





अरुंधती भागवत उपाध्यक्ष (अकादमिक)

संदेश

प्रिय विद्यार्थियों और शिक्षकों,

सभी को मेरे द्वारा पाक्षिक समाचार पत्र में स्वागत है। इस पखवाड़े, हम अकादमिक क्षेत्र में कुछ महत्वपूर्ण पहलुओं और आगामी कार्यक्रमों पर ध्यान केंद्रित करेंगे। हमारी टीम शिक्षा के उच्च मानकों को बनाए रखने के लिए निरंतर प्रयासरत है। हम चाहते हैं कि आप सभी अपने प्रयासों से उत्कृष्टता की दिशा में कदम बढ़ाएं। हमें विश्वास है कि हम मिलकर एक सफल और प्रेरणादायक शैक्षिक माहौल बनाएंगे।

शुभकामनाएं!



### My Vision for Education By Nikhil Rawat

Education is a cornerstone of personal and societal growth. It's not just about gaining knowledge, but also about developing critical thinking, emotional intelligence, and the ability to navigate the world. Ideally, education should be accessible, inclusive, and adaptable to different learning styles, so everyone can unlock their potential.

Education is to imbibe the right attitude, being nurtured to be kind, humble and empathetic, building an optimistic mindset alongwith knowledge and skills enhancement. It is a wholesome process which gradually takes its course.

In my vision to educate is to build character and personalities. Education is beyond any frames as we deal with tender minds and each child is unique. Having said that, I visualise a curriculum which gives ample opportunities to the students to learn, explore and transform with minimal stress. The vision and mission needs to be to make teaching learning a happy experience and schools, a place to express, grasp and create fond memories to cherish lifelong.

Inclusive, just and value based education that results in empowering the students should be our utmost priority. Not to forget to equip the young minds with 21st century AI tools and expertise. An individual shines through adversities and benefits not only for oneself but also for humanity; is how education should lead him.

"Education should instil joy, curiosity and enthusiasm in a learner." My goal of education is to teach people how to learn, to learn. To sum up, any vision can be attained only when it transforms into a mission and we all work in tandem to achieve it, continuously and tirelessly.

"Learn, Lead and Contribute!"

@manikpublicschoolmaniknaga336 - Youtube



### महाशिवरात्रि उत्सव - माणिक पब्लिक स्कूल में

महाशिवरात्रि के अवसर पर, माणिक पब्लिक स्कूल में 26 फरवरी 2025 को शाम 6:00 बजे एक विशेष कार्यक्रम आयोजित किया गया। इस कार्यक्रम का नाम शिव-स्मरण रखा गया था, और यह माणिक दर्शन में आयोजित किया गया। इसका उद्देश्य छात्रों और शिक्षकों को एक साथ लाकर भगवान शिव के प्रति श्रद्धा और चिंतन में एक शाम बिताना था।

कार्यक्रम की शुरुआत गीता पाठ से हुई, ताकि आशीर्वाद प्राप्त किया जा सके, इसके बाद श्री श्रवण चौसालकर द्वारा शिवरात्रि के महत्व पर विस्तृत व्याख्यान प्रस्तुत किया गया। उनके भाषण ने दर्शकों को इस धार्मिक और आध्यात्मिक पर्व के महत्व से अवगत कराया।

कार्यक्रम की मुख्य आकर्षण भजन सत्र था, जिसे विद्यालय के गानवंदना समूह ने प्रस्तुत किया। छात्रों ने भगवान शिव की महिमा में भजन गाए, जिससे वातावरण में भक्ति और श्रद्धा का भाव उत्पन्न हुआ।

कार्यक्रम में नेतृत्व टीम के सदस्य, जिसमें प्रेसिडेंट सर और प्रिंसिपल सर शामिल थे, ने उपस्थित जनसमूह को संबोधित किया और भगवान शिव के महत्व, उनके प्रतीकवाद और शिवरात्रि के आध्यात्मिक महत्व पर विस्तार से प्रकाश डाला।

