



## INTERVIEW WITH THE SCIENCE EXPERTS OF P.I.S ...



**Ms. Jyotsna Gupta**



**Ms. Sarika Barve**



**Ms. Neha Kumari**



**Ms. Deepali Shirgave**



**Ms. Preeti Hushangbade**

### 1. How can you guide your students regarding the misuse of technology in the way of the internet, video games, television etc?

**ANS) Jyotsna Ma'am** – Every coin has two sides. Technology provides us sophisticated educational tools, but it should be taken into account that technology also can turn counterproductive in hands of students who lack proper guidance. The important thing here is that student must learn how much and for what purpose they are using the internet.

**Sarika ma'am** - Everything in excess is bad. Everything should be done in a certain limit or it can be hazardous to the students and can even affect their future.

**Neha Ma'am** - The students should take help of technology for such functions which are impossible for them to do but to a certain limit so that it does not affect their career and future.

**Deepali ma'am**- We can guide the students about the misuse of technology, disadvantages and impacts of it. Blocking all the unwanted sites and games from computers and laptops which are used by the students can help them to concentrate on their studies, career and make their future safer.

**Preeti Ma'am**- Technology is a great way to stay entertained but it is disconnecting people.

Technology is ruining the quality of human life. Students' use of technological devices should be monitored continuously so that they don't misuse it.

### 2. In what ways do the children show interest in the topic taught in this subject ?

**ANS) Jyotsna Ma'am** –During a class activity related to the topic 'Light , Shadows and Reflection' , students brought pinhole cameras and periscopes. They discussed its uses and other related things in the class. It was really an interesting activity.

**Sarika Ma'am** –One of my students prepared an electrical model of 'Solar System' showing the orbits of the planet revolving around the sun.

**Neha Ma'am** – One of my students made a clay model of 'Food Pyramid' and explained it nicely in the class.

**Deepali Ma'am** - My students performed a role play of our 'Solar System' wherein the students got a chance to act as a planet and discuss its special features .They enjoyed a lot.

**Preeti Ma'am** – During the class activity, my students made a pinhole camera & explained how the human eye acts very much like a pinhole camera.\

### 3. How can the students relate science to their daily life?

**ANS ) Jyotsna Ma'am** - Science and everyday life cannot and should not be separated. Students can easily relate life with science, because science gives us explanation of every minute as well as major things happening in this universe.

**Sarika Ma'am** - There are plenty of examples from daily life. Science has a vital role in our life starting with harvesting to the components of food. Each and every part of our life is related to science .We cannot imagine our life without science.

**Neha Ma'am** - We can capture the interest of children and help them in exploring things around by giving number of examples around us so that they will try and relate the topics to their surroundings.

**Deepali Ma'am** - By observing natural changes in the environment, importance of healthy food habits, awareness about nature conservation and learning about the physical and chemical reaction that takes place in every living thing.

**Preeti Ma'am** - Science affects us all; our digital alarm clock, the bike we drive on, the bus we ride in, our decision to eat a baked cake instead of fries, our cell phone, the antibiotics that treat our sore throat.

**Riddhi S. Kalantri & Sanskruti S. Wadhvani**

## EDITORIAL TEAM FOR FEBRUARY

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

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“What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.”

— Bob Dylan

## चिकाटीचे फळ तेचि यशाचे फळ

चिकाटी हा गुण अंगी बाणण्यासाठी प्रथम नकारात्मकता नाकारली पाहिजे. नकारात्मकता ही दुर्बलता आहे. ती यशाची वैरीण आहे. म्हणून मी अयशस्वी होईल हा विचार मनातून काढून टाकला पाहिजे.

