



## THE CAMPUS ROOTS.

Vol-8 / Issue-8

### HIGHLIGHTS

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- **SPECIAL ACHIEVERS**
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### PRINCIPAL'S WORD



Dear Editorial Team,  
I extend my heartfelt congratulations to the entire editorial team for the successful publication of the eighth volume of "Campus Roots." This newsletter exemplifies our commitment to providing students with maximum opportunities to learn the intricacies of editing, publishing, and sharing information in the right spirit.

Learning is an ongoing process, and opportunities such as these are invaluable tools that help polish our students' skills. I encourage more students to get involved in the process of publishing, as it fosters creativity, collaboration, and critical thinking.

Together, let's continue to nurture an environment where every student can thrive and contribute to our vibrant school community.

Best wishes,  
Girish Kumar

### EDITORIAL MESSAGE

Dear Readers,

As we start of this academic year, we, the School Editorial Team are pleased to bring you the latest edition of our school newsletter. This edition is a testament to the vibrancy and achievements of our school community. From academic triumphs to extracurricular excellence, we have witnessed inspiring stories that showcase the dedication and talent of our students. We take immense pride in sharing these accomplishments with you, knowing that they reflect the hard work and commitment of every individual in our school. Furthermore, we extend our heartfelt gratitude to all teachers, staff members, and parents for their unwavering support and guidance. Your efforts continue to shape the future leaders of tomorrow, instilling in them values of integrity, resilience, and compassion. Thank you for your continued enthusiasm and dedication. We hope you enjoy reading this edition of the newsletter and find it both informative and inspiring.

Warm regards,

Hardik R Rai (Student Editors)

Aadhya Garg (Student Editors)

Thara Salian (Chief Editor)

School Editorial Team.

# Investiture Ceremony

We are delighted to share the wonderful moments from Podar International School's Student Council Investiture Ceremony for the academic year 2024-25! The event was graced with the esteemed presence of Chief Guest Ms. Geetha D Kulkarni, Assistant Commissioner of Police, Principal Mr. Girish Kumar, parents of student council members, our teaching and non-teaching staff.

Ms. Geetha D Kulkarni addressed the audience with humility and wisdom, highlighting important precautions against cybercrime, such as avoiding unknown links and video calls from unfamiliar numbers. Her informative talk included updates on the revised names of IPC,IRPC and left a lasting impact on all present.



## Special Achievers



**Aadhya Garg**  
(Grade 7) and Samar Kunder (Grade 4)  
have secured Zonal Gold Medals and  
cheques of ₹5000 each in the IEO



**Siddharth Vasanth Acharya**  
(Grade 8) has earned a Zonal Gold  
Medal and a cheque of ₹5000 in the  
IMO along with a Zonal Bronze Medal  
and a cheque of ₹1000 in the IEO



**Prathyash Raj**  
(Grade 6) has won a gift  
voucher of ₹500 in the  
National Cyber Olympiad.



**Samaksh Kotian**  
of Grade 4 at Podar International School  
for has secured 2nd place in the Yonex-  
Sunrise Karnataka State Mini Under 11  
Ranking Badminton Tournament 2024!



**Samar Kunder**  
(Grade 4) has secured a ₹500  
gift voucher in the International  
Social Studies Olympiad.



# Spotlight@PISM

## Comic Verse Extravaganza - 2024

The students had a cheerful day by celebrating Comic Verse Extravaganza - 'Unleashing Comic Superpowers' organized by the IE department at our school today!

Here are the highlights:

**Comic Walk :** Students dressed up as their favourite comic characters.

**Comics Expo:** A vibrant display of comic books, strips, posters.

**Comic Inspired Merchandise:** exhibits of toys, stationery

**Comic Books Exchange Kiosk:** Students eagerly exchanged their favorite comic books.



## International Yoga Day Celebration - 2024

Podar International School, Mangalore Celebrated International Day of Yoga on 21 June 2024. Our students participated enthusiastically in solo and group yoga competitions. The highlight of the day was the group yoga session led by Ms. Sanjana Prabhu, Ms. Veena, and Mr. Babu from Shri Pathanjali Yoga Shikshana Samiti (R) Karnataka following the international day of yoga protocol.

### Mock Fire Drill - 2024

Podar International School Mangalore conducted a mock fire drill to ensure everyone knows what to do in case of an emergency. We successfully evacuated the entire building in 2 minutes 40 seconds after the alarm sounded.

