

"BIOCHEMIST" OF OUR SCHOOL

Q1) Which is your native place? Kindly tell us about your educational qualifications, and name the teacher who inspired you to choose the Science stream?

Ans. My native place is Nagpur. I did B.sc in Biochemistry, Microbiology and Chemistry in 1997 from Nagpur University. I pursued B.Ed in 2012 with Maths and Science as my teaching subjects. I got inspiration from Mrs. Sharma my childhood Biology teacher. The way she explained scientific concepts, touched my heart. She has always been my favourite teacher. She is my role model.

Q2) What are your childhood memories? How do you see yourself progressing over the next few years?

Ans. One of the best moments of my childhood, which I can recall is spending time with my mother. She has been my friend and my guide throughout my life. I would see myself progressing, when I find my students developing a scientific attitude towards life in their daily life. This is my aim and this is where I see myself progressing in the next few years.

Q3) Why did you choose teaching as a profession?

Ans. I strongly believe that giving knowledge is a way of gaining more knowledge. Children are the building blocks of the nation. I wanted to contribute to their progress in some way. So, I decided to become a teacher.

Q4) Did you always want to be a Chemistry mentor?

Ans. My favourite subject is Biology; courtesy Mrs. Sharma, who infused in me, a passion for this subject. Nevertheless, teaching Chemistry is equally interesting and rejuvenating for me.

Q5) What message would you give to our young "PODARITES"?

Ans. Abide by these three magical words in your life. "SINCERITY, DISCIPLINE, HARDWORK". If you are not sincere and disciplined you won't be able to do hard work to achieve your goals in life.



Rapid Questions

i) Your favourite dish?

Ans. 'Chaat' and 'pani puri'.

ii) Your favourite destination?

Ans. Kashmir. I want to visit Kashmir and live in a houseboat, with my family.

iii) Your favourite free time work?

Ans. To watch T.V and read books.

iv) Your favourite hangout?

Ans. To spend time with my family.

v) Your childhood ambition?

Ans. To become a Scientist.

- Ansh Vidyabhanu & Samiksha Jagtap

EDITORIAL TEAM FOR AUGUST

Chief Editor: Mr. Ramesh Chandra Panda (Principal)

Teacher Coordinator: Mrs. Edna Fernandes (Event Coordinator)

Team Members

Rishikesh Vishwambhar X
Shivani Dhage X
Darshan Golecha X
Anusha Dixit IX
Jonathan Moses IX

Ansh Vidyabhanu IX
Samiksha Jagtap IX
Sakshi Pidiyar X
Kshitiz Dhaka X
Darshak Kamani X

Vijay Somwanshi X
Amisha Shirgave X
Tejas Morkar X
Tarushi Dubey IX
Richa Bapat IX

ARE WE REALLY FREE?



What is freedom? What answer generally we have for this frequently asked question. "To able to do whatever we wish" is called freedom. But time has come to ask once again to ourselves sincerely, 'Is this a true freedom?' In the outer world, it may be cent percent true but the inner world defines freedom in a very different way. It says, 'Suppose a situation is such as it will make you angry, but you don't let the anger overcome you, if everything is going against your wishes and you are not a bit disturb, no emotion, feeling or thought is moving you from inside, a kind of battle is going on in your mind and your peace is as it is, you are penniless, you don't have anything on you, yet the same happiness is there, all are trying to disturb you or the whole world is with you or against you it hardly matters to you" this is called true freedom and one who can do all of this, is in a true sense, free. So, what to do? Nothing but research. Where? Within you.



- Chakradhar J. Ahire

CHILDREN LEARN BEST WHEN THEY USE THEIR IMAGINATION

Imaginative inquiry is based on a well-researched pedagogy with a long history of practical application in the classroom. Teachers use it in many different ways, some as a single lesson, and others as a year-long project incorporating wide areas of the curriculum. It is a flexible approach that most teachers' find, once the context is established, is easy to plan and resource. However, getting a project started can involve a substantial amount of detailed planning which can be difficult and time consuming. For this reason we have popular contexts to get teachers started.

