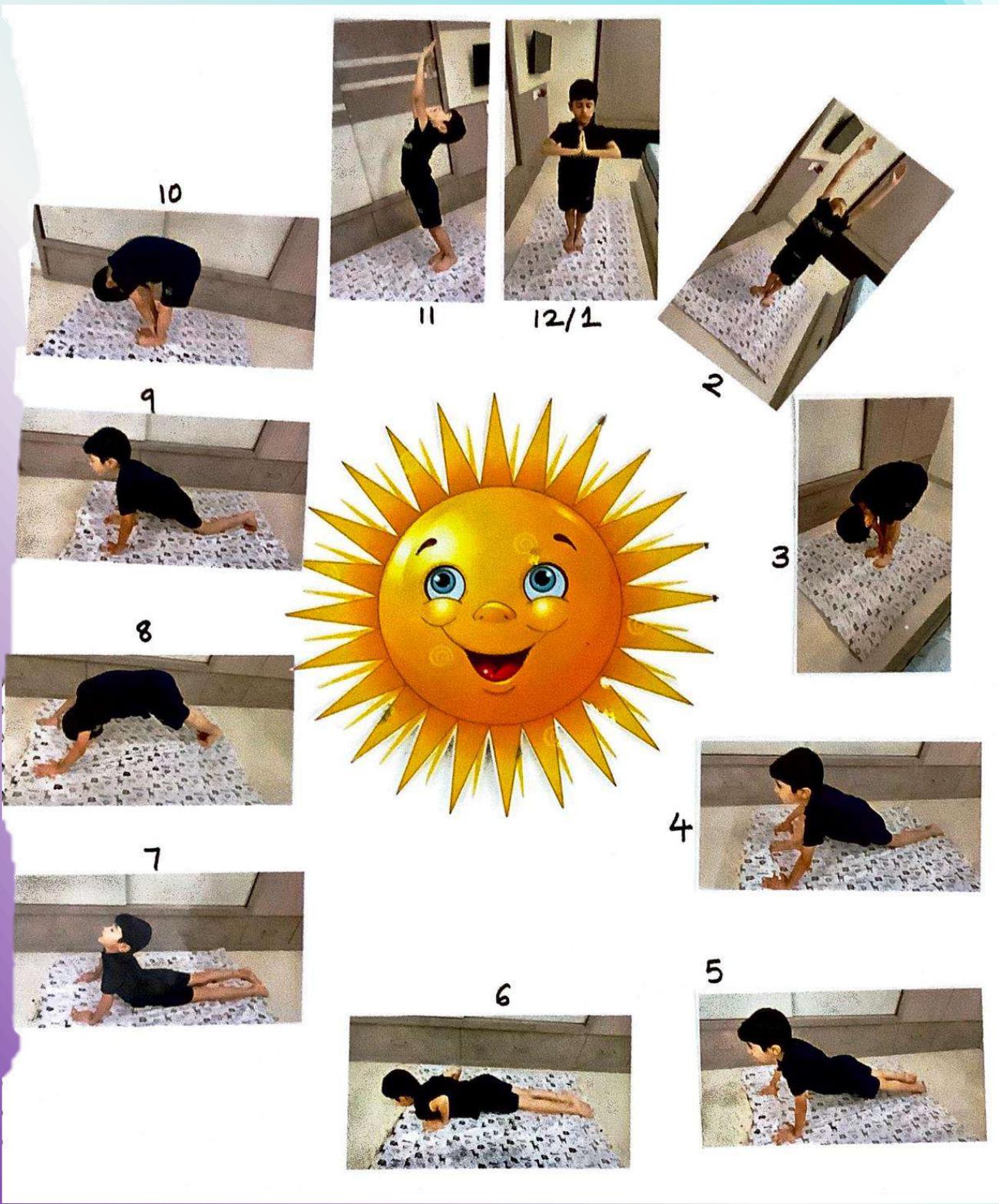
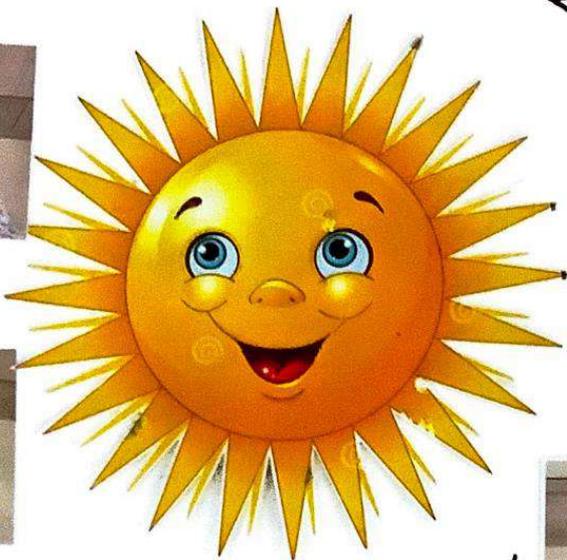
Do you like Bikes? Well, my name is Aarya Sawant and I am from grade 9. So today I am going to talk about Sport Bikes. There are many different types of bikes such as cruise bikes, Touring Bikes, Dirt Bikes and etc. My favourite type of bike is Sport bike. Now, why do I like Sport bike? Sport Bikes have the best speed and performance compared to other bikes also they have a bold color scheme and their sleek design makes it look sportier and cool. I may not be qualified to ride a bike but I am just a Sport bike lover. Sport bikes are made for those who want to make a long route. Sport Bikes are best for long routes as they have good speed, acceleration and braking. There are 3 main and important parts of the sport bike those are the wheels, Spokes and the rim. These parts help the bike to ride properly. Now let's talk about the best Sport bikes. There are top 3 fastest and best Sport Bikes I am going to share about so the 3 rd one is Kawasaki Ninja H2 this bike has a 998-cc engine. Ninja H2's engine generates a power of 310 PS and 14000 rpm and a torque of 165 nm and 12500 rpm. This Bike costs about 35 lakh rupees. The top speed of Ninja H2 is 400km/h. The Kerb weight of Ninja H2 is 216 kg. This is how Ninja H2 looks. The top 2 nd bike is BMW S1000RR. This bike is of 999cc with an air-cooled engine which produces more power. It has a fuel tank of 16.5L. This bike goes up to 23 lakh rupees. The top speed of BMW S1000RR is 303km/h. Here is a picture. Now comes the best and the fastest bike which is on number 1 that is Ducati V4S. It is powered by 1103cc of engine. This bike gets Disc brakes in the front and rear. The kerb weight of this bike is 198kg. Its max speed is 299km/h. It costs up to 57 lakhs. Here is a picture of Ducati V4S. . So, these are the top 3 bikes. Now you might wonder which is my favorite bike. I love Ninja zx10r from kawasaki and it is my dream bike. It has the power of 998cc engine and its top speed is 300km/h and it has a kerb weight of 207 kg. And, it costs up to 15 lakh rupees. This is how it looks. cool right? Well , this is my love for sportbikes. I hope you got some knowledge about bike. Make sure to take all the safety precautions while riding. RIDE SAFE!!

