



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 April, 2025

Together, let's build a brighter tomorrow.

Edition: 49



मानस गंगा के
समस्त पाठकों को

हिन्दू नव वर्ष

एवं

चैत्र बृवरात्रि

की हार्दिक शुभकामनाएं





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Padma Shri Dr. Jeewan Singh Titiyal Visits Manas College Interacted with the students of Manas Academy and Manas College

Manas College had the distinct honor of welcoming Padma Shri Dr. Jeewan Singh Titiyal, one of India's most celebrated ophthalmologists, for an enlightening and interactive session held on 15th April 2025. The visit marked a milestone in the institution's journey, inspiring students, faculty, and the academic community at large. Dr. Titiyal, currently Professor and Head of the Cornea and Refractive Surgery Division at AIIMS, New Delhi, and globally renowned for his contributions to ophthalmology, addressed a packed audience with a powerful and insightful session. He spoke in detail about Computer Vision Syndrome, common eye diseases across different age groups, and shared practical advice on preventive eye care and healthy visual habits. The session was met with active participation from students of Manas College and the Biology group of Manas Academy, who posed thoughtful questions and interacted meaningfully with Dr. Titiyal. His responses were educational and motivating, encouraging



students to stay health-conscious and academically driven. In his welcome address, Mr. Devasheesh Pant, Director of Manas College, warmly welcomed Dr. Titiyal and other esteemed guests. He took a moment to highlight Dr. Titiyal's inspirational journey—from his humble beginnings in a small village in Pithoragarh to becoming a global pioneer in eye surgery and a Padma Shri awardee, underscoring how further dignified by the presence of Mr. Lalit Pant and Dr. P. R. Lohiya, who

joined as special guests. In a moment of honor and recognition, Dr. Ashok Kumar Pant, Chairman of Manas Group of Institutions, along with Mr. Lalit Pant and Dr. Lohiya, felicitated Dr. Titiyal for his invaluable contributions to the field of medicine. The session was skillfully anchored by Mr. Yogesh Bhatt, while the Vote of Thanks was delivered by Mr. Anshul Pant, Head of Marketing and Strategic Operations. The programme was attended by Mrs. Kanchan Lata Pant, Manager of Manas Group of Institutions, Mrs. Yeashoda Pathak, Head of Academics, Mr. Sanjeev Masih, Head of Administration, along with faculty members of both Manas College and Manas Academy. This special event stands as a shining testament to Manas College's commitment to academic excellence, community impact, and providing students in the hills of Uttarakhand with exposure to national and international thought leaders. The visit of Dr. Titiyal will be remembered as a day of inspiration, deep learning, and visionary exchange.

Manas College Hosts National Skill Icon Er. Joshi for Enriching Dialogue on Future Skills

Manas College had the privilege of welcoming Er. Vishwa Mohan Joshi, Chairman of The Institution of Engineers (India) and also the Chairman of the National Skill Development Forum, for an enriching visit on 11th April 2025. His presence on campus marked a momentous occasion for the institution and its students. During his visit, Er. Joshi delivered an expert talk on the theme "Emerging Horizons of Skill Development." In his address, he shared valuable insights on the evolving landscape of education and employment, urging students to focus on skill development alongside academic pursuits. He emphasized that in today's dynamic world, practical skills and adaptability are key to success. His message resonated deeply with the students, as he encouraged them to continuously explore new opportunities and sharpen their abilities beyond the classroom. Er. Joshi expressed his appreciation for the college's efforts in promoting skill-oriented education and



assured the management of his full engineering and national skill initiatives. Mr. Pant noted that having such a visionary leader at Manas College was both a matter of pride and a great source of motivation for students and faculty. Er. Joshi was felicitated by Dr. Ashok Kumar Pant, Chairman of Manas Group of Institutions, Pithoragarh. The felicitation was a gesture of gratitude and recognition for Er. Joshi's outstanding journey and his contributions to work in the field of engineering and skill

development. The event was smoothly conducted under the anchoring of Mr. Yogesh Bhatt, Head of Public Relations. A warm vote of thanks was delivered by Mr. Anshul Pant, Head of Marketing & Strategic Operations, who acknowledged Er. Joshi's valuable time, insights, and encouragement. Also present at the programme were Mrs. Yashoda Pathak, Head of Academics, Mr. Sanjeev Masih, Head of Administration, and Mr. Anil Sharma, Head of Training & Placements, along with the entire faculty team of Manas College. The event was a grand success, leaving a lasting impact on everyone who attended. Er. Joshi's visit added a new dimension to the college's ongoing efforts in empowering students with relevant skills and a future-ready mindset. His words of wisdom and support have further energized the institution in its mission to deliver education that goes beyond textbooks and builds strong, capable individuals ready to lead tomorrow.

Manas Academy Celebrates the Outstanding Achievements of Shubham Khati and Mohit Airy



Manas Academy is immensely proud to announce that two of its meritorious students have once again brought glory to the institution by excelling in two of the country's most prestigious examinations, further enriching the Academy's legacy of academic excellence.

Shubham Khati, one of our school toppers from the 2021-22 session, has secured an impressive All India Rank (AIR) 167 in IIT-JAM. After completing his schooling at Manas Academy, he pursued a B.Sc. (Hons.) in Physics from Delhi University (DU). Shubham is the son of our City Campus faculty member, Mrs. Khasti Khati.

Similarly, Mohit Airy has demonstrated remarkable success by clearing GATE 2025 with an AIR of 1173. He completed his secondary schooling at Manas Academy before pursuing a B. Tech from Pant Nagar University. Both Shubham and Mohit have consistently excelled academically and have credited their success to the unwavering support of their parents and teachers.

The entire Manas Family is elated by their achievements. School Chairman Dr. Ashok Kumar Pant, Directors Mrs. Meenu Bhat and Mr. Devasheesh Pant, along with Principals Mrs. Sunita Rawat and Mrs. Bela Bhatt, extended their heartfelt congratulations to Shubham and Mohit. The faculty and staff joined in celebrating their success and wished them a bright and prosperous future ahead. We eagerly look forward to seeing them achieve even greater heights in the years to come!

चिपको आन्दोलन की विरासत को समर्पित जन जागरण यात्रा पिथौरागढ़ पहुंची



चिपको आंदोलन की प्रेरणास्त्रोत गौरा देवी की जन्म शताब्दी और आंदोलन के 52 वर्ष पूरे होने के उपलक्ष्य में रेणी गांव से आरंभ हुई जन जागरण यात्रा दिनांक 25 मार्च 2025 को पिथौरागढ़ पहुंची। यात्रा का उद्देश्य पर्यावरण संरक्षण, वनों की कटाई पर नियंत्रण और जन-जागरूकता फैलाना रहा। इस अवसर पर जिला संयोजक डॉ. अशोक पंत के नेतृत्व में नगरवासियों ने यात्रा दल का भव्य स्वागत किया। शहर भर में उत्साह का वातावरण देखने को मिला और बड़ी संख्या में छात्र-छात्राओं व सामाजिक संगठनों ने भी भागीदारी निभाई। इसके पश्चात मानस एकेडमी के सिटी कैम्प में वन संरक्षण पर एक संगोष्ठी आयोजित की गई। संगोष्ठी में पर्यावरणविदों, शिक्षकों, पत्रकारों और छात्रों ने भाग लिया। डॉ. पंत ने अपने वक्तव्य में कहा कि वृक्षों की अंधाधुंध कटाई को रोकने के साथ-साथ दस गुना अधिक नए वृक्ष लगाना समय की आवश्यकता है। उन्होंने बताया कि वन केवल जीवनदायिनी हैं, बल्कि यह जलवायु परिवर्तन के दुष्प्रभाव को भी नियंत्रित करने में सहायक होते हैं। यात्रा दल के संयोजक सुरेश चंद्र सुयाल ने कहा कि राज्य में वन क्षेत्र में भारी गिरावट

