



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 May, 2025

Together, let's build a brighter tomorrow.

Edition: 50

A Heartfelt Thank You!

As we celebrate the 50th edition of Manas Ganga, we extend our deepest gratitude to all our readers. Your unwavering support, thoughtful feedback, and constant encouragement have transformed this newsletter into something truly special. Reaching nearly 4000 readers every month is a milestone we deeply value. A special thanks to our students, parents, and staff members whose continuous contributions make Manas Ganga a vibrant and meaningful publication.

Thank you for being an essential part of this journey-we look forward to growing together!

Devasheesh Pant
Director
Manas Group of Institutions
Pithoragarh



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J.B. Memorial Manas Academy Shines with 100% Board Results in Class 10 and 12 – A Testament to Academic Brilliance and Holistic Growth

In a shining moment of academic pride and institutional excellence, J.B. Memorial Manas Academy, Pithoragarh, has once again reaffirmed its legacy by achieving a flawless 100% result in both Class 10 and Class 12 CBSE Board Examinations. This remarkable feat is not only a reflection of the school's consistent academic rigor but also a celebration of the collective dedication, discipline, and vision that define the spirit of Manas Academy. In the Class 12 CBSE examinations, students delivered an outstanding performance, setting new benchmarks for academic success. Vidhya Joshi emerged as the school topper with an exceptional 95%, earning admiration for her hard work and clarity of concept. Following her closely were Priya Mahar with 94.4%, and a tie between Poornima Samant and Babita, each securing 93%, while Arpita rounded out the top five with a stellar 92.4%. Beyond the toppers, the batch overall displayed phenomenal performance, with more than 10 students scoring above 90%, and over 75 students crossing the 80% mark, showcasing the collective strength of the academic ecosystem at the academy. A special moment of celebration came with Deepak Joshi and Yashraj Bhatt, who both achieved a perfect 100 in

Our Toppers

Class - 12

				
Vidhya Joshi 95%	Priya Mahar 94.4%	Purnima Samant 93%	Babita 93%	Arpita Tirwa 92.4%

Class - 10

				
Aradhya Pant 95%	Ayush Oli 94.2%	Krishna Bhatt 93.2%	Naman Bhatt 90.4%	Prinshu Bhardwaj 90.2%

Chemistry, a rare and prestigious milestone that underlines not only their own aptitude and preparation but also the high-quality mentorship and subject depth provided by the faculty. Equally inspiring were the Class 10 results, which echoed the same brilliance and determination. Aradhya Pant topped the cohort with an impressive 95%, followed by Ayush Oli with 94.2%, and Krishna Bhatt with 93.2%. Naman Bhatt and Prinshu Bharadwaj also scored commendably, with 90.4% and 90.2% respectively. These results highlight the rigorous academic framework at the school, right from foundational classes through to board-level preparedness. The overwhelming success was a matter of great pride for the entire school community. The celebration was not limited to academic numbers, but extended to the joy, hard work, and resilience shown by

the students throughout their preparation journey—especially in times marked by increasing academic competition and expectations. The management and leadership of the institution applauded the students for their phenomenal achievement. Chairman Dr. Ashok Kumar Pant, Manager Mrs. Kanchan Lata Pant, Directors Mrs. Meenu Bhatt and Mr. Devasheesh Pant, Principals Mrs. Sunita Rawat and Mrs. Bela Bhatt, Headmistress Mrs. Laxmi Chauhan, Administrative Officer Mrs. G.S. Bohra, Exam Controller Mr. Prakash Chand, and Special Counsellor Mr. S.S. Bohra extended their warm congratulations to the students and their families. They collectively praised the commitment of the teaching faculty, the sincerity of the students, and the crucial role played by the parents in fostering a culture of discipline and support at home. The leadership further emphasized that this result is a reflection of the school's holistic approach to education—where academic excellence is nurtured alongside character-building, emotional growth, and critical thinking. With a student-first philosophy and future-oriented vision, Manas Academy has created a space where each child is encouraged to reach their full potential. With yet another year of record-breaking board results, J.B. Memorial Manas Academy continues its legacy of producing not only high achievers but responsible, well-rounded individuals ready to contribute meaningfully to society. This result is not just a celebration of academic achievement, but a beacon of what focused guidance, inspiring mentorship, and hard work can accomplish.

