



## Our Second Home...

Home is the place where we get uninterrupted supply of all the things for our physical, emotional, social, psychological and spiritual needs. At home, we really feel 'at bliss.' The love and care of our parents nurture us and keep us secured. Without our home we would be like a tree without roots. Similarly, our school is like our second home where we feel at home. We meet teachers who impart us the light of knowledge, illuminating our world which would remain dark otherwise. We also meet our friends in the form of our classmates who make our world colourful and vibrant with their friendship and cooperation. At school, we get exposed to participate in various academic, co-curricular and extra-curricular activities which hone our personality; thus, helping us grow in every aspect of life. The school years pass at a fast pace doing meaningful and skill development activities. Hence, we can say that school indeed, is our second home where we spend maximum of our time in the company of teachers who are like our parents and peers who are like our siblings. Without this second home we would not be half as civilized as we are.



Christine Manuel Parke  
II Strawberry



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## Happy to be Back to School!

It's been a fun summer and now it is time to meet school friends and learn new things again. Yes, that's right, it's time to go back to school.

Going back to school means new uniform, new backpack and a fresh start. It means a new classroom, new teachers, sometimes new friends and of course new learning goals.

It means new opportunities, to learn new things and move a step forward in your life.

It may be a bit scary, but you are growing and becoming an awesome individual! In school, there's always something interesting happening. New activities, new experiences and new memories.

Education technology has changed since I was a kid but I know that the emotions about going back to school are probably very much the same.

The calm and cozy ambience of the school and the friendly nature, love and support of the teachers makes it "happy to be back in school again."



**Ms. Shraddha Chourasia**  
Sr. KG. A (Mor)

Are you all ready?

Back to the school seemed a little scary to us, and all will agree to this. But years later, now we realize it also meant that we were growing up and becoming even more awesome! This flashes in our mind childhood memories like the fragrance of new books that we craved for, the excitement of new stationery we would demand, buying a new school uniform, how we were passed and promoted to next class, used to meet the same old school buddies and were welcomed by the new class teacher with welcome cards in hands when it was day one of our school. The temple of learning awaited for us with new lessons of life. Of course, there used to be mixed feelings in our heart on the first day but that was how the day was marked!

But whatsoever the feelings were, I feel it is always happy to be back to the school, but to enjoy and live those feelings again we have to be school going children once again! Because those were the days and moments which were gleeful! Children, don't miss them! And say out loud, 'We are happy to be back to the school again!' So, welcome back to school!



**Ms. Kiran Gangwani**  
Class Teacher  
Sr. KG. A (Mor)



### Community Helpers

Junior K.G. students visited different community helpers, giving them an exposure to practical learning.



### International Tiger Day

For the tigers, we must unite so someday they don't fade out of sight. This "International Tiger's Day", let's all roar to save the tiger.

### Achievement



Nirbhay Khedkar of Sr. KG. C (Mor.) participated in the 11<sup>th</sup> State Level Karate Championship 2019, held at District Sports Complex Dharavi, Mumbai on 14<sup>th</sup> July 2019. He won gold medal in the Kumite and bronze in Kata Semi Contact Event in sub junior group.

### Blue Day Celebration

Colour Blue was reinforced by celebrating Blue Day in Nursery class. The students thoroughly enjoyed the streamer dance performance.



### Active Expoloration



Yes for Yoga!

At the end of the day, we did some fun exercises and followed by yoga poses which relaxed our mind and body contributing to physical development in our students.



### Understanding the world

Understanding the Wild World Jr. KG students learnt about the different species of bears and their family during concept time. This new learning chapter showcased eight different species of bears leaving them enthralled. When students have opportunities to see wildlife, a whole new world of wonder can open up. Wild animals have certain qualities that make them mysterious and exciting to students.

### Yellow Day Celebration



Yellow Day Celebration for Nursery class. The students celebrated the colour of happiness and hope with full enthusiasm. Students display their full potential and learn in spaces where they are provided with the means and opportunity to learn, and this activity was a part of the same initiative.

"Another school year means new opportunities.

I am very proud of you and look forward to hearing about the new things you are learning"

The first day of school is a journey towards a new turn where few things will change while others will remain the same. I am loving this experience of exploring possibilities!

**Hanisha Gandhi**  
V Nilgiri

It's the school time again! I am too excited as summer vacations are over and it's time to meet my old friends, make new friends and to start this new year with positivity.

**Mayank Gangwal**  
V Aravali

Very happy to come back to the school, meet new comers and excited to see the infrastructural changes in my school.

**Sri Harshini Priya**  
VI Shourya

Vacation is over. Now it's time to come back to school. I am eager to meet my old friends and make a few new ones. New learnings from different teachers will enlighten my mind to be a better individual and help grow wisely. I love my school, for imparting the best education and knowledge in us.