As a profession we should renew our efforts to research and develop modern, engaging and effective teaching methods. Ones that incorporate recent understanding of how the brain learns help children develop the skills and aptitudes they need for a rapidly changing world.

Learning is inherently satisfying. All of us have experienced the joy of learning and discovery at some point in time in our life. Learning leads to better understanding, new knowledge, skills and expertise. Whether it is learning how to ride a bike, read a book, write code, or build something -- children are inherently excited about learning



- Sarika Barve

ART CORNER



Aarya Shinde (2-Mango)



Avani (1-Rose)



chiranjeevi (6-Shivalik)



Sanskriti Jagtap (1-Rose)



Gauri Deore (5-Trishul)



Vardayini (3-Silver)



Prachi Sawant (5-Brahmos)

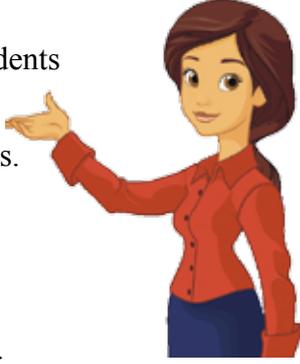


Sanskriti(5-Trishul)

“Every cloud has silver lining.”

TEACHER

A Teacher is someone
Who brightens the future of students
Who prepares them for exams
Who teaches them good morals.
A Teacher is someone
Who listens to our problems
I thank you dear teacher
To whom I dedicate this poem.



- Nandini Dhaka

FRIENDSHIP

Friendship is hard,
Friendship is sweet,
Friendship makes people to meet.
Friendship has quarrels,
Friendship has love,
Friendship makes two people like dove.
You may have a friend like you,
But your true friend will be the one who loves you.
Friendship is hard,
Friendship is sweet,
Friendship makes people to meet.



- Richa Bapat

माझे पाऊस गाणे



आला आला पाऊस आला
आम्हांला चिंब भिजवायला
चला करूया खोडया
पाण्यात सोडूया होडया... | १ | |

बंद करू छत्री आज
फिरू सोडून अभ्यास
मनसोक्त भिजूया आज
कांदा भजीचा खमंग घेऊ आस्वाद | २ | |

वाफळणारा चहा पिऊया
पाण्यात उडया मारूया
मारता आल्या तर शिट्टया मारूया
पावसाची आज मजा घेऊया | ३ | |

- जानव्ही राजापूरकर

मंजिल दूर नहीं है ।

वह प्रदीप जो दीग्व रहा है झिलमिल दूर नहीं है
थककर बैठ गये क्या भाई! मंजिल दूर नहीं है ।
चिनगारी वन गई लहू की
बुंद गिरी जो पग से
चमक रहे पीछे मुड़ देखो
चरण - चिन्ह जगमग - से ।
शुरू हुई आराध्य भूमि यह
क्लान्ति नहीं रे राही
और नहीं तो पाँव लगे है
क्यों पड़ने डगमग - से ?
बाकी होश तभी तक जब तक जलता तूर नहीं है
थककर बैठ गये क्या भाई! मंजिल दूर नहीं है ।



- नितीन पांडे

मान्सूनची चिंता

मनुष्य हा स्वभावतःच एक भिन्ना प्राणी आहे. त्याला सगळ्या गोष्टींची भिती वाटते. मन खंबीर केले तरीसुद्धा चिंता वाटतच राहते. माणसाला वाटणाऱ्या भितीची यादी न संपणारी आहे आणि आता त्यात मान्सूनची भर पडली आहे. मान्सूनची भिती वाटत नसेल पण तो एक चिंतेचा विषय निश्चितपणे झाला आहे.

