



PODAR INTERNATIONAL SCHOOL, MANGALORE

THE CAMPUS ROOTS.

Vol-6 / Issue-1

Kaushala Dina (No Book Day).



In line with the National Education Policy (NEP) and CBSE guidelines, Podar International School, Mangalore conducts Kaushala Dina every month, a unique event that fosters experiential learning, hands-on-activities, and career oriented exploration.



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Editorial Message

Dear Readers,

Welcome to the latest edition of our newsletter!

Each edition we bring to you is crafted with the goal of keeping you informed, inspired, and connected. Behind every article, update, and feature is a dedicated team committed to delivering content that matters whether it's the latest developments, insightful stories, or helpful resources.

We hope you find these stories not only informative but also reflective of the vibrant community we serve.

As always, your feedback is invaluable. We encourage you to share your thoughts, ideas, or contributions with us because this newsletter is as much yours as it is ours.

Thank you for being a part of our journey. Let's continue to grow, learn, and make an impact together.

Warm regards,

Vivaan Ajay - Grade 9 (Student Editor)

Bhavikha - Grade 9 (Student Editor)

Mrudula - Grade 7 (Student Editor)

Shreyas Bhat - Grade 8 (Student Editor)

Ms. Thara Salian (Chief Editor)

School Editorial Team



UDAAN 2024-25

Podar International School, Mangalore organized Annual Sports Day (UDAAN 2024-25) with great enthusiasm. Dr. Prakash D'Souza, Physical Education Director, Sacred Heart College, Madanthyar, inaugurated the event by hoisting the school flag. The day witnessed a march past, sports torch parade and Olympic torch lighting, followed by an inspiring address by the chief guest. Students showcased impressive drills and displays, participated in various sports events, and parents joined in for a fun musical chair competition. It was a day filled with energy, teamwork, and sportsmanship!



SPECIAL ACHIEVERS 2025-26



T.K. Thimmaiah and Prayag G. Hegde (Grade 6) participated in **The Hindu Young World Quiz Competition 2025** and secured **5th place** in the final round!

PODAR INTERNATIONAL SCHOOL
MANGALORE

Congratulations

GRADE X - CBSE BOARD TOPPERS
2024-2025

 96.4% ANIRUDDH VASISHTA K	 96.2% SHRINIDHI KUDREPPADY
 90.6% MOHAMED SAMAAAN MOHAMMED AKRAM	 88.2% ARYAN RAO
 82.4% MUHAMMAD RAIS	



Chinmay S, Christal Fernandes, Poojana Jayaram, Punya Shetty (Grade 10) appeared for the **Drawing Grade Higher Examination** and achieved outstanding results by securing distinction.



Bhavith P Shetty participated in the chess competition and secured the **5th position** in the **Under-9 category**.



Vihaan Shetty (Grade 7) achieved first place in this incredible feat of **"Dakshina Kannada District Chess Championship-2025 Under 13"**



Shreshtha P Shenoy G3, has participated in the **Karnataka State Ranking Roller Skating Championship 2025**, organized by the **Karnataka Roller Skating Association** (affiliated to **Roller Skating Federation of India**).

IN THE LOOP @PISM

Republic Day - 2025

Podar International School, Mangalore celebrated the 76th Republic Day with great enthusiasm. Chief Guest Subbappa Patali N, a former Army personnel, graced the event. Highlights included the flag hoisting, Republic Day parade, National Anthem, followed by welcome dance, patriotic performances, and a skit on 'The Makers of the Constitution'. The Chief Guest addressed the gathering and sweets were distributed to all.



Podar Volunteer Service 'Balasamrakshana Kendra, Kuthar and Asare Animal Care Trust' - 2025

Students of Podar International School, Mangalore spread smiles at Balasamrakshana Kendra, Kuthar. Students of each class contributed to this noble cause. As part of the Podar Volunteer Service 2025-26 students also visited Asare Animal Care Trust. They contributed essential supplies like feed and medicines for the animals. This activity helped students to grow as a responsible citizens.