हिवाळ्यात एका वटलेल्या सफरचंदाच्या झाडावर एक गोगलगाय चढत होती. तिला तसे चढताना पाहून झाडावरच्या चिमणीला हसू फुटले. चिमणी म्हणाली, "अगं वेडे! या झाडावर सफरचंदच काय, पण साधे पानसुद्धा नाहीयं." गोगलगाय त्यावर उदगारली, "वसंतऋतूत जेव्हा मी वर पोहोचेल तेव्हा ती नक्कीच तेथे असतील." या कथेतील गोगलगाय प्रेरणादायी आहे. आपले ध्येय तिने ठरवलेले आहे. स्वतःची कुवत जाणून चिकाटीने परिश्रम करण्याची तिची तयारी आहे. सदासिद्ध किंवा झटपट यश तिला नको आहे. चिकाटी ही शौर्याला पर्याय आहे. अस्वल पोळे काढून मध मिळविण्याचा पराक्रम करते, पण त्याच्यापेक्षा दुवळी असणारी मधमाशीही चिकाटीने तेवढाच मध मिळवते. आयुष्य हा काही विश्वांतीचा सागर नाही. जीवन आहे तिथे अडचणीचे वादळ वारे घोंघावणारच आपण अडचणीच्या काळात हतबल होतो, आपला उत्साह ओसरतो व अपयशाच्या मा-याने कार्याचा नाद सोडून देतो. ही पलायनवादी भूमिका इष्ट नाही. प्रत्येक माणसाला वैभवाच्या शिखरावर जाण्यापूर्वी या कसोटीच्या काळाला तोंड द्यावे लागते चिकाटीचा दोर अशा वेळेस घट्ट धरून ठेवावा लागतो.

रेडिओचा शोध लावणारे शास्त्रज्ञ मार्कोनी यांचे पेटंट कोणी तरी चोरले. त्यांचे ब्रॉडकास्टिंग स्टेशन आगीच्या भक्ष्यस्थानी पडले. वॅकने त्यांना कर्ज नाकारले. पलीने विचारले, "आता काय करायचे?" मार्कोनी म्हणाले, "I must work harder-" चिकाटी धरल्यास हमखास यश मिळते. यश न मिळाले तरी प्रयत्नांचे सुख व आनंद कोणी हिरावून घेऊ शकत नाही.



- सुनंदा शेवाळे

## प्रगती म्हणजे काय?

प्रत्येक गोष्टीत तुम्हाला सुधारणा करता येईल याचा विचार केल्यास तुम्ही 'वरचा दर्जा' गाठू शकाल. असं करता येतं यावर विश्वास ठेवा. आपण काहीतरी चांगलं करू शकतो यावर विश्वास ठेवल्याने तुम्ही ते करण्याचे मार्ग शोधू लागतात. एखादी गोष्ट अशक्य आहे असं एकदा मनात आलं की ते का अशक्य आहे? हे सिद्ध करण्याकडेच आपला कल होतो.

आपण एखादी गोष्ट का करू शकत नाही?, याची कारणं शोधण्यापेक्षा ती गोष्ट कशी आणि का करायची यावर लक्ष केंद्रित करा. आयुष्यातील प्रत्येक गोष्टीत - अगदी घरगुती कामापासून सामाजिक कामापर्यंत - यशाचा मंत्र असतो तो असा - "आपल्या कामाची दर्जात्मक आणि संख्यात्मक वाढ म्हणजे प्रगती।" आपली प्रगती साधण्यासाठी आपल्याला वाटतं त्यापेक्षा आपण अधिक चांगलं करू शकतो याची स्वतःला सारखी जाणीव करून द्या आणि त्यामुळे आपण आता जे काही करतोय त्यापेक्षा जास्त प्रमाणावर ते काम करू शकतो हे लक्षात ठेवा.

ना कुणाशी स्पर्धा असावी...

ना कुणाच्या पुढे जाण्याची आकांक्षा असावी...

फक्त स्वतःला पुढे नेण्याची जिद्द असावी!  
तोच खरा विकास असतो तीच खरी प्रगती असते.



-अस्मिता अडांगळे

## Marvellous Nasik

Nasik is situated in north-western Maharashtra, on the banks of river Godavari. It is a major Hindu pilgrimage.

According to legend, Lord Rama with Sita and Lakshmana spent their exile here. It was the same place where Lakshmana cut Surphnaka's nose. Thus, this place was named as Nasik derived from the Sanskrit word Nasika which means nose. Nasik also has one of the twelve Jyotirlinga which is Trimbakeshwar.

