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## Conquering Fears



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.”

Getting through fear is a skill that anyone can learn. The problem is that most people cling to their fears, because it's part of who they are. If you aren't ready to face your fears, you probably won't transcend them. And there's nothing wrong in that. Everything happens in its own time.

### How to Start Overcoming Fear:

- ◆ Recognize when fears become overwhelming.
- ◆ Explore its roots.
- ◆ Realize that it's okay to have fears.
- ◆ Practice engaging with the fear.
- ◆ Learn relaxation techniques.
- ◆ Start seeing fear as an opportunity.



Ms. Sahrish Peerzada

### EDITORIAL TEAM FOR DECEMBER

**Chief Editor:** Mr. Ramesh Chandra Panda (Principal)

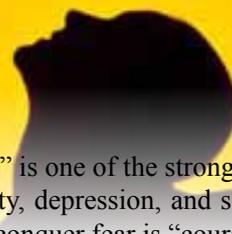
**Teacher Coordinator:** Mrs. Edna Fernandes (Event Coordinator)

### Team Members

Aman Bagga	VIII Topaz	Manas Bagul	VIII Ruby	Mustafa Merchant	VIII Topaz
Pranjal Talreja	VIII Topaz	Prajwal Billade	VIII Ruby	Sakina Danawala	VIII Pearl
Ashwin Kumawat	VIII Ruby	Aditya Deore	VIII Pearl	Apurve Trivedi	VIII Pearl
		Manav Jain	VIII Topaz		

“It's OKAY to be scared. Being scared means you're about to do something really, really brave.”

## Conquering Fear



Fear is something that is always faced by all people in their whole lives. Children become fearful at different ages, with different intensities and about different things. Fear affects the behaviour and the feelings, as also the brain and the way of thinking. Be understanding, listen well and try the following suggestions to help your child move beyond fear.

1. Understand your child's fear.
2. Talk to your child, which will make him/her feel comfortable.
3. Do not ignore your child's fear.
4. Do not make fun of your child's fear.
5. Do not force your child to do something that he/ she is scared of.
6. Keep your child away from fearful characters.
7. Use human to defray fear.



**Hashneet Kaur**  
Sr. Kg. B (aft) Parent.

"Fear" is one of the strongest emotions of man-kind. Fear is also known as anxiety, depression, and sadness, and the only way which will help man-kind conquer fear is "courage".

Neuroscientists have recently determined how courage works in the brain. A region called the subgenual anterior cingulate cortex (SGACC) is the driving force behind courageous acts. The conclusion is that one day it can prove useful in treating anxiety disorders.

There are also very simple ways to conquer fear by which we can live our life happily and those ways are to acknowledge our fear, thinking positively to overcome our fear, anxiety, sadness, depression. Even exercise and meditation are two powerful ways to overcome and "conquer our fear."



**Shaheen Shaikh**  
Sr.kg. B (aft) teacher.

## JUMBO KIDS' CORNER



Nursery children enjoyed peeling peas along with their teacher. This activity develops their fine muscles and encourages them to eat healthy food.



Teachers showing real fruits to children in the concept time.



Beautiful family stick puppets were made by Jr.kg children.



Jr.kg having a fun time playing outdoors.

Nursery kids had a wonderful time at the vegetable market. The children were excited to explore a variety of vegetables.



A puppet show on "Good Habits" was conducted for Nursery level wherein children learnt about the importance of personal hygiene, cleanliness, sharing, saving electricity, etc.



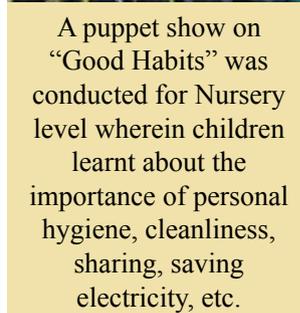
The concept of "Difference between a moth and a butterfly" was creatively explained to Jr.kg level.



Children learnt about the life cycle of a butterfly in a crafty way.



Nursery kids made car eye masks as they learnt about the concept of vehicles.



Sr.kg kids having a relaxing Yoga time.



Sr.kg kids were taken for a visit to class 1 so that they get familiar with their future classes and get ready for a smooth and happy transition.

Brown day was celebrated at the Nursery level wherein children were dressed up in brown coloured clothes and were shown brown coloured items.



Children enjoyed the art activity of making a ladybug.



The concept of "Oral Hygiene" was explained very well to Sr.kg children.



Children learnt an exciting activity of Straw Blow Painting.



Letters of the alphabet taught in class in a playful way.



Nursery kids having a fun time with parachute play.