Principal Mr. Girish Kumar gave a brief but informative session to the students and staff, including our new members.

He highlighted the importance of these drills and shared the total evacuation time, encouraging everyone to improve their speed for future drills.

He also emphasized the importance of staying calm, follow the line, avoid falling and take care of each other while exiting the building.



## World Environment Day - 2024

Podar International School, Mangalore, celebrated World Environment Day on 05/06/2024.

The morning assembly served as the perfect curtain-raiser for this special day, with the guidance and support of our Principal Mr. Girish Kumar and Academic Coordinator Ms. Bhavya V, our students were enlightened about the significance of Environment Day and how each of us can contribute to this cause.

With competitions like drawing, fancy dress, and elocution, our students showcased their creativity while raising awareness about environmental issues. The highlight of the day was the tree planting activity, where each grade, alongside their class teachers, planted a sapling.

## World No Tobacco Day - 2024

Podar International School Mangalore observed World No Tobacco Day (WNTD) on 31 May 2024 with the objective of reducing tobacco consumption and raising awareness among the community. Recognizing the vital role schools play in shaping future generations, our students from Grades 8 to 10 took the initiative to educate their peers from Grades 1 to 7 about the significance of this day.

Through an engaging PowerPoint Presentation,



## Inter House Chess and Carrom- 2024

The interhouse Carrom and Chess competition was a captivating showcase of strategy and skill at our school. Students battled it out with precision and focus, making each move count. The carrom boards saw swift flicks, while chess players strategized with cunning. The event highlighted our students' sharp minds and competitive spirit. Congratulations to everyone who participated, bringing energy and excitement to these classic games!

## Student Council Election 2024-25

The election was held on 30 May 2024 to appoint new leaders for the following positions:

Head Boy, Head Girl, Vice Head Boy, Vice Head Girl, Sports Captain (Boy) Sports Captain (Girl), Activity Captain (Literary), Activity Captain (Cultural), School Editors. Our election process was designed to be fair and engaging, ensuring that every student had a voice. It was conducted by following procedures like Nominations, Campaigning, Voting, Counting.





# Spotlight@PISM

## Neer Ulitaya Dina - 2024

Students participated in an impactful awareness session on water conservation through creative poster presentations. They received practical instructions on efficient water management in washrooms and learned essential precautions for conserving this vital resource.



## Field trip to St. Aloysius Library - 2024

Podar International School, Mangalore organized an enlightening field trip to St. Aloysius Library for students in Grades 6-8, under the theme "Ink and Imagination." The visit was designed to inspire a love for literature and creativity among young minds. Students had the opportunity to explore a vast collection of books, ranging from classic novels to contemporary works. The exposure to diverse genres and authors sparked their imagination and fostered a deeper appreciation for reading.

## Kargil vijay divas 2024

Podar International School, Mangalore celebrated 'Jana Jati Dina' with a focus on Karnataka's Siddhi tribes. Students were introduced to the Siddhi tribe's culture and traditions. The students enjoyed a mesmerizing Siddhi tribal dance performance and an insightful speech on Siddhi tribe history and lifestyle.



## Jana jaati dina - 2024

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## Podar Volunteer Service 'Balasamrakshana Kendra, Kuthar and Asare Animal Care Trust' - 2024

Students of Podar International School, Mangalore, spread smiles at Balasamrakshana Kendra, Kuthar. Students of each class contributed to this noble cause by bringing specific materials or items allocated to their respective classes. They shared groceries and left with hearts full of joy as part of the Podar Volunteer Service 2024-25. Students from Podar International School, Mangalore, visited Asare Animal Care Trust as part of the Podar Volunteer service 2024-25. They contributed essential supplies like feed and medicines for the animals, leaving with a sense of joy and fulfillment.



## Doctors day-2024

Podar International School, Mangalore, celebrated Doctor's Day with great enthusiasm. Dr. Chethana Rao enlightened our students on the importance of personal hygiene and related diseases. Students watched an informative video and a PowerPoint presentation. As a token of appreciation, our students created Doctor's day greeting cards, for their valuable service.

## AICS-Table Tennis 2024

The AICs Table Tennis competition, featuring our students from Podar International School, was an exciting display of skill and precision. Our players demonstrated remarkable agility and strategic play, making the matches both thrilling and competitive. Their dedication and sportsmanship were evident throughout the event. Congratulations to all participants for their outstanding performances, showcasing the talent and spirit of our school in this dynamic competition!