'Jigar Ka Tukda': A Cinematic Tribute to the Transplant Journey of Dr. Ashok Kumar Pant

Inspiring Lives and Advocating Organ Donation Through a Story of Survival, Sacrifice, and Hope

This year's World Liver Day, 19th April 2025, became far more than a day of awareness for Manas family—it transformed into a moment of deep emotional reckoning, pride, and remembrance, as the powerful film 'Jigar Ka Tukda' was officially launched at the historic Constitution Club of India, New Delhi. Based on the extraordinary real-life story of Dr. Ashok Kumar Pant, a liver transplant survivor and a respected educationist from Pithoragarh, the film left a profound impact on everyone present at the event. The screening was not just the launch of a film—it was the unveiling of a story that needed to be told, one that reaches far beyond a single medical journey. 'Jigar Ka Tukda' takes viewers through an intense and emotional journey of resilience, pain, love, and triumph—adapted from Dr. Pant's memoir, 'Liver Transplant – My Experiences', which was launched last year at the Doon Library on the 15th anniversary of his transplant. Seventeen years ago, liver transplants were still rare and uncertain in India. Dr. Pant's experience was one of pain, perseverance, and survival against the odds. His condition—wrongly diagnosed for years—had deteriorated



by the time the truth was uncovered. With 85% liver damage, the battle that followed wasn't only medical. It was financial, emotional, and spiritual. The film captures this difficult chapter of life with grace and authenticity, portraying the storm that engulfed the family—from the physical toll on Dr. Pant to the emotional strength of his wife, Mrs. Kanchan Lata Pant, the silent sacrifices of Dr. Shivasheesh (son), and the collective resolve of a family determined to survive together. The launch event was graced by Shri Naresh Bansal, Member of Parliament (Rajya Sabha), as the Chief Guest, along with Shri Kamal Taori, former IAS officer and Director of UNACcc, and several other distinguished dignitaries, educationists, and artists from across the country. Each of them shared their reflections on the film, many visibly moved by the powerful storytelling and the message it carries. 'Jigar Ka Tukda' is produced by Mrs. Shobha Bhatt and directed by Mr. Ramanand Bhatt, both of whom expressed their deep gratitude for being able to bring such a vital and personal story to the screen. The film features a cast of talented artists from Pithoragarh, whose sincere performances added authenticity and emotional depth to the narrative. The screening left the audience in silence—some with moist eyes, others lost in thought. What they had witnessed was not just a cinematic portrayal. It was a

lived reality, a call for awareness, and a plea for compassion and education around organ donation. The film dismantles myths and fears surrounding liver transplants and inspires viewers with the enduring power of love, discipline, and hope. The film ends on a note of inspiration—reminding viewers that while medicine can heal the body, it is the will to live and the love of family that heal the soul. It stands as a powerful tribute not only to a father who fought bravely but to every family that stands united in the face of adversity. 'Jigar Ka Tukda' is now poised to reach a wider audience, with screenings being planned across Uttarakhand and other parts of India. The creators hope that the film will serve as both a heartfelt story and a vital tool to promote awareness about organ donation, which still struggles under the weight of societal myths and hesitation. As World Liver Day passes, this film ensures that the conversation does not end. Rather, it opens a new chapter—one filled with education, empathy, and action. Because, as the film beautifully reminds us—"When the will is strong, no storm can last forever. And where there is love, miracles happen."



Rooted in Vision, Rising in Purpose: Celebrating Foundation Day and the Legacy of Dr. Ashok Kumar Pant

April 21st holds a place of profound significance in the heart of *Manas Academy*, marking the beginning of its extraordinary journey in 2003. From modest roots, the Academy has grown into one of the most prestigious educational institutions in *Pithoragarh*, standing as a living testament to the enduring vision and unwavering values of its founder.

The day also carries deep emotional resonance, grounded in the divine blessings of the revered parents of our Founder Director and Chairman, Dr. Ashok Kumar Pant — the late *Mrs. Janki Devi Pant* and the late *Mr. Bholadatt Pant*. On this special occasion, students and teachers from both campuses gathered to pay heartfelt tribute to these guiding souls, whose blessings continue to illuminate the path of the *Manas Group of Institutions*.

This year's celebration held even greater



meaning as the Academy joyfully welcomed and felicitated Dr. Ashok Kumar Pant on the release of the film "*Zigar Ka Tukda*" — a cinematic portrayal inspired by a true event from his own remarkable life. The movie's release not only honoured his journey but also brought to light a powerful narrative of courage, compassion, and sacrifice.

Adding depth to the occasion, Mr.

Devasheesh Pant, Director of MGI and elder son of Dr. Pant, movingly shared the story and inspiration behind the film. His words enriched the gathering with a deeper understanding of the personal journey that shaped the story and its heartfelt message.

In his inspiring address, Dr. Pant extended warm congratulations to staff and students for their contribution to

the Academy's success. He offered personal reflections and emphasized the importance of self-awareness, health consciousness, and social responsibility. Most memorably, he urged students to understand and honour the needs of their bodies and become ambassadors of body part donation — a noble cause rooted in compassion and service to society.