**Rushikesh Vaijapurkar**  
VI Trishul

I am very happy to come back to school. In summer vacations all my friends were at their native places and I was feeling lonely but now I am very happy to meet my old friends as we are back to school.

**Shourya Bhagat**  
V Himalaya (Afternoon Shift)

I am curious and happy to start with my new session. The augment of rain will bring in a plethora of new subjects for me to learn. I would feel fresh and rejuvenated like the freshly fallen raindrops.

**Ruhi Patil**  
VI Brahmos

My happiest day, is the first day of the school. On this day I am excited and interested to meet my all the best friends and teachers whom I missed a lot during the vacations. Last but not the least, for me the school's first day was and will be the best and happiest day always....

**Pranita Jadhav**  
VII Newton

School, the second home of a person's life, has a very important place in the mind of a student. In school, I never got bored because of the energies here which helped me become an active person

**Aniket Sonawane**  
X Aryabhata

Going back to school was something that I was not looking forward as I was still in my vacation mood. However, now when I am back to school it changed my perspective for learning new subjects and I was eager to perform well and to become a role model.

**Keshvam Seth**  
VI Prithvi

As it is aptly said, "School is a temple of knowledge." Here, I am learning new things with creativity and it is helping me to improve my thought process with positivity. This learning experience has given me thrills to come back to school after my summer vacations.

**Parinita Dhable**  
V Vindhychal

उन्हाळयाच्या सुट्टीत जेवढी मज्जा येते तेवढीच शाळेत परतण्याची ओढ लागते. विद्येच्या मंदिरात जाऊन मुले समाजात चांगले वागणे चांगले बोलणे स्वतःची जबाबदारी घेणे स्वतःचा सांभाळ करायला शिकतात.

**Anushree Sonone**  
VIII Ruby

सुट्टी संपण्याच्या दुःखः बरोबर मला शाळेतील नवीन गोष्टींची माहिती करून घेण्याची उत्सुकता होती. मला विविध खेळ आवडतात. शाळेत खेळांना महत्त्व दिले जाते. वार्षिक क्रिडा दिवस होतो तसेच 15 ऑगस्ट या दिवसांची मी वाट बघतो.

**Hashim Rampurwala**  
VII Newton

शाळेत परतल्यास नवीन मित्र मैत्रिणी नवीन शिक्षक नवीन अभ्यासक्रम मिळतो. तसेच पुढच्या वर्गात जाण्याचा आनंद घेऊन मी शाळेत परतलो.

**Sparsh Kamble**  
VIII Ruby

ज्याप्रमाणे एका शेतकऱ्याला पहिल्या पावसाचा आनंद मिळतो तेवढाच आनंद मला शाळेतील पहिल्या दिवसाचा मिळतो. वाढदिवसानंतर हाच एक दिवस आहे ज्याची आम्ही मुले आतुरतेने वाट बघत असतो. तर मित्रांनी मी सांगू इच्छितो कि हा आनंद परत मिळत नाही म्हणून तो दिवस सोडू नका.

**Avaneetsinh Thakur**  
VIII Ruby

उन्हाळयाच्या प्रदीर्घ सुट्टीनंतर प्रसन्नतेने व उत्सुकतेने मी शाळेत जायला निघालो तेव्हा मला काही ओळी आठवल्या. शाळेचा पहिला दिवस! किती मज्जा किती धमाल! नवं दप्तर, नवी पुस्तके, नवा वर्ग, नवे शिक्षक सारं कस नवं नवं!

**Saket Ingle**  
VII Newton

मागच्या वर्षी मला ज्या गोष्टी करता आल्या नाहीत त्या सर्व चांगल्या गोष्टी करण्याच्या उमेदीने मी उन्हाळयाच्या दिवस सुट्टीनंतर शाळेत परतलो आहे.

**Malhar Joshi**  
VIII Pearl

माझ्या शाळेत फक्त पुस्तकी ज्ञानच नाही तर विद्यार्थ्यांच्या इतर कला गुणांचा देखील विकास केला जातो। मला देखील शिक्षकांनी दिलेल्या ज्ञाना बरोबर इतर कलागुणांचा विकास करून स्वतःचे जीवन उत्तम करायचे आहे।

**Rashi Chitode**  
VII Newton

शाळेत परतल्यानंतर नवीन मित्र वनवण्याचा सुट्टीची सर्व मज्जा त्यांना सांगण्याचा आनंद काही वेगळाच आहे। शाळेतील शिक्षकांनी केलेली प्रशंसा देखील आपणास खूप आनंद देते।