आई है, जो गंभीर चिंता का विषय है। यह राज्य में वनों के दोहन का स्पष्ट प्रमाण है। उन्होंने कहा कि वनों को बचाने के लिए जन जागरण ही सर्वोत्तम उपाय है। जब तक आम नागरिक स्वयं आगे नहीं आएंगे, तब तक वन संरक्षण केवल नीतियों और घोषणाओं तक ही सीमित रहेगा। भारतीय वृक्ष न्यास के अध्यक्ष और अभियान दल के प्रमुख विजय पाल बघेल ने अपने विचार व्यक्त करते हुए कहा कि हमें वन संरक्षण के लिए सरकार पर निर्भरता नहीं रखनी चाहिए। उन्होंने लोगों से आग्रह किया कि वे व्यक्तिगत और सामूहिक प्रयासों से वनों की रक्षा में योगदान दें। उन्होंने कहा कि गौरा देवी का साहस, प्रतिबद्धता और पर्यावरण के प्रति समर्पण हम सभी के लिए प्रेरणास्त्रोत है। उन्होंने गौरा देवी की संकल्पबद्धता और संदेश को अंतरराष्ट्रीय स्तर तक प्रसारित करने का भी आह्वान किया। कार्यक्रम में उपस्थित अन्य विशिष्टजनों में ललित मोहन काफली, वरिष्ठ पत्रकार दिनेश पंत, सामाजिक कार्यकर्ता भुवन चंद्र जोशी, शिक्षिका लक्ष्मी बल्लिया, पर्यावरण प्रेमी महेश चंद्र पुष्पाल और किशोर पाटनी प्रमुख रूप से शामिल रहे। संगोष्ठी में विद्यार्थियों ने भी पर्यावरण संरक्षण पर पोस्टर और भाषण के माध्यम से अपने विचार साझा किए, जिससे माहौल और भी प्रेरणादायक बन गया।

Chaitol Festival Celebrated in the Kumaon



Sakshi Waldia
Class-7th

Chaitol Festival is celebrated in the kumaon region because it is a folk festival in which the God visit their sister house and give them gift This festival is celebrated in the month of Chaitra, which is a month when people visit their sisters house. In this festival God travel to their sisters house in Dev Dole. God are giving bhitali to their sisters. The journey of Lord Shiv started from bin village, this journey ends at bin village after visiting 22 villages. Thank you.

॥ भावपूर्ण श्रद्धांजलि ॥



स्मृतिशेष विजेन्द्र पटियाल
28/07/1986 - 09/04/2025

स्मृतिशेष बबीता पटियाल
12/08/1993 - 28/03/2025

नियति का निर्णय था, यूँ ही चले गए तुम,
जीवन यात्रा में अपनों को, राह में छोड़ गए तुम,
श्री चरणों में पाएँ स्थान, करते हैं यही आराधना,
रुद्धे कंठ और भाव पुष्पो से, शान्ति की कर प्रार्थना।

शोकाकुल

समस्त मानस परिवार, पिथौरागढ़

विजेन्द्र और बबीता - समर्पण की मिसाल, जिनका जाना हर दिल को चीर गया

28 मार्च 2025 — एक तारीख जो मानस परिवार के लिए कभी न भूल पाने वाला दुःख बन गई। इसी दिन एक सड़क दुर्घटना में हमारी प्रिय शिक्षिका श्रीमती बबीता पाटियाल हमें हमेशा के लिए छोड़ गईं। दुर्घटना स्थल पर ही उनका निधन हो गया। उनके पति और मानस ग्रुप ऑफ़ इंस्टीट्यूशंस के सुपरवाइजर श्री विजेन्द्र पाटियाल गंभीर रूप से घायल हुए थे। उन्हें तुरंत दिल्ली के एक बड़े अस्पताल में भर्ती कराया गया, जहाँ एक जटिल सर्जरी के बाद उन्हें दूसरे बड़े अस्पताल में स्थानांतरित किया गया। कई दिनों तक जीवन से संघर्ष करने के बाद, 9 अप्रैल की सुबह उन्होंने भी इस दुनिया को अलविदा कह दिया। मानस एकेडमी की सृजनशील और बच्चों की चहेती ड्राइंग टीचर श्रीमती बबीता पाटियाल की आँखों में हर समय रंगों की दुनिया बसी रहती थी। उनकी बनाई हुई यादें हर दीवार पर अब भी जीवित हैं। श्री विजेन्द्र पाटियाल, जो मानस ग्रुप के साथ दो दशकों से अधिक समय तक जुड़े रहे, हमारे प्रबंधन के आधार स्तंभ थे। वे हर आयोजन की रीढ़ थे, हर कार्य की डोर उनके हाथ में होती थी, और उस डोर में हमेशा ही सेवा का भाव रहता था। आज मानस परिवार का हर सदस्य एक भारी मन से यह स्वीकार करने की कोशिश कर रहा है कि विजेन्द्र और बबीता अब हमारे बीच नहीं हैं। लेकिन सच्चाई यह है कि वे हर प्रार्थना में, हर गतिविधि में, हर बच्चे की मुस्कान में हमारे साथ रहेंगे। मानस परिवार इस गहन दुःख की घड़ी में अपने इन दो अनमोल रत्नों की स्मृतियों को सहेजते हुए, उनके परिवार के साथ हर पल, हर कदम पर खड़ा है।

जिसे कभी थकना नहीं आया, वो आज थम गया...
जो हर मुश्किल में सबसे आगे खड़ा रहता था, वो आज कहीं दूर चला गया ...

देवाशीष पन्त
निदेशक
मानस ग्रुप ऑफ़ इंस्टीट्यूशंस

Editorial...



In remembrance and reflection, I write to you all,

"Zindagi chali jaati hai, par Jeevan chalta rehta hai." Simply put, People may

pass away, but life — the flow of existence — goes on. I often find myself looking at the month of April through a philosophical lens. It marks a new beginning — not only according to our Hindu calendar, but also in the academic realm of India, as one session ends and another begins. It is a time of renewal, transition, and reflection.

However, this year for all of us at Manas, these words resonate with a much deeper and harsher truth about life and its impermanent nature. Uncharacteristic as it may be for the beginning of an editorial, I feel it is only right to start by remembering and

paying heartfelt tribute — on behalf of all the readers of Manas Ganga — to our beloved colleagues, Mr. Vijendra Patiyal and his soulmate Mrs. Babita Patiyal. Their untimely demise has brought profound sorrow to every member of the Manas Family. They were not just colleagues; they were among the strongest pillars of our team — dedicated, inspiring, and irreplaceable. Their absence has left a void that words can scarcely fill, but their spirit and contribution will forever remain a part of our journey.

We were moving toward a usual March-end, anticipating the close of one academic chapter and the beginning of another. However, a few unfortunate and unexpected events disrupted the rhythm of our journey. Still, as I mentioned at the very beginning — existence keeps going. With the successful completion of the Academic Session 2024–25 and the announcement of the final results, we have now stepped into the new session of 2025–26. And, as is the nature of life,

slowly and steadily, things are beginning to return to their natural course.

In the darkest clouds, there is always a silver lining. Amidst the sorrow and loss, we also received moments of pride and joy. Two of our alumni brought immense pride to the Manas family by clearing two of the toughest exams in the country, reminding us to look at life with hope and optimism. Shubham Khatri, who secured AIR 167 in IIT-JAM, and Mohit Airy, who cleared GATE 2025 with AIR 1173, are shining examples of perseverance and dedication. I extend my heartfelt congratulations to both of them and wish them a future filled with success, learning, and purpose.

Towards the end of the session, our students also successfully completed the 7-day Special NSS Camp. Through their active participation, they not only served the community but also gained some invaluable lessons and cherished memories — experiences that will stay with them for life.

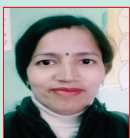
Our campus at Manas College has

been bustling with various events, lecture sessions, and the ongoing admission process for the new batch across all degree and certificate courses. As part of our series of distinguished guests and luminaries, we had the privilege of hosting Padma Shri Dr. Jeewan Singh Titiyal and Er. Vishwa Mohan Joshi. Their vast experience and expertise greatly enriched both our students and faculty. As we step into a new academic session, let us carry forward the strength of our shared memories, the pride of our accomplishments, and the hope that every new beginning brings. In times of sorrow and celebration alike, may we continue to grow together — as a family rooted in compassion, resilience, and purpose.

