

Manas Ganga

A Monthly News Letter of Manas Group of Institutions, Pithoragarh

Empowering minds and shaping futures, Manas Group of Institutions, Pithoragarh stands as a beacon of quality education and innovation. With a focus on holistic development & employability, we inspire students to achieve their dreams & contribute meaningfully to society. Through this Newsletter, join us in celebrating knowledge, growth, and success as we continue to make strides in school & higher education.

Date: 15th March, 2025

Together, let's build a brighter tomorrow.

Edition: 48

मानस गंगा

के
समस्त पाठकों को

रंगोत्सव एवं फूलदेई

की हार्दिक
शुभकामनाएँ

मानस मंदिर में सजी बैठकी होली की महफिल



13 मार्च 2025 को मानस मंदिर में बैठकी होली का भव्य आयोजन किया गया। डॉ. अशोक कुमार पंत के निवास स्थान पर आयोजित इस संगीतमयी होली में समाज के अनेक संगीत प्रेमियों और होली प्रेमियों ने भाग लिया। हर वर्ष की तरह, इस बार भी मानस परिवार ने बैठकी होली का आयोजन बड़े हर्षोल्लास और परंपरागत तरीके से किया। बैठकी होली का यह अनोखा माहौल लोगों को पुराने समय की यादों में ले जाता है, जहां शास्त्रीय संगीत और पारंपरिक होली गीतों की गुंज से वातावरण संगीतमय हो जाता है। इस बार भी कार्यक्रम में समाज के कई प्रतिष्ठित संगीतकारों और कलाकारों ने अपनी प्रस्तुतियों से समाज में बांध बढ़ गई।

महिलाओं के लिए विशेष होली मिलन समारोह



इससे पहले, 12 मार्च 2025 को मानस मंदिर में महिलाओं के लिए विशेष होली मिलन समारोह का आयोजन किया गया। इस कार्यक्रम में मानस एकेडमी और मानस कॉलेज की महिला स्टाफ ने उत्साहपूर्वक भाग लिया। इस अवसर पर महिलाओं ने पारंपरिक होली गीत गाकर कार्यक्रम की शुरुआत की। इसके बाद, स्टाफ और परिवार के सदस्यों द्वारा रंगारंग नृत्य प्रस्तुतियों ने माहौल को और भी उल्लासपूर्ण बना दिया। रंग-बिरंगे माहौल में महिलाओं ने नृत्य और गीतों के माध्यम से होली के पारंपरिक रंगों को जीवंत किया। यह आयोजन महिलाओं के लिए न केवल मनोरंजन का अवसर था, बल्कि यह उनके आपसी संबंधों को और मजबूत करने का भी एक जरिया बना। पूरे कार्यक्रम के दौरान महिलाओं के लिए विशेष होली मिलन समारोह हंसी-ठिठोली, रंग और संगीत का ऐसा संगम देखने को मिला, जिसने होली की खुशियों को और भी रंगीन बना दिया। मानस मंदिर में आयोजित बैठकी होली और महिला होली मिलन समारोह केवल एक उत्सव मात्र नहीं थे, बल्कि यह हमारी समृद्ध सांस्कृतिक विरासत और आपसी सौहार्द का प्रतीक भी थे। संगीत, रंग और उल्लास से भरपूर इन आयोजनों ने समाज के लोगों को एकजुट होने का अवसर दिया और एक बार फिर साबित किया कि होली केवल रंगों का नहीं, बल्कि प्रेम, मेलजोल और संगीत का भी त्योहार है।

Inauguration of "Manthan Sabhagar" at Manas College

On March 5, 2025, "Manthan Sabhagar" at Manas College was formally inaugurated by renowned geographer and academician Dr. Hermann Krutzmann and eminent historian Prof. Shekhar Pathak. The presence of such distinguished scholars made the occasion even more significant and memorable. During the inauguration ceremony, the dignitaries unveiled the commemorative stone in the presence of the college management, the patron Smt. Kamla Pant, administrative and academic staff members, and other prominent figures from society. The event was a reflection of the institution's commitment to fostering intellectual discussions and academic excellence. Speaking on the occasion, Dr.



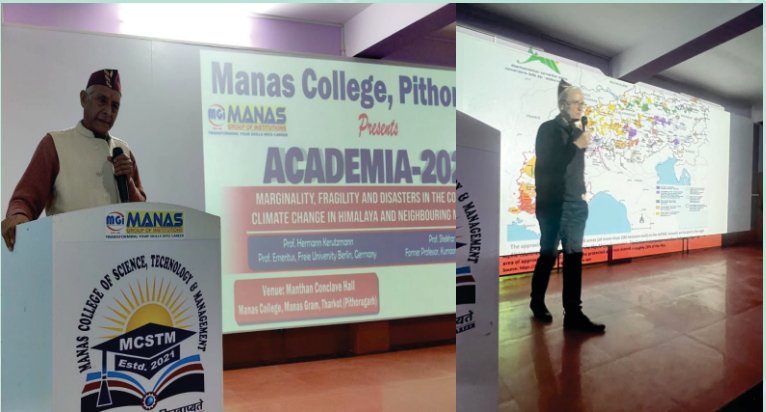
Hermann Krutzmann and Prof. Shekhar Pathak encouraging knowledge-sharing and Prof. Shekhar Pathak emphasized the importance of meaningful discourse. They highlighted platforms like "Manthan Sabhagar" in how such spaces serve as a hub for

intellectual exchanges, discussions on innovation, and academic growth. For Manas College, this inauguration was not merely about opening a new facility but signified a new chapter in its academic journey. "Manthan Sabhagar" is expected to host various academic dialogues, research discussions, seminars, and workshops in the coming years, benefiting students, scholars, and the broader academic community. The college management extended their heartfelt gratitude to the esteemed guests and expressed optimism that "Manthan Sabhagar" will emerge as a center of knowledge, fostering intellectual growth and academic excellence.