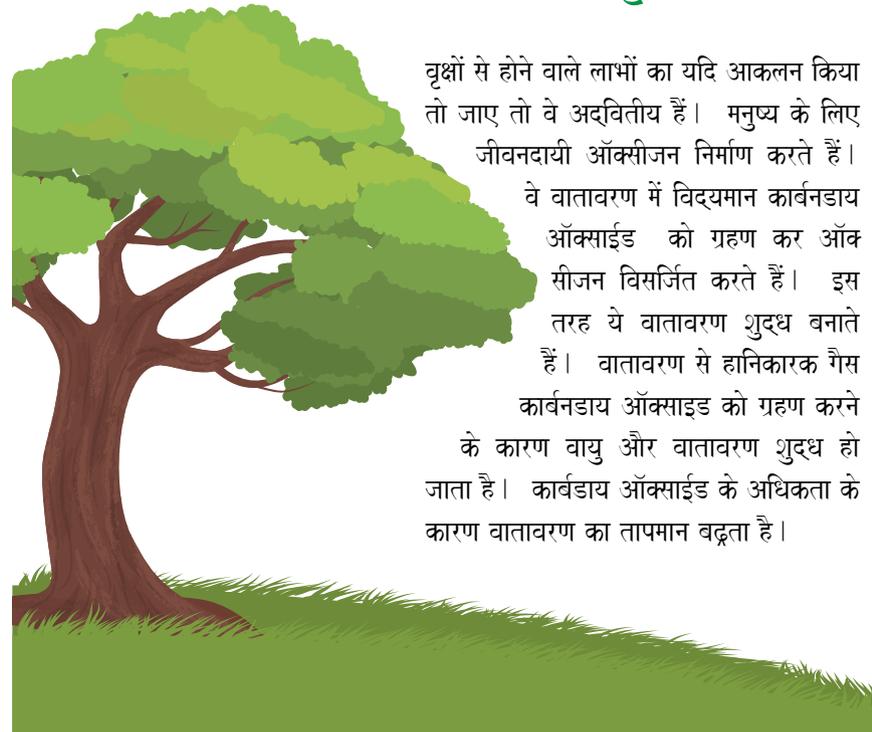
मे महिन्यापासून सगळ्यांचे लक्ष मान्सूनकडे लागते. १ जूनला मान्सून केरळची राजधानी असलेल्या तिरुवनंतपुरम येथे हजर होणार आहे की नाही याची चिंता सर्व भारतीयांना लागून राहते. तेवढेच नाही तो लवकर येईल का? लवकर आला तर किती लवकर येईल? हे प्रश्न उद्भवतात आणि मग आपल्या शहरातले रस्ते पाऊस झेलायला तयार आहेत का? ही चिंता सुरू होते.

समजा मान्सून अंदामानच्या समुद्रात अगदी वेळेवर दाखल झाला. मग तो पुढे का सरकत नाही? तो सक्रिय का होत नाही? असे अनेक प्रश्न विचारले जातात आणि समजा कोणी भाकित केले की पाऊस पडायला उशीर होणार आहे. मग धरणांचे साठे कधीपर्यंत पुरतील ही चिंता.

मग कुठे गारपीठ सुरू होते. ती का झाली? आता आंबे महागणार का? सामान्य लोकांना आता आंबा कसा परवडणार? गारपीटावर संशोधन का होत नाही? दुसऱ्या देशात गारा का पडत नाही? आपल्याच देशात का? चिंता सुरूच राहते.

- समीप शिरसाठ

वृक्ष



वृक्षों से होने वाले लाभों का यदि आकलन किया तो जाए तो वे अद्वितीय हैं। मनुष्य के लिए जीवनदायी ऑक्सीजन निर्माण करते हैं। वे वातावरण में विद्यमान कार्बनडाय ऑक्साइड को ग्रहण कर ऑक्सीजन विसर्जित करते हैं। इस तरह ये वातावरण शुद्ध बनाते हैं। वातावरण से हानिकारक गैस कार्बनडाय ऑक्साइड को ग्रहण करने के कारण वायु और वातावरण शुद्ध हो जाता है। कार्बनडाय ऑक्साइड के अधिकता के कारण वातावरण का तापमान बढ़ता है।

EXPRESS YOURSELF ACTIVITY

Grade I & II

An art and written activity was piloted for the students of class I and II on the topic-‘My magical island’.