**Sharwari Patil**  
VIII Ruby

रोज सकाळी खडया आवाजात राष्ट्रगीत म्हणायचा नव्या वहीचा वास घेत पहिल्या पानावर छान अक्षरात आपल नाव लिहायचा नवीन मित्रांना भेटण्याचा नवीन वर्गातील वाकावर वसून अभ्यास करण्याचा आनंद या सर्व स्वप्नांसह मी शाळेत पुन्हा परतलो।

**Samarth wable**  
VII Newton

जून महिना आला की शाळेची लगवग सुरू होते नवा वर्ग, नवी पुस्तके, नवे शिक्षक नव्याची नवलाई सह मी शाळेत प्रवेश केला तेव्हा आमच्या शिक्षकांनी सर्वांना स्वतःचा परिचय विचारला। मी माझा परिचय दिला। मला खूप आनंद झाला।

**Chetna Ramrakhani**  
VIII Pearl

स्कूल चले हम कितना मजा आता है ना स्कूल में। हमें रोज स्कूल आना ही चाहिए, क्योंकि पढ़ाई के साथ ही साथ ज्ञान बढ़ता है, अच्छे दोस्त मिलते हैं और साथ साथ मौज मस्ती भी हो जाती है। तो चलो स्कूल चले हम!

**Anandi Morankar**  
IV Vayu

मिलके हम सब, स्कूल चले हम। स्कूल चले हम, ज्ञान का भंडार ग्रहण करने चले हम। निरंतर विकास के पथ पर चले हम, स्कूल चले हम। विद्यालय ज्ञान मंदिर कहलाता है। इस मंदिर में हम सब ज्ञान का दिया जलाते हैं। विद्यालय सिर्फ पढ़ाई कि जगह नहीं होती, उधर पढ़ाई के साथ मौज मस्ती, खेलना कुदना भी होता है।

**Varun Pawar**  
VI Shurya

मस्ती की पाठशाला लंबी छुट्टी के बाद स्कूल चले हम। बहुत मजा आता है जब हम। बहुत मजा आता है, जब हम स्कूल जाते हैं। नए दोस्त बनते हैं, उनके साथ मजे करते हैं। लगता है दुनिया की सारी खुशियाँ वही हैं। अपनी सारी बातें दोस्तों को बताकर खाना खाते हैं हम। उनके साथ पढ़ाई भी होती है। जी करता है रोज आए हम स्कूल। हँसना, खेलना, मजे करना, पढ़ाई करना, सब होता है हमारे स्कूल में। नई अध्यापिका हमें पढ़ाती बहुत अच्छा। हम भी पढ़ते लगन के साथ। इस तरह हँसते हँसते स्कूल चले हम, दोस्तों स्कूल चले हम।

**Rishita Shinde**  
IV Jal

मजे से चले हम स्कूल चले हम रास्तों की सैर, खाते हुए वैर ... सहेलीयों की बातें करेगें आतेजाते हो जाओ तैयार, स्कूल चलें हम ...! पढ़ाई लिखाई मस्ती धमाल मिलकर सब करने कमाल ... हो जाओ तैयार, स्कूल चलें हम ... जूते पहनो यार, स्कूल चलें हम ...!

**Dhadkan Bhatia**  
V Aravali

नया साल नया दिन नई उमंग

नई कक्षा, नई किताब, नए शिक्षक और नए दोस्त। मेरा मन उत्साह से भरा हुआ है। मेरी कक्षा कौन सी होगी? मेरा सहपाठी कौन होगा? कितना मजा आएगा। कितनी नई नई चीजे पढ़ने को और समझने को मिलेंगी। सभी पुराने दोस्त मिलेंगे। उफफ...

कितना मजा आएगा। और सबसे ज्यादा मजा तो इसलिए आएगा क्योंकि माँ कि डॉट से छुटकारा मिलेगा। पाठशाला वापस आने की खुशी को तो शब्दों में बयान करना मुश्किल है। तो क्या आप खुश हैं? मैं तो बहुत खुश हूँ ...!

**Palash Choudhary**  
IV Jal

खुशी का दिन स्कूल का पहला दिन मुझे आज भी याद है, खुशियों और गम का दिन मुझे आज भी याद है, नए दोस्तों का मिलना और खेलना, कुदना सभी के संग रहना मुझे आज भी याद है। सुबह जल्दी जागना नहा धोकर भागना, पापा का स्कूल छोड़ना मुझे आज भी याद है। स्कूल का पहला दिन मुझे आज भी याद है, खुशियों और गम का दिन मुझे आज भी याद है।