Manas College Hosts its First Academia 2025: A Deep Dive into the Grandeur of the Himalayas

5th March 2025 marked a significant milestone for Manas College as it successfully hosted its first-ever Academia 2025, an academic seminar of the Himalayas, focusing on the historical, geographical, and environmental significance of the Himalayan region. The event brought together renowned international scholars, researchers, and academicians. It was the first time that international guests were invited to Manas College, making the event even more special. The theme of Academia

2025 was "Deep Dive into the Grandeur of the Himalayas", focusing on the historical, geographical, and environmental significance of the Himalayan region. The keynote address was delivered by Prof. Hermann Krutzmann from Germany, a globally acclaimed geographer who has dedicated decades to studying the Himalayan range and its



एकेडमिया 2025 में “भारतीय मध्य हिमालय में जल : संस्कृति एवं आर्थिकी” पुस्तक का भव्य विमोचन



मानस कॉलेज, पिथौरागढ़ में आयोजित एकेडेमिया 2025 के अवसर पर “भारतीय मध्य हिमालय में जल : संस्कृति एवं आर्थिकी” पुस्तक का भव्य विमोचन किया गया। यह पुस्तक डॉ. जीतेन्द्र कुमार लोहानी, प्रो. पी.सी. पाण्डे, और डॉ. अशोक कुमार पंत द्वारा लिखी गई है, जिसमें मध्य हिमालय के जल संसाधनों, उनकी सांस्कृतिक और आर्थिक महत्ता तथा वैज्ञानिक शोधों का संकलन किया गया है। इस ऐतिहासिक अवसर पर पुस्तक का विमोचन प्रख्यात इतिहासकार प्रो. शंकर पाठक, प्रसिद्ध भूगोलवेत्ता डॉ. हर्मान कुट्ज़मैन, और शिक्षाविद् प्रो. सावित्राह के करकमलों द्वारा किया गया। कार्यक्रम में कॉलेज प्रबंधन, संरक्षक श्रीमती कमला पंत, प्रशासनिक एवं अकादमिक स्टाफ, शोधार्थी और समाज के कई प्रतिष्ठित गणमान्य

व्यक्ति उपस्थित रहे, जिन्होंने इस अनूठी कृति के महत्व को सराहा। इस पुस्तक की प्रस्तावना श्रीमती कमला पंत द्वारा लिखी गई है, जिन्होंने विमोचन के पश्चात पुस्तक की सक्षिप्त प्रस्तुति भी दी। उन्होंने बताया कि यह पुस्तक जल संसाधनों पर आधारित वैज्ञानिक शोधों, पारंपरिक जल व्यवस्थाओं और उनके आर्थिक प्रभावों को विस्तार से समझने का प्रयास है। यह पुस्तक न केवल शोधार्थियों के लिए उपयोगी होगी, बल्कि नीति-निर्माताओं और पर्यावरणविदों के लिए भी एक महत्वपूर्ण दस्तावेज साबित होगी। कार्यक्रम के दौरान, प्रो. सरोज वर्मा द्वारा लिखित कुछ अन्य पुस्तकों का भी विमोचन किया गया। इस अवसर पर उपस्थित विद्वानों और विशेषज्ञों ने जल संरक्षण की आवश्यकता और पारंपरिक जल प्रबंधन की प्रासंगिकता पर भी चर्चा की।

geography. His talk, titled "Marginality, Fragility, and Disasters in the Context of Climate Change in the Himalayas and Neighbouring Mountains," provided a deep insight into the geographical transformations of the Himalayan region over the past 30 years. He elaborated on how climate change has significantly impacted the ecosystem, landscapes, and human settlements in these mountainous areas. His session was not just informative but also thought-provoking, as it highlighted the urgent need for sustainable strategies to mitigate climate-related risks in the Himalayas. Following this, Prof. Shekhar Pathak, a distinguished historian, took the stage and captivated the audience with his engaging storytelling. He shared historical and cultural narratives of the Himalayan range, bringing forth interesting incidents that helped the audience understand the region's transformation over the years. Prof. Pathak also summarized

Hermann's session, reinforcing the pressing need for well-structured policies that could support the people living in border regions, who often face immense challenges due to the region's tough terrain and extreme climatic conditions. The event commenced with a warm welcome to all dignitaries by the Director of Manas College, Mr. Devasheesh Pant. The seminar concluded with a vote of thanks delivered by Dr. Ashok Kumar Pant, Chairman of MGI, acknowledging the contributions of the esteemed speakers, scholars, and attendees. Academia 2025 witnessed the participation of eminent writers, thinkers, social workers, academicians, faculty members, and students, making it a truly enriching and intellectually stimulating gathering. The event not only fostered academic discussions but also laid the foundation for future research and policy dialogues on Himalayan studies and environmental sustainability.

Exploring Global Education: An Interactive Session with Mrs. Sabine from Germany



On March 5, 2025, a special session was conducted for teachers by Mrs. Sabine from Germany, where she shared her experiences as both a student and a teacher in Germany and other countries. As part of her research on the International Education System, she provided valuable insights into various educational approaches. Mrs. Sabine received a warm welcome at the school from MGI Chairman Dr. Ashok Kumar Pant, along with Directors Mr. Devasheesh Pant and Mrs. Meenu Bhatt. In his formal address, Mr. Devasheesh Pant expressed gratitude to Mrs. Sabine for taking the time to share her expertise with the teachers of Manas Academy. During the interactive session, Mrs. Sabine addressed various queries from teachers regarding the education systems in India and Germany. In her presidential address, MGI Patron Mrs. Kamla Pant emphasized the significance of teaching with passion, not merely as a profession. She highlighted the essential qualities of an effective teacher—knowledge, skill, and the right attitude. The session concluded with a vote of thanks from Academic Director Mrs. Meenu Bhatt, who expressed appreciation to Mrs. Sabine and hoped that the discussion would have a positive impact on all staff members

National Science Day Celebrated with Hands-on Robotics Workshop



On February 28, 2025, Manas College of Science, Technology, and Management, Pithoragarh, celebrated National Science Day with a Hands-on Workshop on Robotics in Everyday Life. The event aimed to ignite curiosity, enhance technical knowledge, and showcase the growing role of robotics in daily life. Manas College invited Mr. Avanish Garkoti and his team from Aviraj Infotech to conduct the workshop, bringing robotic models and prototypes to demonstrate real-world applications. Mr. Garkoti emphasized the impact of Robotics and AI in industries like healthcare, education, and manufacturing, inspiring students to explore technological advancements. The workshop taught programming basics, and understood sensor mechanisms for automation. These practical activities helped them grasp how robotics can simplify tasks, improve efficiency, and minimize human intervention in various domains. The event also honored National Science Day, commemorating Sir C.V. Raman's discovery of the Raman Effect. In his concluding remarks, Mr. Devasheesh Pant, Director of Manas College, expressed gratitude to Aviraj Infotech and praised students' enthusiasm. He emphasized the importance of technical knowledge and innovation for future success. The celebration successfully promoted learning, bridging the gap between theory and practice. Manas College looks forward to organizing more such industry-interaction sessions to equip students for the global technology landscape.

