



मयि सूर्यो भ्राजो दधातु

# THE MARTAND INSIGHT

SESSION 2024-25





**GUIDED BY WISDOM:  
A TRIBUTE TO OUR  
PRINCIPAL,  
MR. MRIGANK PANDEY**



I am deeply grateful to our honorable Principal, Mr. Mrigank Pandey, for the opportunity to design the Martand House Magazine. His unwavering support and insightful guidance have been invaluable throughout this journey. Mr. Pandey's commitment to fostering creativity and innovation is truly inspiring, and his generous sharing of knowledge has greatly enriched my experience.

Under his leadership, The Manik Public School has flourished, providing students like me with the opportunities to explore our passions and grow. I am proud to be part of a school led by such a visionary principal, and I look forward to continuing to learn from him.



**Shri Anandraj Manik Prabhu**  
**President**

Anandraj Manik Prabhu, the esteemed President of The Manik Public School, Maniknagar, embodies a vision of holistic education rooted in the timeless values of Shri Manik Prabhu Samsthan. Under his leadership, the school has flourished, nurturing young minds with a blend of academic excellence, spiritual growth, and cultural heritage. His unwavering commitment to the Guru Shishya tradition inspires students and staff alike, fostering a vibrant and nurturing environment where each individual can thrive.

Vilas Naik, the Vice Principal of Administration at The Manik Public School, is the cornerstone of the school's operational excellence. With a meticulous eye for detail and a steadfast commitment to efficiency, he ensures that every aspect of school administration runs smoothly. His leadership in managing the day-to-day functions of the school creates an environment where education can thrive. Vilas Naik's dedication to maintaining a well-organized and supportive infrastructure makes him an integral part of our school's success.



**Mr. Vilas Naik**  
**Vice Principal, Administration**



**Ms. Meenakshi Pandey**  
**Vice Principal, Well Being**

Meenakshi Pandey, the Vice Principal of Wellbeing at The Manik Public School, is the heart and soul of our school's commitment to nurturing the holistic development of every student. Her compassionate leadership and deep understanding of student needs have fostered a caring and supportive environment. Meenakshi Pandey's initiatives in promoting mental, emotional, and physical well-being have significantly contributed to creating a balanced and harmonious school community. Her dedication to student welfare makes her an invaluable guide and mentor within our institution.

Arundhati Bhagwat, our dedicated Vice Principal of Academics at The Manik Public School, is a beacon of academic excellence and innovation. With a passion for nurturing intellectual curiosity, she has played a pivotal role in shaping the academic framework of the school, ensuring that students receive a well-rounded and rigorous education. Her dynamic approach and unwavering dedication to student success have made her an invaluable asset to our institution, inspiring both students and teachers to reach their highest potential.



**Ms. Arundhati Bhagwat**  
**Vice Principal, Academics**



# House Report

I am thrilled to share the remarkable achievements and progress of Martand House, one of the proud and distinguished houses of The Manik Public School. Martand House is named after the inspirational Shri Martand Manik Prabhu Maharaj, a true legend in Indian history, whose legacy continues to guide and motivate us in our endeavors.

## Who was Shri Martand Manik Prabhu Maharaj?

Shri Martand Manik Prabhu Maharaj was a visionary leader with a deep love for Indian sports like Kushti, Malkhamb, and Horse-Riding, reflecting his dedication to cultural preservation. He was also a prolific writer and composer, creating works in languages such as Marathi, Urdu, and Sanskrit, filled with spiritual wisdom. His leadership elevated Shri Manik Prabhu Samsthan, leaving a lasting legacy that continues to inspire.

## Reflecting on a Year of Growth and Success in Martand House

Leading Martand House has been an enriching and transformative experience. I am deeply grateful to our Principal, Mr. Mrigank Pandey, for this opportunity. This year, we concentrated on enhancing student development by prioritizing well-being, creating a supportive environment where students feel safe and valued. The Guru Shishya program was key, with senior students guiding juniors, fostering leadership and close relationships. Regular meditation sessions improved mindfulness and stress management, while the buddy system facilitated smooth transitions for new students, promoting lasting friendships. Emphasizing dining etiquette reinforced respect and discipline.