The event concluded with a heartfelt and motivating vote of thanks delivered by Mrs. Meenu Bhatt, Academic Director, encapsulating the emotions and pride felt by the entire Manas Family.

It was a moment of great pride, reflection, and unity — as *Manas Academy* celebrated not just its foundation, but the phenomenal life and vision of its beloved Chairman, Dr. Ashok Kumar Pant — a true beacon of inspiration whose legacy continues to guide generations.

Team Manas Secures 2nd Position at National Creativity Olympiad 2025



J.B. Memorial Manas Academy, Pithoragarh, proudly represented Uttarakhand at the National Creativity Olympiad 2025, held on 19th and 20th April at *The Institute of Engineers India*, Jamshedpur. Notably, the Academy was the sole representative from Uttarakhand, marking a momentous achievement for the institution and the state.

Making their debut at this prestigious national-level competition, Team Manas — comprising *Srishti Soun*, *Mannat Sharma*, *Shaurya Kharayat*, and *Jasmine Bohra*, all students of Class X — delivered a captivating performance that blended creative expression with the cultural heritage of Uttarakhand. Their presentation, rooted in the Olympiad's central theme of Science and Technology, earned widespread appreciation from the audience and

judges alike.

The team's efforts culminated in being awarded the title of 2nd Best Performing Team during the cultural segment of the Olympiad — a testament to their innovation, talent, and hard work.

This remarkable accomplishment was made possible under the guidance and mentorship of Mrs. Saroj Aswal, a dedicated teacher who accompanied and supported the team throughout their journey.

The whole Manas Family is immensely proud of this achievement, which not only highlights the potential of its students but also brings honour to the entire state of Uttarakhand.

As Team Manas returns home with laurels, their journey serves as an inspiration for young minds to dream big, work hard, and represent their roots with pride and excellence.

Team Manas Shines at 16th UCMAS State Championship with 9 Awards



On April 20, 2025, the campus of G.B. Pant University, Pantnagar, was abuzz with enthusiasm as students delivered an outstanding performance at the 16th UCMAS Uttarakhand State Competition. Competing against nearly 600 participants from across the state, Team Manas showcased remarkable skill, speed, and accuracy to secure an incredible nine awards, including the prestigious Champion Trophy in both the Abacus and Listening competitions. The whole Manas Family is elated and proud of the stellar achievement of its young champions. Among the top performers were *Yashika* and *Chiranjeev Joshi*, who secured Champion titles in the Abacus event. In the Listening competition, *Bhavesh Adhikari* emerged victorious as Champion. Demonstrating consistent excellence, *Sanchit Mal* and *Jaya Pandey* both earned 1st Runner-Up positions in both Abacus and Listening categories. *Vivan Mall* added to the accolades by achieving a 2nd Runner-Up position in Listening and a 3rd Runner-Up position in Abacus.

The talent depth of Manas Academy was further evident as *Kartik Singh*, *Level Abacus & Mental Arithmetic* secured 4th Runner-Up positions. In recognition of commendable performances, *Reyansh Vishwa* and *Rachit Bhatt* were awarded Merit Certificates, reflecting the broad base of potential nurtured at the academy. This resounding success is a shining example of the academy's unwavering dedication to academic and mental development. It stands as a testament to the perseverance, training, and excellence of its students and mentors. Heartfelt congratulations to all participants and winners for bringing glory to Manas Academy and setting an inspiring benchmark for future competitions.

positions in both Abacus and Listening

Manas Academy Proudly Celebrates Shubham Khati's Ph.D. Selection at TIFR

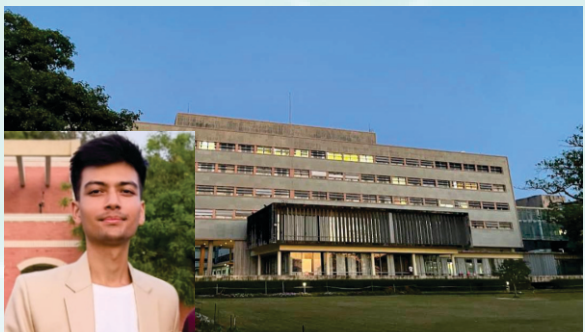
After achieving an impressive All India Rank (AIR) 167 in the highly competitive IIT-JAM examination, Shubham Khati has taken another monumental step in his academic journey by securing admission to the prestigious Tata Institute of Fundamental Research (TIFR), Mumbai, for his Ph.D. program.