## AICS-Badminton 2024

The AICs badminton competition, featuring our talented students from Podar International School, was a showcase of skill and determination. The event highlighted exceptional athleticism and teamwork, with our players demonstrating impressive agility and strategy on the court. The competitive spirit and sportsmanship displayed were truly inspiring. Congratulations to all participants for their outstanding performances and dedication, making the competition a memorable event for our school!



# Spotlight@PISM



## Methods For Time Management



- 1. Prioritization:** Focus on urgent and important tasks to maximize productivity and address critical needs effectively.
- 2. SMART Goals:** Set specific, measurable goals with realistic timelines to ensure clarity, focus, and achievable outcomes.
- 3. Pomodoro Technique:** Work in 25-minute intervals with 5-minute breaks to maintain focus and boost productivity throughout the day.
- 4. Time Blocking:** Allocate dedicated time slots for specific tasks or activities to enhance focus and productivity.
- 5. To-Do Lists:** Create lists to prioritize tasks, track progress, and maintain organization in daily or weekly planning.
- 6. Minimize Distractions:** Reduce interruptions and avoid time-wasting activities to optimize concentration and task completion efficiency.
- 7. Use Productivity Tools:** Employ apps and software for scheduling, task management, and time tracking to streamline workflow and productivity.
- 8. Regular Review:** Reflect on progress, adjust priorities, and refine strategies to ensure ongoing efficiency and goal achievement.
- 9. Eliminate Distractions:** Minimize common distractions by turning off notifications, creating a dedicated workspace, or using apps that block distracting websites.
- 10. Reflect and Adjust:** Regularly review your progress, reflect on what's working and what isn't, and adjust your strategies accordingly.

BY SIDDHARTH VASANTH  
GRADE 8



# Students Articulate

## PRECAUTIONS FOR DENGUE

1. When a person is down with dengue the count of white blood cells in the body declines. Consuming a painkiller tablet (Paracetamol) in such a condition without the recommendation of a doctor is dangerous to one's health. It may lead to serious side effects or sometimes even death.
2. The DHO said that that many people have the habit of consuming paracetamol on their own to get rid of fever. They should be more cautious against doing so.
3. Some people drink juice made from the leaves of papaya tree to get cured of Dengue. This is also dangerous to health. People should not resort to self-medication.
4. To get rid of dengue, the spread can be only controlled only by destroying breeding spots of Dengue causing mosquitoes which breed in fresh water.
5. Having severe fever, body and joint pain for more than three days, severe headache, eye pain, vomiting and bleeding from the mouth and nose are symptoms of dengue.
6. We should create awareness on the spread of dengue in school and colleges. If possible children should be asked to wear full sleeve clothes to protect themselves from mosquitoes

BY VIHAAN KARANT  
GRADE 6

## Reward for Kindness

Once upon a time, a girl called Sasha lived with her mother in a pretty little cottage. She was a very popular girl in her school. One day, her class teacher announced that a special reward would be given to anyone who did good. Many kids, including Sasha wished to get the reward, so they all worked hard and behaved well. One day, Sasha was strolling in a nearby park when she saw a bird which was chirping sorrowfully. When she inspected the bird, she saw that it's right wing was broken. As she had been taught to be kind to everyone, she took it home and nursed it back to good health. Next day, when she told the teacher about the incident, she was very pleased with Sasha's good conduct and encouraged the girl to continue helping everyone. Sasha followed her wise teacher's advice and continued being very helpful to everyone in need. At last, when it was the day for the special reward to be announced, the teacher announced Sasha as the winner.

The teacher explained that good work did not only include academics, but also morals such as kindness, helpfulness and more. The children finally understood the meaning of the special reward and soon all the students in the class had become the kindest to everyone in the neighbourhood..

BY ADHYA GURUPRASAD  
GRADE 5

## Effects of Plastic in Ocean

Plastic pollution has become a severe problem. At current rates plastic is expected to outweigh all the fish in the sea by 2050. Plastic pollution has a direct and deadly effect on wildlife. We are surrounded by plastic. It's in the single-use packaging we discard, the consumer goods that fill our stores and in our clothing which sheds micro plastic fibres in the wash. Fish in the North Pacific ingest 12,000 to 24,000 tons of plastic each year, which can cause intestinal injury and death and transfers plastic up the food chain to a bigger fish, marine mammals and human seafood eaters.