Do you all love movies? Yes, we all do. But do you know who created the first movie? Yes, it was Dadasaheb Phalke. The amazing fact is that he was also from Nasik.

Nasik is also called the revolutionary centre as the Satyagraha led by Baba saheb Ambedkar for the abolition of untouchables was also held in Nasik.

Nasik also prides itself on being the wine capital of India. We should all feel proud and lucky to be a citizen of Nasik.

- Aarushi Ratan  
VI Shivalik

## Remember Me???

My name is gossip. I have no respect for justice. I maim without killing. I break hearts & ruin lives. I am cunning, malicious & gather strength with age. The more I am quoted the more I am believed. I flourished at every level of society. My victims are helpless. They cannot protect themselves from me because I have no name or face. To track me down is impossible. The harder you try, the more elusive I become. I am nobody's friend.

Once I tarnish a reputation, it is never the same. I topple government & wreck homes. I ruin careers & cause sleepless nights, headaches & heartbreaks. I spawn suspicions & generate grief. I make innocent people cry in their pillows. Even my name hisses I am called 'Gossip.' Office gossip, shop gossip, party gossip, telephone gossip. I make headlines & headaches.

Remember, before you repeat a story, ask yourself: Is it true? Is it fair? Is it necessary? If not, do not repeat it. "Keep Quiet."

"Great" minds discuss ideas....

"Average" minds discuss events....

"Shallow" minds discuss peoples...

YOU DECIDE WHICH ONE ARE YOU??

- Hritika.Rakte  
VIII Topaz

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

— Leonardo da Vinci

## लगाओ.. पेड़

जब तक पेड़ नहीं होंगे,  
तब तक पाणी नहीं होगा।  
जब तक पाणी नहीं होगा,  
तब तक पेड़ नहीं होंगे।  
जब तक पेड़ नहीं होंगे,  
तब तक हवा नहीं होगी।  
जब तक हवा नहीं होगी,  
तब तक कोई नहीं रहेगा।  
जब कोई नहीं रहेगा,  
तो धरती भी नहीं रहेगी।  
सो पेड़ लगाओ खुशियाँ पाओ...

-अभरिव पवार  
३री सलिव्हर

## फूल कहे

फूल कहे तितली रानी से  
अब क्या होगा मनमानी से  
जीवन चलता बस पानी से  
धरती माँ को आबाद करो  
पेड़ों को मत बर्बाद करो  
कुछ तो सीखो नादानी से  
जीवन चलता बस पानी से  
पानी अनमोल खजाना है  
इसकी हर बूँद बचाना है  
बबलू बोला यह जाँनी से  
जीवन चलता बस पानी से

- Shradha Bharti VIII Pearl

## मैत्री

तुझे हृदय आणि  
माझे हृदय एकरूप व्हावे  
जखम मला व्हावी  
आणि कळ तुला यावी ॥ १ ॥  
प्रश्न मला येतील  
पण उत्तर तु व्हावे  
कळत न कळत माझ्या  
हृदयातले तुला कळावे ॥ २ ॥  
दुःखामध्ये असलो मी  
तर पाठीशी तु राहावे  
आपल्या मैत्रीचे सत्र  
हे असेच चालावे ॥ ३ ॥  
एकदा तरी आठवण माझी  
आठवड्यातुन तुला यावी  
अशीच मैत्री आपली  
नकळत चालावी ॥ ४ ॥

