THE BANYAN LEAF

"ROOTED IN VALUES, REACHING FOR EXCELLENCE"

JULY 2026 | MONTHLY NEWSLETTER | Vol 1 Issue 01



What's In This Month's Issue:

- School Events reports
- Editor's Message
- Articles/poems/stories/drawings by Students
- Achievers' Stories

Dear Students, Parents, and Well-Wishers,

It gives me immense pleasure to present this year's edition of our school newsletter, as we proudly continue the initiative introduced last year to showcase the achievements, talents, creativity, and memorable moments of our school community.

These months have been filled with meaningful learning experiences, exciting activities, and remarkable accomplishments. Our students have continued to demonstrate enthusiasm, curiosity, and determination in academics, sports, arts, and various co-curricular pursuits. Their dedication and hard work inspire us to strive for excellence every day.

I extend my heartfelt appreciation to our teachers, whose commitment and guidance nurture the potential of every child. I also thank our parents for their unwavering support and partnership in shaping the future of our students.

As we move forward, let us continue to embrace learning with confidence, compassion, and a growth mindset. Every challenge is an opportunity to learn, and every success is a stepping stone toward greater achievements.

Wishing all our students continued success and happiness in their educational journey.



Ms. Netra H
Principal,
Podar International School
Udupi

From Our Campus Diaries



PARENT ORIENTATION PROGRAM 2026

The Parents Orientation Program was successfully conducted at Podar International School on 18th May 2026 in the presence of Ms. Netra H.- Principal, Mr. Harish Nayak - Admin, along with the entire Academic Team and New Parents. The session witnessed enthusiastic participation and served as a meaningful platform to strengthen the bond between school and parents, fostering collaboration for every child's growth and success. Together, we begin a journey of learning, partnership, and excellence.

WORLD ENVIRONMENT DAY

On 5th June 2026, Podar International School, Udupi celebrated World Environment Day with the inspiring theme "Inspired by Nature. For Climate. For Our Future." Our students enthusiastically participated in plantation drive and awareness sessions on pollution and resource conservation. They also took a pledge to save energy, conserve water, and adopt sustainable practices for a greener tomorrow.





INTERNATIONAL YOGA DAY









Podar International School, Udupi celebrated International Yoga Day with great enthusiasm and spirit. The programme aimed to create awareness among students about the importance of yoga in maintaining physical fitness, mental well-being, and inner peace.

The session was led by Ms. Shilpa, the school's Yoga Teacher, who beautifully demonstrated various yoga asanas and breathing exercises. Students actively participated in the session and performed the asanas with great interest and discipline.

FOR MORE VISIT: https://www.podareducation.org/school/udupi

From Our Campus Diaries

SCHOOL ELECTION - 2026

Podar International School witnessed an exciting and democratic Election Fest for the selection of the Head Boy, Head Girl, and student leaders of various departments for the Academic Year 2026-27 on June 06.The event provided students with a valuable opportunity to experience the electoral process and understand the importance of leadership, responsibility, and democratic values.









INVESTITURE CEREMONY







On 18th June 2026, Podar International School, Udupi successfully conducted the Investiture Ceremony for the Academic Year 2026-27.













Mind to Mic - Courage to Speak Up







An assembly skit based on the first ILP theme, "Mind to Mic - Courage to Speak Up," was presented on 8 June 2026. The performance highlighted the importance of expressing one's thoughts confidently and responsibly. Four students enacted the roles of residents of a housing society and demonstrated how effective communication and teamwork can bring positive change.

The skit was presented with confidence and enthusiasm, making the message clear and engaging for the audience. Through this presentation, students understood the value of speaking up politely, overcoming hesitation, and becoming responsible citizens who contribute positively to society.

From Our Campus Diaries

Boys and Girls Welfare Committee

The Boys' and Girls' Welfare Committee Meeting was held at Podar International School, Udupi, on 27 July 2026. The session was led by Principal Ms. Netra H, who interacted with the girl students, addressed their concerns, hygiene, emphasized the importance of self-discipline, and encouraged them to express their views openly and confidently. The boys session was conducted by Mr. Rizwan and Mr.Huligesh, who discussed student welfare and guided the students on maintaining discipline, safety, and overall well-being.