Grade III & IV

The students of class III and IV wrote and recited a pirate’s poem.

Grade V & VI

For the grades V and VI, an activity of group roleplay was directed wherein they performed the ‘Breaking News’ play.

Grade VII & VIII

Essay writing activity was conducted for the students of std. VII & VIII. The topic for Essay was-‘Adventure Diary’. Everyone was able to wonderfully pen down their notions through this essay.

- Tejas Morkar



JUMP START EVENT EXPLORERS AND ADVENTURERS

On the 6th of August the next Event Theme was unfurled at Podar International School, Nashik. The next theme being ‘Explorers & Adventurers’, various grades took part in activities. Some located states in India, while some became pirates and some took on the roles of famous inventors of the world. A right tone to kick start the theme!

- Tejas Morkar



‘HONESTY’- THE BEST POLICY!!!!

It is often said and told that honesty is the best policy. Keeping in line with the same proverb an ‘Honesty Shop’ was inaugurated by the Principal of Podar International School, Nashik, Mr. Ramesh Chandra Panda , General Manager, Nashik Region, Mr. Sameer Wagle & Vice Principal, Mr. Bhushan Upasani at PIS, Nashik. This shop would help students inculcate the virtue of Honesty. The features of the shop are

- No shop keeper and no supervision, complete trust on customers
- Open shop
- Shop managed by students
- Stationery items such as pen, pencil, eraser, sharpener, refill, chart paper etc are displayed openly with price tags.

It is because of these activities arranged by Podar International School, Nashik that the students have in them a sense of responsibility and truthfulness.

- Vijay K.Somwanshi



“Home is where the heart is.”

THE INDEPENDENCE DAY WEEK

Day 1 & 2



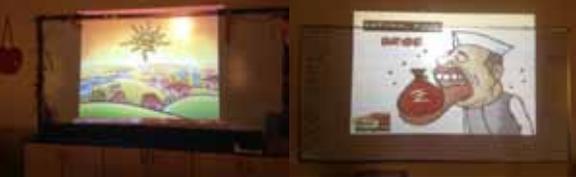
10th AUGUST TO 15th AUGUST

Day 5



The series of 5 sessions under the theme 'Independence Week' aimed to inculcate appreciation and gratitude for the freedom that we have been gifted by our ancestors. We profess our gratitude for those who have made it a reality, and our love for our country. The children understood that we are all young soldiers of our country and we should all protect our fellow citizens so that they live happy and healthy lives. On this note the students of grade 1 to 8 participated enthusiastically in the Integrated English sessions on a daily basis. Students had various activities to participate in, to name a few.... Role play, writing activity & Art and Craft Activity.

- Tejas Morkar



Day 3 & 4



INDEPENDENCE DAY

Today we citizens of India enjoy this freedom because somebody out there dedicated their lives. At Podar International School, Nashik, we dedicated the 69th year of Independence to all the martyrs and the revolutionaries of India.

After honouring the dignitaries with the floral bouquet, the portraits of father of nation, Mahatma Gandhiji and the ultimate guru of students, Goddess Saraswati were garlanded. Then there we stood saluting the flag of India which swayed high. The most awaited programme of the day then took place, 'The March Past'. Flags of all the houses touched the sky lead by the head boy and head girl with the school flag. Then the fun began. Neither the melodious voice of the school choir nor the swift grooves of the dancers left the crowd silent. Children articulated their views in various languages with bold confidence and displayed their sense of patriotism followed by words of wisdom from the school dignitaries.

The children then along with their parents left the premises happily with a sense of love for their motherland, India.

I hope years of Independence pass by and India keeps progressing.

- Tejas Morkar



"If you can't beat them, join them."