**Aarya Sawant**

**Grade 9**



# Surya Namaskar















I didn't think much about it at the time. I had other things on my mind. The real question has been answered many times since then. Why did I say all those things? Was it for show? Was It for my own benefit? What was it that led me to say all that? Was it because of that voice which told me to stand and to sacrifice? Till date, I don't know the answer to those questions. I can't remember if I had heard the voice on my own or if I had heard it because of my son, either way, there it was. One of those instances when you mind is not in your own hands. Another time that I heard that voice was when my wife was in the hospital with kidney stones. I was feeling some pain in my stomach that I thought was nothing compared to what my wife was going through.

We went to the hospital, and they performed an ultrasound and found a stone. They immediately put her under an anesthetic so that they could start the procedure to take it out. I thought I would be able to sleep in the room with my wife, and when she was asleep, I could get some rest too, but it seemed like God didn't want that to happen, at least not in this world

**Parth Bhatia**

**Grade 10**



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## The Girl of Whites

“I’m sorry for being alive”, Before I knew it, this was my catchphrase, I had a dull life of nothing but complains. Everyone in my village has beautiful green hair, but I am the only one left out with white hair.

A millennium tree secretly towers over the scenery deep in the forest, when alone here, I made a wish to God to carry on not living in isolation, one that’s so lonely anyone would be dine; I want someone to become my friend.

I met her near the millennium tree. She had collapsed, and I had saved her; that was the beginning and before I knew it, the two of us were getting along well, even though just about everything between me and her was different.

She had green hair more beautiful than anyone in the village with her kind voice and smile, she was loved by everyone, “Why are you being so kind to someone like me? Do your intent on pitying a woman who’s inferior to you?” I asked.

Embracing the adject me, she whispered, “You are more wonderful than anyone else.” and tears spilled out of my eyes. Even if all people in the village scorned and mocked me, there’s someone who needs me with only that, I was happy the two of us rushed from the village and started living in town. It’s an unfamiliar life, but if we’re together it’s alright, the servants of a rich merchant’s wife that was the work we chose for a living.

One day on the grounds we happened to lay our eyes upon a handsome, blue haired man and the meeting between him and her derailed everything. He was the ruler of a country across the ocean, and, loving her deeply, he refused the marriage proposal of a princesses the neighbouring country. The country was engulfed in the horrors of war. The decree the princesses of the neighbours’ waters stated: “All of the green haired women, Kill them”. Everyone, everyone was lost forever except the white haired me. I should have died in her place. Why, why? I began my new livelihood in the port city’s church,







overworking depends on the aura of the workplace, as this may be considered a strength. See: Pratfall effect), and others, helps divert attention from major weaknesses. Sharing weaknesses is so critical because it highlights a person's authenticity, and shows that they are truly human- imperfect as they come. Another challenge for leaders is being skilled sensors. A leader should be able to collect and interpret soft data as well as sense underlying currents of opinion eluded by low perspective individuals. A sensor can tell if a relationship is succeeding or failing based on repressed feelings. Although complex, it produces remarkable results. Having keen sensors can have a downside because it can lead to leaders losing followers. They also carry another risk; sensing a situation is the process of projecting your ideas onto others & it might compromise the truth if they share them. Leaders do not always know what the situation is when using situation sense. This can result in misunderstandings between managers and employees. In this sense, situation sensing should be framed by real-world testing, and leaders should always consult with colleagues. There are also many more aspects to leadership like self-awareness, self-regulation, motivation, empathy and social skills, which make followers more attracted to the leader and get the job done.

### Why There Are Few Female Leaders: Sexism in The Workplace

Throughout history, women have been subjected to persecution. Even though society is changing, it's slow and excruciating, and women still face several challenges in the workplace based solely on their gender. The stigmatization of women working persists in the form of harmful stereotypes, internalized misogyny, limited opportunities, bad pay and more malevolent things. Even if a male and female leader has the same traits and even qualify for the same position, their followers will view them differently. In fact, 60% of males will

give their job applications even if they don't qualify, while a female doesn't apply even if they have all of them! Male bossiness is considered positive, while on the opposite end of the gender spectrum, it's seen as being dominating and rude. There is a tremendous pressure on girls from early on to be 'nice', something that carries through their lives throughout their careers, and even creates a whole new vocabulary for modern literature and society with phrases like 'sit like a girl', 'be polite, you're a girl', and more. Despite being nice and polite being very important things, the pressure to do so can be suffocating and hinder women from being their true selves and taking on leadership roles, in the fear that they may be shunned by their male peers, rumours shall spread, and they will not succeed. Many people take the attitude that 'Well, this is the way it is', 'They should be strong', or 'It has changed a lot since the past', but these remarks severely demotivate women, and they are part of a horrible double standard that has dominated society for centuries. Women are not the only ones who suffer from this, it also harms many other genders, as well as men. Having a househusband is stigmatized, and women are scorned for being breadwinners. Many female workers try to escape this dynamic by disappearing into the background and blending in with their male counterparts so that they do not become stereotyped and stigmatized by society, and in their attempt, they are prevented from defining their differences and being effective. Some women do use stereotypes to enhance their careers, using wit skill and cunning to benefit from them, but a darker side to this is that it furthers harmful stereotypes and continues to limit opportunities for other women to communicate their differences.

### The Paradox of Authenticity

Leaders must embrace their authentic selves. Followers shall take no heed of

someone who pretends to be like another leader or person. This reaction is due to the times we live in, with people growing dissatisfied with politicians & businesspeople, along with their aloof, ersatz and haughty leadership, which makes followers yearn for someone 'real' who can lead them, as they correlate authenticity with honesty, sincerity and integrity. The concept of authenticity is misunderstood by many. Leaders cannot call themselves authentic; a person cannot be authentic on their own. Authenticity is defined by what other people see in you, and what can be controlled by you. It is incredibly difficult for leaders to find a balance between expressing their personalities and managing those of the people they aspire to lead or influence. The ability to strike that balance and still preserve their authenticity in the process is what distinguishes leaders from executives; the challenge is managing it. Leaders should be able to adapt to the different situations and people they have to interact with. Authentic leaders rely on their intuition, experience, the balance of perception and influential skills to attract followers. Leaders can establish their authenticity by returning to their roots, avoiding comfort zones and seeking new adventures, getting honest feedback from peers, close friends and family, removing barriers between themselves and others, seeing things from a different point of view, being passionate about your work, developing their resilience and reminding people what makes each crucial. All that seems easy, so what's the catch? We know that to be authentic, you need to be true to yourself. However, we have many different versions of ourselves, and it can be quite confusing to realise who we truly are, as we interact and fit into many different roles of our own. For example, with a group of friends, you may be regarded as light-hearted & fun, but in the workplace, you have a completely different personality. We, as humans,

evolve and transform ourselves to fit in. So how can you be true to yourself when you're not even sure who you are? Psychologists recommend that leaders should take charge in an unfamiliar role, identifying 2 profiles that inform leaders on how to develop their styles. The first 90 days are critical in a new leadership role. First impressions form quickly, and they matter. Depending on their natural personalities, leaders' responses vary to the increased performance pressure. High-self monitors are naturally able to adapt to the demands of a situation without feeling fake; they mask their vulnerability. Low-self monitors, in contrast, tend to express what they think and feel, even when it runs counter to situational demands. One must get the balance right between being authoritative and approachable, however, this may be a problem for low-self motivators, who typically behave more inclined to a side.