Jr.kg kids doing the activity of 'balancing on the blocks'. It helps them develop confidence and learn to balance their bodies.

"There is no illusion greater than fear."

## क्यों डरते हैं, बचें कैसे?

अपने डर का नामो निशान मिटा दें डर, लगभग हम सबके जीवन में किसी न किसी बात को लेकर बना रहता है। कोई किसी बात से डरा है तो कोई किसी और बात से। और इस डर की वजह से हम अपना जीवन भी खुल कर जी नहीं पाते हैं। तो फिर आइए जानें कि क्यों लगता है हमें डर और कैसे बचें इससे -

डर जीवन के सबसे अप्रिय अनुभवों में से एक है। आपको जिस चीज का डर लगता है, वास्तव में वह उतनी डरावनी नहीं होती, जितना की खुद का डर। कोई आए और आपका दिल दुखाए, उससे पहले ही आप खुद ही अपने आपको इतना दुख पहुंचा लेते हैं कि उसके करने के लिए ज्यादा कुछ बचता ही नहीं।

डर की सबसे बड़ी वजह है कि आपने अपने शरीर और मन के साथ जरूरत से ज्यादा अपनी पहचान बना ली है।

आप वास्तव में भविष्य के बारे में कुछ नहीं जानते। आप सिर्फ अतीत का एक टुकड़ा लेकर उसे कुछ शकल देने की कोशिश करते हैं और सोचते हैं कि यही भविष्य है।

शरीर और मन के साथ कुछ भी गलत नहीं है, वे शानदार चीजें हैं, लेकिन आपने उनका एक बार इस्तेमाल किया और आप उसी में अटककर रह गए। सब कुछ इतनी बुरी तरह से उलझ गया है कि आपको यह भी पता नहीं है कि आप कौन हैं? और आपका शरीर कौन हैं? आप कौन हैं? और आपका मन कौन है? मान लीजिए, मैं आपका दिमाग ले लूं तो क्या आप डरेंगे? नहीं। या यूँ कहें कि अगर मैं आपका शरीर ले लूं, तो क्या उसके बाद आप डरेंगे? हालांकि डर से बचने के लिए आपको अपना शरीर छोड़ने की कोई जरूरत नहीं है। आपको बस इतना करना है कि अपने शरीर से थोड़ी सी दूरी बनानी है। ठीक इसी तरह आपको अपने मन से भी थोड़ी दूरी बनानी है। एक बार अगर आपके और शरीर और मन के बीच थोड़ी दूरी बन गई, तो फिर आपको भला किस बात का डर होगा?

नितीन पांडे

७वीं आइन्स्टाईन

## Be Fearless

Fearlessness is an armor,  
A protector that protects;  
Fearlessness is like a rock,  
That is bold and brave;  
Fearlessness means faith,  
Faith in ourselves and in God;  
Fearlessness is a yardstick,  
To our inner power and inner self;  
Once you become fearless,  
Life will become limitless.

**Jahnvi Hushangabade  
VII Newton**

## Conquering Fear - A Challenge

I believe fear is good. Without fear, there would not be excitement or control in the world. Fear can be used in many good ways; it can create determination and perseverance. The worst part about fear is that it commonly creates negative feelings, such as weakness and pain rather than the feelings which make us strive. That is why I believe in facing my fears.

I know that I need to be in control of my fears, and not be controlled by them. For instance, I had a fear of spiders when I was little. I used to see one stingy spider and all my self-control used to fly out the window before I ran. I realized that I had to get over this fear. So, once, a spider came next to me but I didn't run. I let the little thing crawl on me with my eyes closed tight and my hair standing on its end. After that, I was still slightly afraid, but at least I was in control; no more screaming and no more running. Some things take time to get over. Fear can be one of them, but the most important step is control.

There are fears that I constantly face every day that I never would want to get rid of because they are healthy fears which give me determination to accomplish things that need to be done. For example, the fears that push me to finish my homework are the fear of my grades slipping, and of disappointing my teachers and parents.

I believe facing my fears equals freedom, but if there were no fears to overcome, life would be too bland. Fears are important in life whether I use them to push myself to do what is right or overcome them to maintain control; all I have to do is take the challenge.