Father's Day - 2025

Podar International School, Mangalore celebrated Father's Day with joy, strengthening the special bond between fathers and children. The event honored and appreciated the incredible fathers and father figures in student's lives. Fun games like musical chairs, a lucky draw, and an ice-breaker session were organized. Father-son duos shared their strengths made the celebration memorable.



Coast Guard Raising Day

As a tribute to Coast Guard Raising Day, a drawing competition was organized by the 'Indian Coast Guard' in Podar International School, Mangalore on 27th January 2025, inspiring young minds to showcase their creativity while honoring the vital role of the Coast Guard in safeguarding our shores.

Migration Chronicles – A Journey of Adaptation & Integration

Podar International School, Mangalore hosted an engaging culminating event as part of the Integrated Learning Programme on Migration!

Students showcased their understanding through global cuisine stalls, photo exhibits, personal migration stories, knowledge stalls, and a migration-themed fashion show. The event was a wonderful blend of learning, creativity, and cultural exchange!



IN THE LOOP @PISM

ICGS Varaha – An Indian Coast Guard Ship

As part of the Personality Development Camp, students and staff of Podar International School, Mangalore visited ICGS Varaha – an Indian Coast Guard Ship. Officers on board explained the ship's functioning and shared insights into the operations of the Indian Coast Guard. They also inspired students to consider a career in maritime services. It was a motivating and enriching experience, and the students expressed great excitement and pride after the visit.



Pilikula Science Centre, 3D planetarium, and Manasa Amusement Park

An educational trip was organized for the students of Grades VII to X on 5th April 2025 to Pilikula Science Centre, 3D planetarium, and Manasa Amusement Park. The trip aimed to provide students with a blend of learning and recreation. The students visited Manasa Amusement Park, where they enjoyed various recreational activities and rides. This part of the trip provided a fun and relaxing experience, promoting bonding and teamwork among peers.



Yoga Day - 2025

International Yoga Day 2025 Celebration at Podar International School, Mangalore With the theme "Yoga for One Earth, One Health", the school celebrated the 11th International Yoga Day with great enthusiasm and energy!



Investiture Ceremony - 2025

The Investiture Ceremony was held with great pride and solemnity, marking the official formation of the Student Council for the academic year. Badges and flags were conferred, and the council members took an oath to carry out their duties with dedication and integrity.

Trip to Manipal Museum of Anatomy & Pathology

Students of Grades 4 to 6 embarked on an enriching educational trip to the Manipal Museum of Anatomy and Pathology on 31st January. The visit provided a wonderful learning experience, offering insights into human and animal anatomy.



IN THE LOOP @PISM



Session on Innovation & Ideas

Podar International School, Mangalore, was privileged to host Mr. Prashanth Kumar A, Assistant Professor at Canara Engineering College, for a thought-provoking session on Innovation and Information Science.

Motivation Session

Sacheth Suvarna, committee member of the Indian Red Cross Society, conducted an inspiring session for students on overcoming exam fear, setting and achieving goals, staying focused, and balancing short-term and long-term aspirations. The session motivated students to stay determined and work towards success.



Personality Development Camp 2025 – A Week of Learning, Fun & Creativity!

Podar International School, Mangalore kick-started its Personality Development Camp on April 1, 2025, with a vibrant blend of activities aimed at nurturing confidence, creativity, and life skills.

Thanksgiving to Community Helpers

Podar International School Mangalore Honors Community Helpers by organizing a heartwarming event titled "Thanksgiving to Community Helpers," aimed at recognizing and appreciating the selfless contributions of individuals who serve the community daily.



Azadi Ka Amrit Saptah

Podar International School, Mangalore, proudly initiated the 'Azadi Ka Amrit Saptah' celebrations, marking the start of a week dedicated to patriotism, talent, and creativity.

Vegetable Carving Competition Our budding artists transformed everyday vegetables into stunning artistic creations, matching it with the spirit of independence day celebration.

Group Song & Solo Song Competitions With patriotic fervor in every note, our young voices filled the air with melodies of love and pride for the nation.