### The Cultural Factor of Authenticity and Leadership

There are many different types of leadership cultures, and managers from different cultures fail to distinguish between 2 dimensions of leadership cultures: authority and decision making. Approaches to these are not the only ways in which cultures differ, but they are the most important in leadership along with work ethics. In Western countries, the current trend is to abandon the hierarchical management processes for more egalitarian processes. Management now uses open-door policies, 360-degree feedback, etc, while in countries like China, hierarchical structures prevail, where employees don't see it as their job to give suggestions and are trained to simply accept orders. When introduced to egalitarian processes, they responded by thinking that their superiors were incompetent and arrogant (See more: Chill factor). While it's a common myth that in hierarchical management decisions will be made

by the boss, and in egalitarian cultures, decisions shall be made by groups, on a worldwide scale, they aren't always co-related. There are 4 cultures of leadership; consensual and egalitarian, consensual and hierarchical, top-down and egalitarian & top-down egalitarian. Consensual leadership is about encouraging acceptance and agreement before decisions are taken, egalitarian leadership is about allowing the team to make decisions, top-down leadership is when a leader takes a decision and then filters it down through an organisational structure, and finally, hierarchical leadership is when a chain of command flows from the lowest to the highest level. Consensual and egalitarian cultures include countries like Denmark, Netherland, Norway and Sweden. In these countries, decision making takes a long time and involves more meetings and correspondence. Here, bosses do not take the lead and decide for the group, and just act as facilitators. Here, employees are independent and are not used to taking orders from a higher authority. This process is also known as a laissez-faire type of management, where communication is most often upward from subordinates to the leader. They constantly challenge ideas to make the best decisions possible. There is little to no supervision from superiors. Motivation and productivity in this type of leadership are often high or low depending on the skills of the employees. Consensual and hierarchical cultures include countries like Germany and Japan. In these countries, the boss is expected to make a decision, but employees expect to be a part of the decision-making process. The leader is expected to put in opinions and work along with the employees. The employees crave information which shall allow them to fully participate. This is also known as a democratic approach to leadership. Here, decisions are taken after many meetings and arguments, and hence focus on the quality, so,

therefore, decisions are not easily altered. The communication is 2-way, and feedback is encouraged. The leader is available to solve problems, but there is no close supervision of the employees. Here, the motivation and productivity of employees are likely to be extremely high. Top-down and hierarchical cultures include a range of countries, like Brazil, China, France, India, and more. Here, the boss is the director and takes all the decisions. The employees in this sector show respect to superiors in public and in private, as the society in the country is based on respect towards seniors, whether in age or career, which is completely different to the Consensual and egalitarian cultures that we previously discussed. Leaders are expected to be clear about their expectations, as employees here are used to following without questioning their superiors, and an opinion may be interpreted as a decision. This is also known as autocratic leadership, where decisions are made fully by the leader, with very limited information given to employees. Here, the communication is one-way, from the leader to the employees. The motivation and productivity of employees tend to be low, but it is incredibly hard to change as it is a cultural norm. Top-down and egalitarian cultures include countries like Australia, Canada, the UK, and the USA. Here, employees speak up before the decision is made, no matter what their status is. They aren't asked to contribute, but initiative and self-confidence are appreciated, even if it's different from the boss'. Here, the boss works along with the employees. After the decision is made, it is still very flexible, and it can be revisited if necessary. Leaders are expected to work along with employees and be open-minded to listen to employees' suggestions. Here, the motivation is likely to be high, but may also be low according to the tasks and skills of employees.

## Conclusion

Leadership is vital for success, as a good leader is able to motivate and engage people and get them to work towards a common goal. Great leaders reveal their weaknesses, are authentic, are self-aware, are ambitious enough to motivate others, consider people's feelings, and show compassion to followers, among other characteristics. However, many employees usually do not follow those who do not fit the cliché of a male leader, and female leaders are usually shunned based on stereotypes. There are 4 types of management structures: Consensual egalitarian, Consensual hierarchical, top-down hierarchical & top-down egalitarian. Depending on how people are trained and what the culture is in a region, these management structures can vary. As there is no perfect recipe for attracting people, there is no 'perfect' style of leadership.

**Shaurya Madwaikar**

**Grade 9**



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## The Paradox of Time

In the small town of Lonsnor, I was passing my already boring day. I walked down the streets in deep thought about my next year's academics. I wasn't organised, nor was I in good health, the scare about my exams taking a toll on me. The Monday blues were all I could think of, dragging myself across the streets to reach home. After all those efforts, I laid on the bed thinking, "It's already miserable...I can't even think of anything that I could do to make my life a bit simpler."

The thoughts of procrastination woke me up as I sat at my study table, ready to find my better self. I started studying particle physics and dived deep into the world of particles; The Universe, which is said to be a scientific milestone in the study of physics as it unlocked our understanding of particles and how they interacted to create the fundamental building blocks of matter. It is amazing, considering how complex it may seem, but amuses me into reading into the topic and researching about it for hours. I was so focused as I scrambled across the internet to find articles and understand the mind-boggling theorems. I did feel tired as I realised that it was already midnight, but I went downstairs and prepared myself a cup of coffee.

Sipping on the coffee, I stared at our family photo and remembered those old days in my childhood. Tears went down, slipping across my face as I could not do anything but to accept my fate after the accident. After a while, I went back to my room to study to study. While I prepared to sit, I noticed several things were missing from my room that were kept near the dressing mirror. I looked at the mirror and what I saw wasn't normal. Instead of my reflection, there was a spectrum of spiralling colours, leading to absolute darkness, which seemed like a portal. I tried putting my hand in, and at this point, there was no turning back. My hands stretched long into the portal as it pulled on my whole body. I warped through space-time, falling and turning uncontrollably. While warping, I glanced over several versions of myself, probably living different lives and scenarios.

After having no idea where I was going, I saw a while a white light as I reached the end: I ended up crashing on a planet similar to Earth. After being woken up from a concussion, it didn't take me too long to realise I was stranded in my backyard. Everything seemed normal as I strolled across the house. Climbing



## This Is Trident

Today after lunch, my father relaxed on his charpai, there's a thoughtful look in his eyes, but he doesn't commit to anything. Longing to hear his voice, I approached him with my usual affectionate embrace, reminiscing about old times, asking him about how he achieved so much in his life and became so renowned. In a sunny mood, my father answered, flushing with pleasure, he recalled his instance as an archaeologist. Once, he went to Greece to find the remains of an ancient, mythic entity along with his 2 archaeologist friends who also helped him. He started digging at an area whose coordinates he was searching for many decades.

He kept digging and digging for days, unable to find anything. They had set up a tent near the temple of Poseidon. It took days which then turned into months. They had dug down about 50 ft but did not find anything. Alas! My father and his friends had almost lost all hopes to find the entity. They decided to wait for tomorrow and if they found nothing, they would finally leave, as they were low on supplies. My father was sad as it took a lot of years for him to find the coordinates and if they found nothing, their efforts would go in vain. The next day, all of them woke up with some hope deep inside the, that today some miracle would finally happen. They all took their pickaxes and started digging. My father hit a metal like structure, which made a loud sound. Firstly, they were happy, but sadly, it was just a rock which resembled metal.