Open House - Connecting Classrooms with Homes



On 16th and 17th July 2026 Parent Teacher Meeting was held in Podar International School, Udupi. The Parents of grade I-X were visited the school and discussed regarding the overall development of the student. The meeting provided a valuable opportunity for parents and teachers to discuss students' academic progress, classroom performance, strengths, and areas for improvement. Parents also received constructive feedback and guidance to support their child's learning and overall development.

Yukti- The Art of Smart Thinking

At Podar International School, Udupi, we proudly introduced YUKTI, a unique initiative aimed at enhancing students' mathematical skills through engaging, interactive, and meaningful learning experiences. This program helps in improving creativity, critical thinking, problem-solving, and real-world applications. All the students are participating in this program enthusiastically.



FOR MORE VISIT: https://www.podareducation.org/school/udupi

From Our Campus Diaries

Learning Beyond Classrooms – Paddy Cultivation Field Trip!

Our Grade VII students embarked on an enriching educational visit to Mooduperampalli as part of their "Paddy Cultivation" activity!

The students visited the house and field of Mr. Shankar Kulal at Mooduperampalli, where they got a firsthand experience of traditional paddy farming. From observing the cultivation process to actively participating in the activity, our young learners gained valuable insights into agriculture and the hard work behind the food on our tables.



ILP Field Trip to the Radio Station



As part of the ILP theme "Mind to Mic," Grade 5 students visited the radio station Manipal for an enriching educational field trip on 28th July, 2026. They gained firsthand exposure to the functioning of a professional radio station and learned about various aspects of radio broadcasting. The programme featured a captivating skit and melodious song performed by participants from Grades 9 and 10. This was followed by an introduction about ILP and the theme- Mind to Mic by students from grade 6. Their confident performances showcased creativity, effective communication, and teamwork.

Drawing competition

On 22 July 2026, Podar International School, Udupi conducted Drawing Competition for students of grade 1 to 10. The event provided a wonderful platform for our students to showcase their creativity, imagination and artistic talents related to the Environment Theme.



FOR MORE VISIT: https://www.podareducation.org/school/udupi

From Our Campus Diaries

ILP – Culminating Event



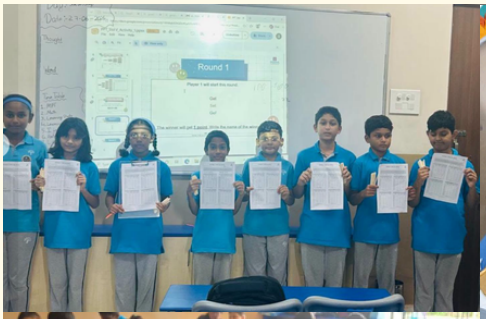



The Culminating event of the first theme of Integrated Learning Program, held on 17th July 2026, was a vibrant celebration of creativity, confidence, and learning. The students participated in a creative manner.





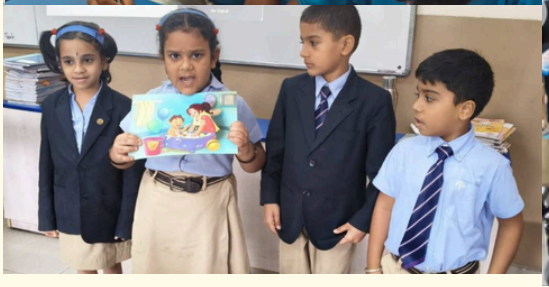
Classroom Activities












FOR MORE VISIT: https://www.podareducation.org/school/udupi

Hall of Fame









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Hall of Fame









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Echoes & Expressions







YOUR YOGA AND LIFESTYLE

YOGA IS ONE OF THE OLDEST AND MOST VALUABLE GIFTS OF INDIA TO THE WORLD. IT IS NOT JUST A FORM OF EXERCISE BUT A WAY OF LIVING A HEALTHY, PEACEFUL, AND BALANCED LIFE. THE WORD "YOGA" COMES FROM THE SANSKRIT WORD "YUJ," WHICH MEANS "TO JOIN" OR "TO UNITE." IT HELPS CONNECT THE BODY, MIND, AND SOUL. TODAY, MILLIONS OF PEOPLE PRACTICE YOGA TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH.