- Sanskruti wadhvani VIII Pearl

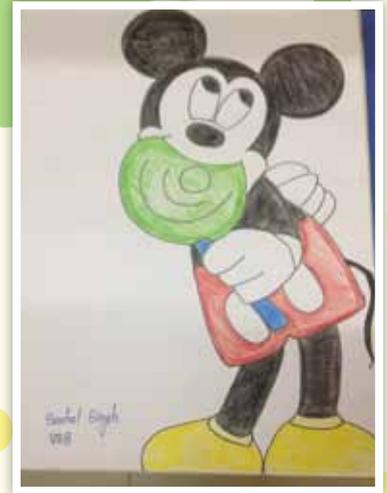
## ART CORNER



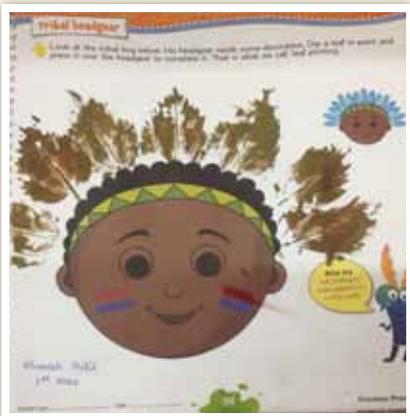
Renuka Kulkarni IX-Mars



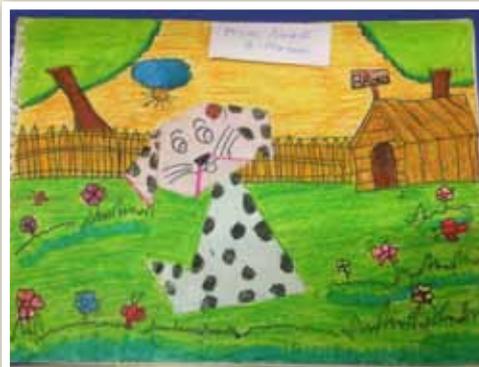
Diksha Patel IV-Agni



Snehal Singh VII-B



Bhavesh Patil I-Rose



Mitali Sancheti (II-Pineapple)



Riddhi Walekar IV-Agni

“If you want to lift yourself up, lift up someone else.”

— Booker T. Washington

## ABRAHAM LINCOLN'S BIRTHDAY

12th February the birthday of Abraham Lincoln was celebrated in our school with a special assembly. The assembly was conducted very well by 6th Nilgiri. The class took great efforts and performed a very nice skit depicting the stages of life Abraham Lincoln's life. The assembly was conducted under the theme 'Significant People'. The assembly depicted how there were ups and downs in Abraham Lincoln's life but he never gave up. He was demoted in the army, failed in business, lost elections 8 times and still had the potential to compete and, as a result, won, at last, completing his dream to become the president of U.S.A. his life truly proves, "those who have never failed have never tried anything." He is one of the most inspired personalities of the world. His name still lies within the hearts of people worldwide. The significant people by their amazing work have inspired and changed the life of many people and lent them the ultimate key to success making them extraordinary from ordinary and unique from common.

– Atharv Jaju VIII Ruby



## EXPRESS YOURSELF GRADE I-VIII

Grade I&II: - Communicating Activity 'Dress and Talk Parade'  
The students were dressed up like the people whom they felt are significant and spoke a few words about them.

Grade III&IV: - Creative Writing Activity 'Go Inspire Go'  
The students were given the pictures of Mahatma Gandhi, Kalpana Chawla and Sachin Tendulkar and asked to write some qualities of the person they feel are significant and inspire them the most.

Grade V&VI: - Letter Writing Activity 'Letter to My Hero'  
The students used their imagination and thinking skills to write the best letter to their most inspiring significant personality.

Grade VII&VIII: - Debate 'Popularity and Power are important to be significant'

The students smartly debated and gave their opinions and shared their thoughts either for the topic or against the topic.

All the children did very well on this theme "SIGNIFICANT PEOPLE"

– Addya Khasne VIII Ruby

## FIELD TRIPS

The students of grade VIII went on a picnic on 8th February followed by grade V on 9th February, grade VII students on 10th February and grade VI students on 13th February. These students had a trip to the Temple Hill in Devlali. The place was really magnificent. The students had a great fun time there with their teachers. The amazement was raised to a next level when the children were told to climb up a hill. The hilltop had a temple on it in which the students prayed for success. While returning down the students clicked some pictures with their class teachers. This trip was truly a memorable one. With this, the field trips of the session were culminated.

– Atharv Jaju VIII Ruby



“Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.”

— Jamie Paolinetti

## HOUSE COMPETITION

Water needs to be conserved! The students from Grade III-VIII participated in the House Competition by making slogans, banners and working models on the topic 'Water Conservation'. The students also explained the models and made us aware about conserving water and its importance.