As the sun was shining high up above their heads, the breeze restless, they kept the rock side and decided to sit for lunch. In an instant, a ray of sunshine caught the rim of the same rock and caused it to gleam. This caught the attention of the tent as if on impulse, they (my father and his friends) all rushed towards the rock again. As soon as the rock was mined again completely, a small smile lit up on my father and his friends' faces. They found an item which looked like a trident, had some Greek and Latin letters scripted on it. It had three sharpened edges and the middle stem was longer than the ones on the sides. It was like a battle weapon which Poseidon might have used in the past. Happily, they packed their belongings along with the trident-like thing which they safeguarded all through. On their return, they found a famous, well-known Green government museum and approached the manager to ask him, what this trident-like thing was. On first sight, the manager was shocked and had questions running all over his head. Listening over the blow of manager queries,



# TONGUE TWISTERS



## Speak Along

पके पेड़ पर पका पपीता, पका पेड़  
या पका पपीता,  
पके पेड़ को पकड़े पिंकू, पिंकू पकड़े  
पका पपीता।

*Pake ped par paka papita,  
paka ped ya paka papita,  
Pake ped ko pakde pinku,  
pinku pakde paka papita*



जो हसेगा वो फसेगा, जो फसेगा वो  
हसेगा।

*Jo hasega wo fasega, jo  
fasega wo hasega*



काला कबूतर, सफेद तरबूज, काला  
तरबूज, सफेद कबूतर।

*Kala kabutar, safed  
tarbooj, Kala tarbooj, safed  
kabutar*



खड़गसिंह के खड़कने से खड़कती  
हैं खड़कियां, खड़कियों के खड़कने  
से खड़कता है खड़गसिंह।

*Khadag singh ke khadakne  
se khadakti hai khidkiyan,  
Khidkiyon ke khadakne se  
khadakta hai khadag singh*



चंदू के चाचा ने, चंदू की चाची को,  
चांदनी चौक में, चांदनी रात में, चांदी  
के चम्मच से चटनी चटाई।

*Chandu ke Chacha ne,  
Chandu ki Chachi ko,  
Chandni chauk mein chandi  
ke chamach se chutney  
chatayi*



Fuzzy Wuzzy was a bear.  
Fuzzy Wuzzy had no hair.  
Fuzzy Wuzzy wasn't fuzzy,  
was he?



How can a clam cram in a  
clean cream can?



She sells seashells by the  
seashore.



Slit the sheet, the sheet I  
slit, and on the slit sheet I  
sit.



I saw Susie sitting in a shoe  
shine shop.



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Vivaan Maru  
Grade 3



## KASHEDI GHAT

“If the beautiful bends and curves of hilly roads could talk, they would tell you stories of scenic landscapes, deadly tales and spooky travellers fleeing from flesh eating witches”.

Suzy bookmarked the novel and rushed to attend the landline. Peter had called up to say that he can't join them, he has been assigned surveillance duty in Diwali, like always. Suzy loads the suitcase in boot and her five year old daughter Nesta fetches the present for her grandfather, a bottle of Italian wine. Nesta spends her school vacations with grandparents who lived in Panjim. Suzy's mom passed away last year and her father runs a bakery. It's quarter to 3 PM, already late to start for Goa.

“Mom, what are Spirits?”, Nesta picked up the novel from dash titled, “*The Spirits of Canterbury*”.

“Umm... someone that is inside us, who remains forever after we are dead”, Suzy smiled at her.

“Do they still live in their home?”

“Ha ha! Yes, they do”

“Is spirit of Grandma still living there?”, Nesta glanced at her, Suzy kept driving quietly. Nesta looked away after a while, into the beautiful ridges of Sahyadri. Suzy came to an halt. The long queue of vehicles ahead weren't moving.

“What's the matter *Bhaisaab*?”, she asked a cab driver.

“Road is blocked due an accident”, the man replied.

“How long it's gonna take?”

“Can't say, a truck has hit the school bus. They've called JCB, might take few hours”

Without further ado, Suzy took a U turn from Mahad and headed towards Kashedi Ghat. Driving on the Kashedi Ghat road after sunset is every trucker's nightmare. Still it is better than being stuck in traffic for hours. As soon as Suzy crossed Poladpur, there was hardly any human settlement . The only compatriots were the deep ravine and the grotesque rock wall, that accompanied them on the way. In the last rays of twilight, suddenly a man from nowhere



“Ring, ring. Ring, ring”, Peter picked up the phone.

“Hello! Peter D’Souza?”

“Yes” “This is Sub Inspector Mhatre from *Poladpur* Police station . Rush to *Poladpur* Government Hospital. Your wife and daughter has been admitted there”

“What happened to them!?”

“They met with an accident. Your wife is in ICU. Meet doctor Gawle”

“Right sir, I am heading to the hospital”

A week has passed since then. Suzy can’t remember a thing that happened that night and several days after that. It seemed like a scary dream with no conclusion. She found herself awoken in her mother’s bed, in Panjim.

“How are you feeling Suzy?”, Mr Samuel, Suzy’s father smiled at her. Little Nesta stood beside him in awe.

“I am fine dad, how are you? Since when I am here? I can’t remember anything”.

“Come, let’s go to the garden”

The old colonial style bungalow had a backyard which led straight to the sea beach. Coconut palms casted a pleasant shed over the tomb of Mrs. Martha, Suzy’s mother.

“Mom does Grandma’s spirit live in this tomb?”

“No my baby, she lives within us, around us forever”

They walked together along the beach, as the sea waves touched their feet.

**Madhumita Dey**

**English Faculty**

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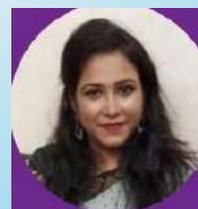


## Fun facts about Atoms

- An atom is extremely small. The size of an average atom is about one tenth of a billionth of a metre. The largest atom caesium is nearly nine times bigger than the smallest atom helium.
- Hydrogen atom is the most abundant type of atom present in the universe. Nearly 74% of the total atoms present in the Milky Way galaxy are hydrogen atoms.
- Even electrons, protons and neutrons are not the fundamental particles. An electron is a lepton while protons and neutrons consist of three quarks each.
- Now the fact that I am going to tell you will blow your mind. Do you know that scientists have calculated the total number of atoms present in the observable universe!!! yes... The total number of atoms in the observable universe is in the range of  $10^{78}$  to  $10^{82}$ . I know you can not even imagine, how big this number is. Just try to write this number by placing 82 zeros after 1, you will know, what I mean.
- You will find it hard to believe that 99.999% part of an atom is empty space. It is so, because the nucleus and electrons are extremely small in comparison to the total size of an atom. So if we remove all the empty space of atoms, we could fit the entire human population into an Apple.
- With the help of this fact you will understand how small an atom is. The total number of atoms in a droplet of water is  $5 \times 10^{21}$ . It is more than 5 sextillion atoms per droplet.
- As you know that our body is made up of atoms. But do you know how many atoms are there in our body? There are about 7 billion billion billion atoms in the human body. But even more surprising fact is that 98% of these atoms in our body are replaced every year, without us even realising.