THOUGHTS UNLEASHED



SUNSHINE POEM

Sunshine bright, in morning light
Brings warmth to all, a wondrous sight
Golden rays, upon my face
Fill my heart, with a happy pace
The world awakens, fresh and new
Sunshine's joy, for me and you
Chasing fears, and all despair
Bringing hope, beyond compare
In sun's warm glow, we find our way
Through life's journey, day by day
Sunshine's love, it never fades
A constant friend, in all our shades
With every dawn, it shines so bright
Filling life, with pure delight
Spreading joy, in all its might

**-Jasleen Kaur
Grade V**

The Beauty of Mangaluru City

Mangaluru, a scenic coastal city in the state of Karnataka, is renowned for its scenic beauty, rich culture, and hospitality. The city, lying between the Western Ghats and the Arabian Sea, boasts clean beaches like Panambur, Tannirbhavi, and Someshwar, with spectacular sunsets and peaceful retreats.

Mangaluru is a cultural melting pot, and Tuluvas, Konkani, Bearys, and Christians live there. They celebrate traditions and festivals with joy and harmony. There are ancient mosques, churches, and temples all over the city, including the Kadri Manjunath Temple and St. Aloysius Chapel.

Renowned for its spice-infused coastal food, neer dosa, fish curry, and kori rotti are some of the myriad array of dishes that satisfy every guest. With its thriving education and business sector, Mangaluru has a perfect blend of development and heritage.

With its green landscape, vibrant culture, and seashore beauty, Mangaluru captures the heart of all its visitors, offering an ideal combination of calm and energy.

**-Vivaan Ajay
Grade IX**

Average Monsoon Days...

Joyful people dance in rain,
But then they slip and cry in pain.
All those people get cold and cough.
DC gives holiday for not being tough.

Online classes invite technical issues,
got cold and cough,
used all my tissues.
Rain drops fall on a roof,
an irritated dog says woof.

Rain fills the area,
people get malaria.
Kids can't go out, the parks too wet.
Staying indoors is all they get.

The one rare day they give us rest,
The weather acts it's very best.
No storm, no clouds, no dark patrol,
Just sunny skies... we've all been trolled

**-Shiv Prajapati
Grade IX**

The Role of Sports in Building Character

Sports are not just about winning trophies they are about building character, discipline, and teamwork. Playing a sport teaches us to set goals, work hard, and handle both success and failure with grace.

When we practice regularly, we develop patience and determination. We learn that improvement comes with effort and persistence. Sports also help us stay healthy, boost our energy levels, and improve our focus in studies.

Team sports like football, basketball, and cricket teach us cooperation. We understand the importance of supporting each other and respecting rules. Even individual sports like swimming or athletics build self-reliance and confidence. Sports also relieve stress. Running on the field or hitting a shuttlecock can clear our mind after a long day of classes. They create lasting friendships and unforgettable memories. In the end, the lessons we learn from sports like teamwork, resilience, and fair play help us in every part of life. So let's play not just to win, but to grow as better individuals.

**-Eshaan Sheikh M.T
Grade IX**



THOUGHTS UNLEASHED



Formula 1: The 2025 Thrill Ride

The 2025 Formula 1 season marks 75 years of speed, skill, and adrenaline. With 24 races on the calendar, McLaren has taken the lead, with Oscar Piastri and Lando Norris fighting for the championship. Rookie Kimi Antonelli is turning heads, while Ferrari struggles to match expectations despite Lewis Hamilton joining. Red Bull's dominance has faded, making the title race more exciting than ever. Sprint races add extra drama, and fans around the world are loving the action. F1 2025 proves that motorsport is evolving fast and so are the rivalries, rookies, and records. Buckle up, it's only getting better!

- Atharv Sindagi
Grade X

Cricket 2025: A Year of Big Hits and Bold Moves

Cricket in 2025 has been nothing short of thrilling! From nail-biting T20s to record-breaking Test matches, the game continues to evolve. India, Australia, and England remain strong contenders, but rising stars from teams like Afghanistan and the Netherlands are making headlines. Technology like smart helmets and real-time stats is changing how fans experience the game. Women's cricket is also shining brighter, drawing huge crowds and more attention than ever. With young players stepping up and new leagues launching, cricket is more exciting, fast-paced, and global than ever before. The gentleman's game is now a game for everyone!

