

STRIDE TO VICTORY:  
PODAR'S ANNUAL SPORTS DAY


PIS Nashik celebrated its Annual Sports Meet with great zeal and participation, witnessing a vibrant display of athletic spirit and teamwork. The programme commenced with the ceremonial lighting of the torch, symbolising the beginning of the sporting festivities. This was followed by an impressive march past by all houses, reflecting discipline, coordination, and house pride.

Students took part in a wide range of track events and races. Each participant demonstrated remarkable sportsmanship and competitive energy. Outstanding performers were felicitated during the prize distribution ceremony, where winners were honoured for their hard work, dedication, and achievements.

Adding to the excitement of the day were fun races organised for parents and teachers, creating moments of joy, and laughter.

At the end, Aqua House was announced as the Winning House, marking a proud and memorable finish. The Annual Sports Meet truly reflected the values of teamwork, perseverance, and sportsmanship, making it a remarkable and cherished occasion for the entire Podar family.

 Mansi Shines at National  
Shooting Championship

Miss Mansi Sachin Sonawane of Std. 8 - Ruby has brought great honour to the school with her remarkable success at the 0755 India Open Competition in Rifle & Pistol Events - 2025. The prestigious tournament was conducted at the M.P. Shooting Academy, Bhopal, Madhya Pradesh, from November 11 to 24, 2025, and drew participation from promising young shooters across the country. Mansi competed in the Air Pistol Shooting category and demonstrated exceptional commitment, precision, and consistency throughout the event. Her disciplined training, strong determination, and competitive spirit were evident in her outstanding performance on the shooting line. As a result of her commendable effort, she has secured qualification for the upcoming National- Level Competition scheduled to be held in Delhi.

Her achievement stands as a proud moment not only for her family but for the entire school community.

The management, staff, and students extend heartfelt congratulations to Mansi on this significant accomplishment. Her success reflects the school's emphasis on nurturing talent beyond academics and encouraging holistic development. We wish Mansi continued excellence and the very best as she prepares to represent at the national platform. Her journey is an inspiration to many young learners, reminding them that dedication and hard work lead to remarkable milestones.



## Mini Athletes, Mighty Spirits!



Podar Prep celebrated its Annual Sports Day 2025 with great enthusiasm, and joyful energy. The event opened with a symbolic torch relay by Sr. KG children, followed by an impressive March Past by Jr. KG and Sr. KG students. Nursery children added to the cheer with a lively pom-pom dance, setting an uplifting tone for the day.

The programme featured a range of engaging presentations and activities. Sr. KG children showcased Yoga asanas, Surya Namaskar, and a colourful Parachute Play, highlighting balance, discipline, and teamwork. As the Grand Finale, Jr. KG students enthralled the audience with a graceful Ribbon Dance. Races such as Dress Me Up, Puppet Relay, Shadow Matching, and Match the Emotion were conducted.

To recognise the efforts of every young participant, certificates were awarded to all students, reinforcing the belief that every child is a winner. The celebration successfully blended sports making the Annual Sports Day a memorable experience for the entire Podar Prep Nashik community.

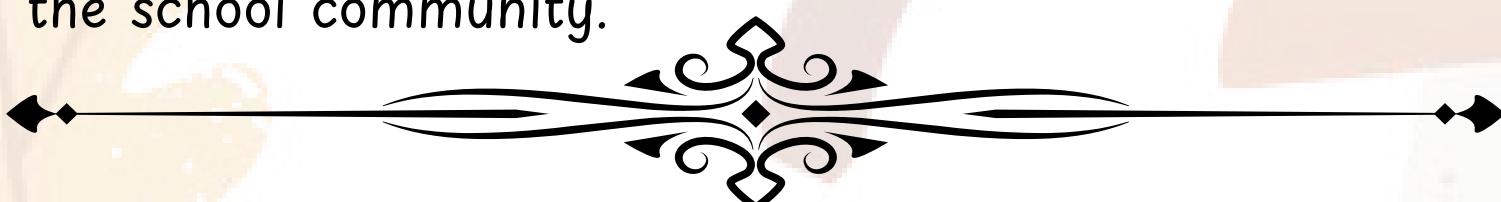
## Children's Day Celebrated with Joy at Podar Prep



Podar Prep celebrated Children's Day with great enthusiasm, creating a warm and festive atmosphere for the young learners. The day began with a cheerful welcome, as children were greeted with colourful flower badges, adding a touch of love and making each child feel special.

