



ODAR  
SENTINEL

DECEMBER 2016

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# New year

## RESOLUTION 2017

New Year's resolutions may sound cliché but experts say that writing down your goals, creating a course of action, and practicing methods of self-affirmation can help lead to resolution success. The New Year is a time, not only for raging parties, but also a time to reflect back on the past year. A time when we can ask ourselves, "what did I do right and what mistakes did I make?" With the given suggestions, try and make 2017 the happiest year yet!

### 1. Commit to positive mornings

Start each day off with healthy habits and a positive outlook and you'll notice a big difference in your overall level of happiness.

### 2. Stock your fridge

This includes a balance of fruits, veggies, whole grains, and lean protein.

### 3. Carve out time for your passions

Whether it's gardening, hiking, or cooking, make time for things you enjoy doing.

### 4. Take a vacation

Travel to a faraway land to learn more about the world and other cultures and make unforgettable memories.



**Ms.Amarpreetkaur Mehta**

### EDITORIAL TEAM FOR DECEMBER

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

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

### Team Members

Swapnil Wagh	IX Venus
Meeten Karam	IX Venus
Eshaan Kasliwal	IX Venus

Sachi Singh	IX Mars
Jas Lamba	IX Mars
Nidhi Upasani	IX Mars

Anish Yadav	IX Mars
Aryan Bodke	IX Mars
Sakshi Thakur	IX Mars

# Jumbo Kids Section

A Podar International School News Monthly

## New



## Year

Most parents involved in their professional lives often tend to neglect the needs of their children because they hardly have any time left to look after their child's development. This year I have noted that I am one of the parents who pay very little attention to the various requirements of their child. So for the coming year (2017), I am making a very simple and a small resolution to keep aside at least two hours from my daily schedule and spend time with my daughter to explore her childhood in all aspects of development.



**Parent: Muddasar Shaikh**  
**Jr.Kg – B (Morning batch)**

It's another new year. A new chapter of your life's book is going to unveil itself before you. Set a resolution to do good to others in the upcoming year. Volunteering for road safety will help you, not only to keep your life safe but also of the people around you. So let's vow to use a seatbelt, wear a helmet on a motor cycle, never to use a mobile phone while driving and be licensed and trained for vehicle driving.

Always remember safety is gainful and accident is painful.



**Shaikh Shahnaaz**  
**Class teacher of Jr.kg –B**

## JUMBO KIDS' CORNER

### Annual Day 2016-17: Jumbo's Incredible World

Our Annual concert 2016-17 rocked the school with the theme Jumbo's incredible world wherein our kids made us proud by performing wonderfully in various dances from around the world.



### Nursery activities :



#### Peeling the peas

Children enjoyed peeling the peas which also helped in developing fine motor skills.

### Introduction of a Barber/Hairdresser:

Introduction of Barber was done by dramatization by showing real objects to Nursery kids and enactment of people in a salon.



### Field trips: Nursery-Community helpers



### Nursery Orange day celebration

Our unique way of reviewing the colour orange through the celebration of Orange day.



### Jr.kg activities Tertiary colours activity

Children learnt how to make Tertiary colours by mixing primary and secondary colours.



### Magnet exploration

Children learnt how a magnet attracts metal objects but not the non-metallic ones, in a fun way.



### Number writing

Kids had a fun time writing numbers.



### Concept of Day and night:

The concept of "Day and night on Earth" was explained to Jr.kg children with the help of diagrams and an experiment for detailed study.



### JR.kg-Ways to move

A unique way of revising concepts through field trips



### Sr.kg: Activities Jungle gym

Children playing on the Jungle gym which develops them physically and socially.



### Parachute play

Parachute play is the kids' favourite activity. It helps them develop fine and large muscles.



### Busy busy roads

Kids had a fun time playing with wooden blocks and arranging them horizontally as roads and driving cars on their path.



### Master chef

Daddies and Grandmas had great fun cooking healthy tasty recipes together .

# New year Resolutions

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behaviour and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year". By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behaviour into your everyday life.

Make resolutions that you think you can keep. If for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

- Arya Gaikwad VII Raman



## Resolutions For New Year And Beyond

New Year has always seemed a beginning of a new cycle to me, or a new path of self-development. It is often a time to commit to making changes in life for the better. It can be a time to get inspired, commit and make a new start.

First of all, I would like to become more assertive and self-confident. I need some more courage in my daily affairs. In addition, I need some courage to esteem my faults and failures and put them on the path of improvement. It seems like I'm becoming dependent upon the opinions of my surrounding (friends, relatives and classmates), so I would like to manage some situations on my own, without relying upon the others' advice or imposition.

Then, I would like to become more honest with myself. Sometimes I seem too benevolent and justify the inappropriate behaviour of my friends, but there shouldn't be any justification. I also use this technique to justify my own mistakes, where I should simply accept myself as a human being who has an inclination to making mistakes, because this is the most trustworthy way of gaining experience and knowledge.