DON'T USE PLASTIC,  
SAY NO TO PLASTIC

BY PRAKANYA P  
GRADE 8

## जीवन का सफर

जीवन का सफर, एक अनगिनत ख्वाब,  
राह में मिलते हैं यहाँ वहाँ रुकावटें।  
हर मोड़ पर एक नया सिरा, एक नया सिराब,  
हर पल नया सवाल, हर पल नयी आवाज।

चलते चलते ये जाना, कि मंजिल कहाँ है,  
सपनों की राह पर, कभी हरदम उलझनें हैं।  
पर हार न मानो, उठो और चलो आगे,  
जीवन की राह पे, सपनों के परिवार बढ़ाओ।

छोटी सी ये कविता, एक संदेश संजोती है,  
जीवन के रास्ते पर, सपनों को संजीवनी देती है।  
हार नहीं मानना, सफलता की दिशा में चलना,  
सपनों की परियों को, हर पल पास बुलाना।

BY ABHIRAM  
GRADE 9

## "PERFECT"

Why do people expect so much?  
Not seeing the grass on the other side  
That I want to tell them I tried  
I need some one to hear my cry.  
With everyone teaching me the "right way"  
Seems like my thought are buried under the ocean,  
covered with sand and clay

In fact, what makes a perfect person huh  
Why do people expect so much?  
Yeah, I tried to do my best  
Not thinking bout what other people say  
That I might just have my own way

I want to do something big and thrive  
I want people to see it live  
And for once to recognize  
That I don't know what you expect  
But I know for sure that I am more than just perfect.

BY PUNYA SHETTY  
GRADE 9

## Essence of Earth

Oh, what a wonderful planet is Earth,  
Full of beauty, care, and worth.  
We, its creatures, share this space,  
So let's start preserving it with grace.

The Earth, let us embrace,  
Acknowledging its gentle place.  
It's the only home we have to face,  
Let's make it a better, cherished place

With rivers' songs and forests' sighs,  
We paint the sky with rainbow dyes.  
In harmony, let's rise and weave  
A tapestry for all to believe.