The celebration featured engaging games such as Pop the Bubbles, which brought laughter, excitement, and cheerful participation from the little ones. Students also showcased lively Pom-Pom Dance, moving rhythmically to the beats with energy and delight. Each class further took part in specially designed activities, ensuring that every child enjoyed a meaningful and fun-filled experience.

The celebration not only reflected the joy of childhood but also strengthened the bond between students and the school community.



## In the Spirit of Guru Nanak: Learning Through Fun



Podar Prep celebrated Guru Nanak Jayanti with devotion and joyful learning. The day began with a short activity about Guru Nanak Dev Ji, where children learned about his teachings of kindness, equality, and truth in a child-friendly and engaging way.

To add excitement to the celebration, each class participated in special age-appropriate activities like: Hoop harmony, Parachute play and oranges and lemon.

The celebration beautifully blended cultural learning with fun and physical activity, helping children understand the spirit of Guru Nanak Jayanti in a meaningful and memorable way.

## CELEBRATING CHILDHOOD WITH JOY AND APPRECIATION



Children's Day was celebrated with great joy and enthusiasm at PIS Nashik, marked by a special morning assembly conducted entirely by the teachers. As a heartfelt gesture of appreciation towards the students, the programme opened with setting a cheerful and festive atmosphere. The thought for the day and the pledge were also presented by teachers, reinforcing messages of positivity, unity, and mutual respect.

Adding to the excitement, teachers presented a lively and humorous skit that filled the audience with laughter and delight. This was followed by a vibrant dance performance, where teachers showcased their enthusiasm, talent, and affection for the students. The creative efforts of the staff brought smiles across the gathering and made the celebration both engaging and memorable.

The entire assembly stood as a reflection of the love, care, and dedication that teachers hold for their students. The celebration succeeded in making Children's Day truly special, leaving everyone with fond memories, happy moments, and a renewed bond between students and teachers.

## PIS Nashik Celebrated Constitution Day



PIS Nashik observed Constitution Day with solemn respect and patriotic spirit, aiming to deepen students' understanding of the Constitution of India and the values it enshrines. The programme began with an introduction on the significance of the day, marking November 26, 1949 as the historic date on which the Indian Constitution was adopted. Students and teachers collectively recited the Preamble, reaffirming their commitment to justice, liberty, equality, and fraternity.

As part of the observance, a thought-provoking speech was delivered highlighting the salient features of the Constitution and the pivotal role of Dr. B. R. Ambedkar as its chief architect. The programme further included a short presentation/skit depicting fundamental rights and duties, helping students connect with the core principles that guide democratic citizenship.

The celebration provided meaningful insight into the constitutional framework that shapes the nation, and reminded everyone of their responsibilities as citizens of India. The programme concluded with the national anthem, instilling a sense of pride, unity, and respect for the ideals that continue to uphold the spirit of the country.



## THE WHISPERING WOODS: NOVEMBER'S QUIET TRANSFORMATION



The woods in October are a riot—a final, spectacular gasp of fiery color before the great surrender. But November arrives not with a bang, but with a hush. This is the season of quiet transformation, where Nature pauses to reflect.

The air is crisp and sharp, carrying the earthy scent of decay and damp stone. Sunlight now slants through the skeletal branches of the oaks, illuminating the forest floor. The ground is a rich tapestry of russet, sienna, and faded gold. Every footprint is a satisfying, abrasive crunch. The profound stillness is what makes November beautiful. The woods don't mourn the loss of summer; they simply accept the change, showing us that sometimes, the most powerful act is to slow down, shed what is unnecessary, and wait patiently for the renewal that is sure to follow.

**Tanisha Kandekar**  
IX- Venus

पानांना सोन्याचा रंग देतो,  
वास्यात त्यांना नाचवतो. ऊन कमी,  
गारवा जास्त— कोणता क्रतू  
देतो हा मधुर आराम?

आश्लेषा पगारे, ४ थी, आकाश

## ऋतू आणि संस्कृतीचे नाते



भारत हा विविधतेने नटलेला देश आहे. भारतीय संस्कृतीत क्रतू निसर्ग आणि मानवी जीवन यांचे अतूट नाते आहे, ज्यामुळे प्रत्येक सणामागे एक नैसर्गिक, धार्मिक किंवा सामाजिक पार्श्वभूमी असते.

**वसंत (Spring):** हा नव्या चैतन्याचा क्रतू आहे. यात वसंत पंचमी, होळी (वाईटावर चांगल्याचा विजय) आणि गुढीपाडवा (नवीन वर्षाचा आरंभ) साजरे होतात.

