



August -2024

Podar International School, Nashik

PODAR SENTINEL



Asia Book of Records Honors Podar School Students for stunning Achievements

In a momentous occasion, Ms. Aadishree Pagar, a bright student of grade VIII, has been honored with the prestigious title of 'GrandMaster' by the Asia Book of Records. Her commendable efforts in initiating a multilingual campaign for food conservation have received widespread acclaim. Aadishree's campaign includes a dedicated website available in Marathi and English, which has successfully garnered pledges from 107 individuals committed to reducing food wastage. The recognition came during the Rotary Youth Leadership Award function, where Aadishree's initiative stood out.

Our talented students, Ms. Ananya Khanore and Ms. Ananya Sharma have been awarded certificates by both the Asia Book of Records and India Book of Records. They participated in the Longest Non-Stop Classical Forms Dance Relay organized by Art Associates of Nashik, Maharashtra. The impressive event featured 404 dancers, divided into 28 teams, performing a relay of classical dance forms. They showcased their exceptional Kathak skills during this marathon dance event, which commenced at 7:28 am and concluded at 9:05 pm on April 27th.

Dr. Manohar Mahajan, Principal of Podar International School, felicitated and congratulated Aadishree for her exemplary initiative in promoting sustainability and social responsibility. He also acknowledged Ananya Khanore's and Ananya Sharma's remarkable achievement in the field of classical dance.

These achievements underscore Podar International School's commitment to fostering talent and excellence among its students. The school continues to inspire young minds to reach new heights and make a positive impact in their communities.



Students outshined at AISM Literary Events

Podar International School, Nashik is proud to share the stupendous achievements of its students at the AISM Annual Inter School Literary Competitions, 2024. Our students participated in Declamation, Creative Writing, Debate and Quiz competitions.

Miss.Yaadnyee Pawar from Grade VIII bagged the second position in the AISM Annual Inter School Declamation Competition (Regional level) 2024 in the Sub-Junior Category held at Sadhu Vaswani School, Navi Mumbai.

Similarly, Miss. Nooriya Sayyed from Grade VII and Miss. Dhadkan Bhatia from Grade X Ramanujan won the First prize in the AISM Annual Inter School Creative Writing Competition (Zonal level) 2024 in the Sub-Junior Category and Junior category respectively, held at Fravashi Academy.

Principal, Dr. Manohar Mahajan felicitated and congratulated their remarkable achievements.



Podar Scholars bag International Rank-1 in SOF

During the academic year 2023-24, around 645 students appeared for six different Olympiad exams from Podar International School, Nashik. These Olympiads were conducted across 70 countries.

In the SOF-IMO Exam, Mast. Aarav Nevaskar (Std.I) and Mast. Anay Patil (Std.II) have secured International Rank I as well as in SOF-ISSO, Mast. Harshal Thakur (Grade III) has secured International Rank 8 and Zonal Rank 7. They are also awarded with gifts and certificates for their achievement.

Principal, Dr. Manohar Mahajan congratulated the little wonders for their marvelous achievement.



"Protect our planet, it's the only one we've got."

Double Honor for Shrujana at National Dance Contests

Ms. Shrujana Rakshe from grade VI won the National Level First prize in Bharatnatyam and was awarded the Nrutya Ratna and Nrutya Gaurav Award 2024 at the All India 12th National Dance Contest and Festival 2024 held at Pune, Maharashtra on 25th and 26th April 2024. Principal Dr. Manohar Mahajan felicitated and congratulated her for her incredible performance.



Podar International School, Nashik (ICSE) hosts Investiture Ceremony

Podar International School Nashik ICSE hosted its Investiture Ceremony on Thursday, June 20th with great enthusiasm, inducting the new council members for the year 2024-25.

The ceremony was graced by the Chief Guest Wing Commander, General Hub Manager, Mr. Sameer Wagle. He joined by the other fellow Principals as the Guests of Honour : Ms. Neeti Jonathan (Principal PIS Pathardi), Ms. Meenakshi Mishra (Principal PIS Sangamner), Ms. Bhavisha Hirani (Principal PIS Deolali) and Mr. Avinash Lohar (Principal PIS Gangapur). PTA members also attended the ceremony.