The support from our VP of Wellbeing was crucial in navigating challenges with resilience. I am proud of the strong sense of community we've built, where every student is encouraged to reach their full potential. Looking ahead, I am confident that Martand House will continue to thrive and uphold the legacy of Shri Martand Manik Prabhu Maharaj.



***"In Martand House, we don't just build futures; we nurture a community where every student is empowered to shine and carry forward the legacy of Shri Martand Manik Prabhu Maharaj."***





# *Embracing the New Era of Martand House: Shashank's Perspective*

Jai Guru Manik! My name is Shashank, and I'm from Class 7th. I live and study in Marthand House. When I joined this school in 2nd grade, my hostel was named SRH – Sri Rangadhoot House. I stayed in SRH for two years, and then it was renamed MPH – Mahipati House, where I spent another two years. This year, our house name has changed to MTH – Marthand House.

Not only has the name changed, but the rules and regulations have also been updated. Previously, only House Masters (HM) were appointed to look after us. But this year, we have a House Parent (HP), an Assistant House Master (AHM), and a House Master (HM) to guide and support us. Our Principal, Shri Mrigank Pandey, introduced the "Guru-Shishya Samvada," a system where we share our thoughts, ideas, problems, and study-related concerns. Our mentors and guides help us solve the problems we discuss. Regular checks and monitoring are done to ensure everything is in order.

Our HM, Mr. Sunil Singh, is incredibly dedicated to improving our skills and helping us grow, both academically and personally. He consistently encourages us to think creatively and push beyond our limits. Ms. Varsha Singh, our House Parent, is always available to listen to us, providing support and guidance whenever we need it. Her care and concern for our well-being make our stay at the hostel much more comfortable. AHM Mr. Sachin Arora is not only kind and funny but also very approachable. He makes sure that we feel at ease and is always there to lend a helping hand, whether it's with our studies or personal issues. In conclusion, I believe that this year is going to be full of fun, joy, education, and discipline. With such a supportive team of mentors, including our HM, AHM, and HP, I am confident that we will achieve great things together. I am grateful to them, as well as to my juniors and classmates, for making this year so promising.



# OUR BOARDING

## *School Home*

### **Our Boarding School Home**

In the halls where we walk each day,  
Far from home, but we're okay,  
With our friends, we laugh and play,  
This is where we love to stay.  
Morning bell rings, time for class,  
Learning things that help us pass,  
We work hard and do our best,  
In our school, we're on a quest.  
In the dorm, we share our dreams,  
Talk and whisper, make fun  
schemes,  
Late at night, we're never alone,  
In this place, we've found a home.



### **Dinning Hall**

In the dining hall, we sit and eat,  
Sharing stories, moments sweet,  
Together here, we grow each day,  
Boarding school is where we stay.  
At night, when the lights go low,  
We rest our heads, the stars aglow,  
This is the place where we belong,  
In our hearts, it feels like home.





## SHRI KRISHNA JANMASHTAMI CELEBRATED IN MANIK SAUDH

By Adarsh -V

This year's Shri Krishna Janmashtami celebration at Manik Saudh was filled with devotion and enthusiasm. Students from Martand House, including Akhilesh, Hari Om, Narendra, and Adarsh, made the event even more special with their heartfelt singing of Lord Krishna's praises.

Their melodious voices created an atmosphere of divine serenity, adding a unique charm to the celebration.

*"Karma is our worship; may Krishna's guidance inspire our actions."*

The entire venue, adorned with beautiful decorations, came alive with the spirit of devotion.

The performances, combined with the midnight aarti, left a lasting impression on everyone present, making the celebration a true reflection of unity and spiritual growth.





"My day begins early, at 5:45 am, with a gentle wake-up call. I rise from my cozy bed and head to the grounds for our morning PT session. The crisp morning air invigorates me as I stretch and exercise with my fellow housemates. We spend a solid hour and ten minutes getting our bodies moving and our hearts pumping.

After PT, I head back to the house for a quick shower and freshen up. Then, it's off to breakfast, where I fuel up for the day ahead. Our mentor meeting follows, where we discuss important topics and share our thoughts and ideas.