**ग्रीष्म (Summer):** उन्हाव्यात रामनवमी, अक्षय तृतीया (समृद्धीचे प्रतीक) आणि वटपौर्णिमा (नात्यांची दृढता) यांसारखे सण येतात.

**वर्षा (Monsoon):** पावसाळा सुरु झाल्यावर शेतकरी आणि निसर्ग ताजेतवाने होतात. या काळात नागपंचमी, रक्षाबंधन आणि गणेशोत्सव (निसर्गाशी नात्याची जाणीव) साजरे होतात.

**शरद (Autumn):** या क्रतूत वातावरण आनंदी आणि निरभ्र होते. यात नवरात्र, दसरा (विजयाचे प्रतीक) आणि दिवाळी (प्रकाश आणि आनंद) असे मोठे उत्सव साजरे होतात.

**हिवाळा (Winter):** थंडीच्या काळात मकर संक्रांत (सूर्य उत्तरायणात प्रवेशाचे प्रतीक) आणि स्क्रिसमस सारखे पारंपारिक सण साजरे होतात.

**आराध्या गरुड, ७ वी भाभा**

## SEASONS OF CHANGE

### **The Farmer's Challenge: Adapting to Unstable Winters**



Seasonal and climate change is severely impacting winter harvesting worldwide. Winters, once stable, now feature sudden, unpredictable temperature changes.

#### **Key Challenges for Crops**

##### **Temperature Volatility:**

Warmer Winters cause crops (like peas, spinach, mustard) to grow too quickly or lose strength.

Sudden Cold Waves and extreme low temperatures freeze plants, damage leaves, and stunt growth, making sowing and harvesting times difficult to determine.

##### **Irregular Rainfall:**

Excessive Rain causes waterlogging, leading to the rotting of underground crops (potatoes, carrots).

Lack of Rain necessitates more irrigation, increasing farming costs.

##### **Atmospheric Conditions:**

Increased Foggy Days reduce sunlight, hindering plant growth and extending maturation time.

Extreme Frost and unexpected cold waves burn leaves and destroy young, especially leafy, vegetables.

##### **Pests and Diseases:**

Warmer Winters allow agricultural pests to survive longer, while sudden humidity changes promote fungal diseases.

**Praddyunsh Shastri**  
I - Tulip

सर्वात लांब दिवस माझा, तापाचा  
मुकुटही माझा. वारा थंड होईनतोंड  
जातो—मी कोणता ऋतू?  
मधोमध फुलतो.

### **Nature's Changing Seasons**



स्प्रिंग के फूल मुस्कुराएँ,  
रंगीन तितलियाँ घर आएँ।  
हर पल नया एक उपहार,  
नेचर का ये प्यारा संसार।



रेनी सीज़न टिप-टिप गाए,  
बूंदों से धरती नींद में आए।  
पडल्स बन जाएँ कहानियाँ,  
क्लाउड्स सुनाएँ पानीयाँ।



विंटर आए ठंडी हवा,  
कोज़ी ब्लैंकेट्स, गरम चाय  
का मज़ा।  
शांति से हर दिल ये सिखाए—  
चेंज से ही तो ज़िंदगी सजाए।



समर आए धूप संग ला कर,  
मैंगो शेक्स और हँसी बेशुमार।  
गर्मी भी सिखाती सबको,  
स्टे स्ट्रॉन्ग, शाइन ब्राइटर हो।



ऑटम के पत्ते सरसराएँ,  
पीले रंग में गीत सुनाएँ।  
लेट्रिंग गो का सबक सिखाए,  
नए सपनों को राह दिखाए।



**Parth Talreja I-Marigold**

**Change is the bridge between who we were and who we can become.**

## SEASONS OF CHANGE

## SEASONAL CHANGE



Winter is very cold season. November month comes after autumn bringing winter with him. Days are short nights are long. People wear warm clothes. We use blankets and quilts. Food is liked in winter. In some places snowfall is seen. Winter is my favourite season. I like winter season coming after rainy season. It is self February month people eat hot tea and coffee we get plenty of fruits and vegetables in this season winter is cool this season in your fog is common in winter morning people sit in sunlight to fill warmth farmers go green vegetables and fruits in winter is lovely season full of joy.

Mishita Nannaware,  
IV-Agni

I bloom without a sound,  
Color dancing all around.  
I chase away winter's range —  
Who am I in this season of change?