The ceremony began with the lighting of the ceremonial lamp. Then, the dignitaries were greeted with a heartwarming welcome song and a vibrant dance performance.

This was followed by the investing of sashes to the newly appointed council members. The highlight of the event was the oath taking ceremony where the council members proudly pledged to uphold the school's values and serve their students with dedication and commitment. The school anthem that was sung instilled a deep sense of love and respect for the school.

Inspiring addresses from Principal Dr. Manohar Mahajan and the Chief Guest Wing Commander, General Hub Manager, Mr. Sameer Wagle highlighted the importance of teamwork and ethical leadership.

The investiture ceremony was a significant occasion which left a lasting impression on everyone present. It served as a powerful reminder of the school's commitment to nurturing future leaders and instilling a sense of responsibility within a student body.



Podarites triumphed at Grade-X ICSE Exams



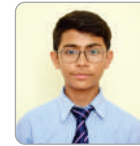
Mast. Varun Pawar
98.11%



Miss. Ruhi Patil
97.11%



Miss. Tejal Bhosale
97.11%



Mast. Yuvraj Gagare
97.03%



Miss. Aadhya Solanki
96.86%



Miss. Falguni Gupta
96.14%

In a celebration of academic achievement, Podar International school honored its high achievers who excelled in the ICSE X Board Examinations, 2023-24 by scoring above 90%. The students along with their proud parents were congratulated, as this success is a testament to the dedication, hard work, and intellectual prowess of the outstanding students. Principal Dr. Manohar Mahajan and Vice Principal, Ms. Shofi Dave lauded the students' achievements and encouraged them to continue striving for greatness in their academic pursuits.

Budding sportsmen excel at CISCE regional sports events

Podar International School, Nashik is thrilled to announce the noteworthy accomplishment of Ms. Mansi Sonawane in winning the first prize at the CISCE Regional Shooting Competition and qualifying for the national level. Her success is a result of her talent, hard work, and dedication to the sport. As she prepares for the national competition, we anticipate continued excellence and look forward to her future achievements in shooting.

Mast. Archit Rahane competed in the under-19 Table Tennis Competition and emerged as the winner, clinching the first position. His performance in the competition was marked by strategic play, technical precision, and exceptional agility.

Mast. Sheelvanish Waghmare's achievement in securing the first position in the CISCE Zonal Level Karate Competition is a commendable accomplishment. His performance reflects his dedication to karate and his ability to compete at a high level.

The success of the students brings honor and recognition to the school, showcasing the effectiveness of its sports programs and the talent nurtured within its environment.

Principal, Dr. Manohar Mahajan congratulated the champions for their incredible feat and wished them many more successes in future endeavors!



"Join the race to make the world a better place."

Brilliant minds at Work-Coding

Coding enhances problem-solving skills by encouraging logical and creative approaches to challenges. It helps children develop the ability to think critically, strategically, and creatively.

Through coding, they learn key concepts like algorithm, decomposition, sequencing, sorting, decoding, and pattern recognition. By working with the same materials in diverse and innovative ways, they not only strengthen their understanding but also cultivate the ability to generate and organize new ideas. Coding nurtures a mindset where logic and creativity intersect, allowing children to experiment, explore, and develop new solutions. It's not just about learning to code but about cultivating the ability to think in a structured way. It's a dynamic way of learning that combines analytical thinking with imaginative problem-solving.



One with Nature-Mud Day Celebration

Our recent "International Mud Day - 'Splish, Splash, Let's Make a Muddy Mash'" was a huge success! We are incredibly grateful to everyone who made it such a special event.

Our children along with their parents had a wonderful time bonding with nature and reveling in the joy of mud. They enthusiastically took part in all the fun activities, creating lasting memories. Take a look at the photos shared along to see the smiles and muddy masterpieces!



My Play World-EPDM

Enhancing the learning and play experiences for our tiny tots, we are excited to introduce our new play zone, packed with state-of-the-art playground equipment. Featuring slides, swings, climbing structures, and interactive play panels, each piece is meticulously chosen to boost physical fitness, coordination, and social interaction.

Our play garden is more than just a fun space—it is an extension of our learning environment. Through play, children cultivate essential life skills like teamwork, problem solving, and resilience. Our aim is to create a space where children can explore, learn, and grow while delighting in the outdoors.