Next, I head to my classes, where I delve into a world of learning and discovery. My first session runs from 9:30 am to 12:00 pm, and after a short break, I'm back in class from 2:05 pm to 2:45 pm.

## Daily Scehdule

The afternoon is filled with excitement as I head to our evening PT session from 3:00 pm to 5:30 pm. We play games, run, and have a blast together. After working up a sweat, I freshen up and get ready for our Manik Darshan meditation session from 6:05 pm to 6:20 pm. This peaceful time helps me reflect and unwind.

The evening is filled with more learning and growth as I attend evening prep from 6:30 pm to 7:30 pm. Then, it's off to dinner, where I savor delicious food and share stories with my friends. We wrap up the day with dorm prep from 8:30 pm to 9:30 pm, and finally, lights out at 10:00 pm.

This schedule may seem packed, but it's a rhythm I've grown to love. It helps me balance my academics, physical activities, and personal growth, making every day a fulfilling adventure in Martand House!"

**- Vankatesh -VII**





**AKHILESH G - VII**

When I joined The Manik Public School, I was hesitant about pursuing music. To my delight, I found a thriving music program under Mr. Dinesh Kulkarni and Kedar Sir. I've made significant progress in singing and playing the tabla. Participating in the morning prayer was an incredible experience, and the support from my teachers has boosted my confidence. I've also made new friends who share my passion. I'm excited about how far I'll go by year's end, and I'm grateful for the strong foundation this school provides. Thank you, The Manik Public School, for nurturing my creativity!

## पेड़ की कहानी



पेड़ खड़ा है धरती पर,  
सपने देखे आसमान के,  
हरियाली से भरा हुआ,  
संगीत सुने हैं पंछियों के।

छाँव देता हर मौसम में,  
सूरज की किरणों से बचाए,  
मिट्टी की महक में बसा,  
जीवन का सार समझाए।  
पत्ते झड़ते, फिर उगते हैं,  
सिखाते हैं हमें बदलाव,  
जीवन में चाहे कुछ भी हो,  
रखना हमेशा सच्चा भाव।

फल-फूल से सजते रहते,  
सभी को खुशियाँ बाँटते,  
पेड़ सिखाता प्रेम हमें,  
सबको गले लगाना है।

आओ मिलकर कसम खाएँ,  
हर पेड़ का हम मान रखें,  
धरती माँ की सेवा में,  
पेड़-पौधों का ध्यान रखें।

## मन करता है

मन करता है सूरज बनकर  
आसमान में दौड़ लगाऊँ।  
मन करता है चंदा बनकर  
सब तारों पर अकड़ दिखाऊँ।



मन करता है बाबा बनकर  
घर में सब पर धौंस जमाऊँ।  
मन करता है पापा बनकर  
मैं भी अपनी मूँछ बढ़ाऊँ।  
मन करता है तितली बनकर  
दूर-दूर उड़ता जाऊँ।



मन करता है कोयल बनकर  
मीठे-मीठे बोल सुनाऊँ।  
मन करता है चिड़िया बनकर  
चीं-चीं चूँ-चूँ शोर मचाऊँ।  
मन करता है चर्खी लेकर  
पीली-लाल पतंग उड़ाऊँ।



## अप्पू और उसके दोस्तों की कहानी

एक छोटे से गाँव में अप्पू नाम का एक लड़का रहता था। अप्पू बहुत चंचल, अच्छा और सभी की मदद करने वाला था। उसके तीन दोस्त थे—सोनू, राहुल, और कविता। वे रोज़ एक साथ खेलते, स्कूल जाते और अलग-अलग खेल खेलते थे। उन्हें एक साथ समय बिताना बहुत पसंद था।

एक दिन, अप्पू और उसके दोस्त बाहर घूम रहे थे। अप्पू को एक छोटा सा झाड़ दिखा, जिसमें उन्हें एक चिड़िया का घोंसला दिखाई दिया। वह घोंसला ज़मीन पर गिरा हुआ था, और उसमें तीन छोटे-छोटे चिड़िया के बच्चे थे, जो भूख से रो रहे थे। उन्हें देखकर सभी बहुत उदास हो गए।