**Manas Bagul VIII Ruby**



## भित्ती पाठी ब्रम्ह राक्षस

‘भित्ती’ ही माणसाला कमकुवत बनवते. एखादया गोष्टीची भित्ती मनात घर बनवून बसते व बाहेर निघत नाही. ‘भीती’ म्हणजे एखादया गोष्टीपासुन आपण दूर पळणे. भित्ती मनातून घालवणे खूप अवघड जाते. त्यासाठी आपण स्वतःच प्रयत्न केले पाहिजे. ज्या गोष्टीची आपल्याला भित्ती वाटते, ती गोष्ट जाणीवपूर्वक केली पाहिजे जेणे करुन त्या गोष्टी बदलची भित्ती मनातून दूर होईल, कारण असे म्हणतात की “भित्ती पाठी ब्रम्ह राक्षस” असतो. म्हणजे जर आपल्याला एखादया गोष्टीची भित्ती वाटत असेल, आणि आपण त्या गोष्टीपासून दूर पळत असलो, तर ती गोष्ट आपल्यासमोर मुद्दाम येईल, त्या गोष्टीचा एकदा सामना करा, मग त्या गोष्टीची तुम्हाला कधीच भित्ती वाटणार नाही. म्हणून आपणच आपल्या भीतीला जिंकलं पाहिजे....

प्रज्वल बिल्लाडे  
८वी रुबी

# Events

A Podar International School News Monthly

## Why is Army Day Celebrated?



It is the selfless work of the soldiers on the border that we feel safe and protected. It is to pay homage to and salute the courageous and brave Indian soldiers who are risking their lives to protect the country. In recognition of Lieutenant General K. M. Cariappa's taking over as the first Commander-in-Chief of the Indian Army from General Sir Francis Butcher, the last British Commander-in-Chief of India, on 15th January, 1949 we celebrate ARMY DAY.

So, to respect the selfless work of the Indian soldiers, on 15th Jan., 2017, Podar International School, Nashik dedicated the special assembly to all the Soldiers. The speeches given by the students and the skit by Grade I and IX filled the hearts of all watching it with a patriotic feeling. Principal Sir, in his address said, "Indian Army soldiers are always ready to fight with all the hard times on Indian borders as well as with the natural disasters. They courageously face all the challenges and difficulties that come their way to save the nation and people". Now children it's your turn to hold up the message and fulfill their dream to make India free from corruption.

**Manav Jain VIII Topaz**

## Be Good Do Good- Express Yourself Activity

As a part of the on-going theme, class competitions were conducted from grade 1 to grade 8. They were as follows:

### GRADE 1 & 2: Writing and Colouring Activity- ' My Being Good Checklist'

The objective of this activity was for the students to do a self-evaluation and find out which good actions they do in their everyday life.



### GRADE 3 & 4: Writing Activity- Once upon a time

This activity gave a platform to the students to recollect and write about an incident when they made someone smile. The students were able to express how they felt when they made someone happy.



### GRADE 5 & 6: Designing a Comic strip-The Two Sides of Me

This activity promoted their reasoning and understanding of moral dilemmas, and enhanced their critical thinking and decision making skills to prepare them to face similar situations well in future.



### GRADE 7 & 8: Creative Thinking Activity- In Your Shoes

Students were made aware of the importance of understanding the feelings and difficulties of others. This activity provided them the opportunity to grasp the meaning of empathy and help them try to imagine how someone else feels in a difficult situation. The students also understood the value of trying to look at a situation through someone else's eyes.



**Mustafa Merchant VIII Topaz**

# Events

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## REPUBLIC DAY

“We must re-dedicate ourselves on this day to the peaceful but sure realization of the dream that had inspired the Father of our Nation and the other captains and soldiers of our freedom struggle, the dream of establishing a classless, co-operative, free and happy society in ‘their country’. We must remember that this is more a day of dedications than of rejoicing - dedication to the glorious task of making the peasants and workers, the toilers and the thinkers fully free, happy and cultured.”

As said by the first President of India and to commemorate the day when India became a republic, namely 26th January 1950, when the Constitution of India was officially enforced, the PODAR INTERNATIONAL SCHOOL, NASHIK celebrated the REPUBLIC DAY on the school playground. The occasion was blessed with presence of the dignitaries of the school. The traditional march-past and the flag hoisting followed by the NATIONAL ANTHEM filled the air with patriotic fervor. The dance performance and the skit filled the atmosphere with patriotism. The speeches in English, Hindi and Marathi by students and teachers forced the audience to put their hands together and took the patriotic mood on a higher level. The ground was packed with parentnd other audience. The address by Principal Sir and the General Manager left the audience overwhelmed. The programme was well managed in time and with Principal Sir’s permission, declared over.