Welcome to the world of Learning

The start of an incredible adventure for our youngest learners! Our adorable newcomers are diving into a world of learning, laughter, and new friendships. Take a peep into our first day together!

In kindergarten, every day is an adventure. We'll explore the world of letters and numbers, discover new stories, and unleash our creativity through art and play. Our classrooms are warm and welcoming spaces where children feel safe, valued, and ready to learn.

Let's make this school year unforgettable, filled with laughter, learning, and wonderful memories. Welcome to kindergarten, where the journey of education begins!



"Be a part of the solution, not part of the pollution."

Yoga Day

Podar International School, Nashik celebrated International Yoga Day to raise awareness about the manifold benefits of practicing Yoga on the lines of 'Yoga for Self and Society'. Our toddlers of Podar Prep also joined in the celebration experiencing the fun and benefits of yoga.

Yoga promotes flexibility, strength, and coordination which enhance physical development. Practicing yoga helps children learn to focus their minds and control their breathing. These skills enhance their focus, concentration and attention span, essential for learning and academic success.

Mr. B J Katare, Mr. Y K Patil and their team from the Shri Nirmala Devi Sahajyoga Trust, Nashik were the chief guests for the event. Mr. Agnihotri, one of the yoga masters, conducted a session on activating our Kundalini energy.

Students and teachers joined together for a mass yoga routine, displaying a spectacle of synchronized poses and smooth transitions.

Principal Dr. Manohar Mahajan urged the attendees to incorporate yoga in their daily routine, emphasizing its vital role in enhancing the well-being of an individual.

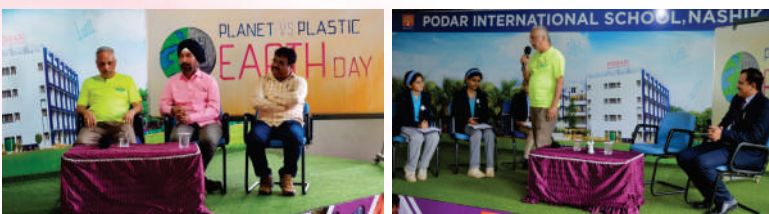


Expert Talk on 'Plastic vs Planet'.

Podar International School organized an expert talk on the topic 'Plastic vs Planet'.

The school is already immersed in the module - 'PLASTIC PLASTIC EVERYWHERE! –

Breaking the Plastic Spell'. In order to extend the exposure, the school organized face-to-face interaction with the prominent personality Mr. Ramesh Iyer, a Social activist and his team of experts- Mr.Nishikant Pagare and Mr.Jagbeer Singh who interacted with the students on the topic- Plastic vs Planet. Respected Principal Dr. Manohar Mahajan underscored the importance of awareness of Plastic pollution. One of the most impactful moments of the session was when all attendees took a collective oath to combat plastic pollution. This commitment to reduce, reuse, and recycle is a significant step towards a more sustainable future.



Theme 1 : Ink and Imagination

Under the Theme 'Ink and Imagination', Podar International School, Nashik (ICSE) conducted a Jumpstart event on 6th June 2024. All grades participated enthusiastically.

Grade VI students had the incredible opportunity to explore the Sarvajanic Vachanalay!

From delving into enriching literature to immerse in the world of knowledge, every moment was a treasure trove of learning.

Grade IV students enthusiastically explored the Crossword Book store. The students dived into the enchanting world of books, explored diverse genres, and uncovered the hidden literary treasures.

It was an enthralling experience of diving into the vast ocean of imagination, knowledge and learning.

House Competition focusing on the theme was successfully arranged for both shifts.

Culminating event was organized under the theme 'Ink and Imagination: Creating tales through comics' for both shifts on Saturday, 22nd June.

The event was graced by the presence of the chief guests, Wing Commander Hub Manager Mr.Sameer Wagle, Ms.Elizabeth, Ms.Kavita and Ms. Asmita.

The attendees were treated to a mesmerizing medley of famous cartoon title tracks, sparking waves of laughter and joy at the venue.

Grade I and II students delighted everyone with a marvelous 'Comic Walk' dressing up as comic characters. Students of grade III to VIII showcased captivating displays of comic inspired merchandise, comic books, comic strips, comic superheroes, the history of comics and comic book artists.