अप्पू ने तुरंत अपने दोस्तों से कहा, "हमें इन चिड़िया के बच्चों की मदद करनी चाहिए।" उसके दोस्त भी तुरंत सहमत हो गए। उन्होंने चिड़िया के बच्चों को उठाकर सुरक्षित जगह पर रखा। इसके बाद, वे उम्मीद करने लगे कि चिड़िया की माँ आएगी और अपने बच्चों को खाना खिलाएगी।

कुछ समय बाद, चिड़िया की माँ आई और उसने अपने बच्चों की देखभाल की। अप्पू और उसके दोस्त यह देखकर बहुत खुश हुए। उन्हें गर्व महसूस हुआ कि उन्होंने सही काम किया है।

इसके बाद, अप्पू और उसके दोस्त रोज़ उस घोंसले के पास जाते और चिड़िया की मदद करते। अप्पू ने कभी कुछ पाने की उम्मीद नहीं की, लेकिन उसका दिल खुशी से भर जाता था। इस अनुभव से उन्होंने जानवरों और प्रकृति से प्यार करने का महत्व सीखा।

अप्पू और उसके दोस्तों ने एक महान सबक सीखा: "मदद करने में हमेशा खुशी मिलती है, और प्रकृति के साथ दोस्ती करना हमारी ज़िम्मेदारी है।"

यह कहानी अप्पू और उसके दोस्तों की सहृदयता और प्रकृति से सीखे गए सबक को बताने के उद्देश्य से लिखी गई है।



## ಹೊಸ ಪ್ರವೇಶಿತ ವಿದ್ಯಾರ್ಥಿಗಳ ಸ್ವಾಗತ ಸಮಾರಂಭ

ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ 2ನೇ ತರಗತಿಯಿಂದ 12ನೇ ತರಗತಿಯವರೆಗೆ ಹೊಸ ಪ್ರವೇಶಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ವಿಶೇಷ ಸ್ವಾಗತ ಸಮಾರಂಭವನ್ನು ಆಯೋಜಿಸಲಾಯಿತು. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವಿವಿಧ ಹೌಸಿನ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ವಿಶೇಷ ಪ್ರತಿಭೆಯನ್ನು ಪ್ರದರ್ಶಿಸಿದರು. ಮಾರ್ತಾಂಡ್ ಹೌಸಿನಿಂದ ಅಖಿಲೇಶ್ ಜಿ. "ಚಾಣಪ್ಪ ಚಂಗೋರ" ಎಂಬ ಹಾಡು ಹಾಡಿ ತಮ್ಮ ಗಾನಪ್ರತಿಭೆಯನ್ನು ಮೆರೆದರು.

ಸ್ವಾಗತ ಸಮಾರಂಭದಲ್ಲಿ ಹೊಸ ವಿದ್ಯಾರ್ಥಿಗಳು ನೃತ್ಯ, ಕಲಾ-ಶಿಲ್ಪ ಪ್ರದರ್ಶನ, ನಾಟಕ, ಕಥೆ ಹೇಳಿಕೆ ಮತ್ತು ರಾಪರ್ ಪ್ರಸ್ತುತಿಗಳು ಮಾಡಿದರೆ, ಅವರ ನೃತ್ಯ ಮತ್ತು ರಾಪರ್ ಪ್ರದರ್ಶನ ಎಲ್ಲರಿಗೂ ಒಳ್ಳೆಯ ಪ್ರತಿಕ್ರಿಯೆ ದೊರಕಿತು. ಹೊಸ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಪ್ರಸ್ತುತವಾದ ನಾಟಕಗಳು ಮತ್ತು ಕಥೆಗಳು ಪ್ರೇರಣಾದಾಯಕವಾಗಿದ್ದು, ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಯಿತು.

ಈ ಪ್ರತಿಭಾ ಪ್ರದರ್ಶನಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ತಮ್ಮ ಸಾಮರ್ಥ್ಯವನ್ನು ಮೆರೆದರು, ಹಾಗೂ ಈ ಸಮಾರಂಭವು ಅವರ ಆತ್ಮವಿಶ್ವಾಸ, ಉತ್ಸಾಹ, ಮತ್ತು ಸ್ನೇಹವನ್ನು ಮತ್ತಷ್ಟು ಗಟ್ಟಿಗೊಳಿಸಿದೆ. ಹೊಸ ಹಾಗೂ ಹಳೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಒಟ್ಟಿಗಿರುವುದರಿಂದ ಶಾಲೆಯ ಬಾಂಧವ್ಯ ಮತ್ತಷ್ಟು ಗಾಢವಾಯಿತು.