-Hardik Rai
Grade X

Biotechnology: Transforming Life

Biotechnology uses living organisms and biological processes to create products that benefit society. It plays a key role in medicine, producing vaccines, insulin, and gene therapies. In agriculture, it develops pest-resistant, high-yield crops, while environmental biotechnology treats waste and makes eco-friendly fuels. Tools like CRISPR enable precise DNA editing. Despite its benefits, ethical concerns demand responsible use.

-Abhiram Nair
Grade X

Artificial Intelligence: Powering the Future

Artificial Intelligence (AI) is the science of creating machines that can think, learn, and solve problems like humans. It powers technologies such as voice assistants, self-driving cars, and smart recommendations. In healthcare, AI helps detect diseases early and improve treatments. In education, it personalizes learning, while in industries, it boosts efficiency and safety. AI also aids scientific research and disaster prediction. However, it raises concerns about job loss, privacy, and misuse. To ensure a positive future, AI must be developed responsibly, balancing innovation with ethics. AI is transforming our world, making it smarter, faster, and more connected.

-Adviti Santhosh
Grade IX

Renewable Energy: Power for a Green Future

Renewable energy comes from natural sources like sunlight, wind, and water that never run out. It reduces pollution, fights climate change, and creates sustainable power. Solar panels, wind turbines, and hydropower are key technologies. Using renewable energy ensures a cleaner planet and a healthier future for all.

-Saksham
Grade X

ಮಳೆ

ಮಳೆ ಬಂತು, ಝುಳು ಝುಳು,
ಭೂಮಿ ಎಲ್ಲಾ ಹಚ್ಚ ಹಸಿರು.
ಮೋಡ ಕಪ್ಪಿಗೆ, ಮಳೆ ಸೋರಿತು,
ತಂಪು ಗಾಳಿ ಬೀಸಿ ಸಂತೋಷ
ತಂದಿತು.

ಶಾಲೆ ರಜೆ, ಆಟ ಮಸ್ತಿ,
ಮಕ್ಕಳು ಖುಷಿ, ಇಲೈ ಚಿಂತೆ.
ದೋಣಿ ಬಿಟ್ಟು, ನೀರಲಿ ಓಡಿಸಿ,
ಮಳೆಯಲಿ ನೆನೆದು, ಎಷ್ಟೊಂದು
ನಲಿವು.

ಮಳೆಗಾಲ ಎಂಥಾ ಚಂದ,
ಮನಸ್ಸಿಗೆ ತುಂಬೆಲ್ಲಾ ಆನಂದ

- ಅಭಿರಾಮ್.ನಾಯರ್
10 ನೇ ತರಗತಿ

शीर्षक : शिक्षा का दीपक

शिक्षा है एक दीपक प्यारा,
अंधेरे में जो बने सहारा।
हर दिन कुछ नया सिखाती,
सपनों को ऊँचाई दिलाती।
पढ़ाई में मन जो लगाता,
सच्ची राह वही अपनाता।
गुरुजनों का मान बढ़ाना,
कर्तव्य समझ उसे निभाना।
मैं भी बनूँ अच्छा इंसान,
करूँ देश का ऊँचा नाम।
मेहनत से हर मंज़िल पाऊँ,
सपनों को सच मैं बनाऊँ।

-Vedang
Grade x



WHAT IS TRUE FRIENDSHIP

Once Lord Krishna's close friend Sudhama came to Krishna to seek help from him as he was suffering from poverty. The guards at the gates did not believe that he is Krishna's friend looking at his torn clothes and did not let him enter. Krishna saw his friend from the palace and instructed the guards to let him in.

Krishna was overjoyed to see Sudhama and gave him a warm hug. Sudhama did not have the heart to ask him for money as Krishna treated him so well and gave him royal clothes and food. They talked about their childhood and remembered so many memories. Sudhama stayed overnight in the palace and in the morning when he was ready to go, Krishna made him wear his old torn clothes and bade farewell.