Principal Dr.Manohar Mahajan addressed the students, sharing his fond experiences of reading comics and highlighting how these stories can boost our imagination.



"Be the change you wish to see in the world."

Indian Stalwarts in Paris Olympics 2024

Indian Olympians made their motherland proud in the Paris Olympics, 2024. India, with a total of 6 medals, including one silver and five bronze medals, finished at the 71st spot in the overall medal tally.



India opened their account with shooter **Manu Bhaker** securing a bronze medal in the women's 10m air pistol event.

Manu was again involved in the second

medal win for India when she and her partner **Sarabjot Singh** won the bronze medal in the 10m air pistol mixed team event, defeating South Korea.



India secured their third medal in shooting when shooter **Swapnil Kusale** became the first Indian



to win the bronze medal in the men's 50m rifle three-position event.

India's most successful event in the Olympics, **hockey**, was once again on the podium after defea



ting Spain 2-1 in their bronze medal match. The hockey team, with their win, secured India's fourth medal in Paris and their 13th overall medal in the Olympic Games.

The golden boy of India, **Neeraj Chopra**, secured a podium finish for himself and medal number five for India by winning the silver medal in the men's javelin throw event.



The sixth and final medal at the 2024 Paris Olympics for India was also a historic one. The 21-year-old **Aman Sehrawat**, who won the bronze medal in the



men's 57kg freestyle wrestling event after defeating Puerto Rican Dorian Toi Cruz 13-5, became the youngest Indian to win a medal at the Summer Olympics.

"To all our incredible Indian Olympic medallists, your dedication, resilience, and exceptional performance have made the entire nation proud."

- Miss. Swara Deore (V Himalaya)

Precautions/Care During Monsoon Season

During the monsoon season, it's crucial to take certain precautions to stay healthy and safe. Firstly, use mosquito repellents and nets to prevent diseases like dengue and malaria. Keep your surroundings clean and ensure there's no stagnant water where mosquitoes can breed. Wear waterproof footwear to avoid fungal infections, and keep your feet dry.



Drink boiled or filtered water to prevent waterborne diseases like cholera and typhoid. Avoid street food and eat freshly cooked meals to avoid gastrointestinal infections. Ensure proper ventilation in your home to prevent mold growth. Drive carefully on wet roads to avoid accidents. Always, carry an umbrella or raincoat to stay dry and maintain hygiene to prevent common cold and flu.

It is also important to maintain personal hygiene. For example, wear light, waterproof clothing. Ensure that drainage is proper around your home to prevent waterlogging. And lastly, stay updated on weather forecasts and avoid unnecessary travel during heavy rains.

- Miss. Kavya Gadekar (V-Shivalik)

Treasures under the Sea

World Heritage Sites, recognized by UNESCO, are landmarks of cultural, historical, or natural significance. With over 1,100 sites worldwide, they represent humanity's shared heritage, including wonders like the Great Barrier Reef



The Great Barrier Reef is the world's largest coral reef system. The reef is located in the Coral Sea, off the coast of Queensland, Australia. This reef structure is composed of and built by billions of tiny organisms, known as coral polyps. It supports a wide diversity of life and was selected as a World Heritage Site in 1981. There are animals such as dolphins, turtles, crocodiles, and sharks. There are also venomous sea snakes, brightly colored worms, and large algae.



As sea temperatures rise due to climate change, the algae begin to produce products toxic to the coral, which in turn expel the algae. This process is called bleaching because the coral becomes white.

Climate change, chemical runoff and other forms of pollution, cyclones, coastal development, and overfishing all can harm coral and reduce biodiversity. People have pledged to use less energy, produce less waste and choose environmentally friendly products in order to protect this Nature Marvel.