**Mrunal Sutar**  
V Vindhychal

स्कूल चले हम जब मैं पहली बार बस पर चढकर नए विद्यालय में पहुँचा तो मेरा मन आशंकित हो उठा कि नए संगी साथियों से पटरी बैठ पाएगी या नहीं। तभी वेलकम माई चाइल्ड गुरुजी का स्वर मेरे कानों में पडा। पिताजी के साथ वह खडे हु थे। उनका चेहरा देखकर मुझे साले गुरुजी का स्मरण हो आया। गुरुजी ने मुझे मेरी नई कक्षा में बैठाया। मेरे अध्यापक भी बडे हँस मुख मिले। सहपाठियों से मेरा परिचय कराया गया। कुछ ही देर में इस निष्कर्ष पर पहुँच गया कि मेरी शंका निर्मूल थी। पहले ही दिन नए साथियों से जब ऐसा प्यार भरा व्यवहार मिला कि मेरे मन की उथल - पुथल शांत हो गई।

**Shravani Rakshe**  
V Nilgiri

मस्ती के प्यारे दिन जन्म दिन और त्योहारों के अतिरिक्त भी कुछ महत्वपूर्ण दिन ऐसे होते हैं, जिन्हें मनुष्य भूल नहीं पाता। प्रथम बार विद्यालय जाना भी बालक के लिए काफी रोमांचकारी होता है। इस का अमित प्रभाव बालक के मन पर पडे विना नहीं रहता। मैं अपने विद्यालय के पहले दिन के वारों में सोचती हूँ तो रोमांचित हो उठती हूँ। हर साल जब भी स्कूल की शुरुवात होती है वहीं सारे स्कूल के पहले दिन याद आते हैं, और गाल पर एक प्यारी मुस्कान आती है और मन यहीं सोचता की काश ये दिन कभी ना गुजरे ...!

**Gauri Taskar**  
VI Prithiv

वो पहला दिन वो पाठशाला का पहला दिन, आज भी मुझे याद है। वो माँ के हाथ से छुटता हुआ हाथ, आज भी मुझे याद है। वो अनजान चेहरों में किसी अपने को ढूँढना, आज भी मुझे याद है। वो मेरी अध्यापिका का मेरी तरफ प्यार से देखना, आज भी मुझे याद है। वो पाठशाला के छूटते समय माँ की राह देखना, आज भी मुझे याद है।

**Mukund Bhojar**  
VIII Pear

## The First Day of School



"I am not going to school just for academics; I want to share, be around people who are passionate about learning" were some of the views expressed by students when school reopened on 10<sup>th</sup> June for 9<sup>th</sup> and 10<sup>th</sup> class, 11<sup>th</sup> June for 1<sup>st</sup> and 2<sup>nd</sup> class and 13<sup>th</sup> June for 3<sup>rd</sup> to 8<sup>th</sup> class. Some students felt nervous and a little scared on the first day of school because of all new things around: new teachers, new friends or maybe even a new school. Luckily, these 'new' worries only stick around a little while. Because it's a great day to make a new friend, and meet all your old friends again. So, try to say hello to students you know and new ones that you don't. Make the first move and you'll be glad you did. I will end by saying "Hating school when you are in it is normal but once you leave you will surely miss it then..."



**Mitali Bansal**  
**X Ramanujan**



## Fire Drill

A fire drill is one of the practices that school has adopted for the safety of children in tight corners. For this session, such a fire drill was conducted in the Podar International School, Nashik on 28<sup>th</sup> July 2019. A long bell was rung to make students aware of the situation. Then, all the students along with their teachers were taken to the safer place on the ground, the entire building was evacuated within the estimated time. This practice helped students to understand the way they should act in case of any emergency and make the right decisions without panicking.

**Pranidhi Deshmukh**  
**X Ramanujan**



## Girls' Welfare Committee

The girls' Welfare Committee is an advisory entity that maintains a healthy and secure environment for girls in the school by holding regular discussions about various issues they face. One such girl's welfare committee session was conducted in the Podar International School, Nashik on 29<sup>th</sup> June 2019.

In this session, girls were informed about personal hygiene, posture, the preferred diet etc. by Dr. Mayuri Avhad and Dr. Manjiri Mohite. They had a great way of delivering the information because of which the students also felt comfortable, and interacted with them freely. It was a very interactive session. I would like to thank Principal Sir for arranging such a session for us.

**Aarya T Ghuge**  
**IX Jupiter**



## Magic Show

School is full of surprises!! The students of class 1 to 6 had a little surprise organized by Lokmat Times. It was a magic show conducted by Mr. Nadeem Saifi. This wonderful and magical program was conducted on 29<sup>th</sup> June, 2019 in the quadrangle of Podar International School. It was a truly mesmerizing performance and thoroughly enjoyed by the students. Mr. Nadeem Saifi performed some fascinating and amazing tricks which left students in awe! It was a mystic show where the students rejoiced. We want to thank Lokmat Times for organizing this program. The students were overjoyed. They were of the opinion that the only sad thing about the show was that it ended...