With warmth, strength, and hope,

Surendra Singh Bohra

भिटोली-नरिया और देबुली : उत्तराखंड की लोक-कथा



Mrs. Geeta Joshi
Teacher

से, वस्त्र, घर में बने पकवान आदि दी जाती है। भिटोली, चौर मास के दिनों में मनाई जाती है। चौर के महिने में हर विवाहिता बेटी को अपने मायके से भिटोली आने का इंतजार रहता है। पहाड़ हो या कि तराई भाबर या कोई भी शहर विवाहिता को भिटोली का बेसब्री से इंतजार रहता है। यह सिर्फ वस्तु नहीं होती अपितु मायके से आया प्यार होता है। औरते भिटोली को पूरे गांव या शहर में अपने आस पड़ोस में भी बांटती है। शहर में अधिकतर आज के जीवनशैली में समय की कमी के कारण भिटोली मनीआर्डर या उपहार भेजकर मना लिया जाता है। किन्तु पहाड़ी गांवों में अभी भी बेटी या बहन के घर जाकर भिटोली दी जाती है।

भिटोली के पीछे कई लोक कथायें भी हैं। एक जनश्रुति के अनुसार किसी गांव में देबुली और नरिया नाम के बहन और भाई रहते थे। देबुली के लिये अपना भाई बहुत दुलारा था। नरिया भी अपनी दीदी

से बहुत प्यार करता था। वे दोनों एक साथ ही रहते, खेलते, खाते-पीते थे। जैसे-जैसे दिन बीतते गये, देबुली और नरिया बड़े होते गये। एक दिन ऐसा भी आया देबुली की शादी घर वालों ने तय कर दी। कहानी के अनुसार देबुली का ब्याह उसके गांव से बहुत दूर किया गया। अब नरिया अपनी दीदी के वियोग में दुखी रहने लगा। ससुराल और मायका में काफी दूरी होने के कारण देबुली का मायका आना कम हो गया। नरिया देखता कि गांव में अन्य विवाहिता ल्योंहारों में अपने घर आती। इस बात पर नरिया अपनी दीदी को ज्यादा याद करने लगा और दुखी रहने लगा।

नरिया को देखके उसकी ईजा को फिकर होने लगी। ईजा ने नरिया से कहा बहुत दिन हो गये तू अपनी दीदी से मिल आ। कल तू अपनी दीदी से मिल आना और खाली हाथ मत जाना मैं कुछ चीजें दे दूंगी तू देबुली को दे आना। उसे भी मायके की याद आती होगी। ईजा ने प्रसाद, पूरी, रायता, पुर्, सिंगल, फल, साड़ी, बिंदी आदि एक बड़ी टोकरी में रखकर नरिया को दे दी। और कहा कि जा ये भेंट स्वरूप ले जा और अपनी दीदी को देना। नरिया खुशी-खुशी देबुली के ससुराल को चल दिया। उसे वहां पहुंचने में दो चार दिन लग गये। जब नरिया देबुली के घर पहुंचा तो देखा दीदी सोई हुई है। नरिया ने कुछ घंटे

इंतजार किया लेकिन देबुली नहीं उठी। काम करके थक गई होगी इस विचार से नरिया ने भी उसे उठाना उचित नहीं समझा। दूसरे दिन शनिवार होने के कारण नरिया ने आज ही वापसी करने का सोचा क्योंकि पहाड़ों में शनिवार को थोड़ा काम काज या कहीं सफर में जाने के लिये उचित नहीं माना जाता। और नरिया भेंट वहां रखकर चल दिया। बाद में जब देबुली की आंख खुली तो उसने सामान देखा तो नरिया को देखने लगी। वो बहुत दूर तक गयी लेकिन तब तक नरिया जा चुका था। देबुली को पश्चाताप होने लगा कि मेरा भाई इतना लम्बा सफर तय करके आया, भूखा भी होगा और मैं सोती रही। वो रोने लगी और 'भै भूखों-मैं सिती' अर्थात भाई भूखा रहा और मैं सोती रही की रट लगाने लगी। पश्चाताप में देबुली का मन इस प्रकार आघात हुआ कि भै भूखों-मैं सिती की रट लगाते लगाते देबुली के प्राण निकल गये। माना जाता है कि अगले जन्म में देबुली घुघुति नाम की पक्षी बनी जो चौर मास में 'भै भूखों-मैं सिती' की आवाज लगाती है।

भिटौली उत्तराखण्ड की विशेष और एक भावनात्मक परम्परा है। विवाहिता महिला चाहे जिस उम्र की हो उसे भिटौली का बेसब्री से इंतजार रहता है। भिटौली को यहां के जनमानस ने लोक गीतों में भी पिरो कर रखा है भिटौली से सम्बन्धित एक काफ़ी पुराना लोक

गीत है –

ओहो, रितु ऐगे हेरिफेरि रितु रणमणी, हेरि ऐंछ फेरि रितु पलटी ऐंछ।

ऊंचा डाना-कानान में कफुवा बासलो, गैला मैला पातलों में नेवलि बासलि।।

ओ, तु बासै कफुवा, म्यार मैति का देसा, इजु की नराई लागिया चेली, वासा।

छाजा बैठि घना आंसु वे दबकाली, नालि नालि नेतर ढावि आंचल भिजाली।

इजू दयोरणि जेठानी का भै आला भिटोई, मैं निरोली को इजू को आलो भिटोई।।

कहीं कहीं इसे ऐसे भी गाते हैं–

रितु ऐगे रणा मणि, रितु ऐगे रै गैणा।

डाली में कफुवा बासो, खेत फुलि दैणा।

कावा जो कणाण आरि जैतै ब्याण, खुट को तल मेरो आज जो खजाण।

इजु मेरि भाई भेजलि, भिटौली दीणा, रितु ऐगे रणा मणि

वीको बाटो में चौरुलो, दिन भरी देलि में मैं रूलो।

बेली रात देखख मैले स्वीणा, आंगन बटी कुनै उणौ छियो

कां हुनेली हो मेरी बैणा ? रितु ऐगे रणा मणि

नए सत्र का आगमन



सरिता जोशी
TGT-हिंदी

रंग-बिरंगा और खुशबूदार बनाने के लिए।

शायद माँ दुर्गा भी इसलिए इसी समय हमारे घरों में आती हैं कि इन भविष्य के निर्माताओं को अपना प्यार और आशीर्वाद दे सकें।

प्रकृति ने अपनी फुलवारी इनके स्वागत में सजा दी है। आजकल विद्यालयों में हर तरफ एक खुशनुमा माहौल है, कहीं किलकारी, तो कहीं खिलखिलाहट, तो कहीं तोतलापन गुंज रहा है। हर माता-पिता बहुत सारे सपनों एवं उम्मीदों के साथ अपने नन्हें-मुन्नों को विद्यालय भेज रहे हैं, और विद्यालय में शिक्षक भी अपने शिक्षण कौशल के साथ तैयार हैं इनके भविष्य को संवारने के लिए। इसी के साथ सभी को नए सत्र एवं नई शुरुआत की ढेर सारी शुभकामनाएँ।

Baisakhi: Celebrating the Joy and Spirit of Harvest Time



Somya Kharkwal
Class-12th

Every April, as the golden wheat fields of Punjab dance in the breeze, the land comes alive with the dhol beats echoing through the villages, bhangra dancers leaping with joy, and gurdwaras opening their doors wide to serve langar to all who arrive. Baisakhi is not just as a harvest festival, but as a celebration of gratitude, courage, and community. While its roots lie in tradition, Baisakhi continues to offer timeless lessons for modern life—reminders of what truly matters and how we can live with more heart. At its core, Baisakhi is a time of thankfulness. For farmers, it marks the end of a season of hard work and the

beginning of reward. Their joy is not just about abundance—it's about recognizing the beauty of effort, patience, and faith. In our own lives, Baisakhi encourages us to pause and celebrate the things we often overlook: a small success, a meaningful conversation, or simply getting through a difficult week. Gratitude, after all, is the simplest way to feel rich. For Sikhs around the world, it also marks a powerful moment in history. On this day in 1699, Guru Gobind Singh Ji founded the Khalsa, a community of saint-soldiers committed to righteousness, equality, and spiritual discipline. That moment transformed Baisakhi into more than just a cultural celebration—it became a symbol of courage, purpose,

and unity. Another beautiful tradition is the langar—a community meal where everyone sits and eats together, regardless of background. It's a reminder that we are all equal and that sharing, not status, is what truly feeds the soul. Finally, Baisakhi speaks to living with purpose. The Khalsa symbols reflect discipline and inner strength. In our own way, we're all cultivating something—kindness, patience, resilience. Baisakhi invites us to ask: What are we sowing? And what do we hope to grow? It's more than a festival. It's a perception that if we interpret may change our outlook on life "We may not all work the land, but we all have something to grow—kindness, courage, and compassion."