- Miss. Ovi Patole (VIII Topaz)

प्रकृति का सौंदर्य

हरे-भरे जंगलों का दृश्य,
नीले आसमान का विस्तृत कक्षा।
पंखियों का मधुर संगीत,
हर दिशा में छाया वायु सुगंधित।

नदियों की कलकल, पर्वतों ऊँचाई
फूलों की महक और हरियाली छाई।
सूरज की किरणें, सुबह की लालिमा,
चाँदनी रात, तारे झीलामिलाते।

बारीश की बूँदें, धरती का श्रृंगार,
सर्दियों की थंड, गर्मियों की अंगार।
पतझड़ का रंग, बसंत की बहार,
हर ऋतु में छिपा, प्रकृति का प्यार।

जीवन का सार, प्रकृति की बाहों में,
शांति और सुकून, मिलते हैं राहों में।
संभाल कर रखो इस धरा का मान,
प्रकृति है अनमोल, इसका करो सम्मान।



-कु.अनिशा शिंदे
(9नौवीं मार्स)

प्रकृति एक वरदान

प्रकृति एक आविष्कार,
सबसे अद्भुत चमत्कार,
हृदय मन दृष्टि का अनोखा संचार,
सृष्टि की खिलखिलाती बहार ॥

ऊँचे पर्वत, जो बादल को छुने की रखते हैं तमन्ना खास,
सूरज की पहली किरण अनुभव करने की अलग आस,
बादलों से बरसता पानी समेट लेना हैं जीवन पास,
ये अद्भुत नजारों की नहीं होने देंगे हास ॥

खिलखिलाती, गुनगुनाती हवा,
झरनों से बहता पानी,
पक्षियों की गुंज, उनकी कलरव की अलग कहानी,
जंगल की महफ़िल में सबकी अपनी-अपनी वाणी,
इनकी नहीं होने देंगे कहानी पुरानी ॥

प्रकृति का मान-सम्मान रखना, ठाना है हममें,
सूर्य-चंद्र का अपना नियम उनकी अपनी पहचान,
भूकंप, त्सुनामी, बाढ़ इन सबसे बचने की चाह,
सदैव देगी प्रकृति आर्शिवाद जब हम निहारेंगे इनकी शान।।



-कु.मृण्मयी आचार्य
(नौवीं मार्स)

प्लास्टिक कचरा व्यवस्थापन: एक आव्हान

प्लास्टिक आपल्या दैनंदिन जीवनाचा एक अविभाज्य भाग बनले आहे, परंतु त्याचे अपघटन होण्यासाठी शेकडो वर्षे लागतात. यामुळे प्लास्टिक कचरा एक गंभीर पर्यावरणीय समस्या बनली आहे. प्लास्टिक कचरा व्यवस्थापन हा एक जटिल मुद्दा आहे, परंतु त्याचे प्रभावीपणे निराकरण करण्यासाठी विविध उपाय योजनांचा अवलंब करणे आवश्यक आहे.



-कु.आर्विका कुलकर्णी
(6वी शौर्य)

प्लास्टिक कचऱ्याचे परिणाम:

- * **पर्यावरण प्रदूषण:** प्लास्टिक कचरा जमिनीवर, पाण्यात आणि हवेत प्रदूषण पसरवतो.
- * **जीवसृष्टीवर परिणाम:** प्लास्टिक पिशव्या आणि इतर कचरा प्राण्यांना गळा घालतो आणि त्यांच्या मृत्यूचे कारण बनतो.
- * **मानवी आरोग्य धोका:** प्लास्टिकमधील रसायने मानवी आरोग्याला धोका निर्माण करतात.

प्लास्टिक कचरा व्यवस्थापन उपाय:

- * **कचरा कमी करणे:** प्लास्टिक वापरात कमी करणे हा पहिला आणि सर्वात महत्वाचा फायदा आहे. पुनरुपायुक्त पिशव्या, बाटल्या इत्यादींचा वापर करणे आणि प्लास्टिक वापरण्याचे टाळणे महत्वाचे आहे.
- * **कचरा विभाजन:** प्लास्टिक कचरा इतर कचऱ्यापासून वेगळा करणे आवश्यक आहे. यामुळे पुनरप्रक्रिया प्रक्रिया सोपी होते.
- * **पुनःप्रक्रिया :** प्लास्टिक कचऱ्याची पुनःप्रक्रिया करून नवीन उत्पादने तयार करता येतात.
- * **सामाजिक जागरुकता:** लोकांमध्ये प्लास्टिक कचऱ्याच्या समस्यांबद्दल जागरुकता निर्माण करणे आवश्यक आहे.
- * **नवीन तंत्रज्ञान:** प्लास्टिकचे जैविक रूपाने विघटन करण्याच्या तंत्रज्ञानाचा विकास होत आहे.