To sum up, I would like to say that I will not keep waiting for New Year and will realize my plan of the near future... It is not necessary to wait for a new cycle in order to change your life, because some alterations can and must be done immediately.

**Jagruti Rane V Shivalik**

## कसा पूर्ण करावा नवीन वर्षाचा संकल्प?

सर्व प्रथम लोक नवीन वर्षाचा संकल्प का करतात? कदाचित स्वतः मध्ये सकारात्मक बदल आणण्यासाठी चागांल्या सवयी स्वतःला लावून घेण्यासाठी यावरुन नवीन वर्षाचा संकल्प करण्यामागाचा उद्देश खूप मोठा आणि महत्वाचा आहे. कधीही नवीन वर्षाच्या संकल्पाची सुरुवात करू शकतो. नवीन वर्षाच्या संकल्पाची सुरुवात 1 जानेवारीला च केली पाहिजे हे आवश्यक नाही. यासाठीच जर आपण आतापर्यंत संकल्प केला नसेल तर काही नाही ज्याप्रमाणे एखाद्याला नवीन वर्षाच्या शुभेच्छा देतो. त्याप्रमाणे नवीन वर्षाचा संकल्प पूर्ण वर्षात कधीही करू शकतो. जेव्हा तुम्हांला संकल्पाच्या आवश्यकतेची जाणिव असेल तेव्हा करावे. ऐन वेळी घेतलेले संकल्प लवकर तोडली जातात. संकल्प पूर्णत्वास नेण्याचे मार्ग - आपले हेतू किंवा उद्देश छोट्या छोट्या भागांत विभागावे, आपला संकल्प मोठ्या अक्षरांत लिहून आपल्या डोळ्यासमोर ठेवावे, आपल्या संकल्पाबद्दल काही खास व्यक्तिना सांगावे, असे केल्याने स्वतःच्या जबाबदारीची जाणिव राहते व संकल्प पूर्ण करण्याची संधी मिळते. एखाद्या वेळी संकल्प पूर्ण करतांना जर विचलित झालो तर त्यात आपली हार न मानता अधिक दृढ बनून संकल्प पूर्ण करण्याचा प्रयत्न करावा.

अवंतिका शिरगावे  
7 वी कलाम

# Events

A Podar International School News Monthly



## Annual Day

Uniqueness is the second name of PODAR INTERNATIONAL SCHOOL, NASHIK. At every step, one experiences the uniqueness here. On December 11, 2016 the school celebrated the Annual Day with the theme 'A Time To Celebrate' where the classes represented different states of India and some countries to expose children to the different traditions, attire, festivals and culture of the respective states and countries. The dignitaries of the school graced the occasion and lit the lamp. The school annual report was read by the Principal, and prizes for proficiency in academics and other fields were distributed. Prizes were awarded to outstanding students of class X for their excellent performance in the board exams of 2015- 2016. This was followed by a cultural programme which started with the Saraswati and Ganpati Vandana dance. The variety programme entertained the audience and left the audience spell bound. The celebration came to an end with the singing of the National Anthem.

**Anish Yadav  
IX Mars**

## Moving Places-Experience An Interview with A Migrant



In the theme 'Moving Places', migration was taken up at a large scale and to give a clear insight to the students with regard to migration, a short session with a migrant was held in school. Mother of Meeten Karam of Std IX Venus and Jeena Karam of Std V, Nilgiri, Mrs. Harsha Karam was invited to address the students of grade VII with her experiences with migration and the factors contributing to the same. Harsha ma'am is Indian by origin, Japanese by birth and a Dutch citizen. She was very open and patiently answered all the queries posed by students. All in all it was a learning experience for all.



**Anish Yadav IX Mars**

## International Anti-Corruption Day



Corruption is an issue that affects all countries around the world. It can refer to the destruction of one's honesty or loyalty through undermining moral integrity or acting in a way that shows a lack of integrity or honesty. It also refers to those who use a position of power or trust for dishonest gain. Corruption undermines democracy, creates unstable governments, and sets countries back economically. On 9th December, 2016, the students of Podar International School, Nashik conducted a thematic assembly with a skit on corruption to raise students' awareness of corruption and what they can do to fight it. Posters, slogans, and other promotional material were featured in the skit. Placards with the words "CORRUPTION" in capitalized red words, and underneath the words "Your NO counts" added flavour to the skit. Mrs Sandhya Choudha, the Hindi teacher, threw light on the topic stating how it works and the measures for the same.



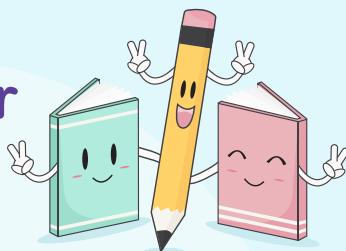
"We must always change, renew, rejuvenate ourselves; otherwise, we harden."