Recognized globally for cutting-edge research and academic rigor, TIFR stands among the most esteemed institutions in the world. Shubham's selection is a proud testament to his unwavering dedication, intellectual curiosity, and passion for science. The entire Manas Family extends its

heartfelt congratulations to Shubham on this remarkable achievement. His success not only brings immense pride to the institution but also serves as an inspiration to countless young minds aspiring to pursue excellence in research and higher education.

We wish him continued success in all his future endeavors. May he scale even greater heights and contribute meaningfully to the world of science and knowledge.

"Your journey is a beacon of what hard work and vision can achieve. The Manas Family stands with you, cheering you on every step of the way."



Editorial...



Schweitzer

At Manas Academy, we embrace this moment as a celebration of perseverance, learning, and quiet strength. Our students, with unwavering dedication and the support of our devoted teachers, have once again brought immense pride to the Academy—achieving an almost perfect 100% pass rate in the CBSE Board Results 2024–25. Through this editorial, I extend heartfelt congratulations to all our successful students on behalf of the entire readership of Manas Ganga. This occasion is made even more special as it marks the 50th edition of Manas Ganga. Over the past four years, this publication has captured the extraordinary journey of our institution—from growing Manas

Greetings to All, Academy to its remarkable evolution into the Manas Group of Institutions. On this milestone, I would also like to express my heartfelt congratulations and sincere thanks to all the wonderful readers who have supported Manas Ganga throughout its journey. In today's fast-paced world that often you are doing, values speed over depth, education you will be reminds us of the importance of patience successful." and persistence. While results are – A l b e r t significant milestones, true education is about the journey—about questioning, understanding, stumbling, and rising again. At Manas Academy, we aim to nurture not only academic achievers but also compassionate, reflective individuals prepared to meet life's challenges with intellect and integrity. This vision of holistic education was recently embodied when four of our students, accompanied by a dedicated teacher, travelled to Jamshedpur, Jharkhand, for the National Creativity Olympiad 2025. Their journey was not just about competition but also cultural and intellectual growth. They returned victorious, securing 2nd prize in the cultural segment, their hearts and minds enriched. Simultaneously, our younger students showcased their brilliance at institution—from growing Manas the State-Level Abacus and Mental

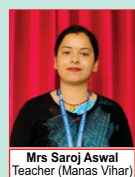
Mathematics Competition held at G.B. Pant Agricultural University, Uttarakhand, sweeping top honours. Another team of students, alongside a teacher, proudly represented us at the Science Outreach Program, expanding their horizons in meaningful ways. Innovation took centre stage at the Techno-Fest, organized by Manas College at its Therkot Campus on National Technology Day. The event became a vibrant space where creativity met science. Teachers and Students from across Pithoragarh witnessed the ingenuity of Manas College students through interactive exhibits and original prototypes—highlighting the spirit of innovation that defines our institution. Amid these celebrations, we also celebrated our Foundation Day, enriched by the return of our honourable Chairman, Dr. Ashok Kumar Pant, from an event in Delhi where, a film inspired by his extraordinary life, 'Jigar ka Tukda', was released and screened on the occasion of National Liver Day—a moment of immense pride for the entire Manas family. Continuing our commitment to holistic development, we were honoured to host Dr. H.S. Bhandari and his team at Manas College, who delivered an insightful

session on kidney health, furthering our efforts to provide students and the community access to leading experts and life-enriching knowledge. Apart from these major events, our students also participated in various activities and celebrations of national and international significance through speeches, debates, essay writing, poster making, and other extracurricular events. Students of junior classes are also regularly enjoying various activities through Hobby Club. These activities are not only intended to enrich them with essential information and awareness but also to provide valuable exposure for the overall development of their personality. With the declaration of the Board results for the session 2024–25, this chapter of success and growth concludes. We now look ahead with hope and confidence. May all our Class 12 pass-outs make wise and meaningful choices in their journey forward. Once again, congratulations to all. May your paths be guided by wisdom, curiosity, and courage.

With Best Wishes,

Surendra Singh Bohra

National Creativity Olympiad 2025 – A Memorable Experience



Mrs. Saroj Aswal
Teacher (Manas Vihar)

First of all, I would like to thank Chairman Sir stayed at the Tata Engineering and Director Ma'am for Development and Innovation Centre, giving me this great opportunity. It gives me From 19–20 April, we participated in the immense pleasure to Olympiad at SNTI, Bistupur, organized be a part of the by the Institution of Engineers (India).

We took part in three events:

1. Building an energy-efficient enclosure using recycled materials
2. Constructing a load-bearing bridge with limited supplies
3. A cultural program celebrating creativity

Our school secured 2nd position in the cultural event, where our students beautifully showcased the beauty of Uttarakhand through their dance performance—it was appreciated by all. The event encouraged us to think innovatively and work under pressure. The presence of Ms. Jaya Singh Panda, Chief Diversity Officer, was truly inspiring.