सरकारची भूमिका:

सरकारने प्लास्टिक कचरा व्यवस्थापनासाठी कठोर नियम तयार केले आहेत आणि त्यांचे अंमलबजावणी करणे आवश्यक आहे. प्लास्टिक पिशव्यांवर बंदी, पुनःप्रक्रिया सुविधांना प्रोत्साहन देणे आणि कचरा व्यवस्थापन संस्थांची क्षमता वाढवणे या उपाययोजनांचा अवलंब करणे आवश्यक आहे.

कारगिल विजय दिवस पर कविता

है नमन उनको कि जो इस देह को अमरत्व देकर इस जगत में शौर्य की जीवित कहानी हो गए हैं।

है नमन उनको कि जिनके सामने बौना हिमालय जो धरा पर गिर पड़े पर आसमानी हो गए हैं।

है नमन उनको कि जिनको मृत्यु पाकर हुई पावन,
शिखर जिनके चरण छूकर और मानी हो गए हैं।

है नमन उनको कि जिनके सामने बौना हिमालय जो धरा पर गिर पड़े आसमानी हो गए हैं.....

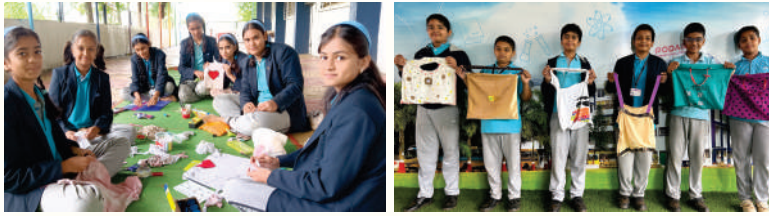


-कु.वैष्णवी सूर्यवंशी
(7वी भाभा)

Sewing Together Towards Sustainability

Podar International School organized a Cloth Bag Making Activity for students of Grades VI to VIII on 10th August. The event aimed to foster creativity while promoting eco-friendly practices and reducing plastic waste.

Over 100 students from Grade VI to VIII participated, designing and creating unique cloth bags using fabric paint and decorative materials. The activity encouraged teamwork, creativity, and sustainable living. Students showcased their finished bags, highlighting their artistic skills and commitment to eco-friendliness. The school plans to organize more such events to promote environmental awareness and creativity among students.



Food acts as medicine--to maintain, prevent, and treat disease.

By embracing healthy eating habits during their student years, individuals set themselves up for a lifetime of improved well-being. Establishing a foundation of nutritious eating at an early age enables students to develop positive eating habits that can be carried forward, ensuring long-term health benefits.



By nourishing their bodies with nutritious foods, students can experience various benefits:

- ✦ A diet rich in healthy ingredients fuels brain function, memory retention, and concentration, enabling students to reach their full academic potential.
- ✦ Proper nutrition provides students with the energy they need to stay focused throughout the school day, preventing fatigue and enhancing their overall productivity.
- ✦ Consuming a balanced diet high in vitamins, minerals, and antioxidants helps strengthen the immune system, reducing the risk of illness and promoting overall well-being.
- ✦ By educating students about healthy eating habits, we equip them with valuable knowledge that they can share with their families and communities, creating a positive ripple effect.

Start making small changes to your diet today and witness the incredible transformation in your life. Remember, investing in your health now will pay dividends for years to come.

- Ms. Gurbani Bindra (VIII Jade)

Earth Day – A Day to Remember the Nature

Earth Day focuses on environmental protection and awareness. Founded by U.S. Senator Gaylord Nelson, it led to the creation of the U.S. Environmental Protection Agency and key laws like the Clean Air Act, Clean Water Act, and Endangered Species Act, improving air and water quality and protecting wildlife. Each year, Earth Day highlights themes such as climate change, conservation, and sustainable practices, promoting activities like local clean-ups, tree-planting, and educational seminars. The Theme for 2024 is 'Planet versus Plastic' to make people aware of the harmful impact of plastic on our planet. Schools, businesses, and organizations worldwide participate in events and campaigns to raise environmental awareness and inspire action. Earth Day continues to mobilize public support for environmental policies and encourages proactive steps toward preserving our planet.