ಮಾರ್ತಾಂಡ್ ಹೌಸ್‌ನ ಅಖಿಲೇಶ್ ಅವರ ಗಾನ ಹಾಗೂ ಇತರ ಹೊಸ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಾಧನೆಗಳು ಅತ್ಯಂತ ಶ್ಲಾಘನೀಯವಾಗಿದ್ದು, ಶಾಲೆಗೆ ಹೆಮ್ಮೆ ತಂದಿದೆ. ಈ ಕಾರ್ಯಕ್ರಮವು ಹೊಸ ಪ್ರವೇಶಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಶಾಲೆಯ ಬಾಂಧವ್ಯ ಮತ್ತು ಸಂಸ್ಕೃತಿ ಪರಿಚಯಿಸಿತು.

- Siddharodh Parmeshwar- VII





## ध्यानाचे महत्त्व

माणिक पब्लिक स्कूलमध्ये विद्यार्थ्यांच्या सर्वांगीण विकासासाठी ध्यानाला विशेष महत्त्व दिले जाते. दररोज संध्याकाळी 6:00 ते 6:30 वाजेपर्यंत "माणिक दर्शन" येथे प्रत्येक विद्यार्थी ध्यान करतो. ध्यान हे विद्यार्थ्यांच्या मानसिक, शारीरिक आणि आत्मिक विकासासाठी अत्यंत महत्त्वाचे आहे.

ध्यानामुळे विद्यार्थ्यांचे मन स्थिर होते आणि विचारांना शांती मिळते. तणावपूर्ण जीवनात मनातील ताणतणाव कमी होतो, शांतता आणि समाधान प्राप्त होते. यामुळे विद्यार्थ्यांची एकाग्रता वाढते आणि अभ्यासात लक्ष देण्यास मदत होते.

ध्यानाचे शारीरिक आरोग्यावरही सकारात्मक परिणाम होतो. नियमित ध्यानामुळे रक्तदाब नियंत्रित राहतो, हृदयाचे कार्य सुधारते आणि

शरीरातील ऊर्जा संतुलित राहते. यामुळे विद्यार्थी ताजेतवाने राहतात आणि शैक्षणिक व इतर उपक्रमांमध्ये अधिक जोमाने भाग घेतात.

आत्मिक दृष्ट्या, ध्यान आत्मचिंतनास प्रोत्साहन देते, आत्मविश्वास वाढवते आणि मानसिक बळ मिळवते. यामुळे सहनशीलता, संयम, आणि सकारात्मक विचारांची वाढ होते. "माणिक दर्शन" हे विद्यार्थ्यांच्या जीवनाला एक अमूल्य आयाम देते, ज्यामुळे ते शारीरिक, मानसिक, आणि आत्मिक दृष्ट्या सबळ नागरिक बनतात.

- Samarth-VII

# विद्या ददाति विनयं



विद्या ददाति विनयं, विनयाद् याति  
पात्रताम्।  
पात्रत्वात् धनमाप्नोति, धनात् धर्मं  
ततः सुखम्॥

**हिंदी:**

विद्या विनम्रता देती है,  
विनम्रता से योग्यता प्राप्त होती है।  
योग्यता से धन आता है,  
और धन से धर्म और सुख की प्राप्ति होती है।

**Akhilesh Shankar- V**

# कर्मण्येवाधिकारस्ते



कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।  
मा कर्मफलहेतुर्भूर्मा ते संगोऽस्त्वकर्मणि॥

**हिंदी:**

तुम्हारा कर्म करने में ही अधिकार है,  
उसके फल में कभी नहीं।  
इसलिए कर्म का फल पाने की इच्छा मत करो,  
और न ही आलस्य में डूबो।

**Vishwaraj-III**





टीचर- लड़कियां अगर पराया धन होती है तो लड़के क्या होते हैं??