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**Pooja Singh**  
**Chemistry Faculty**





Trumpeting winds sent the message from abode of sky  
Lightening, thunder and sudden gush of rain came ally  
Washing down the Clay House in blind emotion,  
Restless shower beacon, lovers heart flow in passion.

Drawing it's dark apparition, the wearied monsoon  
From the azure retreating in late afternoon,  
Peakaboo in twilight, escaping light and shadow around  
Mystery of Autumn in wind, echo of drum roll surround  
At last, silent wait has come to an end after eternity  
Lakes, fields and Trees swing on arrival of festivity.

Vacations have started, relatives gather to celebrate ,  
Dussera and Diwali, wearing saffron, gold and Red  
Woolen layers are embraced, as cool weather pervades  
Merrily they offer Sweets and flower in all shades  
The victory of good over evil, lights up a million lamp  
All sing, dance and feast in joy, whether king or tramp.

Sparkling Mist on the grass appears like diamond,  
Fall presides quietly, as the terrain turns blonde  
Sunrays pierce through the thick blanket of fog  
Shedding the last leaf, trees stand like carcass of log  
Nights seem forever and days are pretty short  
Snow clad peaks beacon us to leave our comfort.

Nature awakes from slumber, stretching it's arms  
Harvest is ready and trees have sprouted new ferns  
Merry go round, setting ablaze the bonfire of hay  
Flock sing in chorus, new blooming branches sway  
Carefree winds fly the kites high into horizon,  
Colors paint us all together, forgiving all echelon.