INVESTITURE CEREMONY 2015-16 AT PIS, NASHIK

On the 4th of August 2015, Podar International School, Nashik celebrated Investiture Ceremony. The Chief Guest was Dr. Chitra Joshi, Principal at Delhi Public School, Nashik. The newly elected student Council marched smartly as a tribute to all the 'javans' of India. After investing the badges, the Principal of Podar International School, Nashik, Mr. Ramesh Chandra Panda administered the oath. A small cultural program followed the same. Everything was fair and square as it was the first time that voting system was introduced at Podar International School, Nashik for the election of the Council members. It was surely a day of glory and pride for the newly elected student council members as now they would be representing the school in the following events.

- Vijay K.Somwanshi



STAFF AND STUDENTS PAY HOMAGE TO ONE OF INDIA'S GREATEST SONS DR. A.P.J.ABDUL KALAM

Producing great men and women has been the sign of India for long. One such great man of India was A.P.J. Abdul Kalam.

It is indeed a great loss to the nation to say adieu to 'The Missile Man' of India. All the students and staff paid homage to this great personality. He will always live in all our thoughts and inspire us to keep working zealously towards our goals.

- Vijay K.Somwanshi



GURU PURNIMA CELEBRATIONS AT PIS, NASHIK

Guru is a person who knows the way, shows the way, guides the way and goes the way. On the occasion of Guru Purnima, the Principal of Podar International School, Nashik, Mr. Ramesh Chandra Panda and Vice Principal Mr. Bhushan Upasani were felicitated by the Coordinators of the school. Being the utmost guru of the school they blessed all the students and also made them realize that one is a guru of himself. It is because of this that one should be truthful to ones soul. The management too wished the students a happy guru purnima for the same on this solemn occasion.

- Vijay K.Somwanshi



“Better late than never.”

MIND

Nature of Mind

The mind is like a lake, and every thought is like a wave upon that lake. Just as in the lake waves rise, and then fall down and disappear, so these thoughtwaves are continually rising in the mindstuff, and then disappearing, but they do not disappear forever. They become finer and finer, but they are all there, ready to start up at another time, when called upon to do so.

How hard it is to control the mind! Well has it been compared to the maddened monkey? There was a monkey, restless by his own nature, as all monkeys are. As if that were not enough, someone made him drink wine, and hence he became more restless. Then a scorpion stung him. When a man is stung by a scorpion, he jumps about for a whole day; so the poor monkey found his condition worse than ever. To complete his misery, a demon entered into him.

All minds are the same, different parts of one Mind. Who knows one lump of clay has known all the clay in the universe. One who knows and controls his own mind, knows the secret of every mind, and has the power over every mind.



Mind and Ego

Just as unconscious work is beneath consciousness, there is another work which is above consciousness, and which also is not accompanied with the feeling of egoism. The feeling of egoism is only on the middle plane. When the mind is above or below that line there is no feeling of "I", and yet the mind works. When the mind goes beyond this line of selfconsciousness, it is called Samadhi or super consciousness.

When the mind is free from activity or functioning, it vanishes and the Self is revealed. This state has been described by the commentator Shankara as the super sensuous state.



Parent of: **Vaidik.A.Patel.**
Class: **X Aryabhata**

CHOOSE YOUR CAREER WISELY

Today 'career' is the topic which is an anvil everywhere. A student and career go hand in hand. The career plays an important role in student's life. The interests of the students while learning in school determine the career of the students. If the student is interested in sports, he or she should opt for sports and adequate scope should be provided for the flowering of his or her skills. If he or she is interested in academics, he or she should opt for the same. While learning in school, with the help of your teachers, try to know your abilities, talents and potential. Always be in contact with the teachers for guidance, whenever you need it. As a student, you should read a newspaper everyday so that you come across many examples of good people who have proved themselves in their career. Whatever branch you select for your education, you must have a strong willpower and you should be determined. You should have a good presence of mind and common sense. While choosing a career, you should take many examples of great and successful people into consideration, but you should not forget to follow your own likes and interests. If you follow the path of your own interest and put your heart and soul into it, you will surely be successful and happy in your future life.