This Olympiad was not just a competition—it was a reminder that if there are problems, there are also solutions, and it's our duty to find them for a greener, better future.

National Creativity Olympiad 2025. Our journey began from Pithoragarh to Jharkhand on 16 April 2025 at 1:00 PM. We travelled by bus, auto, and train. Though I've travelled before, this journey was very different and eye-opening. Four students accompanied me. On 17 April, we boarded a train from Delhi to Tatanagar. During the journey, I witnessed problems we often only read about—drought, rising temperatures, polluted air, lack of potable water, and drying rivers. It made me question: *Where are we heading?* Despite technological progress, we are rapidly losing our natural resources. I spoke with locals and learned that groundwater levels have dropped by 300–400 meters, making farming extremely difficult. I felt fortunate to live in Pithoragarh, where nature still provides for us freely—but for how long?

गुड फ्राइडे: बलिदान और करुणा का प्रतीक



Bhavesh Adhikari
Class- 7th

गुड फ्राइडे, जिसे “पवित्र शुक्रवार” भी कहा जाता है, ईसाई धर्म का एक महत्वपूर्ण पर्व है। यह दिन ईसा मसीह के बलिदान और उनके क्रूस पर चढ़ाए जाने की स्मृति में मनाया जाता है। गुड फ्राइडे ईस्टर संडे से दो दिन पहले आता है और आमतौर पर मार्च या अप्रैल महीने में पड़ता है। गुड फ्राइडे का दिन ईसा मसीह के प्रेम, त्याग और मानवता के प्रति करुणा को दर्शाता है। ऐसा माना जाता है कि इस दिन ईसा मसीह ने मानवता के पापों के प्रायश्चित्त के लिए स्वयं को क्रूस पर बलिदान कर दिया था। यह दिन दुःख, मौन और आत्मचिंतन का दिन होता है। गुड फ्राइडे के दिन चर्चों में विशेष प्रार्थना समारं आयोजित की जाती हैं। लोग उपवास रखते हैं और ईसा मसीह के अंतिम सात वचनों का पाठ किया जाता है। कुछ स्थानों पर जुलूस निकाले जाते हैं, जिसमें ईसा मसीह के अंतिम क्षणों को नाट्य रूप में प्रस्तुत किया जाता है। यह दिन हमें सिखाता है कि सच्चा प्रेम और बलिदान किसी भी संकट से बड़ा होता है। ईसा मसीह ने बिना किसी प्रतिशोध के अपने शत्रुओं को क्षमा कर दिया और मानवता के लिए एक अमिट उदाहरण प्रस्तुत किया। उनका जीवन और बलिदान आज भी दुनिया को करुणा, सहनशीलता और क्षमा का संदेश देता है।

Reflections on the Science Outreach Program



Hardik Pandey
Class- 12

I recently had the privilege of attending a two-day science outreach program workshop held in Gangolihat. It was an enriching experience, conducted by esteemed professors and scientists from top IITs and prestigious international universities. Throughout the workshop, I gained valuable insights into various scientific concepts and their real-world applications. What made the experience even more special was the opportunity to interact directly with the experts. Their knowledge, approachability, and passion for science were truly inspiring. The ambience of the workshop was vibrant and intellectually stimulating. Surrounded by fellow students and mentors who shared a strong growth mindset, I felt deeply motivated to explore and learn even more. Overall, this workshop has deepened my interest in science and encouraged me to think critically and creatively. I am truly grateful for this wonderful opportunity provided by my school.


Igniting Scientific Curiosity: Manas Students at Science Outreach Programme



As in previous years, students of Manas Academy actively participated in the Science Outreach Programme held at Himalayan Gram Vikas Samiti, Gangolihat, on the 9th and 10th of May. Representing the academy were Sahil Bhatt, Ayush Sharma, Arnav Dangi, and Hardik Pandey, accompanied by their Mathematics teacher, Mr. Lalit Singh Mahar.

The Science Outreach Programme, an annual event organized by the Himalayan Gram Vikas Samiti, Gangolihat, is designed to ignite a spark of scientific curiosity among young minds. Sponsored by the CNR Rao Education Foundation, Bengaluru, and the Science Education & Research Centre (USERC), Dehradun, the programme aims to foster meaningful interactions between academicians, scientists, researchers, and students.

Students Experiences- National Creativity Olympiad, Jamshedpur




Jasmine Bohra
Class-10th

The journey from the hills and green environment, away from the of Pithoragarh to the city noise. Tall trees surrounding the industrial city of area. But the thing there which I missed Jamshedpur was a most is the cool air of Pithoragarh, when fantastic experience for we reached Jamshedpur, the heat hits me.