— Johann Wolfgang von Goethe

# Events

A Podar International School News Monthly

## World Computer Literacy Day



Computer literacy is the ability to use computers and related technology efficiently, with a range of skills, covering levels from elementary use to programming and advanced problem solving. On October 2nd, 2016, the Podar International School, Nashik celebrated WORLD COMPUTER LITERACY DAY, thereby making the children techno savvy and make them feel part of the world of IT. A timeline of computers was shown through charts and placards. A speech was given by our Hindi teacher Mrs Hemangi Kulkarni, explaining to the children - the use and importance of a computer. The knowledge of the children in the field of computer overwhelmed Principal Sir.



**Aryan Bodke IX Mars**



## World AIDS Day

World AIDS Day is held on 1st December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to pay tribute to people who have died. World AIDS Day was the first ever global health day, held for the first time in 1988. On 1st December, 2016 the Podarites along with the teachers participated to observe this day to express solidarity. The morning assembly was conducted with all the activities designed towards the theme of WORLD AIDS DAY and to teach them the facts about protecting themselves and others. All the corridors and the boards on all the floors were speaking loudly that they need our LOVE AND SUPPORT. Principal Sir in his address said WORLD AIDS DAY is an opportunity to show support to and solidarity with the millions of people living with HIV. He also added that it reminds the public and Government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education. He stressed that sometimes they must have been victims of the situation but our love and care may give them a new hope to LIVE. Let's LOVE them, accept them.

**Aryan Bodke IX Mars**

## Lets Evacuate



## International Day of Person with Disabilities



Since 1992, the United Nations International Day of Persons with Disabilities has been celebrated annually on 3rd December around the world. It is a collaborative effort of schools, workplaces, businesses, community groups and individuals to help break down disability barriers and celebrate abilities. The students of PODAR INTERNATIONAL SCHOOL, NASHIK observed it to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities among children. On this day, the students spoke about three personalities who were disabled but made it big in life. The children, with all the activities, proved that it is the determination that matters in success. The SST teacher- Mrs Vaishali Ingle quoted from history to strengthen these facts. The words of Principal Sir boosted the energy of children.

**Aryan Bodke IX Mars**

*"Write it on your heart that every day is the best day in the year."*

- Ralph Waldo Emerson

# Events

A Podar International School News Monthly



## Christmas Celebrations

Christmas is a time to give and to forgive. It is celebrated everywhere as a joyous family affair. We too, at Podar International school, Nashik celebrated Christmas on 23rd December, 2016 as a happy time for our children, in a grand manner. The birth of Jesus Christ was presented with a beautiful skit. The orchestra presented by the school choir including 'It's the most beautiful time of the year...' etc. filled the air with festivity. Santa too made a grand entry in the venue packed with the children. The delight was uncontained especially as he brought the gifts! The children also enjoyed the Christmas gifts from the school. Principal Sir appreciated the show and wished everyone 'HAPPY CHRISTMAS AND NEW YEAR'.

**Anish Yadav  
IX Mars**



## ART CORNER



Avaneetsingh Thakur (V Aravali)



Hanisha Gandhi (II Orange)



Priya Patil (VII kalam)



Rutuja Chaudhari(V Shivalik)



Sanskriti Gite (VI Trishul)



Swara Tilay (IV Akash)

"Hope smiles from the threshold of the year to come, whispering 'it will be happier.'"

- Alfred Tennyson

# Articles

A Podar International School News Monthly

## New Year's Resolution...

As we are nearing the end of 2016, we start to think of what we would like to start doing the following year. Most of us think about the ways to make our New Year better and start thinking about either saving up for a travel plan, giving up on things which are our weaknesses, doing something new and adventurous or something to help someone, etc. This is called a Resolution for the New Year, but most of the times we end up making too many resolutions or even give up on the resolution we try to make.

Why not try to look at it another way? Maybe we do not have to make a resolution by thinking of something new to do or even give up but try to continue on something that isn't complete and work on that as a new goal. For example, if you wanted to lose weight or achieve an academic goal but could not by the end of this year, don't give up on the unfinished job, but work on it so that you can resolve or achieve it with a new start! This way you learn to become more responsible towards your resolution and tend to prioritize what is important to you. When you learn to prioritize, it will be easy to focus on bigger achievements you like to accomplish in life.

Therefore instead of making a brand new resolution every year, go ahead and complete the unfinished jobs and then work on a new one, as you've got a whole 365 days to get it done!!! So what's your New Year's Resolution for 2017?