- Mrs. Archana Dhage

A VISIT TO THE IAF STATION, OJHAR.....

Vande Mataram, Bharat Mata ki Jai are the words which come out on my lips, when I see the fighter planes of India giving their astonishing and excellent demo during the 15th of August and on 26th of January celebrations. From my childhood, I'm attracted to the Air forces of India rather than the Navy and the Army. I was unaware about the Air Force Station at Ojhar. To my great surprise our school was going to visit this station. The IAF itself had given a call to all the schools to attend their workshop on the account of completion of 50 years of the INDIAN AIR FORCE. So the students of standard tenth were lucky as they got this golden opportunity. On Saturday, 8 Ojhar around 8:30am. It was like a small trip for all of us. The security at the entrance of this station was superb. After checking our buses for several times, we were allowed in. We were taken to the auditorium. When all the other schools arrived Commander Chaturvedi welcomed all of us and gave us some information about this station. We were told that the fighter planes which are used and damaged during the war are sent to this station at Ojhar for repairing and manufacture new ones. We were shown a short film on the IAF and its contribution to the country. After the film we were taken to the huge garage where all the planes are repaired. We were even shown the cockpit where the pilot sits and also number of bombs the plane could carry. It all came to an end around 1:00pm. We captured that memorable moment with Commander Chaturvedi near the memorial.

- Amisha Shirgave



भारतीय वायु सेना
INDIAN AIR FORCE



PODAR INTERNATIONAL SCHOOL, NASHIK STUDENT'S ACHIEVEMENT JULY 2015

**ATHARVA DANDE**

EVENT :- Swimming (100mtr & 200mtr Butter fly)

POSITION :- 1st (Gold) STD :- 5th

PARTICIPATED IN :- District Sports Office (DSO)

Competition

ORGANISED BY :-Nashik Municipal Corporation

International Swimming pool, Nashik Road

DISTRICT :- Nashik

**ABHISEK N. KSHIRSAGAR**

EVENT :- CRICKET

POSITION :- Participation STD :- 8th

PARTICIPATED IN :- State Level Cricket

Competition – 2015

ORGANISED BY :-Tennis Ball Cricket Association
of India Vita, (Sangli)

DISTRICT :- Sangli

**MAYANK KAD**

EVENT :- Swimming (Diving)

POSITION :- 1st (Gold) STD :- 7th

PARTICIPATED IN :- District Sports Office (DSO)

Competition

ORGANISED BY :- Nashik Municipal Corporation

International Swimming pool, Nashik Road

DISTRICT :- Nashik

**HIMANSHU G. SONAWANE**

EVENT :- CRICKET

POSITION Participation STD :- 9th

PARTICIPATED IN :- State Level Cricket

Competition – 2015

ORGANISED BY :- Tennis Ball Cricket
Association of India Vita, (Sangli)

DISTRICT :- Sangli

**KARTIK SINGH**

EVENT :- Chess

NATIONAL RANK -104

POSITION :- (Merit list by score – 5 out of 9)

STD :- 3rd

PARTICIPATED IN :- All India Open FIDE Rating

Chess Tournament

ORGANISED BY :- Resha Associates Nashik

DISTRICT :- Nashik

**SATYAM M. PANDEY**

EVENT :- CRICKET

POSITION Participation STD :- 9th

PARTICIPATED IN :- State Level Cricket

Competition – 2015

ORGANISED BY :- Tennis Ball Cricket
Association of India Vita, (Sangli)

DISTRICT :- Sangli

**GOPAL R. MALANI**

EVENT :- CRICKET

POSITION :- Participation STD :- 9th

PARTICIPATED IN :- State Level Cricket

Competition – 2015

ORGANISED BY :- Tennis Ball Cricket
Association of India Vita, (Sangli)

DISTRICT :- Sangli