गप्पू- सर चोर होते हैं!

टीचर - वो कैसे??

गप्पू- क्योंकि चोरों की नजर हमेशा पराये धन पर होती है।

नरेन्द्र - V



टीचर- Date और तारीख में क्या अंतर है ?

सारी Class चुप

गप्पू- सर, Date में Girlfriend के साथ जाते हैं और तारीख में वकील के साथ

- वेदांत डी



## Riddles

Give me Food  
and I will live,  
Give me water,  
and I will die.



What has legs  
but cannot walk?



I have a tail  
and a head, but  
no body.

What am I?



What goes around  
the world without  
leaving its corner?



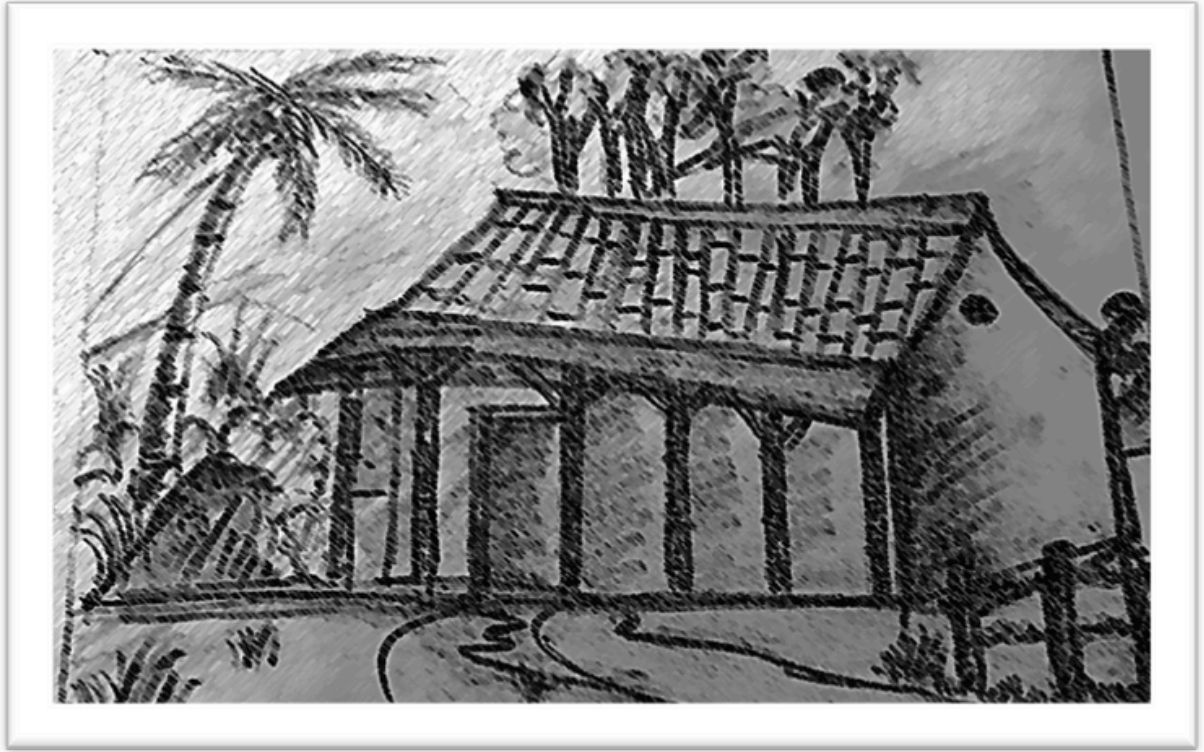
The more you take  
away, the bigger it  
gets.



We are twins, We are  
close together, But  
we will not touch, But  
far apart, We  
become one. What  
are we?