**Manav Jain VIII Topaz**



## National Youth Day

“ Youth is a gift of nature, but age is a work of art”



The National Youth Day is celebrated in India on 12th January to mark the birthday of Swami Vivekananda. In 1984, the Government of India declared and decided to observe the birthday of Swami Vivekananda (i.e.12th January) as National Youth Day every year from 1985 onwards. Quoting from the Government of India’s communication, ‘It was felt that the philosophy of Swamiji and the ideals for which he lived and worked for could

be a great source of inspiration for the Indian Youth.’ So, here at Podar International School, to eulogize and to remind children of the great message of Swami Vivekanand on 12th Jan. 2017, celebrated the NATIONAL YOUTH DAY in the morning assembly where the students of Std. I and IX presented a skit, delivered speeches highlighting the teaching of Swami Vivekanand and explained how important it is to have a strong character. Principal Sir in his address said that the youths of today are the ones who will lead the world tomorrow. They work energetically and diligently despite the numerous challenges that come their way. He advised the assembly to focus towards their goal in helping secure a brighter future. He further added that our ideas and thoughts do make a difference to the world and can transform the world for the better in the future.

**Manav Jain VIII Topaz**

## Traffic Week Observance



“SAFETY!!!” At home or on road the word has same significance. With lightning speed of development, no doubt, the means of transportation play an important role. But it has its own lacunas. To safeguard the precious life and to create awareness among people regarding the safety rules of road the RTO DEPT had been observing ROAD SAFETY WEEK. To make children aware of the road safety rules as a response to the enlightening initiative of the department, PODAR INTERNATIONAL SCHOOL,NASHIK had invited the team of the concern department. The team members enlightened the children about the safety norms. They explained to the children why it is important to have a helmet while riding a vehicle. They also threw light on the documentation part and which documents are compulsory while driving.This was really an interactive session. Proposing the vote of thanks, the session came to an end.

**Mustafa Merchant VIII Topaz**

“When you’re scared, you stay as you are!”

# Events

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## Annual Sports Day

“It’s not whether you get knocked down; it’s whether you get up.”

Sport plays a vital role in the development of mental strength and physical fitness of a human body. It relaxes the brain and strengthens the overall body.

So, here at Podar International School Nashik, to celebrate the spirit of sports, the Annual Sports Day was organized on 21st January, 2017. The students of Podar International School displayed their athletic abilities in the various areas of sports on the Annual Sports Day. The Sports Meet began with a formal welcoming and military-like march-past performed by students. This was followed by students showing their feats and performing stunts in football, fencing, karate etc. There were exciting events where parents and grandparents could also participate. The traditional sports- like 'The Mallakhamb' had glued the attention of the audience on the swiftness and agility of the children.

After series of exciting and interesting events, began the track events. The participants looked very confident and were determined to bag the awards. It was fascinating to see them run. The Sports Day ended with the Awards Ceremony which brought an end to a very thrilling and exhilarating day.

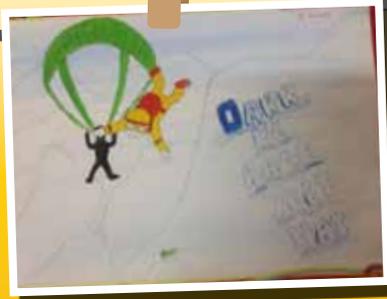
Mustafa Merchant VIII Topaz



## ART CORNER



Akanksha Sawant (VI - Brahmos)



Himanshi Pandey (VIII - Pearl)



Uzhair Sayyed (I-Rose)



Pankaj Pandit (V - shivalik)



Sia More (VIII - Ruby)



Manini Pathak (V -Vindhyachal)

“Fear can make a moth seem the size of a bull elephant.”

## Conquering Fear

Fear, a feeling induced by the perceived threat of danger, may cause physiological and ultimately, behavioural reactions, such as confrontation or complete withdrawal (the fight-or-flight response) from the perceived traumatic events. While fear may be vital to protect us from legitimate and potential threats, such as physical and emotional dangers, irrational fear, it also causes anxiety and hence, negative thinking (worry), may trigger negative reactions, such as reluctance, immobilize performance and deter overall personality development, proving to be amongst the biggest obstacles to success. Some of the most common fears include those of demons and ghosts, the existence of evil powers, cockroaches, spiders, snakes, heights, water, enclosed spaces, needles, social rejection, failure, examinations, public speaking, or simply to take an initiative.

Conquering fear, while challenging, is far from impossible. It may be achieved by positive thinking, confidence, and the conviction and belief in one's inner strengths and abilities rather than inhibitions. The first step to conquering fear is to recognize the fear and analyze the proportion of underlying danger realistically. Factual knowledge on the subject and the necessary support can go a long way in overcoming fear. Repeated confrontation of fears in a safe manner by cognitive behavioural 'exposure therapy' is an active and successful approach in up to 90% of people with specific phobias. Educating children to perceive situations in the right perspective in the early years can be instrumental in keeping unwarranted fears at bay.