Successful Completion of Manas Academy NSS Special Camp

Like every year, this year too, the NSS Unit of Manas Academy successfully completed its seven-day special camp at Primary School Dewat, Pithoragarh. The camp witnessed enthusiastic participation from around 40 boys and 10 girls. The boys attended the full residential camp, while the girls participated during the daytime. The camp was inaugurated on 22nd March by Social worker and Administrative Representative from Dewat Gram Panchayat Mr. Dev Singh in the presence of the School Administrative Officer, Mr. G. S. Bohra and other staff members. Throughout the camp, students actively participated in various activities and attended a series of intellectual sessions that equipped them with valuable life-enriching skills. They learned crucial life-saving techniques from the Fire Brigade team, guided by Fire Officer Mr. Narendra Prasad. They also gained important knowledge related to teenage growth and hormonal changes from Mr. B. Tiwari, a highly experienced



pharmacist from the Government Allopathic and Wellness Centre, Dewat. Additionally, students were educated about waste management by a team from Pithoragarh Nagar Parishad, and they received insights into various government schemes related to skill development and employment through an informative session conducted by representatives from the Employment Office, Pithoragarh. Based on their learning in the camp, students also prepared and presented a small street play to give a powerful

message on the causes, consequences and prevention of Forest Fire. On the penultimate day of the camp, Mrs. Kalpana Devial, the first Mayor of Pithoragarh Nagar Nigam, visited the students and enriched them with her inspiring words and heartfelt blessings. The final day of the camp was marked with a prize distribution ceremony where volunteers were recognized and rewarded for their active participation. This year, Arnav Dangi and Babita Punetha were awarded the titles of Best

Camper Boy and Best Camper Girl, respectively. Students were also acknowledged in various other categories for their commendable contributions during the camp. NSS Programme Officer Mr. Lalit Mahar congratulated all the volunteers and expressed his gratitude to everyone who played an important part in making the camp a grand success. He thanked all the resource persons who generously shared their knowledge and experience with the students. He also extended heartfelt appreciation to his colleagues and teachers—S. S. Bohra, Mukesh Bhatt, Vinod Joshi, Suman Bisht, Bhupendra Airy, Trilok Singh, Bhupesh Bhandari, Bhawana Bhatt, Babita Rawal, Zuber Ansari, Prakash Chand, and Hem Chandra Pandey—for their dedicated support and valuable contributions. A special thanks was reserved for Mr. Sohel, whose unwavering support throughout the camp played a crucial role in its successful completion.

My Experience of NSS Special Camp



Aadya Sen
Class-12th


"The best way to not feel hopeless is to get up and do something. Don't wait for things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." – Barack Obama

These were the words that came to my mind when our camp was nearing its end because these words to a very extent fit in the theme of NSS, where we learn selfless service and putting others' needs first. I will admit that at first, I was quite skeptical about whether to go there or not because I knew that we would have to do everything ourselves like cooking, cleaning, cutting wood, setting up stoves, etc. All these tasks felt quite overwhelming at first. I thought we probably wouldn't be able to do them and we might mark history as being the worst NSS volunteers, but I was soon proven wrong. I think I underestimated ourselves too much because NSS also teaches us unity, confidence, leadership, and being self-dependent. After we reached there (at our campsite in Dewat), I was shocked to see that my classmates, whom I thought would not help at all and probably have a hard time adjusting to a new environment, were all happily doing tasks — and quite skillfully at that. Our teachers were also helping us, but mainly by providing us guidance. I would say at the campsite we all got to see each other's hidden selves that otherwise would have remained hidden. Everyone was helping in their own way — some kids were cleaning the rooms, some were sweeping the garden, some were even preparing food (P.S. – I didn't know there were hidden chefs among us!), some were arranging drinking water from a nearby naula, some were cutting wood — overall, everyone was doing something that they were capable of. It was actually quite fascinating to see how quickly we were able to do our tasks with everyone doing them together.

From Day 2, things became even more systematic because then our camp was divided into groups with one leader in charge of each team. After the morning yoga session, all the volunteers got time to do their morning routine and after that, the team who was in charge that day would start preparing breakfast. After that, all the students would wash their own plates and the cooking utensils would be washed by the team whose duty it was that day. After this, the time came when we met several guests with whom we had several enjoyable and informative sessions. People from different backgrounds came and taught us about different things. Starting with the most memorable one — when the fire department came and taught us about different types of fire and different ways in which we can put them out, different types of fire extinguishers and how to use them, how to put out a fire that is on a gas cylinder, and how to rescue someone who is unconscious. Some students even got to use the fire extinguisher, which was very cool. Following this, an issue which is in a very serious condition in India — I am talking about "employment" — was addressed. To help with that, there were some guests who informed us about different government sites that help the unemployed youth. Some medical professionals also visited us who discussed and taught us about the problems and changes of adolescence. Not only that, but they also taught us about the health hazards caused by forest fires. Our mayor also stopped by and gave us some very encouraging words. She also told us about the new developments happening in our city. Devat's Pradhan also came and kept visiting us from time to time to check on us and tend to our needs. All of the guests that visited us taught us something new. Talking with them and having the privilege to get their knowledge firsthand was a very good experience. They were all very inspiring and good people. I am sure many students felt very grateful and inspired.

We also did a nukkad natak where students' inner actors came out. In this particular nukkad natak, we did something different that we had probably never done before. Because we were short on time and things had to be done soon, we actually didn't follow a storyline. We did the whole natak in rhyming words, as though we were performing a poem of some sort, which in the end was very enjoyable to do. We also conducted a survey of that village where we informed the villagers about different kinds of government schemes that they could benefit from, and collected data on how many people knew about these schemes and how many were already using them. After this came the most anticipated part of the day, where volunteers would play games like volleyball and cricket. And at last, without any doubt, came the most enjoyable part of the day — "The Bonfire" — where we got to witness the most hidden talents coming to light. Some played flute, some guitar, some dholak, and some just clapped and sang along. If described with words, the closest feeling would be "magical," which still isn't fully accurate, because when we all came together and jammed, it was a time when all of us felt the most carefree, the most lucky, the most happy in the world. It is a feeling that can only be properly understood when experienced. It was when people we didn't know were into music started playing instruments skillfully, like they were masters of their craft. At last, when we got rewarded for what we had done and contributed in the camp, all the teachers made different categories and gave out prizes to the deserving students. All the students helped and contributed in their own way, but some truly went the extra mile. In conclusion, I would say that this experience has truly been very great. We learned leadership, unity, confidence, selfless service, and built new friendships. Dewat is now not just a random village for us — it has become a place that holds many of our happy memories. If we get a chance to experience this again, we will gladly join the camp again. Now I would like to conclude my thoughts by stating a few words:

"The purpose of life is not to be happy. It's to be useful, to be honorable, to be compassionate, to have made some difference that you have lived and lived well."



Arnav Singh Dangi
Class-12th

A Memorable Experience at the NSS Camp: Learning, Bonding, and Growing Together

Participating in the NSS (National Service Scheme) camp was one of the most unforgettable and enriching experiences of our school life. It wasn't just a camp—it was a beautiful journey that brought us closer to nature, our teachers, fellow students, and the kind-hearted villagers who welcomed us with open arms.