Manas College Empowers Students with Algorithm Relay & App Design Challenge



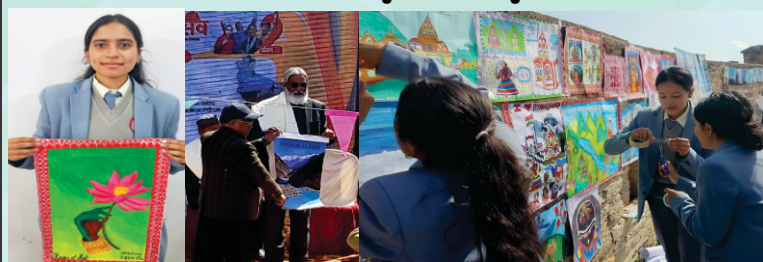
The Department of Information Technology at Manas College, Pithoragarh, successfully organized the "Algorithm Relay & Flowchart Battle" and "Paper App Design Challenge" on February 21, 2025. The event aimed to enhance students' logical thinking, problem-solving skills, and creativity while fostering innovation in technology and digital solutions. Open to all students, the event witnessed overwhelming participation, as tech enthusiasts tackled complex problem-solving tasks, designed structured flowcharts, and presented app ideas with exceptional creativity and ingenuity. The Algorithm Relay & Flowchart Battle tested students' programming acumen, analytical ability, and efficiency in algorithm development, challenging them to create structured, optimized flowcharts under strict time constraints. Participants displayed sharp problem-solving abilities, teamwork, and strategic thinking, reflecting their technical proficiency and adaptability in high-pressure scenarios. The Paper App Design Challenge encouraged students to conceptualize and sketch innovative mobile applications aimed at addressing real-world problems. Using only paper and imagination, participants designed user-friendly interfaces and practical functionalities, evaluated based on creativity, feasibility, and impact on society. The event concluded with a closing ceremony, where winners and participants were recognized and celebrated. Mrs. Akanksha Pant, Head of IT, praised students for their dedication and innovative spirit, emphasizing the importance of bridging theoretical knowledge with real-world applications. Mr. Devasheesh Pant, Director of Manas College, commended the Department of IT for organizing such a transformative event, fostering technical excellence, critical thinking, and creative problem-solving skills. Manas College remains steadfast in its commitment to nurturing technological innovation, skill development, and industry-ready competencies, ensuring that students evolve into future-ready tech professionals capable of making a meaningful impact on society through technology-driven solutions.

MCSTM Students Volunteer in Health Camps, Providing Vital Support to Over 500 Individuals



Demonstrating a strong commitment to community service, students from the Department of Nutrition and Healthcare Science at Manas College of Science, Technology, and Management, Pithoragarh, actively volunteered in two major Health Camps during the first two weeks of March 2025. Their participation not only ensured the smooth conduct of the camps but also provided them with invaluable practical exposure. The first camp, held on March 2, 2025, was organized by Prime Hospital, Kashipur, focusing on free health check-ups for underprivileged individuals. The students assisted in patient registration, guiding attendees, conducting basic health checks like BP monitoring, Blood Glucose testing, and crowd management. Their efforts were highly appreciated by the hospital team, contributing to an organized and patient-friendly environment. Over 200 individuals received free medical services, and students described it as a rewarding learning experience. On March 9, 2025, students also volunteered at a specialized health camp at Seemant Hospital, Pithoragarh, assisting in ECG monitoring, BP & Blood Glucose Testing, and coordinating Eye and Dental Check-ups. They managed patient flow, recorded details, and worked closely with doctors. The camp provided healthcare services to over 300 individuals, and the hospital management lauded their dedication and efficiency. Expressing pride in the students' contribution, Mr. Devasheesh Pant, Director of Manas Group of Institutions, highlighted how such experiences enhance academic learning and instill social responsibility. The college also thanked Prime Hospital and Seemant Hospital for providing this hands-on learning opportunity. In total, over 500 individuals benefited from these camps, with Manas College students playing a vital role in their success. The institution remains committed to promoting practical learning and community service, ensuring students grow into skilled and compassionate healthcare professionals.

Talent and Education Take Center Stage at Pithoragarh Anubhavotsava 2025



Manas College of Science, Technology, and Management celebrated a proud moment as Aparna, a talented fourth-semester student, secured third place in the Painting Competition during the Pithoragarh Anubhavotsava held on 24th February 2025. Her artwork, which beautifully depicted the scenic beauty of Pithoragarh, impressed the esteemed jury, earning widespread accolades and bringing immense pride to the college. The competition featured participants from across the district, each showcasing their creativity and artistic expression. Aparna's success not only highlights her individual talent but also reflects the college's commitment to nurturing excellence in all fields. Adding to the event's significance, Dr. Ashok Kumar Pant, Chairman of Manas Group of Institutions, was invited as a Key Panel Member in a prominent discussion on "The Growth of Pithoragarh and the Role of Education." As the only representative from the education sector, Dr. Pant shared valuable insights on the essential role education plays in the region's development. His speech was well-received, underlining the importance of educational innovation and its role in driving social progress. Dr. Pant emphasized that educational institutions must equip students not just with academic knowledge but also with practical skills, critical thinking abilities, and leadership qualities to prepare them for the challenges of the modern world. "Institutions must prioritize skill development alongside traditional education to foster future leaders," he noted. His thoughts were widely appreciated, reinforcing Manas Group's ongoing contributions to the educational sector, skill development, employment, and entrepreneurship, which are critical in regional growth. The event was attended by several distinguished dignitaries, local leaders, and students, and it honored the collective contributions from various sectors, including education, health, and tourism, which are central to the development of Pithoragarh. Aparna's remarkable achievement and Dr. Pant's impactful presence reaffirmed Manas College's continued dedication to talent development, academic excellence, and societal growth. It was a proud day for the institution as it continues to inspire and support the future leaders of tomorrow.