## Personal Seasons



It's all about the changing seasons in my life. I was born in Nashik, and later, when my father's job shifted to Pune, we moved there. We started enjoying life in Pune, and I grew up creating many beautiful memories. I have two besties, Aaradhy and Sanvi, who made my time in Pune even more special.

Suddenly, one day, Mumma and Papa told me that we were shifting back to Nashik. And now, I am here in Nashik once again, with good hopes and fresh energy, ready to experience a new season of change in my life's journey.

Riya Mishra  
IV-Agni

A single snowflake is actually clear or colorless. Snow appears white because the light that hits the ice crystals is scattered equally across the color spectrum, and when all colors combine, they appear white to the human eye.

## ऋतू परिवर्तन



निसर्ग हा सतत बदलणारा आहे. पृथ्वी सूर्यभोवती फिरत असल्यामुळे वर्षभर हवामानात विविध बदल घडतात. या बदलांमुळेच उन्हाळा, पावसाळा, शरद आणि हिवाळा असे ऋतू निर्माण होतात. ऋतू बदलामुळे निसर्गाचे रूपही सतत बदलत राहते.

उन्हाळा हा उकाड्याचा ऋतू आहे. या काळात दिवस लांब असतात, तापमान वाढते आणि पाण्याची गरज जास्त भासते. पावसाळ्यात पाऊस पडू लागतो आणि धरतीला हिरवाई येते. नद्या, तळी भरून वाहू लागतात. शेतकऱ्यांसाठी हा अतिशय महत्त्वाचा ऋतू आहे.

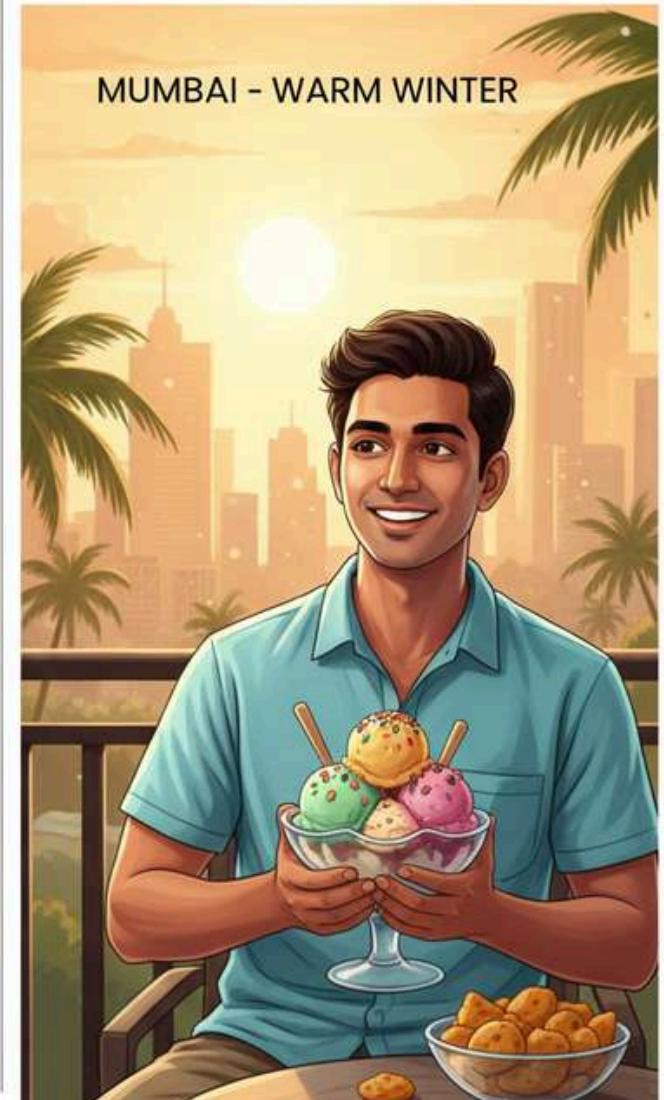
यानंतर शरद ऋतू येतो. या काळात आकाश स्वच्छ दिसते आणि हवेत सौम्य थंडावा जाणवतो. अनेक सणही याच ऋतूत साजरे केले जातात. हिवाळा हा थंडीचा ऋतू आहे. तापमान कमी होत असल्याने उबदार कपड्यांची गरज भासते. धुके पडते आणि वातावरण आल्हाददायक बनते.

ऋतू बदलामुळे मानव, प्राणी, वनस्पती आणि शेती यांवर वेगवेगळे परिणाम होतात. प्रत्येक ऋतूचे वैशिष्ट्य वेगळे असले तरी ते निसर्गातील संतुलन राखण्यासाठी महत्त्वाचे असतात.