The invitation to represent our school and district at the National Creativity Programmed 2025 in Jamshedpur filled us with excitement and pride. As a student from remote and picturesque town like Pithoragarh, such opportunities are rare and I was determined to make most of it. My journey, spread over more than a thousand kilometers, involve winding mountains bus rides and long train journeys, I learn so many things during my journey and also got so much experiences.

I went there with one of my school teacher and school fellows.

When we all reached Jamshedpur to my surprise and delight, the accommodation arranged for us was located in a serene



Srishti Saun
Class-10th


My journey from brainstorming late into the night to Pithoragarh to experimenting with materials that Jamshedpur for the refused to cooperate, the hard work was National Creativity intense but deeply rewarding. Every Olympiad, organized by challenge we overcame made us more the Institute of confident and united.

Engineers, was an In between sessions, we were taken on unforgettable experience that blended an educational visit to the beautiful excitement, learning, and teamwork. It Jubilee Park. Surrounded by lush was the first time I traveled without my greenery and fascinating exhibits, we family, accompanied only by my took a refreshing break while also teammates and our supporting teacher. learning about the city's rich industrial The thrill of our first train journey together cultural history. It added a perfect added to the adventure. We laughed, touch of exploration to our creative shared stories, and bonded over snacks journey.

and games, making the long travel hours fly by.

The most fulfilling moment came at the Arriving in Jamshedpur, we were end, when our team's efforts were welcomed by a vibrant atmosphere filled recognized—we won the 2nd prize at the with young minds from across the National Creativity Olympiad! It was a country. The Olympiad challenged us to proud moment that made all our hard think outside the box. With only a few work worthwhile. The journey not only items provided, we had to build working gave us memories to cherish but also a models—a task that tested our creativity, boost of confidence that we'll carry with us forever.


patience, and teamwork. From



Mannat Sharma
Class-10

The trip to Jamshedpur for the National Creativity Olympiad 2025 was an amazing experience. Everything—from the journey to the stay—was fun and well-managed. It was exciting to visit a new city and be part of such a big creative event.

The Olympiad itself was really inspiring. I got to meet so many talented students and learned a lot from the different activities. It really helped me grow and gave me more confidence in my own creative skills. Apart from the competition, I had a great time hanging out with friends, exploring Jamshedpur, and just enjoying the whole vibe. Big thanks to our teachers and the school for making this trip happen. It's something I'll always remember!



Shaurya Kharayat
Class-10th

The journey of Jamshedpur is very amazing and fantastic journey of my life. It was my first and the longest time to travel alone. In this trip we shared many of our stories and many incidents to each other. It is very good experience for us to visit the Steel City Of India.

Participating in the Jamshedpur National Creativity Olympiad was one of the most enriching experiences of my academic journey. Held in the vibrant city of Jamshedpur, this prestigious event brought together young minds from across the country to celebrate innovation, imagination, and talent.

From the moment I stepped into the venue, the atmosphere was electric with excitement and creativity. Students from diverse backgrounds showcased their ideas in fields ranging from science and technology to art, design, and problem-solving. The Olympiad wasn't just a competition; it was a platform to express oneself freely and to learn from others.

Beyond the competition, I made new friends, engaged in thoughtful discussions, that opened my mind to new ideas.

In the end, The Jamshedpur National Creativity Olympiad reminded me that creativity is not just about talent—it's about passion, effort, and the courage to express your ideas.

Celebration of Events – Monthly Highlights at Manas Academy Topper's Speak...

As part of the school calendar, Manas Academy enthusiastically celebrates a variety of events every month. These celebrations aim to raise awareness, encourage self-expression, and provide students with opportunities for holistic development. From regular class-wise updates on the Student's Corner with informative articles and creative posters, to inter-house board decoration competitions and extracurricular activities, Manas Academy keeps students actively engaged in a wide range of creative, innovative, and skill-enhancing initiatives.

Earth Day

To promote environmental awareness, students participated in a 'Best from Waste' activity where they crafted beautiful decorative items using recycled materials. The activity conveyed a strong message about reusing, recycling, and conserving our planet's resources.

World Book Day

Recognizing books as treasures of knowledge and the foundation of a civilized society, students engaged in a lively discussion on the importance of books. The activity helped instill a deeper appreciation for reading and lifelong learning.

Labour Day

In honour of this significant international occasion, students took part in a debate competition on the topic "Skills vs. Development". The event sparked intense discussions and highlighted the importance of both aspects in nation-building and personal growth.