Editorial...



Happy Holi to all the readers of Manas Ganga. Life is a vast canvas painted with an ever-changing palette of colours—some dark and sombre, reflecting moments of struggle and despair; some light and gentle, bringing peace and tranquillity; some feeble and fading, symbolizing uncertainty and transition; and some vibrant and radiant, illuminating our journey with joy and fulfilment.

Holi is a festival that reminds us of the vibrant colours of life and nature, symbolizing joy, unity, and renewal. However, human interference has disrupted the harmony of nature, casting shadows over these colours. The unchecked exploitation of natural resources, pollution, and environmental neglect have not only disturbed the tranquillity of nature but also affected the balance of life itself. While most people,

knowingly or unknowingly, contribute to this environmental disturbance, a rare group of individuals strive to restore balance. Through their unique efforts, they work tirelessly to protect the environment, advocate for sustainable practices, and raise awareness about the causes and consequences of this disruption. Their dedication serves as a reminder that just as Holi celebrates the beauty of life's colours, it is also our responsibility to preserve the true colours of nature for future generations.

We had the privilege of hearing from a few such individuals at 'Manthan' the Conclave Hall of Manas College on March 5, 2025, during the inaugural Academia session of the institution, titled "A Deep Dive into the Grandeur of the Himalayas." The event featured a keynote lecture by Prof. Hermann Kreutzmann, Professor Emeritus at Freie Universität Berlin, Germany, on "Magnitude, Fragility, and Disasters in the Context of Climate Change in the Himalayas and Neighbouring Mountains." The lecture was followed by a discussion on the Himalayas, led by Padma Shri awardee and renowned historian Prof.

Shekhar Pathak.

The occasion also marked the launch of the book 'Bharatiya Madhya Himalaya me Jal: Sanskriti evam Arthiki', co-authored by our esteemed Chairman, Dr. Ashok Kumar Pant, along with Dr. Jitendra Kumar Lohani and Prof. P.C. Pandey. The event was truly an eye-opener and an inspiration, offering deep insights into the Himalayan ecosystem and its fragile balance in the face of climate change.

March is not just about exams and results; it is also a time for reflection, growth, and celebration. At Manas, we believe in providing a holistic learning experience where students not only excel academically but also engage in cultural festivities, creative pursuits, and meaningful interactions.

As always, our students participated in various events and won accolades and prizes, showcasing their talent and dedication. A special drama based on a novel by Munshi Prem Chand was performed by Bhaav Raag Taal Natya Academy, at the Manthan Conclave

Centre, leaving the audience captivated by its depth and storytelling. Additionally, students from Manas College actively volunteered at a Health Camp, gaining invaluable exposure and experiencing the joy of service and compassion.

We also proudly celebrated National Science Day across all our campuses, reinforcing our commitment to scientific curiosity and innovation. March truly embodied the spirit of learning, achievement, and community engagement, making it a memorable month for all.

So, enjoy this extended edition of Manas Ganga, packed with insightful and engaging articles on technology, healthcare, culture, and festivals, thoughtfully contributed by our students and faculty members. We hope this edition adds value to your reading experience and inspires new perspectives. Stay connected with MGI and Manas Ganga as we continue this journey of knowledge, creativity, and celebration together!

Happy Reading to all,
Surendra Singh Bohra

"मंत्र" - A Powerful Reminder of Humanity Staged at Manas College



Manas College, in collaboration with Bhaav Raag Taal Natya Academy, hosted the play "मंत्र" on [date], inspired by Munshi Premchand's work. The performance, exploring themes of humanity, kindness, and compassion, captivated a large audience of students, faculty, and guests. Directed by Ms. Preeti Rawat and supported by the Azim Premji Foundation, the play highlighted the erosion of compassion in society. Through powerful performances and dialogues, it showcased how empathy and selflessness can bring

positive change. Mr. Devasheesh Pant, Director of Manas College, expressed gratitude to the collaborating organizations, emphasizing the enduring relevance of Premchand's works. The event concluded with a standing ovation, sparking discussions on empathy and humanity. Dr. Ashok Kumar Pant, Chairman of Manas Group of Institutions, called for a revival of the core values reflected in Premchand's works, urging individuals to practice empathy in daily life. Manas College remains dedicated to fostering cultural events that inspire positive values and social consciousness.

Phool Dei, the Folk Festival of Uttarakhand



Maya Upadhyay
Teacher CC

Phool Dei is a folk festival in Uttarakhand that celebrates the arrival of spring and the start of the agricultural season. It is observed on the first day of the Chaitra month (March-April) in the Hindu calendar. It's also known as a harvest festival. Young girls sing the folk song "Phool Dei" while visiting houses with flowers, jaggery, and rice. Children pick fresh flowers from the forest, especially Pyoli and Buransh flowers. In some places, the festival is celebrated as a carnival that lasts for a month. The key food of the festival is a ceremonial pudding made from jaggery called "sayi". Phool Dei is celebrated on the first day of the Hindu month of Chaitra. Phool Dei is an important part of Uttarakhand's cultural heritage, showcasing the region's rich traditions and customs. It's a time for people to come together, celebrate nature's beauty, and seek blessings for a prosperous year. Phool Dei is a unique and fascinating festival that highlights the cultural diversity and richness of Uttarakhand. Phool Dei symbolizes the arrival of spring and the beginning of the agricultural season. Many of the festivals in Uttarakhand are centered around harvest and agriculture, which is a vital source of their livelihood. Phool Dei marks the beginning of spring and is a celebration of nature's beauty. It's a time to welcome the new season and bid farewell to winter.

Maha Shivratri: The night of enlightenment



Somya Joshi
Class- IX

He has neither a beginning, nor an end,
Neither birth, nor death touches him,
Neither on earth, nor in the skies does he reside
Neither in the heavens, nor in hell,
Neither is he swooned by wishes, nor by habits,
Neither does he expect praise, nor does he fear insult,
Neither does he differentiate, nor does he abandon,
He who resides in all beings, living & non-living,
He who is both, anger & love
He who is all forms of dance
He who is all knowing, yet knows nothing,
He belongs to all & is for all
He is both within society & is detached from it
With names as many, he is only the other half of Shakti.
He is one & only Mahadev.

