



PODAR INTERNATIONAL SCHOOL

PODAR MYLOGUE - VOLUME 1



Editorial

This 1st newsletter Podar Mylogue will provide you the information related to the experience of students studying in Podar. This newsletter contains artwork and articles written by the students of Podar. “This Newsletter will indeed prove to be a great treasure to the reader. “Happy Reading”.

By- Shivamsh V Relekar

Life in Podar

By-Manyatha Venkatesh

A school is an organization that provides instruction by guiding and giving shape to the children's lives. The word “School” comes from the Latin word “Schola” which originally referred to a place of learning or leisure. But let us remember that “one book, one pen, one child, and one teacher can change the world” Considering this I would like to introduce my school “Podar International School, Kanakapura” which is playing a significant role in my life.

My school Podar International is located in Kanakapura, it was started in the year 2018 and now it is 5 years old and has won one of the best school awards many times. Podar was established in the year 1927 by Sheth Anandilal Podar in Mumbai and our school has 144 branches across India and has 96 years of experience. My school has many classrooms and a well equipped Science lab, Innovation lab and Computer lab. It has a library with a huge collection of books and our school gives us the best amenities for our production growth such as a playground, projectors, visualizers, and a smart board in every class. Our school principal is Mrs. Gayatri Mam and our senior coordinator is Mrs. Shrilakshmi Mam, they have a great contribution to building our school's career, and with them, our wonderful teachers and non-teaching staff also join them in the growth of our school. My school has one of the best and most friendly teachers who clarify our doubts and act as a support system in bringing out the best in us. My school life is incomplete without mentioning my friends and other schoolmates with whom I interact the whole day and make sweet memories with this journey. Like any other school, my school also conducts many events like Games and Sports, Music and Drama, Debate and Quiz and I have participated in many events and won prizes.

Finally, I would like to conclude by saying I am Proud of Podarite. My school has given me the best memories and taught me about values and life lessons. When I leave this school I will surely carry unforgettable memories and lessons from my school throughout my life, I am very grateful to my school which is giving me a wonderful school life!

Podar- a school with value for kids



'Education is that which draws out innate capacities of every child'

The aim of education is to develop character, competence, right content and encourage students to experience and explore. At Podar every student gets an opportunity to develop a sound character - personality that will bring a smile on the parents face. Sincerity, honesty, hard work, share and care, patriotism are embedded in the activities that develop these characteristics.

We know that change is inevitable and constant, our students are taught to accept change positively and emerge stronger and wiser. Students are inherently curious, through club activities students explore and build on their competencies. Developing competencies and skills is the need of the hour and at Podar these skills training is a top priority. Podar aims at preparing students to accept 21st Century skills and excel in it. Leadership development through activities for students and teachers are a part of the annual calendar which is very seriously planned and executed.

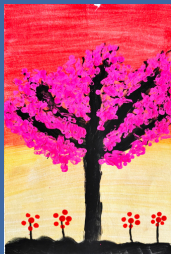
Podar Management ensures that the school is at par with all the Podar schools and is able to give the best to all the stakeholders. Reviews in different areas are conducted to report on what is best and what can be best. The school is reviewed every term in the following areas- a) Student outcomes b) Teaching, learning and assessment c) Behaviour and personality development d) Welfare e) Leadership and Management. Finally, what does a child need to grow into a fine human being?

A child requires unconditional love, security, stability, consistency, right education, appreciation, no comparison, support and backup. These qualities make a student confident and bold which are imbibed by every student of Podar.

Gayatri V
Principal

Podar International School, Kanakapura

Young artists of Podar Kanakapura



"Discipline Unleashed: The Master Key to Unlocking Success"

"Discipline is the fortress that protects your dreams." - APJ Abdul Kalam

"Discipline and freedom go hand in hand

"Discipline is the bridge between goals and accomplishments." - Abdul Kalam

"Discipline strengthens character and shapes destiny." - Abdul Kalam

Discipline is the cornerstone of success and personal development, serving as the driving force behind achievements both big and small. In a world filled with distractions and temptations, cultivating discipline has never been more crucial. This article explores the significance of discipline and provides practical insights on how to incorporate it into our daily lives.

Discipline forms the foundation upon which success is built. Whether pursuing academic excellence, professional achievements, or personal goals, discipline is the guiding principle that propels individuals forward. It involves setting clear objectives, establishing a plan, and adhering to it with unwavering commitment.

Time Management: One of the primary aspects of discipline is effective time management. Successful individuals recognize the finite nature of time and understand the importance of allocating it wisely. By prioritizing tasks, creating schedules, and avoiding procrastination, individuals can maximize productivity and achieve their goals more efficiently.

Cultivating Healthy Habits: Discipline extends beyond mere time management; it encompasses the development of positive habits. From maintaining a consistent exercise routine to adopting healthy eating habits, disciplined individuals understand the long-term benefits of investing in their physical and mental well-being. These habits not only contribute to success but also foster a balanced and fulfilling life.

Resilience in the Face of Challenges: Discipline is the backbone of resilience. Life is filled with challenges, setbacks, and unforeseen obstacles. Disciplined individuals possess the mental fortitude to face adversity head-on, learning from their experiences and adapting to changing circumstances. This resilience enables them to persevere through tough times and emerge stronger on the other side.

Discipline in Relationships: Discipline extends beyond personal achievements to the realm of interpersonal relationships. Successful and fulfilling relationships require patience, understanding, and a commitment to effective communication. Discipline plays a crucial role in navigating conflicts, fostering empathy, and building strong connections with others.

	Urgent	Not urgent
Important	<p>Quadrant I: Do it first</p> <p>High-value tasks that are time sensitive & have consequences if not completed in time.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Crises & emergencies • Pressing problems • Projects with deadlines 	<p>Quadrant II: Schedule it</p> <p>High-value tasks that strategize around long-term goals with no set deadline.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Relationship building • Long-term planning • Personal improvement
Not Important	<p>Quadrant III: Delegate it</p> <p>Low-value tasks that need to be completed, but don't require your expertise.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Bureaucracy • Interruptions • Some regular routines 	<p>Quadrant IV: Delete it</p> <p>Low-value tasks that distract focus from important tasks, wasting time & energy.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Internet browsing • Fruitless meetings • Disruptive socializing

Practical Tips for Cultivating Discipline:

1. Set clear and achievable goals: Define your objectives and create a roadmap for achieving them. Let your goal be SMART: Specific, Measurable, Achievable, Relevant and Time bound. Know your interest and select a goal. Eg: staying away from mobile - start with a small goal - keeping yourself away from your mobile for a day and slowly increasing it to a week and month. This will build your confidence and also help you achieve your goal. It is specific, measurable, achievable, relevant and time bound.
2. Create a daily routine: Establishing a consistent routine helps in forming positive habits and managing time effectively. For Eg: getting up early in the morning.
3. Prioritize tasks: Identify the most important tasks and tackle them first to ensure productivity.
4. Stay focused: Minimize distractions and stay focused on your goals to maintain discipline.
5. Learn from setbacks: View challenges as opportunities for growth and learn from failures rather than being discouraged by them.

Discipline is not a restrictive force but a liberating one, offering individuals the freedom to pursue their aspirations with purpose and determination. By embracing discipline in various aspects of life, we unlock the door to success, resilience, and a more fulfilling existence. As we navigate the complexities of the modern world, let discipline be our guiding light, illuminating the path to personal and collective achievement.

Gayatri V
Principal