BY ADVITI S  
GRADE 8

Credits:- Thara Satian, Jagalakshmi P,  
Vandana Jadhav

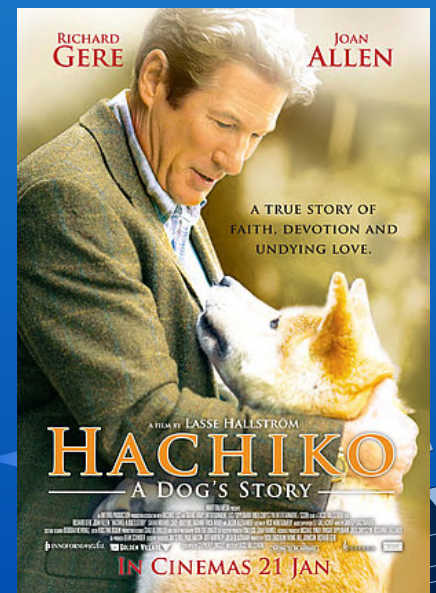






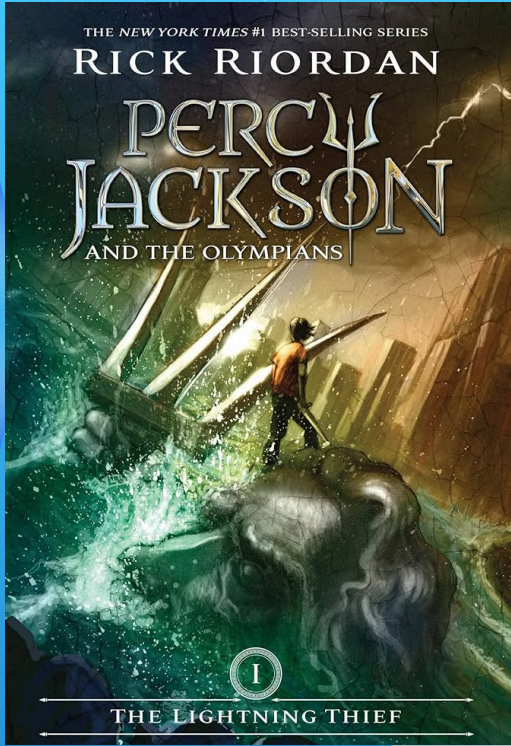


# MOVIE RECOMMENDATION

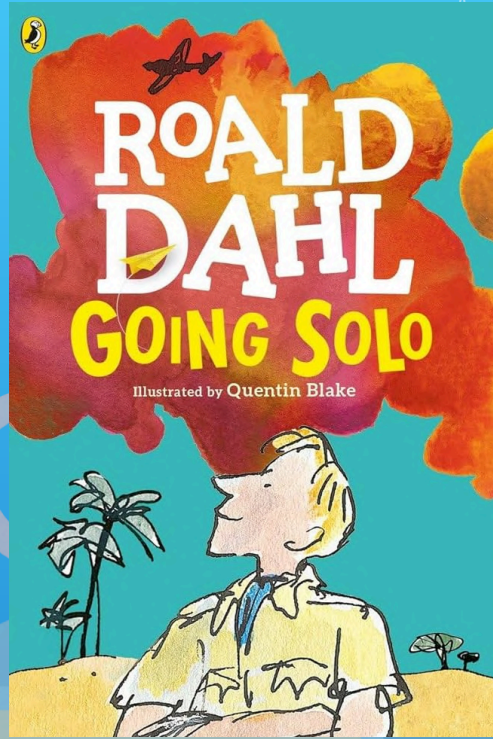




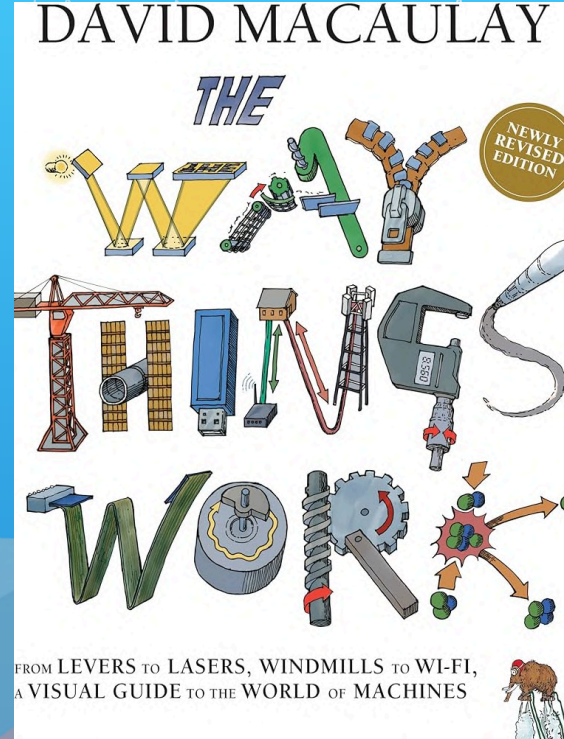
# BOOK RECOMMENDATION



**WRITTEN BY:  
RICK RIORDAN**



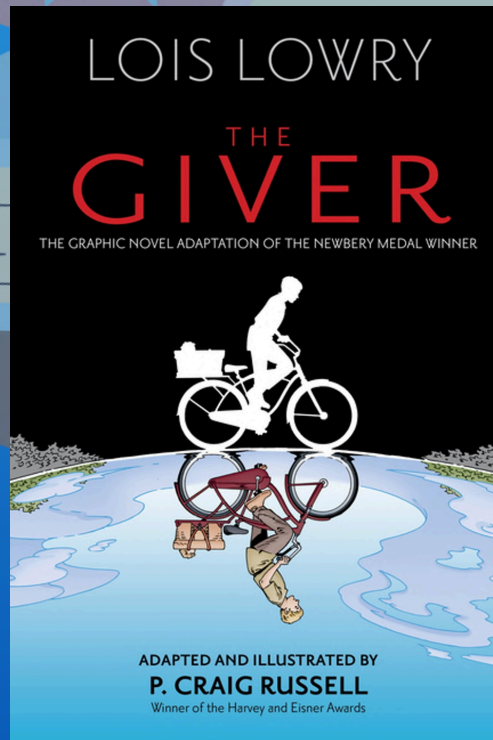
**WRITTEN BY:  
ROALD DAHL**



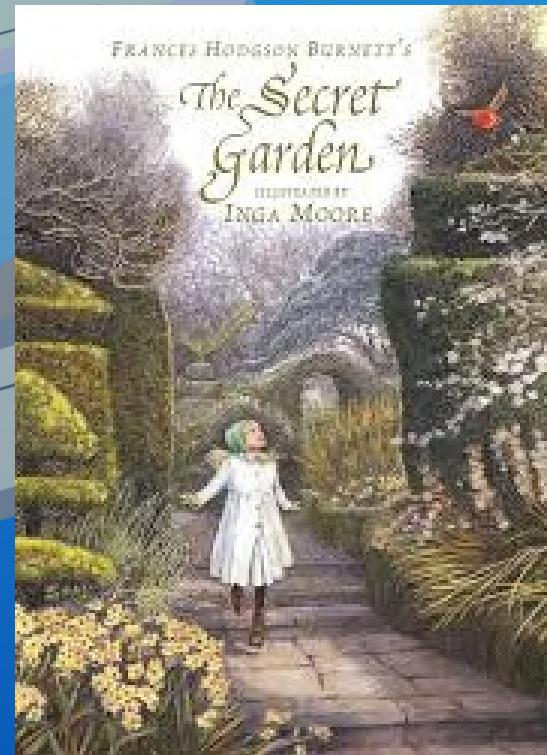
**WRITTEN BY:  
DAVID MACAULAY**



**WRITTEN BY:  
R.J. PALACIO**



**WRITTEN BY:  
LOIS LOWRY**



**WRITTEN BY:  
FRANCES HODGSON BURNETT**





# UNLEASH YOUR INNER SHERLOCK!

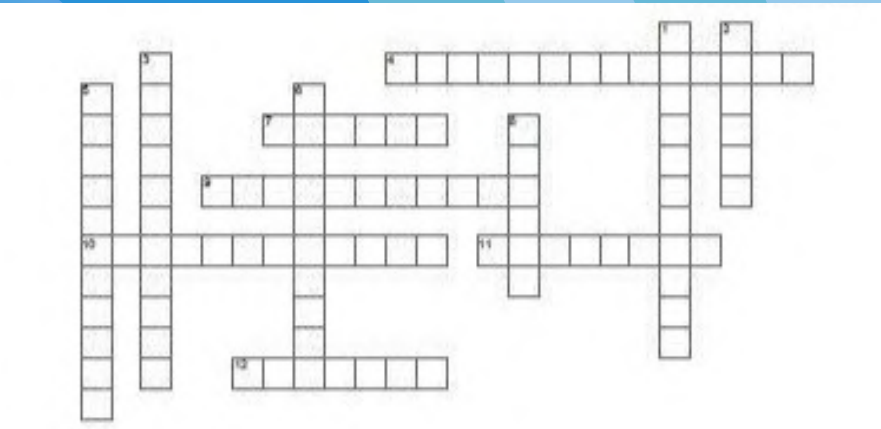


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Find 8 objects hidden in the picture.



## CROSS WORDS AND FILL IN THE BLANKS



### DOWN

1. One of the founders of SHIELD
2. Powerful android created by Ultron
3. Was struck full-force by a bomb blast. He survived, but was irradiated by the deadly gamma energy
5. Voice of Ultron in Avengers Age of Ultron movie
6. Natasha Romanoff
8. Highly advanced computerized AI developed by Tony Stark.

### Avengers-fill in the blanks

1. The first Avengers movie was released in the year \_\_\_\_\_.
2. The leader of the Avengers, who is also known as Captain America, is \_\_\_\_\_.