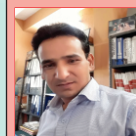
Everyone in today's generation is familiar to Mahashivratri, so I'll tell you something about Mahashivratri from which you are unfamiliar. I'll tell you the link between you & Mahashivratri. Asking from different people you'll find different stories about Mahashivratri. Like on this night Lord Shiva & Goddess Parvati married. On this night Lord Shiva performed tandav. On this night Goddess Ganga first descended into Shiva's locks & then flowed onto the earth from there & according to science, on this night the northern hemisphere of the planet is positioned in such a way that there is a natural upsurge of energy in a human being. Means human beings get a special energy for enlightenment on this night and this energy is lord shiva. Lord Shiva himself come to earth to meet her shakti that lives inside you & every human being. According to the mythology Lord shiva arrived at the wedding view with groom party consisting of ghosts, spirits, demons, serpents, snakes & different types of wild animal. Everyone was taken aback but goddess Parvati happily accepted him & at that time Lord Shiv transformed to world's most beautiful person, called Chandrashekhar. Consider this groom party as the energy surrounding you, accept it & this energy will transform into the most powerful energy of Shiv-Shakti and then tandav will happen inside you. The tandav of distortion. The destruction of negative energy, the negative energy of ignorance, & unsatisfaction. And finally, you'll get wet by enrichments which is as pure as maa Ganga. And this all happens to you on the night of Mahashivratri and it's the reason to have Jagran's on this night. Mahashivratri is one more eg. that Hindu festivals are not only festival, but the mutative & scientific reality symbolizing the rich heritage of India. In the depths of darkness, a spark ignites. A flame of wisdom, that shines with new light. The veil of ignorance, slowly lifts away as the truth reveals in a brighter day and that is Shiva-Shakti. So just feel the Shiv-Shakti inside yourself.

Celebrating National Science Day Empowering Future Leaders



On February 28, 2025, Manas campuses celebrated National Science Day with scientific enthusiasm, bringing together students and teachers for a day of engaging activities, including speech competitions, quiz contests, and interactive sessions. This year's theme, "Empowering Indian Youth for Global Leadership in Science & Innovation for VIKSIT BHARAT," inspired students to envision their role in shaping India's scientific future. A documentary on Nobel laureate and Bharat Ratna, Sir C.V. Raman, highlighted his groundbreaking discoveries and dedication, offering students valuable insights into his contributions. At the City Campus, a science exhibition with handmade models allowed students to explore scientific concepts interactively. A workshop on 'Robotics in Everyday Life' at the Manas College Campus, organized with Aviraj Infotech, sparked curiosity with hands-on demonstrations. MGI Chairman, Dr. Ashok Kumar Pant, emphasized the importance of science in daily life and India's development. MGI Director, Mr. Devasheesh Pant, encouraged students to focus on innovation and creativity, highlighting the role of scientific advancements in today's competitive world. The event, coordinated by Mathematics teacher Mr. Lalit Mahar, celebrated science while inspiring students to explore and innovate for a progressive India.

Teacher's Perspective on National Science Day



Lalit Mahar
Teacher MV

Today on the eve of NATIONAL SCIENCE DAY-2025 giving tribute to one of the great Indian physicists Sir Chandrashekara Venkata Raman who made his motherland proud thought his world-wide famous discovery "THE DISCOVERY OF RAMAN EFFECT" on 28 February 1928. A proud full event for all Indians in the field of science. This day is celebrated all across the country with a great scientific enthusiasm to give honour one of the greatest discovery RAMAN EFFECT by Sir CV RAMAN. According to me if we follow the path shown by such great scientists, it will be the real honour. WHAT IS RAMAN EFFECT - At the young age of 19, Raman already had a master's degree in physics and had published his first research paper on the diffraction of light. His interest in optics and the scattering of light continued when he was observing the blue color of the Mediterranean Sea on his way to England in 1921. Using a simple Nicol prism, Raman concluded that water molecules scatter light just like air molecules do. Following his observation, Raman focused on the principle behind this phenomenon by studying how light behaved when it passed through various substances. This led to the discovery that when light passes through a transparent material, a portion of it emerges at different angles from the initial direction, and some of this light is of different frequencies than that of the original light. This phenomenon was called the 'Raman effect' and described the change in the wavelength of light that occurs when a light beam is deflected by molecules. For his work, Raman was awarded a Nobel Prize in 1930, making him the first Asian to be thus recognised in science. National Science Day 2025 is a reminder of India's scientific heritage and its future growth potential. By empowering Indian youth in science and innovation, the nation hopes to not only increase its global profile but also prepare future generations to meet the intricate challenges of the 21st century. While India goes on to celebrate this day with zeal and commitment, it reiterates its dedication to scientific thinking and innovation, which opens doors to a more developed and sustainable future.



Vimal Joshi
Teacher CC

National Science Day is observed annually in India on February 28 to commemorate the groundbreaking discovery of the scattering of photons by Indian scientist Chandrasekhara Venkata Raman in 1928. This phenomenon, later known as the "Raman Effect," earned Raman the Nobel Prize in Physics in 1930. On this day, educational institutions, research centres, and scientific organisations across the country host quiz competitions, seminars, and various events to celebrate scientific achievements.

What is the Raman Effect?

According to the website of the Ministry of Culture, the Raman Effect is a phenomenon in spectroscopy, which is defined as the scattering of photons by excited molecules at higher energy levels. In simple terms, it is the change in the wavelength of light that occurs when a light beam is deflected by molecules. When a beam of light traverses a dust-free, transparent sample of a chemical compound, a small fraction of the light emerges in directions other than those of the incident (incoming) beam. Most of this scattered light is of an unchanged wavelength. A small part, however, has wavelengths different from those of the incident light; its presence is a result of the Raman Effect. The theme for National Science Day 2025 is "Empowering Indian Youth for Global Leadership in Science & Innovation for Viksit Bharat". The theme will focus on encouraging young minds, recognising groundbreaking contributions, and celebrating India's scientific achievements.

Pawani and Dakshya Shine at National Mathematics and Science Day Competition



On March 12, 2025, at an event organized by the Department of Science and Technology, Government of India, in association with the National Council for Science, Technology, and Communication and the Uttarakhand State Council of Science and Technology, two students from Manas School City Campus excelled. Pawani Giri, a Class 7 student, secured first place in the speech competition, while Dakshya Joshi earned the third position in the same event. The themes of the competition were:

"Mathematics: The Bridge to Innovation and Progress"

"Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat"

Their achievements highlight the school's commitment to fostering excellence in mathematics and science.