**Dhaval Pokar**  
**IX mars**



## Let's be Fit and Fine!

Podar International School celebrated International Day of Yoga on 21<sup>st</sup> June 2019. Yoga is an invaluable gift of India's ancient tradition. It embodies the unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; the mental and spiritual practice which originated in India. The students were also explained about different benefits of Yoga and Meditation by the council of SAHAJA YOGA MEDITATION.

This event helped students to understand the physical and mental benefits of YOGA.

**Riya Jaju**  
**XI Mars**



## Orientation For The Tiny One's!

An Interaction for Better Tomorrow It is truly said that "A parent is a teacher at home and a teacher is a parent at school and the child is the centre of their universe." The Podar International School, Nashik had organized an orientation program for parents of Grade I to VIII on 8<sup>th</sup> June 2019. The program was addressed by Principal Sir, this was an interactive session held between parents and teachers. In this program, the parents were familiarized with the teaching methods, rules and regulations of the school etc. It was appreciated by all the parents and was a success!

**Akshata Khandewal**  
**IX Jupiter**



## Special Assembly

Learning through actions Podar International School celebrated International Day against Drug Abuse and Illicit Trafficking on 26<sup>th</sup> June 2019 to raise awareness, to fight against the substance abuse as well as the unlawful trade of drugs. This particular day was observed in the school by conducting a special assembly making students aware of the importance of drug abuse and the hazardous outcomes of drug intakes.

## Social Concerns

The month of June brought many special things to student. One of the remarkable things was the special assembly conducted on 22<sup>nd</sup> June, 2019 based on first theme of the session 2019-20, 'Mystical Rainforests.' The assembly's major highlight was a small but eye opening skit which included a news channel interviewing three authorities who sourced the students with subjects related to deforestation, pollution and a few more concerned topics. Principal Sir appreciated efforts of the students in propagating such serious issues.

**Arth Laddha**  
**IX Jupiter**



## Thematic Celebration

Interactive Learning In Podar International School, Nashik students are encouraged to show their creativity through different themes. For the academic session 2019-20 the very first theme, for June and July were 'Mystical Rainforest'-Exploring Life under Nature's Green Umbrella! The theme was introduced with a Jump Start Event by different class-wise activities. Another feature of the theme was Express Yourself Activity held on 1<sup>st</sup> July 2019 in which students expressed themselves through different events like house competitions, special assemblies, making their rainforest gear, a puppet show on a day in the rainforest, an autobiography on endangered rainforest animals and a debate session. The theme ended on July 22<sup>nd</sup>, 2019 with the Culminating Event wherein students exposed the inside of Tropical Rainforest. These efforts of children were praised by Principal Sir.

**Ritika Sangtani**  
**X Ramanujan**



## Student Council Election

It is said, "A good leader takes the group where it wants to go. A great leader takes the team where it ought to go."

Leadership is an important quality and to improve the leadership qualities of students, PODAR INTERNATIONAL SCHOOL, NASHIK has formed a students' council. The members of the council are selected through an election where the students vote for choosing their best representative.

Before taking part in this election, the interested students have to appear for a general knowledge test based on leadership and only the students who clear the test are allowed to nominate themselves. 'The Student Council Election' was held on 22<sup>nd</sup> June 2019. The students from Grade VI to X voted with great enthusiasm via online voting, which was an innovation. The event was well organized and hence became a great success.

**Vrushti Patel**  
**X Aryabhata**



## Art of Questioning And Corporal Punishment!

Art of Questioning and Corporal Punishment!

Presently, the learning standards are rigorous and require students to be active learners and in the same way, it is high time for teachers to be aware of the new policies that are taking shape every single day. For this purpose Principal Sir conducted orientations on 'Art of Questioning and What Corporal Punishment is,' on 7<sup>th</sup> June, 2019 exclusively for teachers of PIS NASHIK. The orientation focused on how to ask questions which will help teachers check conceptual understanding of the students and elaborated the concept of corporal punishment. The orientations stressed on asking open-ended, inquiry-based questions and the various forms of corporal punishment.