Rukmini, Krishna's wife was shocked and asked Krishna "Why did you make your dear friend Sudhama wear his torn clothes when you gave him royal clothes in the palace? Isn't it wrong?". Krishna replied "If I made him wear royal clothes, people would think that Sudhama abused his friendship with me and wore royal clothes and jewellery. That's why I made him wear his old torn clothes so that no one will doubt our friendship". Sudhama after he reached home was surprised to see many riches and valuables. He knew that Krishna sent him those riches and was extremely happy.

Moral : True friendship never fades away

**-Ishanvi.S
Grade V**

Taking Care of the Environment

Our environment is our shared home, and it's our duty to protect it. Simple actions like planting trees, avoiding plastic, and saving water can make a huge difference. We can also recycle old things to create something useful instead of throwing them away. At school, keeping our classrooms clean and using dustbins properly is a great start. If each of us takes small steps, together we can create a big change. A clean, green environment not only looks beautiful but also keeps us healthy. Let's work together to protect our planet for a brighter, safer future.

**-Chinmay
Grade X**

A Heart Touching Poem By A Soldier

If I die in a war zone, box me up
and send me home.
Put my medals on my chest, tell
my mom I did my best.
Tell my dad not to bow, he won't
get tension from me now.
Tell my bro to study perfectly, key of
my bike will be his permanently.
Tell my sister not to be upset, her bro
will take a long sleep after sunset.
Tell my nation not to cry,

"Because I'm a soldier born to die."

**-Harshika H.R
Grade IX**

The Case of My Missing Books

Every year, I lose three or four books. It happened in first, second, and third standard. This year, I have already lost one, and it is just the beginning. I think my books get bored inside my bag. I keep them upside down, fold the pages, and sometimes even forget them. They feel sad and run away from me. Once, I thought my Hindi grammar book was missing. I told my friend and felt scared.

But the next day, I found it behind a shelf with some other books. I was so happy to get it back. If my books could talk, they would say: "We are tired of being spoiled! We're leaving. Bye!"

When books go missing, I feel bad. I know my parents give them to me with love, and I should take care of them. From now, I will keep my books safe and happy so they do not run away again.

**-Bamini
Grade IV**

Career You Can Choose — Artificial Intelligence & Data Science

Artificial Intelligence (AI) and Data Science (DS) are transformative fields turning data into products, services, and decisions powering everything from chatbots to healthcare diagnostics. For Indian students, they offer high-growth career prospects in diverse sectors such as tech, finance, healthcare, manufacturing, e-commerce, startups, and government.

Subject Choices in Class XI–XII: Mathematics is essential, with Computer Science/Informatics Practices and Statistics highly recommended. Physics, Economics, and Further Mathematics add value. CBSE offers AI as a skill subject; combining it with Maths and Computer Science provides an early advantage.

Academic Pathways: Students can pursue B.Tech/B.E. in Computer Science or AI & DS, B.Sc in Data Science/AI, B.Stat/B.Math, BCA, or B.Voc in AI & ML. Higher studies include M.Tech, M.S., M.Sc, integrated programmes, and professional diplomas.

Top Institutions: In India, IITs, IISc, IIIT Hyderabad/Bangalore, and ISI lead in AI/DS education, with fees ranging from nominal for public institutes to ₹4–6 lakh/year for top private programmes. Globally, Carnegie Mellon, MIT, Stanford, UC Berkeley, Oxford, Cambridge, ETH Zurich, and TUM are renowned, with master's tuition at US\$30,000–70,000/year.

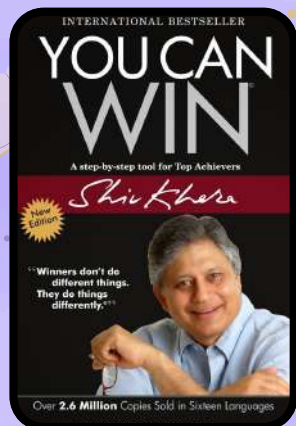
Skills Required: Strong mathematics, programming (Python, SQL), analytical thinking, communication skills, ethical awareness, and curiosity for projects are critical.

Career Roles: AI/DS graduates work as Data Scientists, ML Engineers, Data Analysts, AI Engineers, BI Analysts, Research Scientists, and in applied roles like NLP, Computer Vision, Robotics, and Quantitative Analysis.