A HEALTHY LIFESTYLE MEANS EATING NUTRITIOUS FOOD, EXERCISING REGULARLY, SLEEPING WELL, MANAGING STRESS, AND HAVING POSITIVE THOUGHTS. YOGA SUPPORTS ALL THESE HABITS. IT INCLUDES PHYSICAL POSTURES (ASANAS), BREATHING EXERCISES (PRANAYAMA), MEDITATION, AND RELAXATION TECHNIQUES. THESE PRACTICES IMPROVE FLEXIBILITY, STRENGTH, BALANCE, AND CONCENTRATION.

YOGA HAS MANY HEALTH BENEFITS. IT HELPS REDUCE STRESS, ANXIETY, AND DEPRESSION. REGULAR PRACTICE IMPROVES BLOOD CIRCULATION, STRENGTHENS MUSCLES, AND KEEPS THE HEART HEALTHY. IT ALSO HELPS CONTROL BODY WEIGHT, IMPROVES DIGESTION, AND INCREASES ENERGY LEVELS. STUDENTS CAN IMPROVE THEIR MEMORY AND FOCUS THROUGH YOGA, WHILE OLDER ADULTS CAN MAINTAIN FLEXIBILITY AND BALANCE.

IN TODAY'S FAST-MOVING WORLD, MANY PEOPLE SPEND LONG HOURS USING COMPUTERS AND MOBILE PHONES. THIS OFTEN CAUSES POOR POSTURE, EYE STRAIN, BACK PAIN, AND MENTAL STRESS. YOGA PROVIDES A NATURAL WAY TO DEAL WITH THESE PROBLEMS. SIMPLE YOGA POSES, STRETCHING EXERCISES, AND MEDITATION CAN HELP PEOPLE RELAX AND IMPROVE THEIR OVERALL WELL-BEING.

A BALANCED LIFESTYLE ALSO INCLUDES HEALTHY EATING. PEOPLE WHO PRACTICE YOGA ARE ENCOURAGED TO EAT FRESH FRUITS, VEGETABLES, WHOLE GRAINS, AND DRINK ENOUGH WATER. THEY ARE ALSO ADVISED TO AVOID UNHEALTHY HABITS SUCH AS SMOKING, EXCESSIVE ALCOHOL CONSUMPTION, AND OVEREATING. YOGA TEACHES SELF-DISCIPLINE, PATIENCE, AND KINDNESS, WHICH HELP BUILD GOOD CHARACTER.

IN RECENT YEARS, YOGA HAS BECOME EVEN MORE POPULAR AROUND THE WORLD. EVERY YEAR, INTERNATIONAL DAY OF YOGA IS CELEBRATED ON 21 JUNE, BRINGING TOGETHER MILLIONS OF PEOPLE TO PRACTICE YOGA. THE THEME FOR EACH YEAR ENCOURAGES PEOPLE TO INCLUDE YOGA IN THEIR DAILY LIVES FOR BETTER HEALTH AND HAPPINESS. MANY SCHOOLS, COLLEGES, OFFICES, AND HOSPITALS NOW ORGANIZE YOGA SESSIONS TO PROMOTE FITNESS AND REDUCE STRESS. DOCTORS AND HEALTH EXPERTS ALSO RECOMMEND YOGA AS A HELPFUL PRACTICE ALONGSIDE MEDICAL TREATMENT FOR IMPROVING PHYSICAL AND MENTAL HEALTH.

MODERN TECHNOLOGY HAS ALSO MADE YOGA MORE ACCESSIBLE. PEOPLE CAN NOW JOIN ONLINE YOGA CLASSES, USE MOBILE APPS, AND WATCH EXPERT VIDEOS FROM HOME. THIS HAS ENCOURAGED PEOPLE OF ALL AGES TO LEARN AND PRACTICE YOGA REGULARLY. HOWEVER, BEGINNERS SHOULD LEARN FROM TRAINED INSTRUCTORS TO PERFORM YOGA SAFELY AND CORRECTLY.

IN CONCLUSION, YOGA IS A SIMPLE AND EFFECTIVE WAY TO LEAD A HEALTHY LIFESTYLE. IT IMPROVES PHYSICAL FITNESS, MENTAL PEACE, AND EMOTIONAL BALANCE. BY PRACTICING YOGA EVERY DAY AND FOLLOWING HEALTHY HABITS, WE CAN LIVE A HAPPIER, HEALTHIER, AND MORE MEANINGFUL LIFE. YOGA REMINDS US THAT GOOD HEALTH IS NOT ONLY ABOUT THE BODY BUT ALSO ABOUT HAVING A CALM MIND AND A POSITIVE ATTITUDE.