**Atharva Sahare**  
**XI Mars**



## Teachers' Enrichment Program



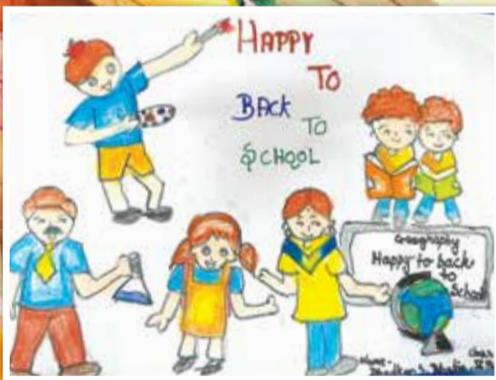
Podar International School conducted the Teacher Enrichment Program, there were three workshops held for the same. Out of which on 4<sup>th</sup> June 2019 one was conducted by a renowned college discussing the innovative techniques of teaching with the teachers.

Another one was organized on 6<sup>th</sup> June 2019 by Mr. Prantik Panigrahi who focused on encouraging and motivating the teachers to bring innovation in the teaching-learning process. The third one was conducted on 8<sup>th</sup> June 2019 by Mr. Sameer Desai based on Inner Engineering and analogical support which aimed at understanding the inner self, developing teachers' leadership skills to guide the children. The workshop began with the expert providing the teachers with an overview of the importance of teaching. It was an interactive session.



**Shraddha Bhisikar**  
**IX Jupiter**

## Art Corner



**Dhadkan Bhatia - V Aravali**



**Kanisha Solanki - IV Agni**



**Vedika Aher - V Aravali**



**Janvi Navse - VII Raman**



**Sahil Zanjare - VII Raman**



**Anshul Tated - VII Raman**

**"Education is the key to unlocking the world, a passport to freedom."**

**—Oprah Winfrey**



## Welcome Back!



Those are the two words which every teacher wants to tell her students at the beginning of the new school year.

I not only want to welcome back students and their families to another year in Podar International School, but also readers of this column.

So, in the spirit of the fresh start, here are some ideas that can help your child navigate the beginning days and weeks of the school.

- Encourage your student to look at the new school year as a clean slate.

- Start getting your child to bed at a reasonable hour to sleep. Proper rest is essential for a healthy and productive school year. Establish healthy at-home routines for school days, such as consistent waking times and “get-ready” patterns. Decide on a regular homework time, and create a comfortable, quiet work space. Set bedtimes that allow elementary-age kids 10 to 12 hours of sleep. Ideally, teens should get 8½ to 9½ hours of sleep — perhaps weaning them of energy drinks is the first step.

- Finally, encourage your child to see the enjoyment that school offers. There is the joy of learning — and many students genuinely enjoy the subjects they study.

Students and parents, I wish you a wonderful, safe, and fulfilling new school year.



**Vaibhavi Laddha**  
**Arth Laddha**  
**IX Jupiter**

## Effective Parenting from a Mother's Perspective

Effective Parenting from a Mother's Perspective Our school newsletter reporter, Miss Arya Ghuge, interviewed the parent of Narayani Patil from Grade IV Vayu, Mrs. Sarita N. Patil, B.Sc (H.Sc.) LLB, LLM.

Ma'am, on behalf of Principal Sir I welcome you to our studio and would like you to share your views on the topic of Effective Parenting.

**Interviewer:** Ma'am, from your perspective what is effective parenting?

**Interviewee:** From my perspective effective parenting is spending quality time with your children, having healthy interactions, discussing the activities done during the day at the dining table. I think that rather than telling them about do's and don'ts; parents should make them aware of the impacts their actions would have.

**Interviewer:** What role, according to you, does a parent play in their kids' education?

**Interviewee:** Every parent expects that their child would be gentle and smart. It's an old presumption that kids follow their parents blindly as parents are their first teachers. Parents should not force their kids to act as per their wishes or dreams but ask them to do what they want to do or is best for them to do.

**Interviewer:** If both the parents are working then how should they manage time with their kids?

**Interviewee:** It's really difficult to give time to kids if both parents are working. But it is observed that the kids of working parents become more mature than others. Parents should, at least, try to participate in their kid's activities and spend quality time with them during dinners. Distribution of responsibilities towards the kid also plays a vital role.

Thank you very much Ma'am for sharing your views. With

request to you that your expertise will benefit our students, I conclude the interview.



**Mrs. Sarita N. Patil,**  
**B.Sc (H.Sc.) LLB, LLM Advocate,**  
**Parent of Indranil Patil, X Ramanujan**



## Hospitality: An Amazing Career Option!!!



The worldwide travel and tourism growth with a rise in the economy has opened golden gates for the hospitality sector. It is predicted to grow to 380 million jobs worldwide by 2027.

There are various options to enter into this dynamic, challenging and amazing field after

- S.S.C (X)-1 year Craft courses in Cookery, Bakery and Confectionary, Food and Beverage Service, Front Office, etc.
- H.S.C (XII)-Diploma (3yrs) or Degree (4yrs) in Hotel Management & Catering Technology.