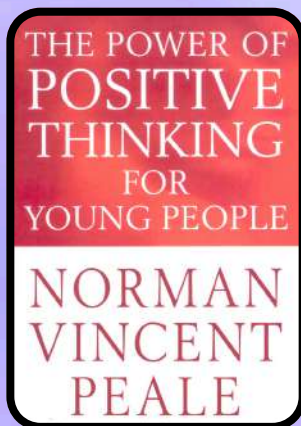
Future Scope: India's AI market is projected to grow at 25–35% CAGR, reaching multi-billion-dollar valuations by 2027. Globally, AI could add trillions to the economy. Demand for skilled professionals is set to rise steadily.

Preparation Tips: Build strong math and coding foundations, take relevant electives, work on projects, join coding clubs, take online courses, and prepare for entrance exams like JEE, CUET, or GATE.

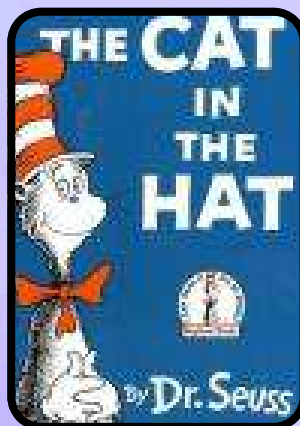
BOOK RECOMMENDATION



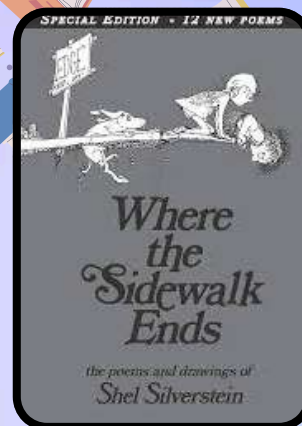
Shiv Khera



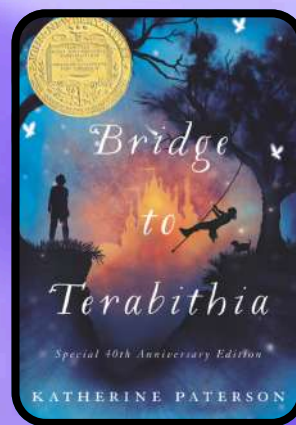
Norman Vincent Peale



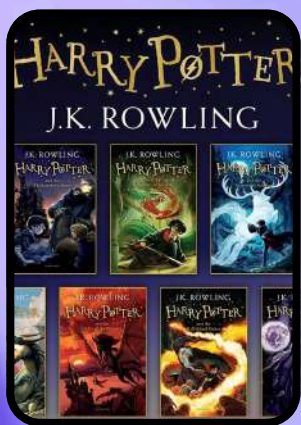
Dr. Seuss



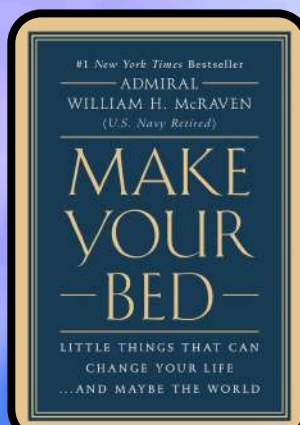
Shel Silverstein



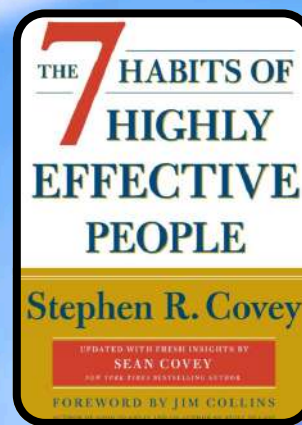
Katherine Paterson



J.K. Rowling



William H. McRaven



Stephen R. Covey

GALLERY @ PISM



Chinmay- 10th



Harshika H.R- 9th



Manvith H.R.- 5th



Harshika H.R- 9th



Shreyas- 8th



Anam Deepak- 4th



Christal- 10th



Naman Bangera- 5th



Aanya Deepak- 4th