एकूणच, ऋतू बदल हा निसर्गाचा सुंदर आणि आवश्यक भाग आहे. तो आपल्याला बदल स्वीकारण्याची आणि निसर्गाशी जुळवून घेण्याची शिकवण देतो.

दृष्टी गुळवे, ६ वी त्रिशूल

## The Beautiful Cycle: Climate, Contrast, and Comfort



NATURE'S CONSTANT CHANGE

Season change is a natural phenomenon that occurs due to the Earth's revolution in an oval orbit around the Sun. The most recent transition was between the monsoon and winter seasons. India is experiencing quite a chilly winter this year. Delhi recorded a temperature of 8°C, making it the coldest November in three years. On the other hand, Mumbai continues to experience warmer temperatures ranging between 24°C and 28°C.

Seasonal change is truly a beautiful phenomenon. Every year we witness summer, monsoon, and winter, and each season brings its own charm and joy. In summer, we enjoy cold treats like ice cream; during the monsoon, we relish hot pakoras; and in winter, we warm ourselves with a comforting cup of hot chocolate.

Though each season may feel different every year, they are all wonderful experiences in their own way. Nature's constant change is what makes life interesting and meaningful.

These thoughts come to my mind when I think about changing seasons.  
 What about you—what does season change make you feel?

**Dhakshayani Nair, VI-Trishul**

## SEASONS OF CHANGE

## ||श्रीमद्भगवद्गीता||



श्रीमद्भगवद्गीता (२.२७) के अनुसार, जन्म और मृत्यु का चक्र निश्चित है—जो पैदा हुआ है, उसकी मृत्यु अटल है, और जो मर गया है, उसका जन्म अवश्य होगा। इसलिए, जो अवश्यंभावी है, उसके लिए शोक करना व्यर्थ है।

## परिवर्तन ही एकमात्र स्थिर तत्व है।

रामायण भी इसी सत्य को दोहराता है: "शोक उसी का करो, जो अनहोनी होय। अनहोनी होती नहीं, होनी है सो होय।" यानी, जो कुछ भी होता है, वह पूर्व-निर्धारित है। जिस प्रकार सूर्य को उदय होने के लिए अस्त होना ही पड़ता है, उसी प्रकार जीवन में होने वाले परिवर्तनों को कोई नहीं रोक सकता।

## गीता के मुख्य उपदेश:

सत्य की स्वीकार्यता: परिवर्तन जीवन का मूल नियम है।

अनासक्ति का अभ्यास: बाहरी परिवर्तनों का विरोध करने के बजाय, उनसे अनासक्त रहें और अपनी प्रतिक्रिया के बीच एक सजग दूरी बनाएँ।

**आंतरिक विकास:** गीता हमें आत्मा की अमरता और आंतरिक रूपांतरण पर ध्यान केंद्रित करने की शिक्षा देती है, जिससे हम बाहरी बदलावों को विकास के अवसर के रूप में देख सकें।

## Seasons of Change



Seasons whisper softly,  
turning pages one by one—  
warmth that melts to coolness  
rain that hides the sun.

Nothing stays forever,  
yet nothing truly ends;  
each change becomes a lesson,  
each turning bends and mends.

Leaves let go so lightly,  
trusting winds to guide their way;  
and we too learn to loosen  
what cannot, should not stay.

In every quiet shifting,  
life reshapes its gentle range—  
and in the heart's deep silence,  
we grow with every change.

## PODAR SENTINEL

## THE EDITORIAL TEAM

## Patron

Dr. Pavan Podar  
Chairman P.E.N.

Mr. Gaurav Podar  
Director, P.E.N.

Mr. Harsh Podar  
Director, P.E.N.

Mr. Sameer Wagle  
Gen. Manager

## Chief Editor

Dr. Manohar Mahajan  
Principal

## Executive Editor

Ms. Shofi Dave  
Vice Principal

## Editor In Charge

Ms. Trupti Muddalkar

## Teacher Editor

Mr. Nago Bhoi  
Mr. Shubham Pawar  
Ms. Nitu Agnihotri  
Ms. Asmita Adangale  
Ms. Himangi Kulkarni  
Ms. Jyoti Mahajan

## Student Editors

Ms. Mrunmayee Acharya  
Ms. Tanishqa Hire  
Mast. Toshan Sharma  
Mast. Daksh Laddha  
Mast. Aryan Ahire