Although considered as one of the most glamorous careers, hospitality sector requires professionals who can keep their cool even in the most challenging situations. Hotel Management graduates can make a career in Hotel & Restaurant Management, Cruise Ship, Hospital Administration and Catering, Airline Catering and Cabin Services, Club management, Railway Catering, Facility Management, Event management, Retail Management and many more.

I am sure this article would lit a spark in your minds to break open the door to a new emerging career. In short, don't wait for an opportunity, create it!!!



**Prof. Chetan Bagul (Vice Principal)**  
**Parent of Ojas Bagul (V Vindhychal)**

## If You Want To Be Fit and Not Fat

Keep more fruits, low-fat dairy products, vegetables, and whole-grain food.

Try to eat a family meal every day as this will help you focus to eat healthy meals.

Put your snacks on the plate instead of eating from the package. This limit the quantity.

Don't skip or delay meals. If you ignore your feeling of hunger, you may end up eating too much or choosing an unhealthy snack.

Drink water regularly instead of high-sugar drinks.



**Ganesh MSP**  
**Parent of Sri Harshini Priya**  
**VI Shourya**

## Goolpadi (Traditional Gujarati Sweet Dish)

Goolpadi is a traditional Gujarati sweet dish made from whole wheat flour and jaggery (Gud). Making it healthy mithai option. Great to be served during festivals or even as dessert after a meal.

### Ingredients:-

1. 700 grams of Ghee (clarified butter) in semi-solid form
2. 1 kg of whole flour (coarse flour)
3. 700 grams Jaggery (grated or powdered)
4. Almonds 5 to 6 (finely chopped)
5. One tea-spoon desiccated coconut.

### Instructions:-

- First apply ghee (clarified butter) to pan (bottom and sides) and keep it ready.
- Add the measured ghee in a pan and heat it at medium flame. Once the ghee is hot, add measured wheat flour and fry it on low flame.
- Keep frying it until you smell a nice aroma and the flour changes color to slightly darker shade.
- Add the cardamom powder and mix well.
- Turn off the flame, add measured jaggery immediately and mix it well. As the pan is hot, the jaggery in it will melt and get mixed well with the mixture of wheat and ghee.
- After that pour this mixture into a large plate and even the top surface with the help of bowl.
- Garnish it with almonds and desiccated coconut.
- Let the mixture cool down and then make small slices with the help of knife.
- The delicious Goolpadi is ready to be served.



**Mrs. Yogini Tambat**  
**Parent of Anshul Tambat,**  
**VI Shourya**

“Let us remember: One book, one pen, one child and one teacher can change the world.”

— Malala Yousafzai

## Podar International School, Nashik Student's Achievement April/June 2019

### Vihhan Amol Chavan



**Event :-** Karate (U -14Year)  
**Position :-** Third Bronze Medal  
**Std :-** VI (TRISHUL) (NATIONAL LEVEL)  
**Participated In :-** Karate  
**Organised By :-** Nepal Shito-Riyu Karate Association  
**District :-** Kathmandu

### Shravani Satish Gadakh



**Event :-** Swimming (U - 14Year)  
**Position :-** 2<sup>nd</sup>  
**Std :-** VI (BRAHMOS) (STATE LEVEL)  
**Participated In :-** 100m Butterfly Stroke  
**Organised By :-** Council's National Sports & Games 2019  
**District :-** Mumbai

### Nilotpal Jaywant Bhabal



**Event :-** Swimming 50m Butterfly Stroke (U – 17 Year)  
**Position :-** 2<sup>nd</sup>  
**Std :-** IX (Mars) (STATE LEVEL)  
**Participated In :-** Regional Level Mumbai  
**Organised By :-** Council's National Sports & Games 2019  
**District :-** Mumbai

**Event :-** Swimming 200m Breast Stroke (U – 17 Year)  
**Position :-** 3<sup>rd</sup>  
**Std :-** IX (MARS) (STATE LEVEL)  
**Participated In :-** Regional Level Mumbai  
**Organised By :-** Council's National Sports & Games 2019  
**District :-** Mumbai

**Event :-** Swimming 100m Breast Stroke (U – 17 Year)  
**Position :-** 2<sup>nd</sup>  
**Std :-** IX (MARS) (STATE LEVEL)  
**Participated In :-** Regional Level Mumbai  
**Organised By :-** Council's National Sports & Games 2019  
**District :-** Mumbai

**Event :-** Swimming 200m Breast Stroke (U – 17 Year)  
**Position :-** 2<sup>nd</sup>  
**Std :-** IX (MARS) (DISTRICT LEVEL)  
**Participated In :-** 46<sup>th</sup> Junior & 36<sup>th</sup> Sub Junior State Aquatic Championship  
**Organised By :-** Nashik District Amateur Aquatic Association  
**DISTRICT :-** NASHIK