**Madhumita Dey**  
**English Faculty**



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# Viha Singhvi Grade 6



# Shlok Ghop Grade 6





# Sushrut Zope Grade 2



# Havyn Balani Grade 6





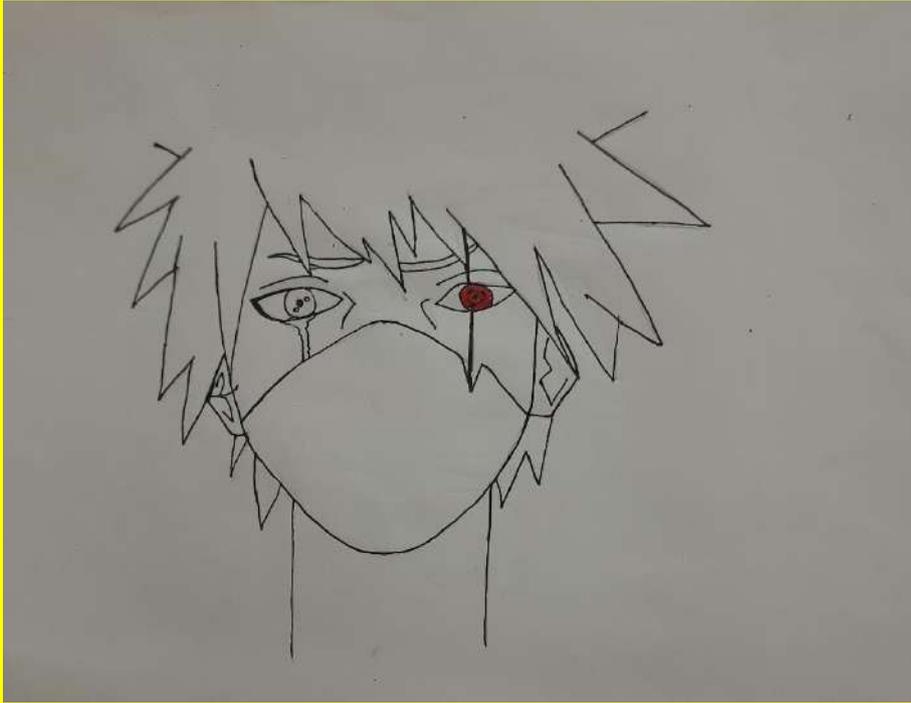
# Stuti Madwaikar Grade 4



Manushri Thakur

Grade 4





**Inika Saini**  
**Grade 6**



**Deshna Wadhvani**  
**Grade 7**









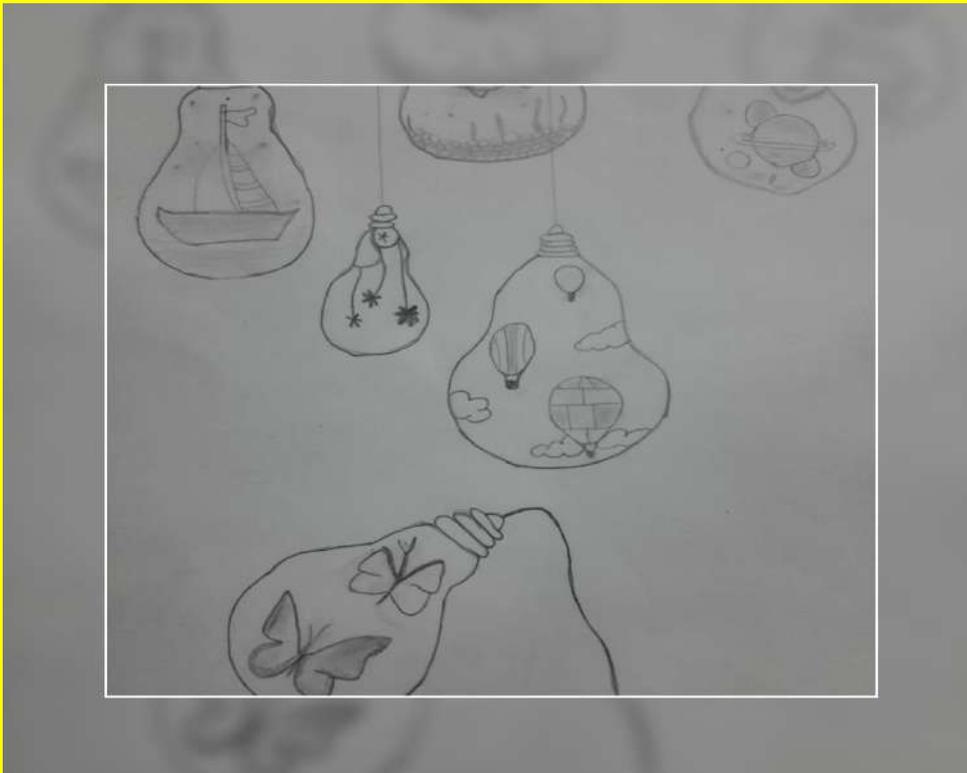






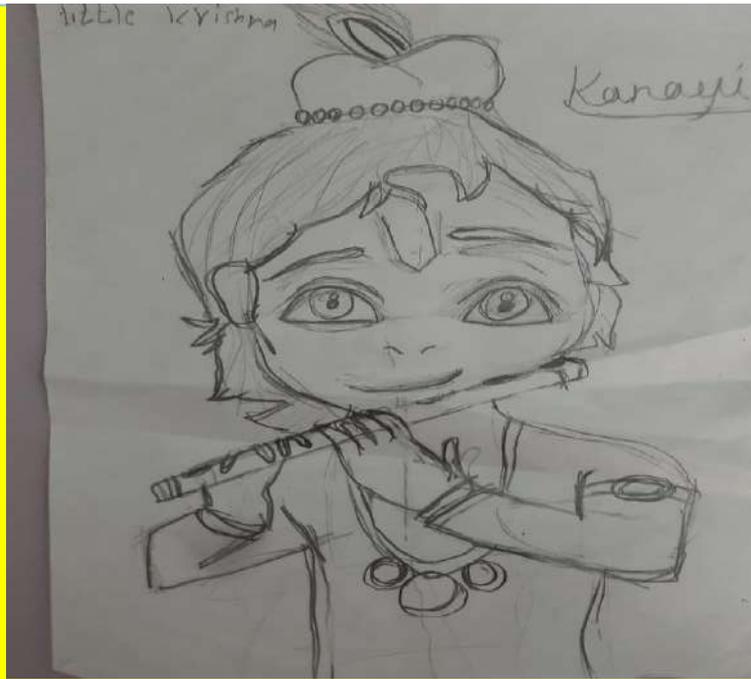
**Aaradhya Gurav**

**Grade 2**



**Mahima Gurbani**

**Grade 9**

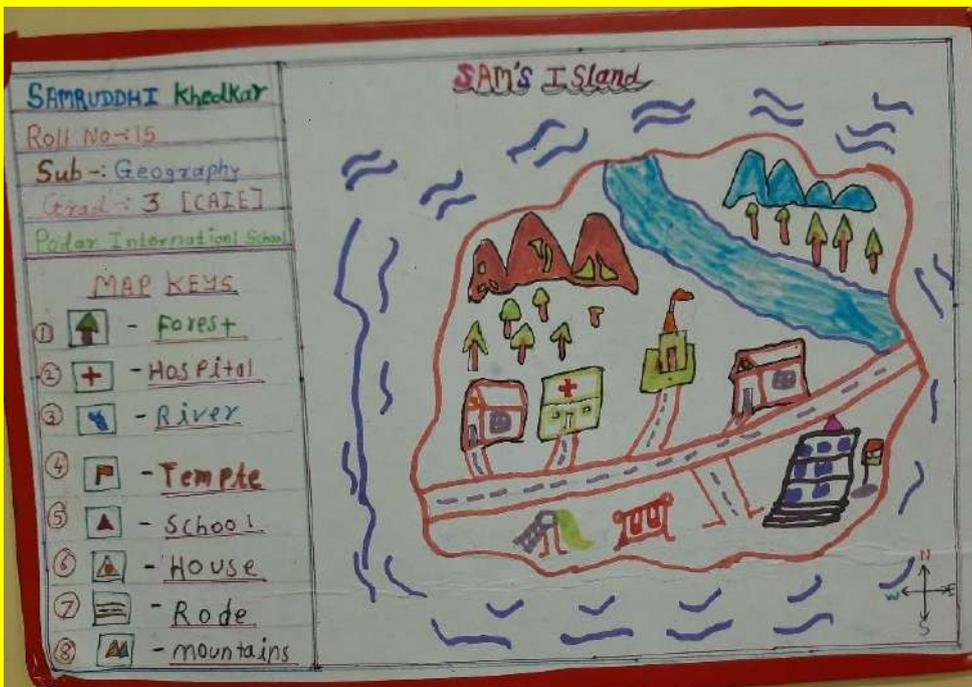


**Kanayi Mahtre**

**Grade 3**



**Shreya Lad**  
**Grade 3**



**Samruddhi Khedkar**  
**Grade 3**



Ananya b. Ahire - Grade 2 Roll-4  
Div A

Ananya Ahire  
Grade 2



# Tips for winning



How and why you should become a winner in life!  
 "winners never quit and quitters never win."  
 "winning is not a sometime thing; it's an all time thing."  
 "winning is fun.... sure. But winning is not the point. Wanting to win is the point."  
 "you were born to win, but to be a winner, you must plan to win, prepare to win and expect to win."



Don't be afraid to fail  
 Learn to accept your failures as a lesson. You shouldn't let failing demotivate you, you should get the best out of it.  
**Stay focused**



**Be eager to learn everyday**  
 Try to learn something new every day, because when it comes to winning, having more knowledge is basically power.

Keeping your focus towards the finishing line is what matters. And if you are not doing things seriously, you can't become a winner, It's simple!

**A mix of handwork and determination can get you anything in life.**

**Be committed**  
 The main difference between losers and winners is that winners are committed to winning. You need to stay dedicated in order to become a winner in life.



**The Rewards of winning**  
 victory tastes very sweet and there are many advantages to winning:

- You become more successful and popular.
- You are given respect.
- You feel better about your self.
- You improve your confidence.
- ... and the list goes on.

"winning once or twice is encouraging, but winning continuously is empowering."