The results were declared, and our erudite judges Preeti ma'am, Akalpita ma'am and Padmaja ma'am judged the houses on how the students presented, how were the working models and how were the banners, posters and placards and chose Aqua House to be the best one for this competition. It was appreciated by our Principal Sir.

– Addya Khasne VIII Ruby



## PARIVARTAN DRIVE

The culminating event of the theme significant people, Parivartan Drive was the best social event of the school for creating awareness in people in world-environment related issues.

The students collected their banners and left for a march around the vicinity and started the rally. Many of them were delivering slogans loudly to spread awareness and manipulate the mind of people to conserve water.

The topic of the drive was to create awareness for water conservation and was fulfilled by those slogans which were imparted loudly by the students. It was a great success and unless we start saving water nobody else will do. I'm sure that at least the people who must have seen the rally would have started conserving water due the grand efforts were taken by the students to make an approach and change the minds of people. The rally was participated by Grade VIII children, cheered by Principal, Vice Principal and teachers.

– Atharv Jaju VIII Ruby



## WORLD CANCER DAY

Cancer is a deadly, unwanted and non-curative disease. To create awareness among the students of Podar, we had a special assembly on 4th February 2016, which is celebrated as the World Cancer Day. The students of VI Vindhyachal conducted the assembly. The students displayed banners and placards to make us all aware. They conveyed us the message and explained us the preventions. Kavita ma'am spoke about the agony of Cancer and made us aware of it.

– Addya Khasne VIII Ruby



“Certain things catch your eye, but pursue only those that capture the heart.”

— Ancient Indian Proverb



## SPORTS DAY

Giving importance to sports, Podar International School Nashik celebrated 'The Annual Sports Day 2015-16' with great energy and enthusiasm. We had with us two international athletes who have astounding careers in athletics; Mr. Koruth P. Koshy and Mr. Nandu Ugale. The lamp lightning by the chief guests was followed by our National Anthem and School Song. The Podarities marched in an organized way.

There were cultural shows like classical, sports and western dances which were gracefully performed. There were demos of Martial Arts, Yoga, Aerobics, Gymnastic, Basketball, Chess, Karate etc. followed by Mass P.T. and Dumbbells. Now it was the time for the track events like relay, 100m, 200m, lemon-spoon and obstacle races. There was musical chair, races and tug of war for the parents and teachers too.

At last, the time came for which the young Podarities wait eagerly. Aqua House was honoured with the Sports Trophy as well as the Champions Trophy.

– Addya Khasne VIII Ruby



## TEACHERS' WORKSHOP



A workshop was conducted in our school on 19th February for teachers of our school. Principal Sir felicitated the dignitaries and then the workshop started. Dr. Rituparna Ghosh (M.sc & Phd in clinical psychology) and Ms. Akshaya Dhuri (counsellor of IEC team) imparted their words of wisdom and helped our teachers learn and implement emotional intelligence in the handling of children. This workshop was amazing as it has developed our teachers and made it easy for them to understand us and for us to understand them. It is fascinating that almost all the teachers have followed these instructions and would be implementing it.



– Atharv Jaju VIII Ruby

“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.”

— Helen Keller

## INTERNET OF THINGS (IOT)

The Internet of Things (IoT) is the network of physical objects that contain technology embedded within, which enables them to communicate, and sense or interact with their internal states or the external environment. In simpler definition: IoT is where different objects of your world are connected and controlled with the help of the Internet.

IoT solutions enable people to control their home appliances using their phones or TV sets and receive useful information on one's health, based on one's sleeping and eating habits. Devices can also monitor vital organs and fitness workouts, and can thus provide insights.

The Internet of Things (IoT) allows us to use technology to enhance our comfort, improve our energy efficiency, and simplify the tasks that consume our home and work life and give us greater control over our lives.

For example, do your kids get home before you every day? With the right devices, you can know when one of them comes home, or if one leaves. You can make sure that they don't crank down the AC to Antarctic levels. You can even keep an eye on who's with them, and get the fridge to remind you via text message to pick up milk on your way home. Few examples in industry:

- Asset tracking of goods on the move,
- Automatic traffic management,



Remote security and control,  
Environmental monitoring and control,

“Smart” applications, including cities, agriculture, water, buildings, broadband, cars, appliances, tags, animal farming, grid, meters, and the environment, to name a few.