Harsha Karam  
Mother of Meeten Karam IX Venus  
Jina Karam V Nilgiri

## संकल्प तालिका

दोस्तों कुछ ही दिनों मे नया साल आने वाला है। यह एक ऐसा मौका है जब आप नए वर्ष का संकल्प लेकर अपने जीवन को पहले से बेहतर बना सकते हैं। इसी काम में आपकी मदद करने के लिए मैंने एक संकल्प तालिका तैयार की है:-

- हफ्ते में तीन बार पौधों में पानी डालना।
- गलती होने पर उसे स्वीकार करना।
- रोज समाचार पढ़ाना।
- अपने सेवकों के बच्चों को पढ़ाना।
- महीने में एक नया पौधा लगाना।
- घर की सफाई में मदद करना।
- किसी की बुराई ना करना।
- दिन भर में 3 घंटे से ज्यादा टीव्ही ना देखना।
- रोज कम से कम 4 घंटे स्वयं अध्ययन करना।
- कोई नयी चीज सीखना।
- आस पास पैदल या साइकिल से जाना।
- क्रोध पर काबू रखना।
- रोज कम से कम 8 गिलास पानी पीना।
- चिडियों के पीने के लिए रोज छत पे पानी रखना।



सुदेशना बोस  
७ वी कलाम

## नए साल का संकल्प

लो फिर शुरू हो गया नया साल ...।

हर साल आनेवाला नव वर्ष हम सभी के लिए नई उमरे, नया उत्साह लेकर आता है। तो बच्चों हमें नए साल के साथ एक नया बादा अपने आपसे करना चाहिए कि हम अपने माता—पिता, अध्यापक, छोटे—बड़ेभाई—बहन, दादा—दादी, अपनेमित्र—पड़ोसी, प्रकृति—पशु—पक्षी एवं अन्य सभी से दोस्ती बनाए रखेंगे और सभी का ध्यान भी रखेंगे।

साथ ही वर्तमान युग कम्प्युटर, मोबाइल, मोबाइलगेम्स, एप्स, फेसबुक का है। लेकिन हमें इन सब के साथ—साथ अपने पढाई पर पूरी तरह ध्यान देना है। ऐसा नहीं दिन भर मोबाइल से ही चिपके रहो और अपनी पढाई का नुकसान करते रहो। अगर तुम अपनी पढाई पर पूरा ध्यान नहीं दोगे तो तुम्हारा साल खराब हो जाएगा। इसीलिए पढाई पर ध्यान दो और एक नियम बनाओ कि सिर्फ हफ्ते में एक ही दिन यानी रविवार को ही तुम एकाध घंटा मोबाइल गेम्स खेलोगे, हररोज दिनभर नहीं। इस नियम से तुम्हारा पढाई में भी मन लगा रहेगा और ज्यादा मोबाइल चलाने से होनेवाली परेशानियों, बीमारियोंसे भी बचे रहोगे और तुम्हारे इस व्यवहार से परिवार के सभी सदस्य भी तुम से खुश रहेंगे। इसक साथ ही तुम्हें अपना थोड़ा समय खेलने—कूदने में भी बिताना चाहिए, ताकि सेहत तंदुरुस्त बनी रहे। तो ठीक हैं ना मेरी बात...।

नए साल की देर सारी शुभकामनाएं....।

ज्योतिका अरोरा  
७ वी आईनस्टार्टन

## Podar International School, Nashik

### Students' Achievements December-2016



#### VARAD SHINDE



**EVENT :-** Football  
**POSITION :-** I<sup>st</sup> (GOLD MEDAL)  
**STD :-** 6<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** -Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### AYUSH GODSE



**EVENT :-** Football  
**POSITION :-** I<sup>st</sup> (GOLD MEDAL)  
**STD :-** 7<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### PIYUSH GODSE



**EVENT :-** Football  
**POSITION :-** I<sup>st</sup> (GOLD MEDAL)  
**STD :-** 6<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### ABHIJEET MALODE



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 8<sup>th</sup>  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### AMEY NIMSE



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 8<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### ATHARVA DEO



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 9<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### ATHARVA PATIL



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 8<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### DEVASHISH AKOLEKAR



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 8<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### SARTHAK KANOJIA



**EVENT :-** Football  
**POSITION :-** II<sup>nd</sup> (SILVER MEDAL)  
**STD :-** 8<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### NAMAN GOLECHHA



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 9<sup>th</sup>  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### MITESH TAMNE



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 10<sup>th</sup>  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### ISHWAR NIMSE



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 9<sup>th</sup>  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### YOGESH PATIL



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 9<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik

#### RAHIL P.KHAN



**EVENT :-** Football  
**POSITION :-** Participation  
**STD :-** 10<sup>th</sup> Qualified for National Level  
**PARTICIPATED IN :-** Students Olympic Association,Nashik  
**ORGANISED BY:** - Delhi Public School,Nashik  
**DISTRICT :-**Nashik