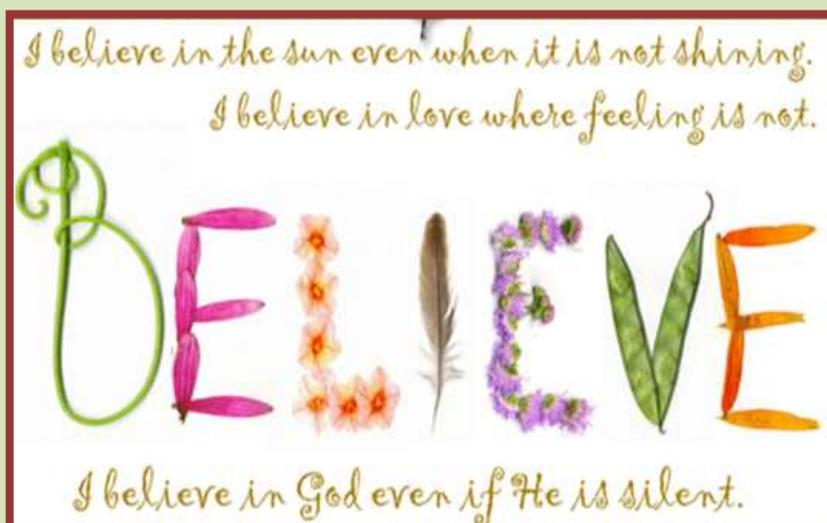


Ex - libris

PODAR INTERNATIONAL SCHOOL,
AMBEGAON

March 2013 -14



Super Food Exhibit

Date: 22-3-2014
Venue: PIS, Ambegaon



Western culture has taken us away from indigenous Indian Super foods that provide multiple health benefits. To create an awareness of well balanced diet, for good health, 'Super Food Exhibit' was organized by the students and staff members of PIS Ambegaon, within the school premises on 22nd March 2014.

Children chose fruits, vegetables, sprouts, salads, dry fruits, rice, parathas etc. and displayed traditional Indian super foods in their classroom, mentioning their benefits and nutritional values and few recipes. Posters and wall displays were put up on the display boards and walls where exhibition was held.

Through this event students understood the concept of being healthy, avoid junk food and make positive choices that will keep them strong, healthy and happy.



Super Strong Me

Inaugural Assembly

Date: 3-3-2014

Venue: PIS , Ambegaon



Today's educators, parents and health professionals are increasingly concerned about our children's physical fitness, eating habits, body image and self-esteem. A healthy school has an environment that encourages and provides opportunities for students and staff to be physically active and to make healthy choices. The Inaugural Assembly of the module "Super Strong Me" offered many creative and fun ways to involve students in promoting healthy eating, physical activity and the whole well-being of our bodies, while at the same time reinforcing classroom learning.

Grade 2- Tulip students were trained for the "Vegetable Patch Fashion Show". They represented foods that make them strong. They dressed up as a particular food item and carried placards around their necks. They said a few words about the food item they represented like carrot, cucumber, spinach, pulses, apple, etc. The children performed a beautiful ramp walk, while carrying their respective food items.

At the end the Principal of the school explained the students the importance of healthy living and discussed about problems of obesity and diabetes even in young children these days. It was a very enlightening session and the students enjoyed it.

World Kidney Day

Date: 13-3-2014

Venue: PIS , Ambegaon



Kidneys are an important part of one's body as they clean the blood and get rid of the waste that one's body produces. The World Kidney Day is a special day celebrated all over the world on 13th March to create awareness about the kidney as a very important organ of the body. Each one must be aware of its importance and what happens if we neglect it. At this assembly the students learnt and educated themselves about this particular organ and spread the word as to why we need to take care of our bodies. This day was celebrated by spreading the message of kidney care and encouraging students to get involved with kidney related health issues and live healthy lifestyles.

An amazing skit was planned by the students of Std V-A where students dressed up as doctors gave vital information about kidney related topics such as 'The Functions of the Kidneys', 'How to Keep the Kidneys Healthy', 'The Consequences of Neglecting the Kidneys, and 'Creating Awareness about the importance of donating a Kidney .The fact that early detection of kidney disease may result in preventing major issues like kidney transplant was well brought to light through the innovative and creative assembly that began with the distribution of the 'World Kidney Day' badges presented to the Principal and the Vice-Principal of the school.