Good Wishes for the Results



Ashna Bakhariya
Teacher M.V.

Wishing all the students the very best of luck as you await your results. Remember, success is the sum of small efforts, repeated day in and day out. No matter the outcome, your hard work and dedication have already paved the way for future achievements. As you step into the upcoming session, stay focused, stay motivated, and keep pushing toward your dream. Believe in yourself, keep striving for excellence, and remember you are capable of incredible things. You've got this, and the future is full of endless possibilities.

महाशिवरात्रि



Deepak Walidia
Teacher CC

महाशिवरात्रि, हिन्दू धर्म का एक प्रमुख त्योहार है, जो भगवान शिव और माता पार्वती के विवाह के उपलक्ष्य में मनाया जाता है। यह पर्व फाल्गुन मास के कृष्ण पक्ष की चतुर्दशी तिथि को मनाया जाता है। महाशिवरात्रि का शाब्दिक अर्थ है 'शिव की महान रात'। यह दिन भगवान शिव के भक्तों के लिए अत्यंत महत्वपूर्ण है, क्योंकि इस दिन वे भगवान शिव की विशेष पूजा-अर्चना करते हैं और व्रत रखते हैं। महाशिवरात्रि का आध्यात्मिक महत्व बहुत अधिक है। यह दिन भगवान शिव के निराकार से साकार रूप में अवतरण का प्रतीक है। इस दिन, भक्त शिवलिंग की पूजा करते हैं, जो भगवान शिव का प्रतीक है। शिवलिंग पर जल, दूध, दही, शहद और घी से अभिषेक किया जाता है। भक्त बेल पत्र, धतूरा और फल भी अर्पित करते हैं। महाशिवरात्रि की रात को जागरण किया जाता है। भक्त भगवान शिव के भजन और कीर्तन गाते हैं। वे शिव पुराण और शिव चालीसा का पाठ भी करते हैं। महाशिवरात्रि का व्रत रखने से भक्तों को सुख, समृद्धि और मोक्ष की प्राप्ति होती है। यह पर्व हमें भगवान शिव के प्रति अपनी श्रद्धा और भक्ति व्यक्त करने का अवसर प्रदान करता है। महाशिवरात्रि के दिन, देश भर के शिव मंदिरों में भक्तों की भारी भीड़ उमड़ती है। भक्त भगवान शिव की पूजा-अर्चना करते हैं और उनसे आशीर्वाद प्राप्त करते हैं। यह पर्व हमें भगवान शिव के प्रति अपनी श्रद्धा और भक्ति व्यक्त करने का अवसर प्रदान करता है।

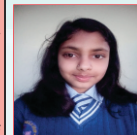
THE INDIAN FESTIVAL HOLI



Vineet Joshi
Class-8th

Holi, India's colorful festival, marks the arrival of spring and the victory of good over evil. Think of it as a way to wash away the old and start fresh. The fun begins the night before with a bonfire called Holika Dahan. It's like a big campfire where people sing, dance, and remember how goodness always wins. Holika Dahan celebrates the victory of good over evil. Wicked Holika tried to burn pious Prahlad in a fire, but her powers failed. Prahlad, protected by his devotion to Vishnu, survived, while Holika perished. The bonfire symbolizes burning away negativity and embracing righteousness. The next day, it's time for the real fun! It's Rangwali Holi, a day of playing with colors. People throw colored powder and water at each other, turning the streets into a rainbow. It's messy, it's wild, and it's all about laughter and joy. But Holi is more than just a color fight. It's a time to forget old arguments, hug your friends, and make new ones. Everyone joins in, rich or poor, young or old. It's a day when everyone is equal and happy together. People also eat yummy sweets like gujiya and drink thandai, a cool and refreshing drink. It's a feast for the senses! Today, people are trying to make Holi eco-friendly by using natural colors made from flowers and plants. It's a way to celebrate without harming the environment. Holi is a fantastic experience that shows the true spirit of India. It's a time to let loose, connect with others, and celebrate the joy of life! Kumaoni Holi, in the Himalayan region, is a musical celebration! People sing traditional songs and dance together for days, spreading joy and a welcoming spirit. It's more about music than colors! Kumaoni Holi lasts for 5-6 days.

The Story behind Holi

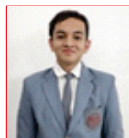


Aakriti Upreti
Class VI

Holi is an auspicious occasion of colors. It is a famous festival observed by the Hindu community. Before celebrating Holi, people perform Holika Dahan. The reason behind celebrating Holi is the story of Hiranyakashipu, his sister Holika, and his son Prahlad. He was an ardent devotee of Lord Vishnu. He chanted the mantra "Om Namo Bhagavate Vasudevaya Namah." His father wanted Prahlad to chant his name only. But Prahlad did not accept this, so he decided to kill him. He ordered his sister Holika, who had a boon that she would not be harmed by fire, to take Prahlad and sit in the pyre. But Lord Vishnu saved him, and Holika burned to ashes. Once again, this story symbolizes the victory of good over evil. People burn all their bad qualities in Holika Dahan and celebrate the festival with joy and happiness.

MCSTM : Students Corner

Internet of Things is a revolutionary approach for future technology enhancement



Mohit Joshi
(B.S.C.I.T.)

Abstract

Internet of Things (IoT) is a new concept which transformed the conventional lifestyle into a high tech life style. Smart city, smart homes, pollution management, energy conservation, smart transport, smart industries are such changes because of IoT. Numerous important research studies and investigations have been conducted in order to develop the technology using IoT. Yet, there are still numerous challenges and problems that must be solved to realize the full potential of IoT. These problems and challenges must be viewed from different dimensions of IoT like applications, challenges, enabling technologies, social and environmental effects etc. The primary aim of this review article is to present a comprehensive discussion from technological as well as social point of view. The article explores various challenges and main issues of IoT, architecture and significant application areas. Additionally, the article highlights the literature that already exists and demonstrated their contribution in various areas of IoT. Furthermore, the significance of big data and its analysis concerning IoT has been explained. This article would enable the readers and researcher to learn about the IoT and its usability in the real world.