इस विशेष अवसर पर छात्र सफेद पजामे और कुर्तों में सजे हुए थे, जो इस दिन की गरिमा के अनुरूप थे।

यह कार्यक्रम एक बड़ी सफलता रहा, जिसने छात्रों और शिक्षक वर्ग के बीच एकता, भक्ति और आध्यात्मिक जुड़ाव की भावना को प्रगाढ़ किया।









## चत्रपती शिवाजी महाराज जयंती निमित्त विशेष असंबली सभा



19 फेब्रुवारी 2025 रोजी माणिक दर्शन येथे छत्रपती शिवाजी महाराजांच्या जयंती निमित्त एक विशेष सभा आयोजित करण्यात आली होती. ही सायंकाळी ६:०० ते ६:३० वाजेपर्यंत आयोजित केली गेली होती,आणि ती वरील ठरलेल्या ध्यानाच्या वेळेत झाली. या कार्यक्रमात शिक्षक आणि विद्यार्थ्यांनी आपला सहभाग नोंदवला.जे प्रेक्षक छत्रपती शिवाजी महाराजांच्या चैतन्य रूपी चरित्राने अज्ञात होते. त्यांच्या मनामधल्या जिज्ञासेला तृप्त करण्याची संधी मिळाली.

कार्यक्रमाची सुरुवात श्रीमती. शशिकला कुलकर्णी आणि तिच्या टीमने तयार केलेल्या माहितीपूर्ण आणि आकर्षक सादरीकरणाने झाली. या सादरीकरणात छत्रपती शिवाजी महाराजांच्या जीवनातील महत्वाच्या घटना, त्यांची नेतृत्व क्षमता, धैर्य, शौर्य,आणि न्याय व समानतेप्रति त्यांची निष्ठा, याबद्दल माहिती देण्यात आली. या सभेने सर्वांना पहिला मराठा छत्रपती ज्याने संबंधमराठा समाजाला एकत्रित केले,व अन्याय विरुद्ध आजीवन झटत राहिला अशा क्षत्रियकुलावतंसाच्या एतिहासातील अपूर्व योगदानाची मूल्यवान माहिती मिळवण्याची संधी दिली,व

कार्यक्रमाचा समारोप आदरणीय मुख्याध्यापकांच्या एका छोट्या भाषणाने झाला. त्यांनी छत्रपती शिवाजी महाराजांच्या जीवनातील महत्त्वाचे क्षण आणि त्यांच्या शाश्वत मूल्यांवर भर दिला. मुख्याध्यापकांनी विद्यार्थ्यांना शिवाजी महाराजांच्या दृढ नेतृत्व , रणकौशल्या ची विचारशक्ती आणि कर्तव्याप्रति निष्ठेची प्रेरणा घेण्याचे सांगितले . त्यांना सांगितले की, हे गुण आपल्या शैक्षणिक आणि वैयक्तिक जीवनात स्वीकारून चांगले भविष्य घडविण्यात मदत होईल.

कार्यक्रम यशस्वी झाला आणि प्रशासन टीमने सर्व व्यवस्था सुरळीतपणे व्यवस्थापित केली. या सभेने फक्त ,एक महान एतिहासिक व्यक्तिमत्वाचा सन्मान केला नव्हे , तर विद्यार्थ्यांना महत्त्वाच्या जीवनधारणा सुध्दा शिकवल्या.