**Event :-** Swimming 4\*100m Midale Relay (U – 17 Year)  
**Position :-** 1<sup>st</sup>  
**Std :-** IX (MARS) (DISTRICT LEVEL)  
**Participated In :-** 46<sup>th</sup> Junior & 36<sup>th</sup> Sub Junior State Aquatic Championship  
**Organised By :-** Nashik District Amateur Aquatic Association  
**District :-** Nashik

**Event :-** Swimming 50m Breast Stroke (U – 17 Year)  
**Position :-** 1<sup>st</sup>  
**Std :-** IX (MARS) (DISTRICT LEVEL)  
**Participated In :-** 46<sup>th</sup> Junior & 36<sup>th</sup> Sub Junior State Aquatic Championship  
**Organised By :-** Nashik District Amateur Aquatic Association  
**District :-** Nashik

**Event :-** Swimming 100m Breast Stroke (U – 17 Year)  
**Position :-** 1<sup>st</sup>  
**Std :-** IX (MARS) (DISTRICT LEVEL)  
**Participated In :-** 46<sup>th</sup> Junior & 36<sup>th</sup> Sub Junior State Aquatic Championship  
**Organised By :-** Nashik District Amateur Aquatic Association  
**District :-** Nashik

**Event :-** Swimming 50m Breast Stroke (U – 17 Year)  
**Position :-** 1<sup>st</sup>  
**Std :-** IX (MARS) (NATIONAL LEVEL)  
**Participated In :-** Glenmark 36th Subjunior & 46<sup>th</sup> Junior National Championship  
**Organised By :-** Shri Sardar Vallabhai Patel Swimming Pool Rajkot  
**District :-** Nashik

### Sumit Sachn Wagh



**Event :-** Football (U - 8Year)  
**Position :-** Participation  
**Std :-** VI (TRISHUL) (DISTRICT LEVEL)  
**Participated In :-** Maharashtra State Mini Football Championship - 2019  
**Organised By :-** Satara District Mini Football Association  
**District :-** Nashik

### Varad A. Shinde



**Event :-** Football (U - 14Year)  
**Position :-** Participation  
**Std :-** IX (STATE LEVEL)  
**Participated In :-** Maharashtra State Mini Football Championship - 2019  
**Organised By :-** Satara District Mini Football Association  
**District :-** Nashik

### Kshitij Harish Shetti



**Event :-** Football (U - 14Year)  
**Position :-** Participation  
**Std :-** VI (Brahmos) (DISTRICT LEVEL)  
**Participated In :-** Maharashtra State Mini Football Championship - 2019  
**Organised By :-** Satara District Mini Football Association  
**District :-** Nashik

### Archit Pankaj Rahane



**Event :-** Table Tennis (U - 14Year)  
**Position :-** Participation  
**Std :-** V (Vindhychal) (DISTRICT LEVEL)  
**Participated In :-** Cadet Boys Singles Sub Junior Boys Singles  
**Organised By :-** Maharashtra State Table Tennis  
**District :-** Nashik

### Himanshu Vinayak Shirsat



**Event :-** Football (U - 14Year)  
**Position :-** Participation  
**Std :-** VII (Raman) (DISTRICT LEVEL)  
**Participated In :-** Maharashtra State Mini Football Championship - 2019  
**Organised By :-** Satara District Mini Football Association  
**District :-** Nashik

### Avdhoot Ravi Pande



**Event :-** Table Tennis (U - 14Year)  
**Position :-** Participation  
**Std :-** VII (KALAM)  
**Participated In :-** T.L.A Lawn Tennis Tournament  
**Organised By :-** Vande Mataram Pratishthan  
**District :-** Nashik

### Shravani Sangle



**Event :-** Chess (U – 09 Year)  
**Position :-** 6<sup>th</sup>  
**Std :-** IV (Vayu) (STATE LEVEL)  
**Participated In :-** Maharashtra State Under 9 (Girls) Fide Rating Chess Championship 2019  
**Organised By :-** Msdca Mumbai  
**District :-** Mumbai

### Shantanu Sangle



**Event :-** Chess (U – 17 Year)  
**Position :-** 5<sup>th</sup>  
**Std :-** IX (Mars) (NATIONAL LEVEL)  
**Participated In :-** Maharashtra State Selection Under 15 (Boys ) Fide Rating Chess Championship 2019  
**Organised By :-** Shri Rama Jagdish Bahuddeshiya Mahila Utkarsha Sanstha  
**District :-** Pandharpur

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“The larger the island of knowledge, the longer the shoreline of wonder.”

— Ralph W. Sockman