Mother's Day

To celebrate the purest form of love—motherhood—students expressed their affection through singing, poetry recitation, poster making, and greeting card creation. These activities beautifully reflected their love and gratitude towards their mothers.



I am feeling really amazing for such score in my 12th grade. Without any doubt ,all the credit goes to my supportive parents and all the hardworking faculty of my school. Although I wasn't able to give my fullest due to some medical issues but whatever I got means a lot to me. Thankyou Manas Academy for everything. I appreciate all the efforts of whole manas family towards every single child. Once again thankyou very much.

Priya Mahar

At the end, all the hard work paid off. I still remember the days when sleep was least prioritized and taking breaks became an imaginary thing. But now, those stressful days and sleepless nights, all feels worth it. I really want to thank everyone out there who supported me and believed in me. It meant a lot to me.

Vidhya Joshi

After securing a wonderful percentage in 10th class, I feel highly confident and have hope of doing great in the future. My family and my brother have always supported me, and only because of them, I have scored well. The hard work I had done has paid off today with an outstanding performance. On this day, I feel delighted, as this has made my parents proud.

Aradhya Pant

This amazing feat that I have accomplished is not just through my own efforts, but also due to the support from my parents and teachers. I am grateful for the opportunity to represent my school at the CBSE board result. I am very thankful to all my teachers and parents. I am more encouraged and motivated after these results, and I will work harder to achieve further success from now on.

Ayush Oli

MCSTM : Students Corner

Who is a Dietician?



Kavita Bhatt
NHS

A dietician is a healthcare professional specializing in nutrition and dietetics. They help people make informed food choices to maintain a healthy lifestyle, prevent diseases, and manage medical conditions.

Role of a Dietician

Adietician:

- Assesses patients' nutritional needs and health goals
- Creates personalized diet plans
- Provides guidance on meal planning, grocery shopping, and food preparation
- Educates patients about nutrition and lifestyle changes
- Monitors progress and adjusts diet plans

Types of Dieticians

- Clinical dieticians: Work in hospitals and healthcare facilities
- Community dieticians: Work in public health settings
- Sports dieticians: Specialize in nutrition for athletes

- Paediatric dieticians: Work with children and families

Benefits of Consulting a Dietician

Consulting a dietician can:

- Improve overall health and wellbeing
- Manage chronic diseases
- Achieve and maintain a healthy weight
- Improve athletic performance

Becoming a Dietician

To become a dietician:

- Earn a bachelor's degree in nutrition or a related field
- Complete an internship or supervised practice program
- Obtain certification or licensure

Dieticians play a vital role in promoting healthy eating habits. By consulting a dietician, individuals can receive personalized guidance to achieve their health goals.

Understanding Digital Image Formats and Resolution: A Friendly Guide for Everyone



Ritika Bisht
GDA

We've all shared photos online, made school presentations, or printed pictures—only to find the image blurry or the file too large to send. That's when understanding image formats and resolution becomes helpful. Don't worry—it's simpler than it sounds.

Think of image formats like packaging for a painting—framed, folded, or photographed. Each method affects how it's stored or shared. Likewise, image formats control how a digital picture is saved, how much space it uses, and how it appears.

JPEG is the most common format, compressing the image by removing tiny, less noticeable details. This makes it ideal for daily use—social media, websites, or messaging apps. But too much compression can blur the image. PNG is great for clear quality and transparency—often used in logos or designs—though the files are larger. GIFs are animated, looped images used for memes and reactions, not high-quality pictures. TIFF files preserve every detail and are ideal for printing, but their large size makes them unsuitable for everyday use. WEBP, a newer format for web, balances quality and size better than JPEG or PNG, helping websites load faster.

Choosing the right format depends on your purpose. JPEGs are best for everyday sharing, PNGs for design clarity and transparency, GIFs for animations, TIFFs for high-quality print, and WEBP for websites. Resolution, meanwhile, refers to image clarity, based on pixels—the tiny dots that form an image. More pixels mean more detail. Resolution is measured in pixels per inch (PPI) for screens and dots per inch (DPI) for printing. A screen image typically needs 72 PPI, while printing requires 300 PPI to look sharp. A photo may look fine on your screen but turn pixelated when printed—that's due to low resolution. So it's important to choose the right one based on where the image will appear. Whether you're a student, designer, or just making something creative, knowing about formats and resolution helps you work smarter. Use JPEG or WEBP for fast web content, PNG for design clarity, TIFF for prints, and GIFs for animated fun. Always check resolution before printing, avoid compressing JPEGs repeatedly, and pick the format that fits your need.

Understanding UI and UX: The Backbone of Modern Digital Experiences...