🏲 जय भवानी|जय शिवाजी 🏲



By Ms.Neelam

PLANTS IN SPACE – How does microgravity effect plant growth

Plant growth is a complex biological process that involves the interaction of various environmental factors, such as light, gravity, water & nutrients. On Earth, gravity plays a crucial role in guiding plant growth by influencing mechanisms like gravitropism, where roots grow downward in response to gravity, and stems grow upward. However, in microgravity, absence of Earth's gravitational pull creates a unique environment that significantly impacts plant growth. Understanding how plants grow and adapt in microgravity is not just a matter of scientific curiosity but also a vital research area for space exploration. As missions extend further into space, such as those to the Moon or Mars, growing food in space will be critical to sustaining astronauts. In space travel, there is no doubt that it takes a long time to reach the destination. The 2020 Mars Rover- Perseverance took about 7 months to get from Earth to Mars! In future space exploration endeavors, carrying supplies, such as food, would also be quite costly for seven months. Taking 7 months food supply would require more fuel for launch, more space for storing it, & not to mention buying it. Because of all these reasons, there would be many expenses to pay for space. mission overall. Instead, growing plants on board for food would be much more logical & feasible. Growing plants will also recycle CO<sub>2</sub> from the crew members into  $O_2$ , thereby recycling the air for the crew members. Thus, we can expect that many future astronauts on long space missions will grow food on spaceships in microgravity reducing prepackaged reliance on limited food supplies. This article explores the challenges and opportunities of plant growth in microgravity, as well as the research being done to understand and optimize these processes. Challenges of Plant Growth in Microgravity:- Lack of Gravitational Direction: In microgravity, plants do not experience the directional pull of gravity.

This absence means that the mechanisms that help plants orient themselves—like gravitropism do not function as they do on Earth. As a result, roots may not grow downward, and stems may not grow upward in the typical fashion. This can cause plants to grow in a more disorganized manner, with roots and stems failing to properly orient themselves. Water Distribution: On Earth, gravity helps water move downward through the soil, where it is taken up by plant roots. In microgravity, water tends to float in globules and does not flow in the same way. This can lead to challenges in maintaining consistent hydration for plants, as roots may not be able to access water in the same manner as they would in gravity. Specialized watering systems that use capillary action or other methods to deliver water to the plants are needed in these environments. Light Distribution: In space habitats, lighting is artificially provided since natural sunlight cannot penetrate the spacecraft or station. Plants rely on light for photosynthesis, and the direction of light plays an essential role in how they grow. Without gravity to help them orient toward the light source, plants may experience problems like uneven growth or stretching toward the light in irregular ways. Researchers are experimenting with different lighting systems, such as LEDs, to plants receive adequate light for ensure photosynthesis microgravity. Nutrient in Transport: Nutrient uptake in plants is also affected in microgravity. On Earth, nutrients move through plants via processes like transpiration and capillary action. Without gravity, this process may become inefficient, potentially limiting the plant's ability to grow and develop. Scientists are studying ways to optimize nutrient delivery in space, such as using hydroponics or aeroponics, where plants are grown in nutrient-rich solutions or mists rather than soil.Opportunities and Innovations:- Hydroponics and Aeroponics: Hydroponics, a method of growing plants without soil by using a nutrient-rich water solution, has been a focus of research for growing plants in microgravity. This method has several advantages, such as the ability to precisely control water and nutrient levels. Aeroponics, which involves growing plants in air with their roots suspended in a mist of nutrients, is another promising method.

# The Pros & Cons of Social Media By Ms. Sheena



Social media has revolutionized communication, learning, and creativity, but it also brings significant challenges.

Pros:

Connectivity – Keeps people connected across distances, fostering relationships and collaborations. Learning and Awareness – Offers access to educational content and promotes awareness on social issues.

Creativity - A platform for self-expression, enabling individuals to turn hobbies into careers.

Business Growth – Entrepreneurs use social media for marketing and career opportunities, like on LinkedIn.

Crisis Response – A vital tool for spreading information during emergencies. Cons:

Addiction and Mental Health – Social media can trigger addiction and worsen anxiety, depression, and self-esteem, especially among teens.

Misinformation – Algorithms prioritize engagement, spreading false information faster than truth. Privacy Concerns – User data is often exploited for targeted ads, with little awareness.

Cyberbullying - Anonymity leads to harassment, impacting emotional well-being.

Unrealistic Standards – Social media promotes idealized lives, contributing to pressure and selfcomparison.

Way Forward:

To balance social media use, consider limiting screen time, verifying information, protecting privacy, promoting positive content, and embracing diverse viewpoints. Social media can be a powerful tool if used responsibly, but unchecked, it can harm mental health and distort reality.

#### Geeta Updesh

Whatever happened, happened for good. Whatever is happening, is happening for good. Whatever will happen, will also happen for good.