Vihaan Karamchandani

Grade 1







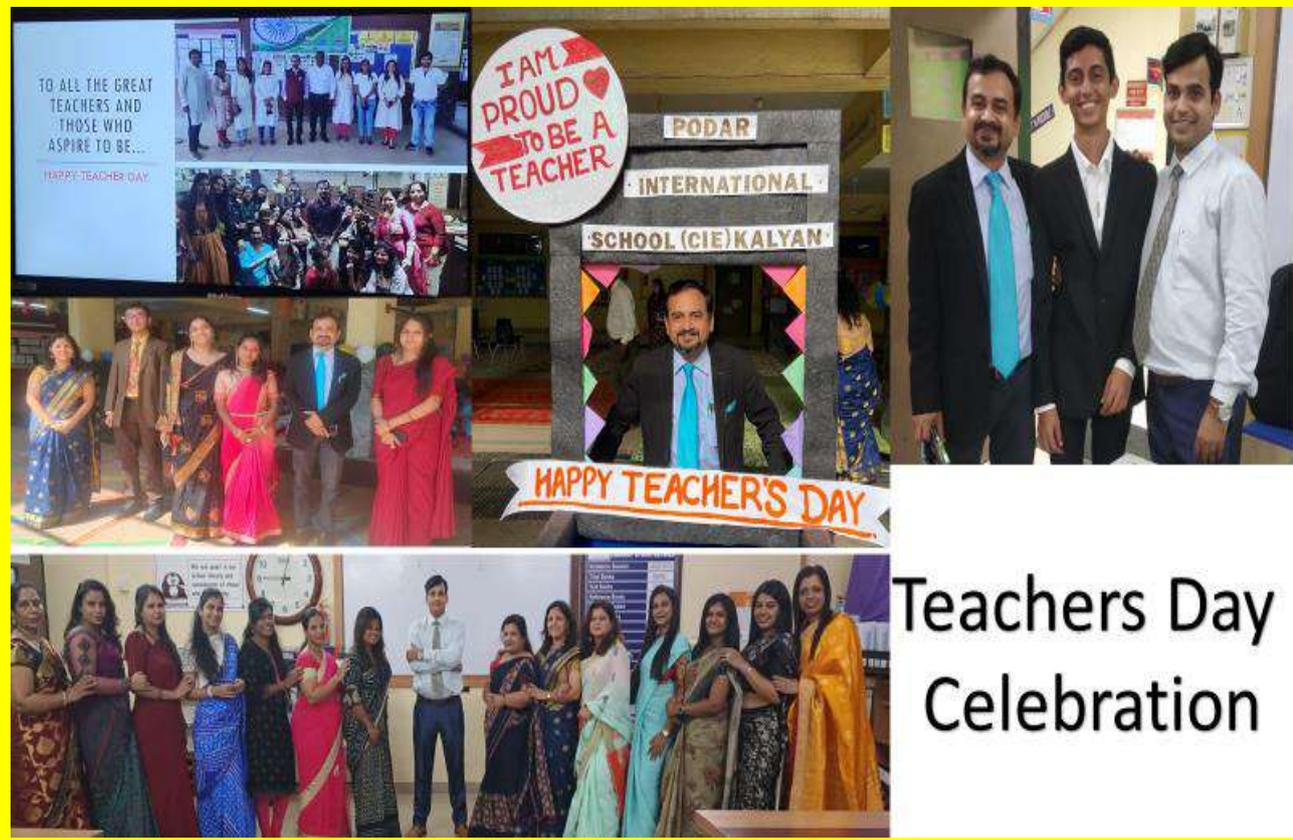






audiences. After the Dance it was time to hear some patriotic words, by our Head Boy& Head Girl Mst Shrishailya & Ms Jiya who presented patriotic Speech to enhance the love of patriotism in our mind & body. Principal Maam ,ICSE addressed the students, parents and teachers with her motivational speech..It was time for laurels for our students who excelled received the certificate for the participation in various competitions, Mst Shrishailya bagged certificate and medal for spell bee& vocabulary ,followed by our toppers of IGCSE for their extraordinary performance in their academics for 2021-22.. The last section of the event was really wonderful where felicitation of teachers who completed five years was done by all the principals who spoke good words of loyalty to motivate the teachers.

Last but not the least the celebration was joyful .Ms Stuti of Grade 4 CIE thanked everyone and the event ended on a positive note.





## Janmashtami Celebrations

The program started with the introduction & importance of Janmashtami by Ms.Sashi. It was followed by Fashion show by Students to Grade 1 to 5. Students were dressed as Radha & Krishna, reminding all of us the beauty of the festival & the spiritual energy. The students did a ramp walk in pairs, pictures were clicked & videos were recorded to make it memorable. The next program was specifically arranged for Grade 6 to 10 who celebrated Dahi-Handi enthusiastically whereas the lower grade students were enjoying the break & fall , encouraging and cheering the participants & taking the utmost advantage of the celebration held . It started with girls aligning themselves in human pyramid to break the earthen pot filled with curd that was hung above. It was followed by boys doing the same thing. It was a way to promote team work & achieve a common goal by the collective efforts.



On the 27<sup>th</sup> of August 2022, Podar International School, CIE, Kalyan held a Ganpati-making event for the students from Grade 5 to Grade 10. This activity was led by our respected Arts and Crafts teacher, Rohan Sir and consisted of teaching the students how to create Ganpati sculptures in a creative and eco-friendly way.

The event kicked off to a bright start, with the students eagerly waiting in the stilt area for Rohan Sir to begin his explanation on how to begin shaping the clay. Then, the students excitedly began making their own sculptures with the materials they had brought. As an additional twist, in order to ensure that their sculptures were as eco-friendly as possible, many students had brought a variety of seeds to place in their sculptures. An entire two hours later, all the students had finished and were happily showing everyone their sculptures.

I think that, this activity was incredibly fun, and I am happy to have been a part of it, since teaching us how to create a Ganpati sculpture was an innovative way of celebrating the beloved festival, 'Ganesh Chaturthi'. Furthermore, this activity helped us to further develop our artistic skills, such as perspective and shape. Though it took a lot of time and many mistakes happened along the way, I believe that, in the end, our efforts were well rewarded, because we all made something beautiful and had a lot of fun as well.









## Chemistry Lab Session

## Grade 3 – GP – Sharing with the planet



## Grade 3 – Puppet show



## Grade 4 Science collaborative activity Earth's Crust



# Grade4 Science Solids, liquids & Gases



# Grade 5– Science– Soluble and Insoluble substances



## Grade 5 Science Organ & Organ System



## Grade 5 Activity on Science The Earth



## Grade 2 science activity on:- Rocks



## Grade 2 - Science lab session



## Grade 6 Bio lab activity Topic:- Microorganisms ( Bacterial slide)



## G.P Project - Grade 6 Topic:- Tradition of different countries



## Grade 7 - Science lab session on Topic:- Sediments



## G.P Project Grade 7 -Topic:- Problems in your region - Water logging, Earthquake and Malaria



## Gr 9 Bio Microscopic view plant & Animal cell



## Grade 10 Bio practical lab session Topic: Specimens of Invertebrates n Vertebrates



## GRADE7- To Identify Reaction Of Citric acid With sodium carbonate is Endothermic or Exothermic



## Grade 9 Activity Explore the utility of electrolysis and build an electrolytic cell



## Grade 6 Investigation metal and non metal substances



## Grade 9 Chemical analysis







Good Touch Bad touch workshop was conducted in two slots in 2 different venues mentioned above. With grade 6<sup>th</sup> to 10<sup>th</sup> the objectives were to make students aware about Safe and unsafe touches that they may receive in various public places and as well as from relatives. The second objective of workshop was to make them aware about how with growing age they may find some unsafe touches good.

The workshop was conducted by Mrs. Harshada (counsellor) and Mrs. Renuka Ma'am together for grade 6<sup>th</sup> to 10<sup>th</sup>. Some of the parts of the workshop like school's codes and conducts about safe and unsafe touch were conducted by respected principal sir Mr. Sanjay Nandi.

The workshop was so interactive that all the queries by students were solved. It was concluded with grade 6<sup>th</sup> to 10<sup>th</sup> by explaining them the safety measures to be taken to prevent and protect them from getting unsafe touch and its impacts.

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# **Podar International School (Cambridge International), Kalyan Foot Ball Team**



# MEDIA COVERAGE



The image shows a newspaper clipping from Hindustan Times. At the top left is the Hindustan Times logo. The main headline reads "REPUBLIC DAY CELEBRATIONS" in white text on a green background. Below the headline is a photograph of a large group of students and staff members standing in a line in a school hallway. They are dressed in traditional Indian attire, including sarees and kurta-pajamas, many in white with colorful scarves. In the background, a banner with the Indian national flag and the text "Happy Republic Day" is visible. Below the photograph, the text reads: "Podar International School (Cambridge International), Kalyan celebrated Republic Day with elan on campus."

SCHOOL REPORTS

Hindustan Times

# Students learn political affairs at school's 'model parliament'



Podar International School (Cambridge International), Kalyan organised a model parliament for the students to participate for.

**MUMBAI:** Students of Podar International School (Cambridge International), Kalyan conducted an educational programme called 'model parliament' recently at the school

premises. Student at this programme played roles of elected members of the Lok Sabha, ministers, speaker, Prime Minister, and President.

The main objective of this event was to highlight how parliament functions in democracy and replicate the procedures of the Lok Sabha in India, like passing legislation and drafts. The event started with an oath taking ceremony of the Prime Minister of the model Lok Sabha, Vedika Pal by the president of model Lok Sabha, Srujan Salian, both students.

This was followed by a one minute silence for General Bipin Rawat and all the martyrs. Vansh Shanklesha, one of the students was unanimously elected as the speaker. The event had a question hour wherein the leader of the opposition, Shrishailya Rao asked questions directed to the speaker.