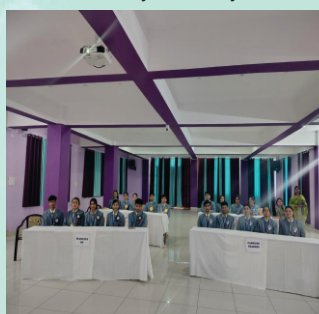
One of the most exciting parts of the camp was bonding with students we barely knew before and spending time with our teachers outside the classroom. Together, we laughed, learned, and created memories that will stay with us forever. The peaceful village setting, surrounded by nature, gave us a break from our usual city lives and reminded us of the simple joys of living close to the earth. The camp was thoughtfully divided into four main sessions every day, each one offering something new and valuable:

- 1 Yoga Session:** Our mornings began with peaceful yoga sessions that helped us reconnect with our minds and bodies. Guided by experienced instructors, we learned techniques to stay calm, focused, and healthy.
- 2 Intellectual Session:** This session opened our minds to real-world knowledge. We had interactive talks from various departments—like the Fire Department, which showed us how to react during fire emergencies, and the Medical Department, which taught us the importance of hygiene and first aid. The Employment Department guided us on future career paths and goal setting, while the Municipal Corporation educated us on waste management and cleanliness. These sessions gave us a glimpse into the real responsibilities of citizens and motivated us to become more socially aware and responsible individuals.
- 3 Cultural Session:** These sessions were full of energy and creativity. We got a chance to showcase our talents through songs, dance, skits, and other performances, celebrating the diverse cultures of our country.
- 4 Evening Session:** The evenings were reserved for reflections, discussions, and fun group activities that brought us all closer and allowed us to share our thoughts and experiences.

Opening Ceremony Sets the Tone for FINSUMMIT – A 360 Review Startup Showdown – A Platform for Future Entrepreneurs

The FINSUMMIT 2024-25 began on a high note with an inspiring and thought-provoking opening ceremony organized by the Department of Banking and Financial Management at Manas College. The event was graced by the Director of Manas Group of Institutions, Mr. Devasheesh Pant, as the Chief Guest. In his keynote address, Mr. Pant emphasized the importance of active student participation in such events for comprehensive personality development and industry exposure. He encouraged students to take full advantage of opportunities like FINSUMMIT to explore their potential and develop leadership and analytical skills. The ceremony continued with a special session by Mrs. Uttara Jungbahadur, who provided an insightful recap of the Financial Year 2024-25, contextualizing recent developments and key financial shifts. Her session helped students link theoretical concepts to real-world developments, setting a strong foundation for the summit. Adding to the

academic rigor of the event, Mr. Anil Sharma delivered a technical session focusing on emerging trends in the financial sector, particularly in the areas of digital banking and fintech innovations. His session was lauded for its depth and clarity, helping students understand the evolving nature of financial services. With a blend of motivation, academic insight, and future vision, the opening ceremony created an energizing environment that inspired all participants to immerse themselves fully in the days to come.



comprehensive revenue and cost forecast for the next ten years, demonstrating their understanding of financial modeling, market dynamics, and sustainable business planning. What truly made the session dynamic was the intense Q&A round, where jury members posed real-time business challenges and questions to the students. From questions about scalability and break-even analysis to customer acquisition strategies and risk mitigation, the jury put the teams to a real-world test. This experience not only built confidence among students but also honed their pitching skills, strategic thinking, and ability to perform under pressure. The Startup Showdown was a celebration of innovation, preparation, and entrepreneurial spirit—qualities that lie at the heart of the new-age finance professional.

LIC Visit – Bridging the Gap Between Theory and Practice Interactive Workshop on Project Finance and Financial Modelling

As part of the FINSUMMIT activities, students of Banking and Financial Management visited the LIC office to gain firsthand industry exposure. This industrial visit was a highlight for many students, providing them an opportunity to interact directly with professionals in the insurance sector. The visit included detailed sessions by LIC officials who explained the structure and functioning of the insurance industry, the regulatory environment, and the role of insurance in financial planning and risk management. Students gained insights into the practical applications of concepts such as risk pooling, premium calculation, and policy design. What stood out was the openness of the industry experts, who shared real-life experiences, career paths, and the day-to-day operations of one of India's largest public sector

institutions. The interactive discussions helped students bridge the gap between classroom theory and actual business practices. For many students, the LIC visit was their first exposure to a real financial institution, and it proved to be an eye-opener. It reinforced the idea that understanding the practical side of finance is essential for holistic learning and career readiness.



Another major highlight of FINSUMMIT was the hands-on workshop on Project Finance and Financial Modelling, conducted by none other than the Director of Manas Group of Institutions, Mr. Devasheesh Pant. Known for his expertise and dynamic teaching style, Mr. Pant led an engaging session that connected theory to application in an exciting and meaningful way. The workshop began with the basics of structuring a project finance deal—focusing on capital structure, risk allocation, financial covenants, and funding sources. As the session progressed, students moved to the technical aspects of financial modeling using Excel. From cash flow projections to ratio analysis and IRR computation, students got a step-by-step walkthrough of building their own financial models. The session was highly interactive, with students working on live exercises, asking questions, and getting real-time feedback. The energy in the room was palpable as students began to see the big picture and how finance truly drives business decisions. The feedback from the participants was overwhelmingly positive, with many expressing that this session helped demystify complex concepts and gave them confidence to handle real-world financial problems. It was an empowering experience that turned abstract theory into a tangible skillset.

Voice of Finance – Students Speak on Financial Inclusion, Budget, and More



Voice of Finance, the concluding event audience, hone their public speaking of FINSUMMIT, was a platform for skills, and engage in constructive students to present well-researched discussions. Faculty members praised insights on key themes in the world of the clarity, preparedness, and relevance finance and economics. It was not just a of the content. This session was presentation session—it was a particularly impactful because it celebration of knowledge, articulation, encouraged peer-to-peer learning and and critical thinking. Students chose sparked conversations that extended from a wide range of topics, including the beyond the event. It demonstrated how evolution of financial literacy in India, students are not just passive learners but ethical finance, budget analysis for FY also contributors to knowledge and 2024-25, economic inclusivity, and discourse in finance. With Voice of sustainable investing. Each Finance, FINSUMMIT came to a presentation was marked by structured thought-provoking close, leaving behind research, visual aids, data a trail of new ideas, empowered minds, interpretation, and personal insights. and a stronger academic community The event offered students a chance to ready to take on the challenges of the speak in front of a knowledgeable financial world.

Professor's Insights

Guardians of the Himalayas: Youth-Led Solutions to Climate Change in Uttarakhand

The majestic Himalayas, often called the "Third Pole" of the world, are not just a geographical marvel but a lifeline for millions. Uttarakhand, nestled within these towering peaks, is facing an unparalleled environmental crisis due to changing climatic conditions. Rising temperatures, erratic rainfall, glacial melt, and frequent landslides are clear indicators of the climate emergency fascinating this region. In the face of this challenge, the youth of Uttarakhand are emerging as lamp of hope, offering innovative and community-driven solutions to safeguard their homeland. In the Himalayas, the effects of climate change are both obvious and concerning. Rapid glacial retreat has resulted from the region's temperature rising more quickly than the world average. This, in turn, increases the risk of glacial lake outburst floods (GLOFs) and water scarcity. Unpredictable weather patterns have also led to more frequent forest fires and devastating landslides. Uttarakhand's fragile ecology is in danger, which has an impact on local residents' livelihoods, agriculture, and wildlife. The young people of Uttarakhand are rising to the occasion with incredible fortitude and inventiveness in spite of these obstacles. They are working to develop workable solutions in addition to increasing awareness:

- Young volunteers have been organized by groups like "Waste Warriors" to manage waste and advance sustainable practices. They provide cleaner and greener communities by addressing the twin problems of pollution and climate change through campaigns and educational initiatives.
- Student-led organizations are focusing on revitalizing drying springs and encouraging rainwater gathering because they understand how important it is to protect natural water sources. These initiatives support long-term ecological equilibrium and fight water constraint.
- Rising temperatures and dry weather have increased the frequency of forest fires. The main goals of youth-led community projects are to replace lost green cover through afforestation campaigns, fire line construction, and fire safety education for people.
- Organic farming and other conventional methods that use less water and are more adaptable to shifting weather patterns are being adopted by young farmers and environmentalists. These methods lessen the carbon footprint while also ensuring food security.
- Climate change awareness is being raised by students and young professionals through social media campaigns, workshops, and rallies. Their campaigns push for state and municipal legislative reforms and highlight the value of sustainable living.