3. \_\_\_\_\_ is the billionaire genius who becomes Iron Man.
4. The Norse god and Avenger who wields a hammer is \_\_\_\_\_.
5. \_\_\_\_\_ is the green-skinned Avenger The cosmic being who seeks the Infinity Stones is \_\_\_\_\_.
6. The artificial intelligence that becomes a powerful villain in "Avengers: Age of Ultron" is \_\_\_\_\_.
7. The mystical artifact that Doctor Strange protects is the \_\_\_\_\_ Stone

### ACROSS

4. Rejected soldier that take part in a top-secret experiment called Operation Rebirth
7. A science AI. experiment gone wrong.
3. Son of Magneto
10. Main power is the superhuman ability to manipulate Chaos Magic. Twin sister of Quicksilver.
11. Director of SHIELD
12. Grandmaster archer, uses a variety of trick anows

"EDUCATION IS THE PASSPORT TO THE FUTURE, FOR TOMORROW BELONGS TO THOSE WHO PREPARE FOR IT TODAY."  
MALCOLM X

Whatever you want to do, do with full passion, and work really hard towards it. Don't look anywhere else.  
VIRAT KOHLI

"HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD"  
TIM NOTT

the struggle you're in today is developing the strength you need for tomorrow

"YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM AND SMARTER THAN YOU THINK."  
A.A MILNE

# СУДОКУ

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# ARTIST'S CORNER