PAVITHRA N NAYAK
GRADE X

Echoes & Expressions



DID YOU KNOW

Letters "a", "b", "c", and "d" do not appear anywhere in the spellings of 1 to 99.

- Adding up the numbers 1-100 consecutively (1+2+3+4+5...) gives you 5050.
- Zero is the only number that cannot be represented by Roman numerals.
- 12,345,678,987,654,321 is the product of 111,111,111 x 111,111,111.
- The word "hundred" comes from the old Norse term, "hundrath", which means 120 and not 100.

2,520 is the smallest number that can be exactly divided by all the numbers 1 to 10.

5 Bananas are berries, but strawberries aren't!

Botanically speaking, bananas fit the definition of berries.



A day on Venus is longer than a year on Venus!

It takes 243 Earth days to rotate once, but only 225 days to go around the Sun.



Honey never spoils.

Archaeologists found honey in ancient tombs that was over 3000 years old and still edible!



Plants can feel pain too!

When a plant is hurt, it sends signals to other parts to protect itself.



FOR MORE VISIT: https://www.podareducation.org/school/udupi

I AM NOT ALIVE, BUT I CAN GROW.
I DO NOT HAVE LUNGS, BUT I NEED AIR.
I DO NOT HAVE A MOUTH, BUT WATER CAN KILL ME.
I CAN BE SMALL AND WARM, OR HUGE AND DANGEROUS.
I GIVE LIGHT, BUT I CAN ALSO DESTROY.
WHAT AM I?

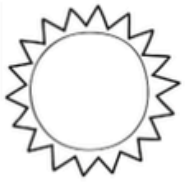


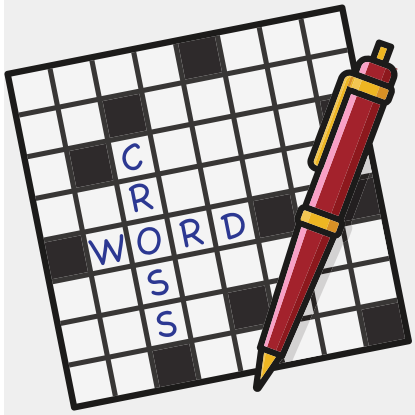
I HAVE NO WINGS, BUT I CAN FLY.
I HAVE NO EYES, BUT I CAN CRY.
WHEREVER I GO, DARKNESS FOLLOWS ME.
SOMETIMES I AM WHITE, SOMETIMES GREY, AND SOMETIMES BLACK.
I CAN BRING RAIN, BUT I AM NOT WATER.
WHAT AM I?

Share answer with your class teacher

Weather
CROSSWORD PUZZLE







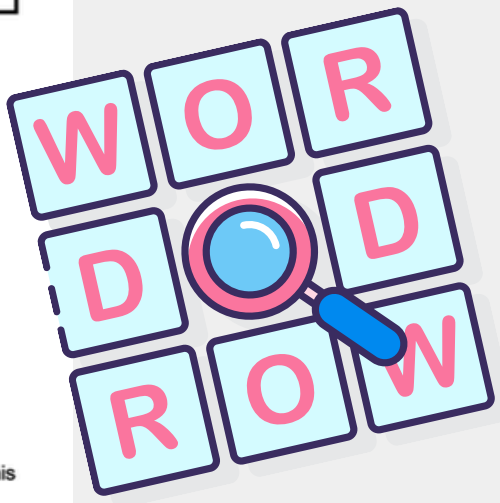


ACROSS

1. the opposite of warm
2. these hold rain or snow in the sky
6. water that falls from the sky
7. when it's freezing, the temperature is __ zero (in Celsius)
8. the weather __ tells us if it will rain tomorrow
10. ice balls that fall from the sky
11. a sunny day is full of this
13. you might get ___ if you're outside when it's raining

DOWN

1. a little chilly, but not freezing
2. a small possibility
3. white, fluffy flakes in winter
4. a tiny bead of water
5. rainy, sunny, or snowy are types of this
9. this blows leaves and kites around
12. how you feel on a sunny summer day




Since 1927






Little hearts.
Big dreams.
#PODARITES
FOREVER.