Finally the Assembly was summed up by the senior teacher of the school stating the importance of drinking lots of water during the day and healthy eating habits which can prevent kidney related diseases. Also the importance of organ donation was stressed upon.

Gudhipadwa



Date: 2-4-2014

Venue: PIS , Ambegaon



Gudhi Padwa, Ugadi, Baisaki - Sweet Treats for Celebrations all over India

Practically everyone celebrates a New Year. However, not all countries celebrate New Year at the same time or in the same way. This is because people in different parts of the world use different calendars and has different New Year traditions and ceremonies.

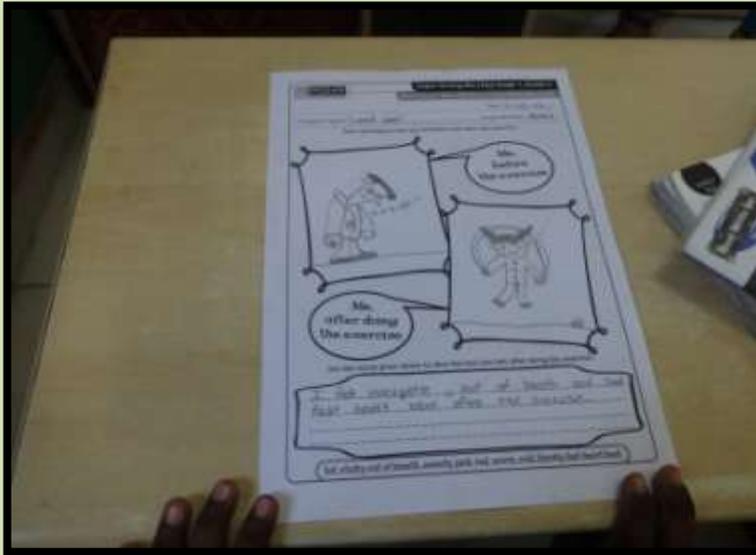
Many countries celebrate the New Year in the spring when new crops begin to grow. Other countries celebrate it in the fall when the crops are harvested. But most countries celebrate New Year's Day on the first day of January.

The students of STD IV-A presented a wonderful skit representing New Year celebrations in Maharashtra, Karnataka and Punjab. Dressed in traditional costumes of the various regions they cleared many concepts of Gudhi Padwa, Baisakhi and Ugadi festival. The celebration was quite colorful and full of fun.

Express Yourself

STD: I & II

Venue: PIS, Ambegaon



The students of STD II, presented the above said activity in the month of march 2014 in the school premises with a great enthusiasm. The activity was bifurcated into two sects. In the 'Do' activity students presented various games like hoping and running. They were given freedom to perform any kind of game through which they can entertain and enjoy themselves. They various entertaining games made the activity amazing and mind blowing. The student's happiness was having known no bounds.

Simultaneously one more activity was conducted of the same students. The name of the activity was 'Writing'. The purpose of this activity was to inculcate good writing skills in them and to know about their hidden thoughts. Actually through this activity they could able to write about the topic told to them. As per the instructions given to them, the students wrote about how they feel after taking exercise regularly. They expressed their views about, how they were feeling before taking exercise and after taking exercise.

The student's tips about health and exercise were appreciable.

Creative writing

STD: III & IV

Venue: PIS, Ambegaon



During the 'Descriptive Writing' activity the students of std III and IV interpreted about the fitness plan and how to maintain it for healthy and happy life. Plenty of tips were given by the students about various kinds of exercises and its benefits. Not only this but about diet also they had expressed their views.