Introduction

Internet of Things (IoT) is a growing paradigm that helps in communication among electronic devices and sensors via internet to make our lives easier. IoT utilizes intelligent devices and internet to offer unique solutions to every problem and challenge of different challenges and issues from different business, governmental and public/private sectors from all over the globe. IoT is increasingly being a significant component of our existence that can be felt everywhere about us. As a whole, IoT is a technology that consolidates vast ranges of intelligent systems, frameworks and smart devices and sensors. Additionally, it utilizes the quantum and nanotechnology in areas of storage, sensing and rate of processing, which were inconceivable prior to this. Large-scale research work has been carried out and exists in the form of scientific research papers, newspaper reports both on the web and in the printed form to exemplify the effectiveness and usability of IoT changes. It may be used as pre-work prior to formulating unique innovative business propositions keeping in view the security, assurance and interoperability.

Issues and Major Challenges of IoT

Significant major key problems and challenges of IoT

The participation of IoT based systems in every field of human life and different technologies used in data exchange between embedded devices made it complicated and raised various issues and challenges. These issues are also a challenge for the developers of IoT in the modern smart tech society. With the growth of technology, challenges and demand for advanced IoT system are also increasing. So, IoT developers must come up with new problems emerging and must offer solutions to them.

IoT Architecture and Technologies

The IoT architecture comprises five significant layers that defines all the functionalities of IoT systems. These layers include perception layer, network layer, middleware layer, application layer, business layer. Perception layer is at the bottom of IoT architecture that comprises physical devices i.e. sensors, RFID chips, barcodes etc. and other physical objects which are connected in IoT network. These devices gather data in order to present it to the network layer. Network layer serves as a transmission medium for presenting the data from perception layer to the information processing system. This data transmission can utilize any wired/wireless medium together with 3G/4G, Wi-Fi, Bluetooth etc. Following level layer is referred to as middleware layer. The primary function of this layer is to process the information obtained from the network layer and make decisions based on the outcome obtained from ubiquitous computing. Then, this processed information is utilized by application layer for global device management. At the top of the architecture, there is a business layer that control the entire IoT system, its applications and services. The business layer represents the data and statistics obtained from the application layer and utilized this information further to create future goals and strategies. Additionally, the IoT architectures can be adapted based on the requirement and application field. In addition to layered framework, IoT system has multiple functional blocks that facilitate different IoT activities like sensing mechanism, authentication and identification, control and management.

Conclusions

Recent developments in IoT have attracted the attention of researchers and developers globally. IoT researchers and developers are collaborating to scale up the technology on large scale and to bring benefits to the society to the maximum extent possible. Yet, there can be improvements if we take into consideration the issues and limitations of the current technical solutions. In this survey paper, we have put forward some problems and challenges which need to be considered by IoT developer in order to create a better model. Moreover, significant application fields of IoT is also explained where IoT researchers and developers are involved. Since IoT not only offers services but also creates an enormous amount of data. Therefore, the significance of big data analytics is also elaborated which can give right decisions that would be used to create a better IoT system.

The History of Art: Humanity's Enduring Conversation with Itself



Ritika Bisht
(G.D.A.)

In a dimly lit cave in Lascaux, France, a human hand pressed against a cold rock wall 17,000 years ago. With charcoal and ochre, they traced the outline of a charging bison, its legs taut with motion, its spirit forever frozen in time. This act—simple yet profound—marked the beginning of art: humanity's oldest language, a mirror reflecting our joys, fears, and relentless curiosity.

The Dawn of Expression

Art began not as decoration, but as survival. Prehistoric cave paintings, like those in Lascaux or Indonesia's Sulawesi, served as ritualistic maps of the natural world. Early humans painted animals to honor them, hunt them, or plead for their mercy. Sculptures like the *Venus of Willendorf*, carved 30,000 years ago, celebrated fertility and the mysteries of creation. These works weren't "art" as we know it—they were magic, prayer, and memory etched into stone.

Civilization's Canvas

As societies flourished along the Nile, Tigris, and Indus rivers, art became a tool of power and belief. Egyptian hieroglyphs and tomb paintings promised eternal life, while Mesopotamian ziggurats reached toward the heavens. In Greece, the Classical ideal emerged: marble statues like the *Discobolus* celebrated the human form as a vessel of divine perfection. But art also told quieter stories. Roman mosaics in Pompeii preserved slices of daily life—a loaf of bread, a leashed dog—reminding us that beauty lives in the mundane.

The Renaissance: Humanity Reborn

The 15th century ignited a revolution. In Florence, artists like Leonardo da Vinci and Michelangelo fused science and spirit, dissecting corpses to paint muscles that rippled with sacred life. Botticelli's *The Birth of Venus* wasn't just a goddess—it was a declaration that human emotion and sensuality mattered. Patrons like the Medici bankrolled this creativity, but art also crept into homes through Flemish oil paintings, where a vase of tulips or a wrinkled merchant's face became windows into ordinary souls.

Breaking the Frame

By the 19th century, art began to rebel. The Impressionists—Monet, Degas, Cassatt—traded realism for fleeting light and motion, painting train stations and ballet dancers in blurred, urgent strokes. Van Gogh's swirling skies screamed with color, a raw diary of his turbulent mind. Then came Picasso's *Les Femmes d'Alger*, shattering perspective, and Duchamp's *Fountain*, a urinal that asked, "What even is art?" The answer: whatever challenges us to see differently.

Art in the Age of Everything

Today, art is boundless. Street artists like Banksy turn city walls into political satire, while Yayoi Kusama's infinity rooms dissolve the self into cosmos. Digital tools let creators paint in virtual reality or mint NFTs, democratizing who gets to make—and own—culture. Yet, ancient threads persist. Ai Weiwei's *Sunflower Seeds*, a floor of porcelain husks, echoes Neolithic pottery, asking how mass production erases individuality.


Why Art Endures

Art's history isn't a timeline of styles—it's a chronicle of human longing. A medieval tapestry, a Mughal miniature, a Basquiat graffiti crown: all whisper, "I was here." They capture our obsession with mortality, our hunger for meaning, and our need to connect across time. In 2023, as AI generates paintings and algorithms curate galleries, the core question remains: Can machines replicate the messy, glorious humanity of a Lascaux bison or a Frida Kahlo self-portrait?