Mohit Joshi
IT

In today's digital world, where users interact with applications and websites daily, the terms UI (User Interface) and UX (User Experience) have become central to the design and development process. As an IT student, learning about UI/UX not only enhances our technical skills but also bridges the gap between coding and customer satisfaction.

What is UI?

User Interface (UI) refers to the visual layout of an application or website—the buttons, icons, spacing, colours, typography, and responsive design elements that users see and interact with.

A well-designed UI is visually appealing and intuitive.

Key UI Elements:

- Layout: Structure and arrangement of components.
- Typography: Fonts and text hierarchy.
- Colour Schemes: Aesthetic consistency and brand identity.
- Interactive Components: Buttons, sliders, menus, etc.

Tools Commonly Used: Figma, Adobe XD, Sketch, Canva (for basic UI assets)

What is UX? User Experience (UX) is about how a user feels while interacting with the product. It includes usability, accessibility, performance, and the emotional connection a user develops. A good UX design ensures the product is

easy to use and meets user needs effectively.

Key UX Principles: User-Centered Design: Creating for the user's needs and behaviours.

Information Architecture: Logical structure and navigation.

Usability Testing: Gathering feedback to refine the design.

Accessibility: Designing for all users, including those with disabilities.

UX Design Process:

1. Research & Persona Creation
2. Wireframing
3. Prototyping
4. Testing & Iteration

Why Should IT Students Learn UI/UX?

As IT students, we usually focus on logic, programming, and backend

development. However, knowing UI/UX makes us holistic developers who understand:

The user's perspective, Collaboration with designers, building intuitive and accessible applications, Reducing product failure rates due to poor usability.

Conclusion: UI and UX are not just design buzzwords—they are crucial in shaping how users interact with technology. For IT students like us, mastering UI/UX concepts alongside our coding skills can make us better developers, designers, and digital creators. As we move into a user-first digital age, the harmony between design and development will define our success in the tech world.

The Evolution of Taxation in India



Aparna
BFM

The Indian taxation system has transformed radically over the centuries, influenced by shifting rulers, economic requirements, and administrative reforms.

Ranging from the early systems of in-kind payments in ancient times to modern digital and centralized forms, India's tax history indicates its socio-economic development. In ancient India, taxation was considered amoral obligation and a necessary role of administration. In Vedic times, taxes like Bali and Shulka were received in kind, primarily agricultural commodities and livestock. The Mauryan Empire, particularly under the leadership of Kautilya's Artha Shastra, had evolved a well-environmental taxation system. Taxes were paid on land, commerce, labour, and even forest products. Taxes funded state activities such as defence, infrastructure, and welfare.

During the medieval era, with the foundation of the Delhi Sultanate and subsequently the Mughal Empire, taxation was more systematized and revenue-oriented. Systematic land revenue policies were enforced by the Mughal government, especially during the reign of Akbar. The Zabt system and Raja Todar Mal's efforts institutionalized crop-based and area-based assessments. The Mughal records, like the Ain-I-Akbari, evidence a range of taxes, including customs and religious imposts like jizya.

The colonial era saw radical changes. The British imposed new systems mainly to finance their administration and military. Key land revenue systems were the Permanent Settlement, Ryotwari, and Mahalwari. These tended to cause peasant distress because of excessive and inflexible tax demands. New taxes such as income tax (introduced in 1860), customs duties, and excise taxes were instituted. Although the British

established the framework for organized taxation, the system was predominantly exploitative and extractive.

Following independence in 1947, India was confronted with the challenge of creating a just and effective tax regime. The Indian Constitution (1950) explicitly demarcated taxation roles between the Centre and States. Income tax, corporate tax, and customs became central topics, and states handled sales tax, land revenue, and alcohol excise. High tax rates and complicated legislation during the first few decades contributed to extensive evasion and poor compliance.

A major shift occurred with economic liberalization in 1991. Tax rates were rationalized, the base was broadened, and steps were taken to modernize the system. The introduction of service tax (1994) and the move toward value-added taxation (MODVAT and later CENVAT) improved efficiency.

Technology played a growing role with the introduction of PAN, online filing, and TDS systems.

The most revolutionary change was the introduction of the Goods and Services Tax (GST) in 2017. GST substituted a variety of indirect taxes with a single, transparent, and digital platform. It streamlined compliance and facilitated a single national market. Additional changes, such as faceless assessments and enforcement through AI, have enhanced tax administration to be more transparent and less discretionary.

In conclusion, the development of taxation in India illustrates the history of the nation's transition from feudal and colonial environments to a contemporary, digital economy. Progress has been considerable, but continued reforms are essential for the sake of equity, stimulating compliance, and facilitating inclusive growth.

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