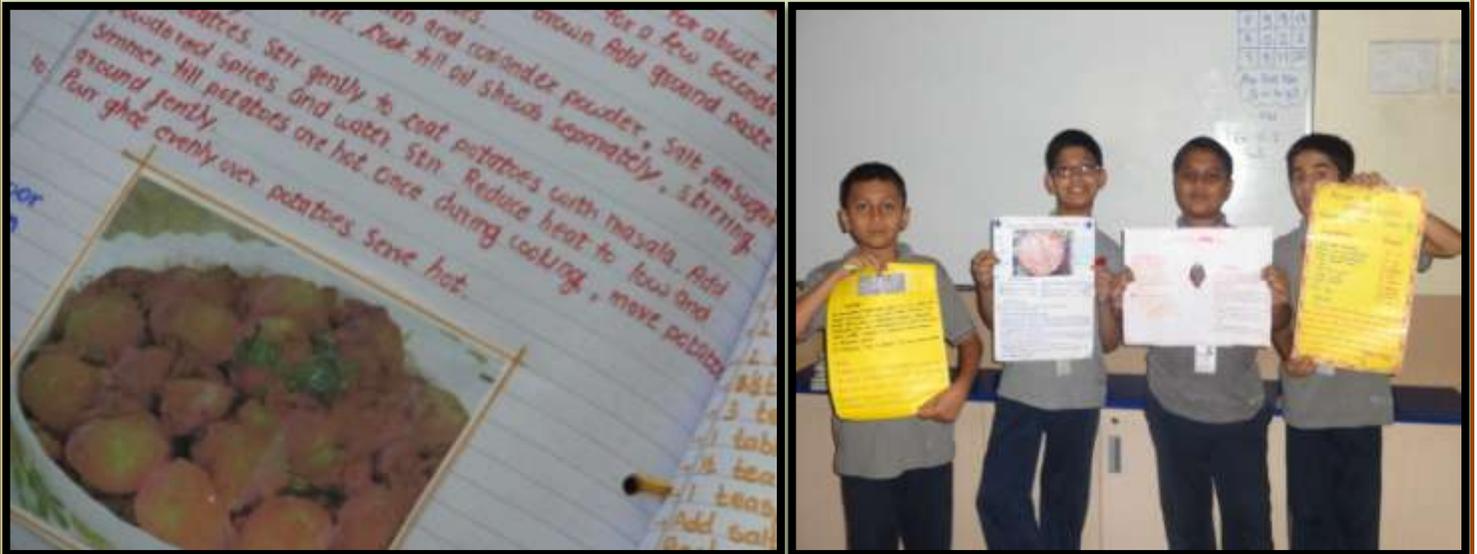
Certain things about food culture and its advantages and disadvantages were put forward for others. Things like how to maintain the stamina, how much calories we should take everyday, which are the food items which will provide us these calories etc were mentioned by the students in their writing task.

Indeed, it was a wonderful attempt done by the students.

Elocutio 1

STD: V & VI

Venue: PIS, Ambegaon



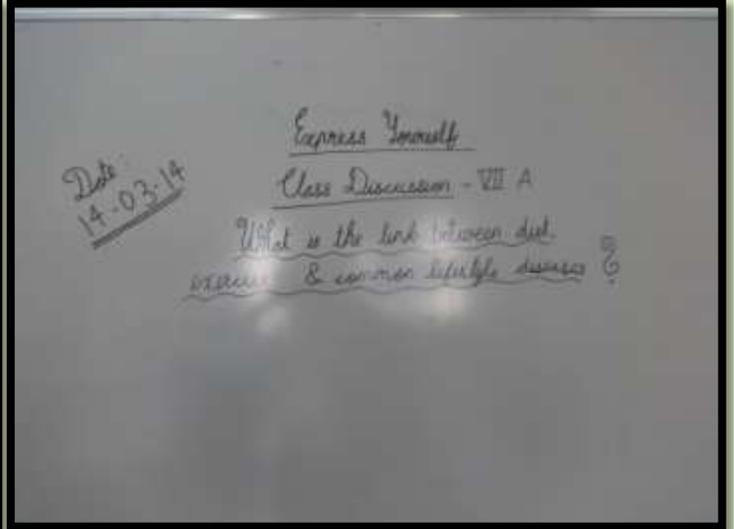
The students of STD V and VI demonstrated the 'Healthy Recipe Book' activity in the schools premises. It was really surprising and mouth watering. The way, the students prepared the books which were illustrating the pictures of varied menus and its detail information were mind blowing.

The various dishes they had tried and even were given to the spectators to taste it. The whole day it was a topic of discussion in the school premises. Undoubtedly, some students had tried their level best for making this activity successful. The activity was appreciated by all.

Panel Discussion

STD: VII & VIII

Venue: PIS, Ambegaon



The activity 'The link between diet, exercise, and common life style diseases' was conducted by the student of std VII and VIII. The base of the activity was to discuss over the various points regarding diet, exercise, life style and various diseases.

The students of both classes had prepared thoroughly. They presented their views in this regard and aware the people about it. First of all they expressed about the link between diet and exercise. Apart from that even the diet chart was given by them which were explaining about the daily diets and its ratio. As today's lifestyle has become very fast it's a need of time to have balanced diet and keep ourselves away from the various diseases.

Through the activity a kind of message was given about health and how to maintain health. Instead of going for medicines one should go for balanced diet and exercise.