# ART GALLERY



- by Shivkumar-VII



- by Srinivas-VII





Rudraksh- IV



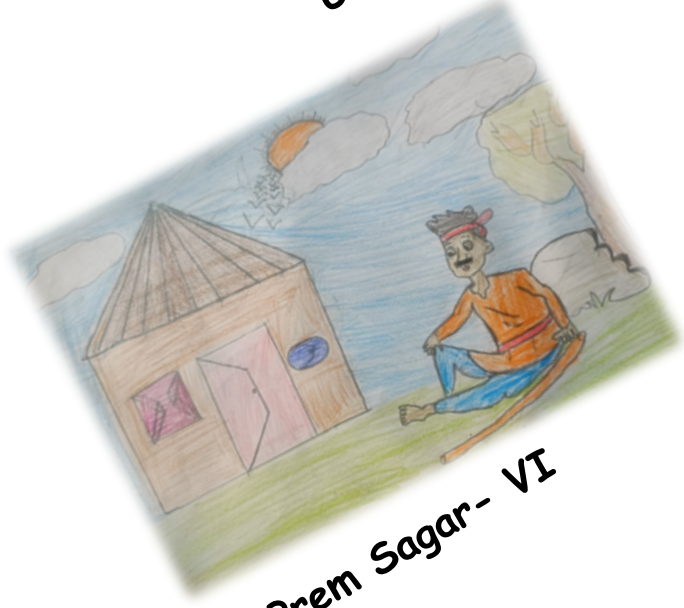
Sudarshan - VII



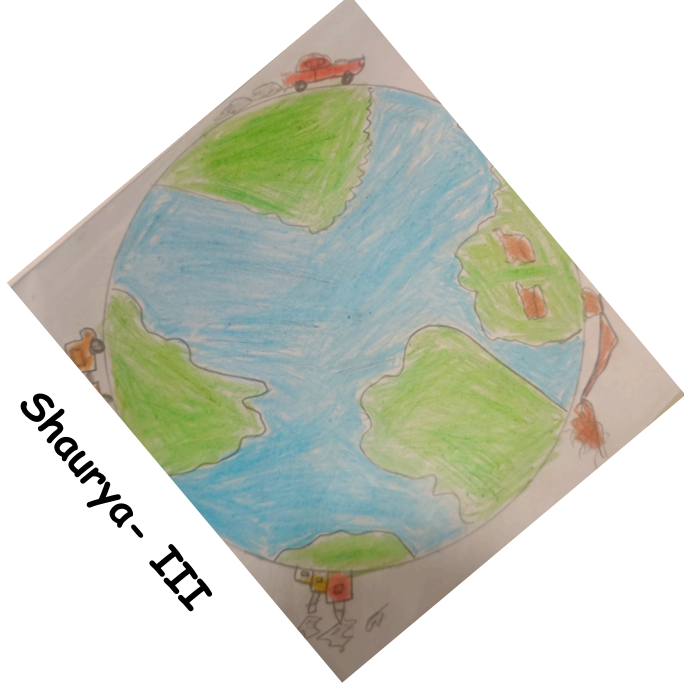
Gautham Krishna- III



Akhilesh -V



Prem Sagar- VI



Shaurya- III



# *Cherished Moments*





# SPORTS GALLERY



Shashank, Samarth, Narendra, and Vedant D of Martand House have shown exceptional skill and sportsmanship on the tennis court, consistently demonstrating their dedication to the game. Their teamwork and determination have made them standout players, bringing pride to Martand House.



Aditya Nayan (VI), Prateek Irle (VI), and Prajwal Polimani (III) of Martand House are exceptional cricket players. Aditya's strong batting and strategic mind make him invaluable, while Prateek's sharp bowling adds crucial strength to the team. Despite his age, Prajwal's agility and enthusiasm have made him a standout. Their dedication and talent bring pride to Martand House, and we eagerly anticipate their continued growth and success in cricket.





As we bring this edition of Martand House Magazine to a close, we reflect on the cherished moments that have defined our journey together. This magazine is more than just a collection of events—it's a celebration of our collective spirit, dedication, and the bonds we've strengthened throughout the year. Our gratitude extends to each member of Martand House for their unwavering commitment and enthusiasm. Together, we've created memories that will last a lifetime.

**HOUSE MASTER**  
MR. SUNIL SINGH

**ASSISTANT HOUSE MASTER**  
MR. SACHIN ARORA

**HOUSE PARENTS**  
MS. VARSHA

**HOUSE MEMBERS**  
MS. AMBIKA, MR. DINESH KULKARNI  
MR. UTTAM SINDHU, MR. ABHIGYAN DIXIT