The youth of Uttarakhand are proving that collective action and local solutions can make a significant impact. However, their efforts need greater support from government

Jaundice and the Role of Vitamin K Injections in Treatment

Jaundice is a medical condition characterized by the yellowing of the skin, sclera (whites of the eyes), and mucous membranes due to elevated levels of bilirubin in the blood. It occurs when there is an imbalance in the production and elimination of bilirubin, which can result from liver disease, haemolysis, or bile duct obstruction. While jaundice itself is a symptom rather than a disease, its underlying causes require prompt diagnosis and treatment. One important aspect of jaundice management, particularly in newborns and patients with liver dysfunction, is the administration of Vitamin K injections. Vitamin K plays a crucial role in blood clotting, and its deficiency in jaundice patients can lead to severe bleeding disorders. Vitamin K is a fat-soluble vitamin essential for the synthesis of clotting factors (II, VII, IX, and X) in the liver. A deficiency of Vitamin K can lead to prolonged bleeding and haemorrhagic conditions, especially in jaundice patients.

1. **Vitamin K Deficiency in Jaundiced Patients :** In cases of obstructive jaundice, the liver fails to secrete bile into the intestine, reducing the absorption of fat-soluble vitamins, including Vitamin K. Liver diseases such as hepatitis or cirrhosis impair the production of clotting factors, increasing the risk of bleeding disorders. Newborn jaundice is common in infants because their gut is underdeveloped, and they lack adequate Vitamin K at birth, making them prone to neonatal haemorrhagic disease.
2. **Preventing Bleeding Disorders :** Vitamin K injections help prevent bleeding complications such as haemorrhagic disease of the newborn (HDN), a condition where newborns develop life-threatening bleeding due to Vitamin K deficiency. In adults with jaundice and impaired liver function, intramuscular or intravenous Vitamin K injections correct clotting deficiencies and reduce the risk of spontaneous bleeding, including gastrointestinal haemorrhage, internal bleeding, and excessive bruising.
3. **Supporting Liver Function :** Although Vitamin K does not cure liver disease, its supplementation ensures that blood coagulation processes remain intact, allowing for safer treatment and management of jaundice. It also aids in post-surgical and post-biopsy recovery, particularly for patients undergoing liver or gallbladder surgeries.

Conclusion : Vitamin K injections play a crucial role in the management of jaundice, particularly in newborns, patients with liver dysfunction, and those with obstructive jaundice. Since jaundiced individuals often experience impaired fat absorption and clotting deficiencies, Vitamin K supplementation prevents serious bleeding complications and supports overall treatment. Early administration of Vitamin K can significantly improve outcomes and prevent life-threatening haemorrhagic conditions in jaundiced patients.

How Artificial Intelligence Impact Medical Technology


AI is transforming the healthcare industry by reshaping the way patients are diagnosed and treated in hospitals. By using AI and its related advanced algorithms, medical professionals are able to detect complicated diseases more effectively and efficiently. Moreover, it revolutionizes the medical field by creating path for more intelligent and patient-centered healthcare system. AI in health care enables doctors to read images such as MRI's, X-rays as well as detect early signs of cancer, neurological disorders and heart conditions with more accuracy and precision, which otherwise was difficult for them without the use of it. This help from AI, helps doctors in improving patients' health's by timely intervention. While doing so, doctors increasingly make use of Google health and IBM Watson health, demonstrating the transforming potential of AI. AI is also redefining personalized medicine. It helps doctors in acquiring personal information of the patients and analyze their medical history if suffering from any acute problems or injury, for instance, if the patient is having any history of high BP before, which he is otherwise, unable to recollect at the time of the treatment, AI helps doctors to detect such

history of the patient at one click, representing a significant leap forward in modern medicine. Through AI it is also easy for the drug companies to discover new drugs, which traditionally was difficult to perform. By conducting analysis of drug interactions and its related biological data, AI is finding solutions to possible treatments of different diseases. Millions of compounds are evaluated through the use of Insilco and Atom wise medicine, thereby reducing the cost and time of drug development. This process leads to faster assessment of life saving medicines for patients in need. AI is transforming the healthcare industry by reshaping the way patients are diagnosed and treated in hospitals. By using AI and its related advanced algorithms, medical professionals are able to detect complicated diseases more effectively and efficiently. Moreover, it revolutionizes the medical field by creating path for more intelligent and patient-centered healthcare system. AI in health care enables doctors to read images such as MRI's, X-rays as well as detect early signs of cancer, neurological disorders and heart conditions with more accuracy and precision, which otherwise was difficult for them without the use of AI. This help from AI, helps doctors in improving patients' health's through their timely intervention. While

doing so, doctors increasingly make use of Google health and IBM Watson health, and even monitor health conditions. Tools like Ada and Buoy Health use AI to assess symptoms and recommend appropriate actions, reducing the workload for healthcare providers and making care more accessible. On the administrative side, AI is automating repetitive tasks such as billing and record-keeping, allowing staff to focus more on patient care. Predictive analytics is another area where AI is making a significant impact. By analyzing patient data, AI can predict the likelihood of diseases such as diabetes, heart disease, and sepsis, enabling early intervention and preventive care. Hospitals are also leveraging AI to optimize resource allocation, such as forecasting patient admissions and streamlining staff schedules. This shift from reactive to proactive care has the potential to improve outcomes and reduce costs. However, integrating AI into healthcare is not without its challenges. Protecting patient data and ensuring privacy are top priorities, as AI systems rely on vast amounts of sensitive information. The accuracy and reliability of AI algorithms are also crucial, as errors can have serious consequences. Additionally, there is a risk of bias in AI models if they are trained on incomplete or non-representative data, which could result in unequal care.

Professor's Insights

The Ethical Dilemma of AI in Creative Industries: Who Owns Imagination?



Yash Rajwar
Assistant Professor(GDA)

In 2022, an AI-generated artwork titled *"Théâtre D'opéra Spatial"* won first place at the Colorado State Fair's art competition. The victory sparked outrage among human artists, igniting a global debate: Can machines be creative? And if so, who gets the credit—or the blame? As AI tools like ChatGPT, MidJourney, and Suno redefine music, writing, and visual art, the creative industries face an existential and ethical reckoning.

The Promise: Democratizing Creativity - Proponents argue AI is a revolutionary tool that democratizes art. A teenager in Mumbai can compose symphonies with AI music generators; a novelist battling writer's block can brainstorm plot twists with ChatGPT. Startups use AI to draft marketing copy, design logos, or prototype video game assets at lightning speed. For many, AI isn't a replacement but a collaborator—a "digital muse" that amplifies human potential.

Even established creators experiment with these tools. Filmmakers use AI to storyboard scenes, while musicians like Grimes openly license their voices for AI-generated tracks. The technology's appeal lies in its ability to break down barriers—geographic, financial, or skill-based—making creativity accessible to millions.


The Peril: Originality, Exploitation, and the "Soulless" Machine - Critics, however, see a darker narrative. AI models like DALL-E and Stable Diffusion are trained on billions of images, songs, and texts scraped from the internet, often without consent or compensation. When an AI generates a painting "in the style of Van Gogh," who benefits? Not the long-deceased artist, nor the living creators whose work fed the algorithm. Getty Images sued Stability AI for using 12 million copyrighted photos to train its model, highlighting a systemic issue: *"AI's output is built on uncredited human labor."* Beyond copyright lies a deeper anxiety: the erosion of artistic identity. If an AI can mimic a bestselling author's prose or a pop star's vocals, what happens to the value of human originality? Platforms like YouTube already grapple with AI deepfake songs impersonating Drake or The Weeknd, blurring lines between homage and theft. There's also the fear of cultural homogenization. AI tends to replicate patterns from its training data, favoring popular styles over niche or experimental ones. Will AI flatten global creativity into a monotonous algorithm-approved "vibe"?