Next was the passing of bills by the student 'ministers'. The model Ministry of External Affairs, headed by Gunika placed a bill for the adoption of workers safety bill 2021. The model Ministry of Finance, headed by Gauri Kamwani, placed a bill for regulation and increased use of cryptocurrency. The model Ministry of Sports and Youth Affairs, headed by Pushkar Khattar, placed a bill to arrange and distribute equal funds in sports. The

model Ministry of Health, headed by Sumedha Zope, placed a bill on making stem cell preservations mandatory for all citizens. The Ministry of Home Affairs, headed by Ranveer Chakraborty, placed a bill on the upgradation of police arms and police exams every 5 years. The Ministry of Defence, headed by Aarya Sawant, placed a bill on creating spy eagles to locate terrorist bases and movement. The Ministry of Education, headed by Pari Jain, placed a bill on removing reservations from general universities to avoid unfairness in the competition. The Ministry of Tourism headed by Riona Ramchandani, placed a bill to promote less popular tourist places with proper management and amenities.

The event concluded with the national anthem. Principal Sanjay Nandi said, "It gives me a lot of pleasure to witness the parliament and its conduct as we are going to get many leaders for future. The real working environment and guidance can make our parliament more effective. Students did a great job this time."

School teachers, Madhumita Dutta, Chandan Kumar Soni, Pooja Singh, Madhurima and Shipra contributed towards the success of the event.

HONOUR OF BADGES

Hindustan Times

# Investiture ceremony at Podar International



Investiture ceremony is one of the most auspicious occasions in the school

HT PHOTO

**MUMBAI:** The Investiture Ceremony for the academic session 2022-23 was held with great pomp and dignity at Podar International School (Cambridge International), Kalyan. The event's objective was to espouse the confidence, development of leadership qualities, and a sense of responsibility among the students.

Investiture ceremony is one of the most auspicious occasions in the school. It is the platform to showcase leadership skills and abilities of students and is the most prestigious ceremony in the schedule of our school events. A good leader not only inspires her team but also inspires the world.

The ceremony was held with zeal and enthusiasm. The ceremony began by lighting the lamp which signifies the removal of darkness and the continuous upward movement of the flame denotes a path of wisdom and divinity which was followed with a welcome address and felicitation of the presence of our eminent guests by the secondary coordinator, Ms Arti Koli.

The girls performed a welcome dance, holding everyone captive to

## THE ENERGETIC PARADE WAS PERFORMED BY THE ENTHUSIASTIC PODARITES WHICH WAS FOLLOWED BY DISTRIBUTION OF BADGES

their performance which was followed by a musical song by Podarites.

The cultural programme witnessed the spellbinding dance by talented young dancers, of all the houses i.e. Air, Water, Fire, and Earth displaying the different states' dances. The rising stars from Grade 5, Mst Siddhart Kukreja, and Grade 10, Ms Pari Jain were felicitated by the Chief Guest, Mr Tanaji Pandurang Wagh, Sub-Inspector Police, Mr Vikram Shetty, and our principal Mr Sanjay Nandi.

The energetic parade was performed by the enthusiastic Podarites which was followed by distribution of badges. The marching by all the prefects was a spectacular event which set the mood for the event. The

elected Head Girl and Head boy were conferred with badges and sashes by principal Mr Sanjay Nandi. Looking resplendent in their uniforms, each council member then took the oath. The pride and sense of dedication in their voices was palpable. The student council took the pledge to hold the school motto in high esteem. Mr Sanjay Nandi congratulated the students and asked them to be impartial and honest in leadership, unity, discipline and morality.

Next, Ms Urja Gupta from Grade VI was awarded for 'The Most Creative Cover' for designing a magazine for the Academic Year 2022-23. Later, the Chief Guest Mr Tanaji Pandurang Wagh, Sub-Inspector Police gave an inspiring speech which motivated the students. Mr Vikram Shetty too shared his experience regarding today's programme.

At last Mr Sanjay Nandi inspired and encouraged the elected leaders to be dutiful and responsible in his address to the gathering. The event concluded with the vote of thanks proposed by Head Boy, Mst Shris-hailya Rao and the Head Girl, Ms Jiya Patel.



# ACHIEVEMENT







# IGCSE Felicitation



**Misha Sirnani, Vansh Shanklesha, Srujan Salian (team) won 1<sup>st</sup> Runner-up in Interschool Quiz Competition organised by St. Thomas school, Kalyan.**

## Drawing Competition Winners Har Ghar Tiranga

<b>GRADE 1</b>	
AARYA INGALE	1st
RUQAIYAH BARWANIWALA	2nd
<b>GRADE 2</b>	
SUSHRUT ZOPE	1st
ANAYA VADAJE	2nd
ANANYA AHIRE	3rd
<b>GRADE 3</b>	
HEER SIRNANI	1st
NABHYAAN SAINI	2nd
<b>GRADE 4</b>	
STUTI MADWAIKAR	1st
SOHAM NANDURKAR	2nd
KASH MHATRE	3rd
<b>GRADE 5</b>	
SATYAKI THAPLOO	1st
ATHARVA MARKAR	2nd
PARV RAWARIA	3rd
<b>GRADE 6</b>	
YAANA JAIN	1st
SHLOK GHOP	2nd
URJA GUPTA	3rd
<b>GRADE 7</b>	
SPRUHA PATHAK	1st
SANVI MALI	2nd
MAHEK KALE	3rd
<b>GRADE 8</b>	
AKSHRA GAWAI	1st
SAACHI SHAH	2nd
NAMAN GAYATRE	3rd
<b>GRADE 9</b>	
VANSH SHANKLESHA	1st
SHAURYA MADWAIKAR	2nd
SUMEDHA ZOPE	3rd
<b>GRADE 10</b>	
VEDIKA PAL	1st
SHRISHAILYA RAO	2nd
DEVASHREE SARVADE	3rd

## **Handwriting Competition Results**

### **Grade 1**

1. Virat Narwani
2. Avleen Kaur
3. Avyukth Chauhan and  
Jaksh Parwani
4. Chunar Ghanmare

### **Grade 2**

1. Anish Sharma
2. Pihu Singhvi
3. Sushrut Zope
4. Suyash Limaye

### **Grade 3**

1. Sonam Yadav
2. Vivaan Maru
3. Shaurya Chaplot
4. Aarvi Gujar

### **Grade 4**

1. Stuti Madwaikar
2. Soham Nandurkar
3. Prachiti Phulwade
4. Manushri Thakur

### **Grade 5**

1. Shlok Dhake
2. Satyaki Thaploo
3. Druhee Shanklesha

### **Grade 6**

1. Aditya Yadav
2. Anshika Singh
3. Inika Saini
4. Aksh Panvelkar

### **Grade 7**

1. Mahek Kale
2. Sanvi Mali
3. Agamyia and Jeevika

### **Grade 8**

1. Shubh Jain
2. Saachi Shah
3. Akshra Gawai

### **Grade 9**

1. Sumedha Zope
2. Misha Sirnani and Shaurya  
Madwaikar
3. Mukti Gurbani and Revati  
Lalwani

### **Grade 10**

1. Jiya Patel
2. Rose Punjwani
3. Pari Jain

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**Grade 10**

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**Misha Sirnani**  
**Grade 9**

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