Perhaps not. Because art isn't just about *what* is made—it's about the trembling hand that makes it.

MCSTM : Students Corner

Why Financial Literacy is Essential for Students



MONIKA
(B.F.M.)

In today's world, financial literacy is more important than ever, especially for students preparing to enter adulthood. Managing money wisely is a crucial life skill that can help students build financial security, avoid debt traps, and make informed financial decisions. Unfortunately, financial education is often overlooked in school curriculums, leaving many young individuals unprepared for real-world financial responsibilities. One of the key aspects of financial literacy is budgeting. Many students struggle with managing their expenses, often overspending on non-essential items due lack of awareness. Learning how to track income and expenses, set spending limits, and prioritize savings can help students develop responsible money habits early on.


A good practice for students is to follow the 50/30/20 budgeting rule—50% of income should go to necessities, 30% to discretionary spending, and 20% to savings and investments. Developing this habit early can prevent financial struggles in the future and create a foundation for financial independence.

Debt management is another critical area of financial literacy. Many students rely on education loans, credit cards, or buy-now-pay-later schemes without fully understanding the long-term impact of high-interest rates and repayment obligations. Without proper financial knowledge, they may fall into debt traps that take years to overcome. Understanding how loans work, making timely payments, and avoiding unnecessary borrowing can prevent financial stress.

In addition to saving money, students should also learn about investing. While saving helps secure finances for emergencies, investing allows money to grow over time. Simply putting money in a bank account may not be enough to combat inflation. Basic knowledge of investment options such as mutual funds, fixed deposits, stocks, and retirement plans can empower students to make smart financial decisions that benefit them in the long run. Many financial experts recommend starting with small investments and gradually increasing them as financial understanding grows. Compound interest plays a crucial role in wealth-building, and the earlier one starts investing, the greater the financial rewards in the future.

Financial literacy is not just about managing money—it is about creating a financially stable and responsible future. By understanding money management, avoiding unnecessary debt, and making smart financial choices, students can set the way for a financially secure and stress-free life. Schools and colleges should actively promote financial education to equip students with the knowledge they need to thrive in the real world. With the right knowledge and financial habits, students can gain the confidence and skills needed to navigate the complexities of personal finance, ultimately leading to a prosperous and independent future.

Understanding Jaundice: Causes, Symptoms, and Treatment



Kavita Bhatt
(N.H.S.)

Jaundice is a frequently occurring medical condition that arises due to issues with the liver. It causes the skin and the whites of the eyes to develop a yellowish tint due to the accumulation of a substance called bilirubin. Under normal circumstances, the liver processes and eliminates bilirubin from the bloodstream, but when jaundice occurs, this function is disrupted.

The signs of jaundice include yellowing of the skin and eyes, dark-colored urine, light-colored stools, and persistent fatigue. The condition can result from liver damage, obstruction of bile ducts, or diseases such as hepatitis.

Doctors diagnose jaundice through blood tests and imaging procedures like ultrasounds. The treatment approach depends on the underlying cause and may involve medications, surgical procedures, or even liver transplantation in severe cases.

Certain preventive measures can reduce the risk of developing jaundice. These include protecting the liver from damage, getting vaccinated against hepatitis, and maintaining adequate hydration. If you suspect you might have jaundice, it is crucial to consult a medical professional for accurate diagnosis and timely treatment.

Managing jaundice often involves lifestyle adjustments like following a nutritious diet, avoiding alcohol, and ensuring sufficient rest. In more serious situations, hospitalization might be required to control symptoms and prevent further health complications. Adhering to your doctor's recommendations and attending follow-up visits are essential for achieving a complete recovery and maintaining proper liver health.




Courses offered:

3 years Degree Courses

B. Sc. Information Technology (B. Sc. IT)

B. Voc. E- Commerce & Digital Marketing

B. Voc. Hotel Management

•BHM •DHM •CHM

B. Voc. Banking & Financial Management

B. Voc. Graphic Designing & Animation

B. Voc. Nutrition & Healthcare Science

B. Voc. Logistics Management

B.C.A.

From Uttarakhand Open University

Certificate Courses:

- Certificate in Yoga
- Certificate in Catering Management
- Certificate in Community Health
- Certificate in Library Science (CLS)
- Certificate in Fire Prevention & Industrial Safety

100 % Placement Assistance

All Courses integrated with Personality Development Classes

For any query & registration, please contact:

Manas Gram, Tharkot, Near Tanakpur-Pithoragarh Highway, Pithoragarh (Uttarakhand)

Website: www.mcstm.in E-mail: mcstmcollege@gmail.com

Call Now : +919411517205, +919756666004

देवभूमि उत्तराखण्ड के लोकपर्व **फूलदेई** की हार्दिक शुभकामनाएँ





Soumya Soun
Class 8th

फूलदेई उत्तराखण्ड में मनाया जाने वाला प्रेम और सांस्कृतिक का त्योहार है। हिंदू पंचांग के अनुसार चैत्र मास से ही नव वर्ष की शुरुआत होती है। चैत्र मार्च का पहला त्योहार फूलदेई होता है। इस दिन बच्चों द्वारा घर-घरों की देहली पर फूल चढ़ाए जाते हैं और लोकगीत गाया जाता है। “फूलदेई छम्मा देई, जतके देला उतके सही” लोग बच्चों को भेंट के रूप में पैसा या गुड़ और अन्य चीजें देते हैं। इस दिन देहली पर फ्योली और बुरांश के फूल डालते हैं। फूलदेई पर्व से जुड़ी एक प्राचीन कथा है, जिसके अनुसार पहाड़ों में घोघाजीत नामक राजा का राज्य था। राजा की एक पुत्री थी, जिसका नाम था घोघा। घोघा प्रकृति प्रेमी थी, लेकिन एक दिन वह अचानक लापता हो गई। उसकी याद में राजा उदास रहने लगे। तभी कुलदेवी ने राजा को सुझाव दिया कि वह गांव के बच्चों को चैत्र की अष्टमी पर बुलाए और उनसे फ्योली (Pyoli) और बुरांश (Buransh) के फूल घर की देहरी पर चढ़वाएं। ऐसा करने से घर में खुशहाली आएगी। तब से फूलदेई पर्व मनाने की परंपरा शुरू हो गई।