The Gray Zone: Jobs, Ethics, and the Future - The economic impact is equally contentious. Will AI replace graphic designers, copywriters, or composers? Or will it create new roles—like "AI prompt engineers" or ethics auditors—while freeing humans to focus on higher-concept work? The answer likely lies somewhere in between, but the transition could be messy. Ethically, the dilemmas pile up. Should AI-generated content be labeled? How do we prevent bias in algorithms trained on historically exclusionary datasets? And what happens when AI inadvertently plagiarizes a living artist's work?

A Path Forward: Collaboration, Not Domination - Solutions are emerging, albeit slowly. Some propose licensing frameworks where artists are paid when their work trains AI models. Others advocate for strict transparency laws, requiring AI platforms to disclose data sources. The EU's AI Act, for instance, mandates clear labeling of AI-generated content. Ultimately, the goal isn't to stifle innovation but to rebalance the equation. As writer Robin Sloan notes, *"AI should be a brush, not the painter."* By ensuring human creators remain at the center—fairly compensated and credited—we can harness AI's potential without sacrificing the soul of art.

MCSTM : Students Corner

A Brief History of Banking and Early Monetary Systems



Piyush Rawat
BFM

The concept of banking dates back thousands of years, beginning with early merchants around 2000 BCE in regions like Assyria, India, and Sumer. These merchants provided grain loans to farmers and traders, laying the groundwork for early banking practices. As civilizations advanced, so did financial systems. In ancient Greece and the Roman Empire, temples served not only religious purposes but also acted as early banks. They offered loans, accepted deposits, and exchanged currency. Similar evidence of lending and financial activity has also been found in ancient China and India.

The roots of the modern banking system are often traced back to medieval and Renaissance Italy. Cities such as Florence, Venice, and Genoa became financial hubs, dominated by wealthy families like the Bardi and Peruzzi in 14th-century Florence. Among the most notable was the Medici Bank, founded by Giovanni Medici in 1397. It played a key role in shaping modern banking principles. Impressively, **Banca Monte dei Paschi di Siena**, established in 1472, continues to operate today, making it the world's oldest surviving bank. Another long-running institution, Banco di Napoli, operated from 1463 until 2002.


As banking spread from northern Italy across the Holy Roman Empire in the 15th and 16th centuries, innovations began to emerge in northern Europe. Amsterdam became a center of banking progress during the 17th century, followed by London in the 18th century. The 20th century brought sweeping changes due to advancements in telecommunications and computing. These technologies enabled banks to expand their reach, automate processes, and grow in size and complexity. However, this rapid expansion also brought risks. The 2007–2008 global financial crisis highlighted the vulnerabilities in the system, leading to major bank failures and sparking widespread calls for regulatory reforms.

Early Forms of Money and Trade- Before modern currency, people used **commodity money**—goods with intrinsic value—for trade. As early as 9000 BCE, grain and livestock were common forms of barter. Around 12,500 BCE, obsidian from Anatolia was widely traded for tool-making, and by the 9th millennium BCE, organized trade networks had formed. Sardinia became a key source of obsidian in the Mediterranean, but by the 3rd millennium BCE, copper and silver had begun to replace it as primary trade items.

The Origins of Record-Keeping and Financial Regulation-The ability to track trade and financial exchanges was crucial for early economies. From 8000 BCE to 1500 BCE, people in the Near East used clay tokens and "bullae" to account for agricultural products. By the late 4th millennium BCE, temples and palaces had begun using symbols to manage inventories and record transactions. Around 3200 BCE, accounting systems began to reflect more complex trade exchanges.

One of the earliest known legal frameworks for banking comes from the **Code of Hammurabi** (c. 1700 BCE), which detailed the regulation of loans and interest. Later, during the Achaemenid Empire (after 646 BCE), further evidence of organized banking appears in Mesopotamia, showing that financial systems had become deeply embedded in society

The Power of Albendazole: A Breakthrough in Parasitic Infection Treatment




Parwati Bohara
NHS

Parasitic infections side effects like nausea or remain a major abdominal discomfort global health occasionally reported. Its concern, particularly availability in various in areas with poor formulations—tablets, chewable, sanitation. Among and suspensions—makes it easy the most effective to administer to children and treatments available is *Albendazole*, adults alike.

a broad-spectrum antiparasitic Globally, Albendazole plays a medication that has transformed the vital role in public health efforts management of these infections. It is against neglected tropical commonly used to treat tapeworms, diseases. Backed by hookworms, roundworms, pinworms, organizations like the WHO, it is and whipworms, among others. widely used in mass treatment Albendazole works by blocking the campaigns, helping reduce the parasite's ability to absorb glucose, burden of parasitic diseases in effectively starving and killing it. Its vulnerable populations.

rapid action and high efficacy make it In summary, Albendazole is a first-line treatment in both individual safe, effective, and accessible care and large-scale deworming solution that continues to programs. improve lives worldwide by A key strength of Albendazole is its offering reliable treatment for a safety. It is generally well-tolerated wide range of parasitic infections. across all age groups, with only mild

The Digital Media Revolution: Transforming Communication, Creativity, and Connectivity in the Modern World




Sumit Nath
GDA

Digital media has transformed the way ideas, opinions, and multimedia instantly we create, share, and consume with a global audience. This accessibility information in the modern world. It has fostered creativity and innovation but refers to any media content—text, has also introduced challenges, including audio, video, images, or interactive the rapid spread of misinformation, elements—that is encoded in a digital copyright issues, and concerns over format and accessible through mental health due to constant electronic devices like smartphones, computers, connectivity. One of digital media's tablets, and smart TVs. Unlike traditional media such as defining features is its interactivity. Unlike print newspapers or analog broadcasts, digital media static traditional media, it allows users to offers unparalleled flexibility, immediacy, and engage directly with content- commenting on articles, liking videos, or participating in communication, entertainment, and education. The rise virtual reality experiences. This two-way of digital media began with the advent of the internet communication has reshaped industries and accelerated with the proliferation of mobile like marketing, where targeted ads and technology and high-speed connectivity. Platforms like influencer campaigns leverage user data YouTube, Spotify, and TikTok exemplify how digital for precision. Education, too, has media has democratized content creation, enabling benefited, with e-learning platforms anyone with a device and internet access to become a offering video tutorials, interactive producer rather than just a consumer. Social media quizzes, and real-time feedback, making networks such as Twitter, Instagram, and Facebook knowledge more accessible than ever have further amplified this shift, allowing users to share before.

MCSTM : Students Corner

Cybersecurity Trends in 2025: How to Stay Ahead of Evolving Threats



Manas Sety
IT

As technology progresses, so do cybercriminals' strategies. Businesses and people will have to deal with more complex cyberthreats by 2025, thus strong security measures are crucial. This post examines the major developments in cybersecurity for 2025 and offers practical tips for staying safe.