We see the IoT as billions of smart, connected “things” (a sort of “universal global neural network” in the cloud) that will encompass every aspect of our lives, and its foundation

is the intelligence that embedded processing provides.

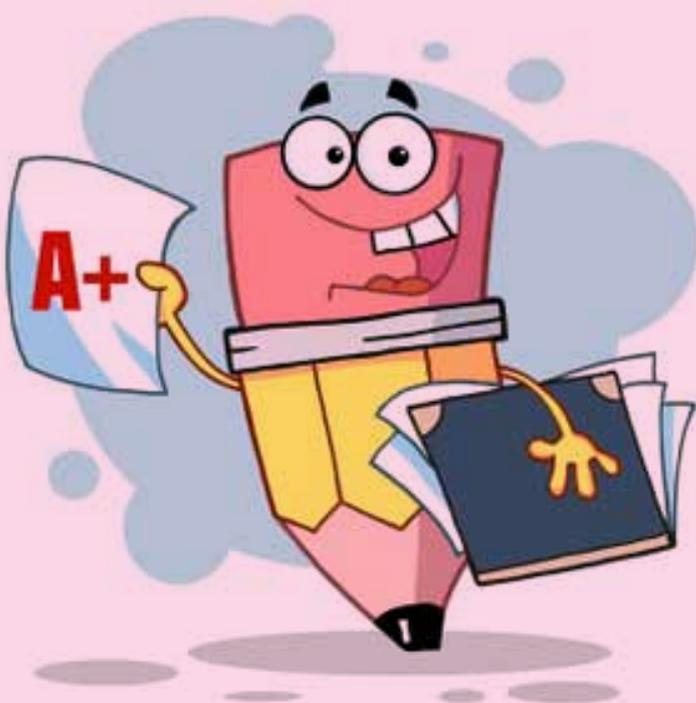
The IoT is comprised of smart machines interacting and communicating with other machines, objects, environments and infrastructures. As a result, huge volumes of data are being generated, and that data is being processed into useful actions that can “command and control” things to make our lives much easier and safer—and to reduce our impact on the environment.

Connecting smart devices to the web has also started happening, although at a slower rate. Just as the Internet phenomenon happened not so long ago and caught like a wildfire, the Internet of Things will touch every aspect of our lives very soon. Are you ready for it?

**-Bhushan Tambat**  
Parent of Anshul Tambat, II Apple



## IS IT CORRECT TO JUDGE YOUR CHILD ON THE BASIS OF MARKS?



A child is one of the greatest gifts to a parent. But this gift is appreciated by few lucky parents those who don't judge their loved ones on the basis of marks they score in the exams.

Exams come and go, children who can't cope or fail in one exam can make it up in the next time. At that moment our strict or wrong words, we labelling them, doubting their capabilities can break down the child's self-confidence and self esteem. They should be assured that we parents are with them in all situations. The real magic that works with children is love and motivation that we parents need to give.

Try to see the positives in your child at the times of his failures and be an unconditional support.

**- Nitin Kavede**  
(Parent of Arya Kavede, VI Shivalik)



“Sometimes the questions are complicated and the answers are simple.”

— Dr.Seuss

## PODAR INTERNATIONAL SCHOOL, NASHIK STUDENTS' ACHIEVEMENT FEBRUARY 2016

### SHLOK DAHAKE

EVENT: - Skating

(Long race, Short race, Road race)

POSITION:- 1<sup>st</sup> (3 Gold)

STD:- 2<sup>nd</sup>

PARTICIPATED IN:- 8th Open State level Skating  
Competition-2016

ORGANISED BY: -Skating India at Airoli  
(Navi Mumbai)

DISTRICT: -Mumbai



### HARI KRUNAL DABHI

EVENT: - Skating

POSITION:- 2<sup>nd</sup> (Sliver)

STD:- 1<sup>st</sup>

PARTICIPATED IN: - State level Classical Rolling  
Skating Championship -2016

ORGANISED BY: - Nashik Skating Association

DISTRICT: -Nashik