- Miss. Aadishree Pagar (VIII Topaz)

Embracing Eco-Friendly Initiatives : Ganesha Idol Making

Podar International School hosted an event focused on promoting eco-friendly practices through the art of Ganesha idol making led by Shri Nishikant Pagare - NG Member, Godavari River Pollution-Free Committee and Prominent personalities like Dr. Ajit Nikat Deputy Commissioner, Nashik Municipal Corporation, Shri Limbaji Bhad Saheb - Regional Officer, Maharashtra Pollution Control Board, Nashik, Shri Amar Durgule Saheb - Deputy Regional Officer, Maharashtra Pollution Control Board, Nashik, graced the event. Shri Hemant Jorvekar-Founder, Liberty Earthenware Arts, Sangamner and his team demonstrated the eco-friendly idol making process. Together, they led a mission of emphasizing the importance of celebrating traditions while caring for our planet. Respected Principal Dr. Manohar Mahajan and Hub manager Mr. Sameer Wagle guided the students, encouraging them to celebrate the festivals in an eco-friendly manner.



“Protect our species, protect our planet.”

Just for Fun !!!

1. What is faster, Hot or Cold?
Hot because you can catch a cold.
2. Why don't skeletons fight each other?
They don't have the guts.
3. What did one wall say to the other wall?
"I'll meet you at the corner."
4. How do you make holy water?
You boil the hell out of it.
5. Today at the bank, an old lady asked me to check her balance.
So I pushed her over.
6. What do you call a Frenchman wearing sandals?
Philippe Fallop
7. Today a man knocked on my door for a small donation towards the local swimming pool, so I gave him a glass of water.
8. How is my wallet like an onion?
Every time I open it, I cry.
9. Why did the dinosaur refuse to wear deodorant?
He didn't want to be an ex-stink.



-Mast.Dhruv Patil (X Einstein)

Mental Health

In today's rapidly changing world, the mental health of students has become a critical concern. Academic pressures, social dynamics, and personal challenges often leave students feeling overwhelmed and anxious. Mental health encompasses emotional, psychological, and social well-being, affecting how students think, feel, and act. Common issues include anxiety from academic pressures, depression characterized by sadness and hopelessness, chronic stress from balancing schoolwork, personal life and family problems. Good mental health includes resilience, self-esteem, and emotional stability.

Schools play a pivotal role in promoting and supporting students' mental health. Creating a supportive environment where students feel safe, valued, and supported is crucial. This includes promoting inclusivity, respect, and kindness. Integrating mental health education into the curriculum helps students understand and manage their emotions, recognize mental health issues, and seek help when needed.

Encouraging open communication is essential for supporting student's mental health. Establishing peer support programs provides a sense of belonging and reduces isolation. Promoting a healthy lifestyle through a balanced diet, regular exercise, and adequate sleep contributes to a healthy mind.

"Mental health is not a destination, but a process. It's about how you drive, not where you're going."

-Ms.Nikita Badgujar
(Wellness Teacher cum Special Educator)



Puzzles

Questions:

1. I am so simple that I can only point, yet I guide people all over the world.
2. What goes up but never comes down?
3. What comes out at night without being called, and is lost in the day without being stolen?
4. What is powerful still so delicate that it breaks when you say its name?
5. What is made of water, but if you put it into water it vanishes?
6. What kind of lion never roars?
7. What has a thousand needles but cannot sew?

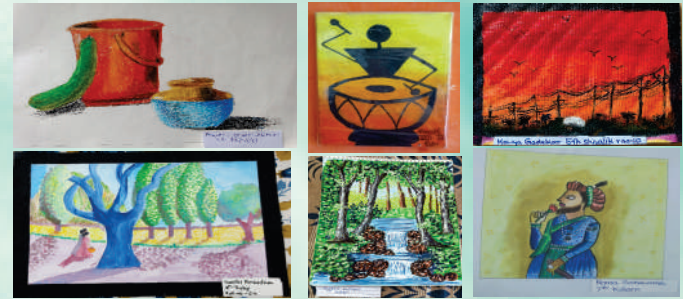
Answers:

- 1: Compass 2: Your age. 3: The stars. 4: Silence
- 5: An ice cube. 6: A dandelION. 7: A porcupine.

- Ms.Bhargavi Kulkarni (X-Einstein)



Kids Art Corner



Podar International School, Nashik

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