- AI-Powered Cyberattacks and Defense** : Artificial Intelligence (AI) is a double-edged sword in cybersecurity. While AI enhances threat detection, cybercriminals are also using AI to launch more advanced attacks, such as: AI-generated phishing emails that mimic human writing, Automated malware that adapts to evade detection, Deepfake social engineering attacks targeting executives. We can stay ahead by Deploying AI-driven security tools for real-time threat analysis, Train employees to recognize AI-enhanced phishing attempts and Use behavioral analytics to detect anomalies in user activity.
- Quantum Computing Threats** : Quantum computing poses a risk to current encryption methods. Hackers may soon exploit quantum power to break traditional cryptographic algorithms, compromising sensitive data. We can stay ahead by Adopting post-quantum cryptography (PQC) to future-proof encryption, Monitor advancements in quantum-resistant security solutions and Upgrade legacy systems to quantum-safe protocols.
- Rise of Ransomware 2.0** : Ransomware attacks are evolving with double extortion (stealing data before encrypting it) and Ransomware-as-a-Service (RaaS) making attacks more accessible to cybercriminals. We can stay ahead by implementing zero-trust architecture to limit lateral movement, Regularly back up critical data offline and Conduct ransomware simulation drills to test response plans.
- Supply Chain Attacks** : Cybercriminals are increasingly targeting third-party vendors to infiltrate larger organizations. The SolarWinds attack was just the beginning. We can stay ahead by Performing rigorous vendor risk assessments, Enforce least-privilege access for third parties and Monitor supply chain networks for unusual activity.
- IoT and Edge Security Risks** : With the expansion of Internet of Things (IoT) and edge computing, unsecured devices become easy entry points for hackers. We can stay ahead by Segmenting IoT networks from critical systems, Enforce strong authentication (e.g., multi-factor authentication) and Regularly update firmware to patch vulnerabilities.
- Regulatory and Compliance Pressures** : Governments worldwide are tightening cybersecurity regulations (e.g., GDPR, CCPA, NIS2). Non-compliance can result in hefty fines. We can stay ahead by Staying updated on evolving compliance requirements., Conduct regular security audits and Implement data encryption and anonymization where required.

In conclusion, The cybersecurity landscape in 2025 will be more complex, with AI, quantum computing, and sophisticated ransomware leading the charge. We can stay ahead by Adopting AI-driven security measures, Prepare for quantum threats, Strengthen ransomware defenses, Secure supply chains and IoT devices and Stay compliant with regulations. Proactive cybersecurity strategies will be the key to mitigating risks in an increasingly digital world.

Celebrating the Legacy of Dr. B. R. Ambedkar through Inter-House Speech Competition




14th April stands as a landmark date in the history of India. It marks the birth anniversary of one of the most visionary, intellectual, and transformative leaders the nation - Dr. Bhimrao Ramji Ambedkar, the chief architect of the Indian Constitution. Dr. Ambedkar was not only a brilliant jurist and economist but also a tireless social reformer who dedicated his life to the upliftment of marginalized communities and the establishment of equality and justice in Indian society. As 14th April is observed as a national holiday to honour his memory, and 13th April being a Sunday, Manas Academy held its commemorative event on 12th April 2025. To mark the occasion, an inspiring inter-house speech competition was organized for students, aimed at spreading awareness about Dr. Ambedkar's life, ideals, and invaluable contributions to the nation. Students from various houses participated with great enthusiasm, delivering powerful speeches that delved into multiple facets of Dr. Ambedkar's life and his role in framing the Indian Constitution, which is hailed as one of the most progressive and inclusive in the world. Each speaker brought forward a unique perspective—some focused on his academic brilliance and his achievements abroad, while others spoke passionately about his social activism and unyielding fight for human rights. The competition not only encouraged students to research and understand Dr. Ambedkar's philosophy but also helped them practice public speaking and critical thinking skills. The event was beautifully coordinated by Anushka Ghoti, a student of Class XII Humanities. Teachers and students alike appreciated her efforts and the overall coordination of the event. Through this event, the students of Manas Academy not only paid heartfelt tribute to Dr. B. R. Ambedkar but also pledged to carry forward his legacy by becoming aware, responsible, and inclusive members of society.

Manas Academy Receiving Overwhelming Response as Admission Season Gains Momentum

With the beginning of the academic session 2025–26, Manas Academy is experiencing a vibrant and encouraging admission season. Admissions are now open for all classes from Nursery to Class 9 and Class 11, and the response from parents and students has been truly heartening. Both our City Campus and Manas Vihar Campus are witnessing a steady and growing number of admissions each day. This enthusiastic participation reflects the growing trust of the community in the values and vision of Manas Academy. Parents are choosing us not only for our academic track record but also for our unwavering commitment to values-based education and the all-round development of every child. Feedback from newly admitted families has been overwhelmingly positive. They've spoken about the warm and inclusive environment they experienced during their visit, the sincerity of our educators, and the emphasis we place on practical, skill-based learning. There is a strong sense of confidence among parents that their children will grow and flourish under the care and guidance provided at Manas Academy. Whether it is the playful, engaging world of our pre-primary classes or the structured, future-oriented curriculum of the senior grades, Manas Academy continues to deliver a well-rounded educational experience. Our modern infrastructure, qualified and passionate teachers, and a balanced blend of academics and co-curricular activities make our school a nurturing ground for young minds. We welcome parents who are seeking a meaningful and progressive education for their children to visit either of our campuses. Our admissions team is happy to guide you through every step of the process and ensure a smooth entry into a school that is deeply invested in every child's future. Seats are filling up quickly, and we look forward to welcoming more families into the Manas Academy fold in the days to come.

Pyoli: Ek Phool ki lok-katha



Sakshi Walidia
Class-7th

पहाड़ों में बसा था एक छोटा सा गांव, बोला प्याली तू चिंता मत कर तेरा जब मन करेगा तू कभी भी उसी गांव में एक प्योली नाम की लड़की आ जाना और कुछ दिन बाद शादी का दिन आया और परली रहती थी प्याली का परिवार बहुत गरीब राजा सोंना संविदा हो गई प्याली पहाड़ लंगकर महल पहुंच उसके माता-पिता को प्याली की बहुत गई शादी के बाद राजा ने सारी सेवाएं दी पर फिर भी प्याली चिंता सताती थी लेकिन प्याली हमेशा बड़ी उदास रहने लगी और इस कारण वे बीमार होने लगी खुश रहती थी प्याली के दोस्त जानवर थे पर राजा के पास कहां समय होता एक दिन प्याली बहुत और एक दिन ऐसा आया कि उसकी बीमार पड़ गई कई वेद आए पर लेकिन प्याली ठीक नहीं हो जाइंगी एक एक झटके में बदल गई पहाड़ में एक राजा शिकार पाई प्याली समझ गई की वह उसकी आखिरी सांसे हैं करने आया था पर वह भटक गया भटकते भटकते उसने देखा इसलिए उसने अपने पति राजा से कहा अपने आपने मुझसे एक छोटी सी झोपड़ी और वह घर की चौखट में गया उसने पर राजा के पास कहां समय होता एक दिन प्याली बहुत पर मेरी आत्मा पहाड़ के पीछे रह गई प्याली बोली मैं जिन पहाड़ों से मैं आई हूं मुझे वहीं दफना देना यूं कह कर बोली चली गई राजा ने इच्छा मुताबिक उसे वहीं दफना दिया और करने की इच्छा चाहेगी राजा की बात सुनकर प्याली कहा गई कुछ समय बाद उसी जगह पर एक सुंदर सा पीला फूल और परली बोल पड़ी मैं पहाड़ पर पाली बड़ी हूं यह पहाड़ मेरे खिला आया और पहाड़ ने उसका नाम प्याली रखा प्याली का और पिता जैसा है और यह जानवर मेरे भाई बहन जैसे हैं और यह फूल वसंत के समय में खिलता है जंगल मेरे घर जैसा है इसे छोड़कर मैं कैसे जी पाऊंगी राजा

Commencement of New Session – 2025-26

After a brief break following the examination period, the new academic session at Manas officially began on 3rd April 2025. Although commencement was delayed by two days due to unavoidable circumstances, the slight postponement did little to dampen students' enthusiasm. The past month and a half had been rigorous, with final examinations and crucial Board exams for Classes X and XII. With that phase behind, the school smoothly transitioned into its regular schedule. On the first day, the campus buzzed with energy. Students arrived in fresh uniforms, carrying new books and bags, ready to begin their next academic journey. Teachers welcomed them with warm smiles and motivating words, setting a positive tone for the year. Classes from Nursery to X and XII have resumed, while Class XI admissions are underway and will begin soon. For now, the focus is on settling into routine and ensuring a smooth start for all. The beginning of a session is always a time of renewal—an opportunity to set fresh goals. With dedicated teachers and enthusiastic students, Manas Academy is set for a productive and inspiring academic year 2025–26.