“Men go to far greater lengths to avoid what they fear than to obtain what they desire.”

— Dan Brown,  
The Da Vinci Code

**RUBINA MERCHANT**  
(Parent of Insiya Merchant : VI Brahmos  
Mustafa Merchant : VIII Topaz)



## ध्यानधारणेद्वारे भिती घालवण्याचे उपाय



१. भीतीचे बियाणेच नष्ट करा.
२. गत काळातल्या ओझ्या पासून मुक्त व्हा.
३. भीतीचा जोराने सामना करा.
४. 'मी' पणा सोडून दया.

भितीपासून सुटका मिळविण्यासाठी करण्यात येणाऱ्या ध्यानासाठी काही उपयुक्त सूचना

- ◆ तुम्हाला चिंतेनेधारणा ग्रासले असेल किंवा कसलीतरी काळजी वाटत असेल तर काही मिनिटाची ध्यान धारणा त्यावर एक चांगला उपाय आहे.
- ◆ हममम..... ची प्रक्रिया भिती घालवण्यासाठी उपयोगी पडते.
- ◆ नेहमी हे लक्षात ठेवा की जे काही होते ते चांगल्या साठीच होते.
- ◆ रोज निदान २० मिनिटे तरी ध्यान धारणेचा नियमित सराव करत रहा म्हणजे काही काळाने तुम्हाला चिंता, काळजी यावर ताबा मिळवता येईल.
- ◆ ध्यानासाठी खरेतर सकाळची वेळ सगळ्यात उत्तम परंतू दिवसभरात तुम्ही ध्यान कधीही करू शकता. फक्त ध्यान करताना पोट हलके असायला हवे. भरल्या पोटी ध्यान करू नये.
- ◆ ध्यान धारणा सखोल आणि गाढ होण्यासाठी एखादा निवांत, शांत कोपरा निवडा.

साहिल जाधव  
७ वी रमण

## भय पर विजय

भय किसे नहीं होता? इस दुनिया में सबको किसी न किसी तरह का भय होता है। किसी को अकेले रहने का, तो किसी को अँधेरे का, पर अपने कभी सोचा है कि इस भय को हम कैसे अपने आप से दूर कर सकते हैं। आपने लोगों को यह कहते हुए सुना ही होगा कि 'डर के आगे जीत है'। सच में डर के आगे जीत है, लेकिन हमव ह जीत तभी प्राप्त कर सकते जब हम निश्चय कर ले कि हमें डरना नहीं है, उसके लिए हमें सबसे पहले यह जानना होगा कि 'भय' क्या होता है। भय वह चीज है जो हमें नहीं बल्कि हमारे मन को भयभीत करती है। हमारा मन भयभीत है। इसलिए हम भयभीत होते हैं। अगर हम अपने मन को प्रबल बना दे तो दुनिया में ऐसी कोई भी चीज नहीं है जो हमें डरा सकें। उसके लिए हम जिस चीज से डरते हैं उस चीज के साथ हमें अधिक से अधिक समय बीताना चाहिए। इससे हमारा मन प्रबल बनेगा और हम भयभीत नहीं होंगे।

“छ: दुर्गुणों का निकास लाए जीवन में विकास”

अथर्व मुले  
७वी ड

# Achievements

A Podar International School News Monthly

## Podar International School, Nashik

### Students' Achievements January 2017



#### VARAD SHINDE



**EVENT :-** Football  
**POSITION :-** 1st (GOLD MEDAL)  
**STD :-** 6th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### AYUSH GODSE



**EVENT :-** Football  
**POSITION :-** 1st (GOLD MEDAL)  
**STD :-** 7th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### PIYUSH GODSE



**EVENT :-** Football  
**POSITION :-** 1st (GOLD MEDAL)  
**STD :-** 7th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### ATHARVA PATIL



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 8th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### ATHARVA DEO



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 9th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### SARTHAK KANOJIA



**EVENT :-** Football  
**POSITION :-** PARTICIPATION  
**STD :-** 8th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### DEVASHISH AKOLEKAR



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 8th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### AMEY NIMSE



**EVENT :-** Football  
**POSITION :-** PARTICIPATION  
**STD :-** 8th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### YOGESH PATIL



**EVENT :-** Football  
**POSITION :-** 2nd (SILVER MEDAL)  
**STD :-** 9th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal

#### RAHIL KHAN



**EVENT :-** Football  
**POSITION :-** 2nd (SILVER MEDAL)  
**STD :-** 10th  
**PARTICIPATED IN :-** 3rd National Students Olympic Association, Bhopal  
**ORGANISED BY :-** Students Olympic Association, T.T.Nagar, Bhopal