



From

Principal's Desk



Believe you can and you're halfway there." – Theodore Roosevelt

Dear Students,

Life is a sum of the choices and decisions we make. The choices you will make today will shape your tomorrow. As you stand at the crossroads of your academic and personal journey, remember that each decision is a step towards your future. I am confident that you will continue to make wise choices and commit wholeheartedly to achieving excellence.

Be committed, stay focused, and strive diligently to attain your goals. Your hard work and dedication will pave the way for a bright and successful future.

I am overwhelmed with joy to see MRPS Times and congratulate the editors for their remarkable initiative and hard work. There is a long way to go for you and me, but together, we will overcome challenges and make great strides.

Warm regards,

Manju Singh



Poem Composition

Beyond the Stars

By Jhalak Bhat IX B

The moon taught me there's beauty in the dark,
Stars, resilient, showed me to leave my mark.
Vision bold and bright, guiding me to light,
Perseverance in my heart, shining through the night.
Let your dreams take flight, rise to heights unknown,
Beyond the stars, find the strength you've always shown.

DID YOU KNOW?

Weather Facts

- There are 2000 thunderstorms occurring on the earth every minute.
- You will be surprised to know that a bolt of lightning is at least five times hotter than the Sun.
- Clouds look white as they reflect the sunlight from above.
- In July 2001 the rainfall in Kerala, India, was blood red!

By Jainil Chaudhari VII B

How humor impacts your brain.



Imagine you had a very busy and tiring day and your humorous friend calls you to make your evening full of laughter. Suddenly, your evening is transformed into a comedy session filled with laughter. We all know how laughter feels like a breath of fresh air, but have you ever wondered what's actually happening in your brain when you laugh. Humour does more than just lift our spirits—it has profound effects on our mental and physical health. From enhancing mood to boosting brain function, laughter plays a vital role in our overall well-being. Let's delve into how humour impacts the brain and why a good laugh might be just what the doctor ordered. Laughter is one of the earliest activities babies engage in, often starting as early as 2 months old. From there, we learn what's funny based on our experiences, attitudes, and friendships.

Studies have shown that laughter is associated with a lower risk of cardiovascular diseases. In one study, researchers found that people who laughed daily had a reduced risk of conditions affecting the cardiovascular system. So, it turns out laughing is great for your heart!

Researchers have also discovered that social laughter triggers the release of endorphins—those “feel-good hormones”—in brain regions responsible for arousal and emotion. It also helps balance and reduce stress hormones like cortisol, epinephrine, and dopamine, which are often linked to feelings of depression.

According to the WHO, one in every seven 10-19-year-olds experiences a mental disorder, making up 13% of the global disease burden in this age group. Many studies have been conducted to address this issue, with results often supporting the idea that humour interventions can significantly boost learners' positive emotions, sense of humour, and language abilities.

In conclusion, worry is a total waste of time. It doesn't change anything; it just steals your joy and keeps you busy doing nothing. So, when life throws jokes your way, just laugh out loud and don't let it get you down. (By the way, what do you call a dog who's a magician? A-labra-cadabra-dor!)

- Sanvi Parmar X B

Science Fact

GENE EDITING

WHAT IS GENE EDITING?

Genome editing (also called gene editing) encompasses a group of technologies that enable scientists to alter an organism's DNA. These technologies allow for the addition, removal, or modification of genetic material at specific locations in the genome. Several approaches to genome editing have been developed, with one of the most well-known being CRISPR-Cas9. CRISPR-Cas9 stands for clustered regularly interspaced short palindromic repeats and CRISPR-associated protein 9. This system has generated significant excitement in the scientific community due to its speed, affordability, accuracy, and efficiency compared to other genome editing methods.

PROS OF GENE EDITING -

India, a developing country, needs the favourable support of its youth. This major problem can be addressed through gene editing. With the ability to customize traits, parents can have healthier and stronger babies. This could reduce the percentage of individuals with disabilities in India. A well-developed body structure could also enhance the effectiveness of the Indian Army. Additionally, it is possible to introduce genes that provide lifelong protection against infections.

FUTURE OF GENE EDITING -

Every parent wants their child to be unique, and



this wish can be fulfilled through the utilization of new scientific technologies.

However, it is challenging for a middle-class individual to arrange more than 10 lakh rupees, while gene therapy can cost over 10 crores. Millionaires can more easily afford this. If gene editing becomes widespread, wealthy children might become more advanced than average children, potentially leading to racial discrimination based on hormones or physical traits.

CONCLUSION -

Gene-editing tools introduced into the body might not efficiently locate their target gene within the intended cell type. This could result in little or no health benefit to the patient or even unintended harm, such as inadvertent effects on germline cells, for which screening would be necessary.

DO YOU KNOW: Cost for Gene therapy in India is around 17.5 Cr

- OM PATIL X A

Poll

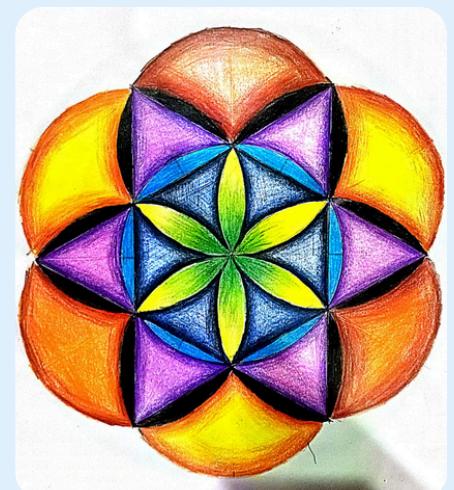
WHAT DO YOU THINK

Que -

Do you believe that recent advancement in Artificial intelligence will significantly change job market in the next 10 years?

- ☐ a) Yes
- ☐ b) No
- ☐ c) May be

Art Corner



Anurag Kachhava
VII B

Director's Message



*We all have a choice ,we all have a say;
We are spectators in life, or we get in and play
Which ever we choose, how we handle life's game
The choices are ours, no one else is to blame.*

Dear students,

In today's fast paced world, challenges are inevitable but they are also opportunities in disguise. Embrace each challenge with Courage and determination. Success is not measured solely by grades but by resilience, perseverance and integrity you demonstrate in your daily life. This institution is more than just a place of learning; it's a community were ideas are nurtured dreams a realized and leaders are born.

I wish you all a year filled with learning growth and success. The road ahead is yours to carve. Make it extraordinary.

Best wishes

Girija Mohan

Director

“HOPE IN EVERY HEART!”

AARUSHI AGRAWAL IX A

What is hope?

“It is being able to see that there is light despite all of the darkness”

Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances. In a world full of plot, twists and unexpected endings, hope is like the ultimate cliffhanger in the story of life. It's the magical element that adds color to the black-and-white pages of despair.

Hope gives us the courage to pursue our dreams, overcome obstacles, and strive for a brighter tomorrow.



How to keep hope alive in your life?

- It's essential to cultivate a positive mindset and embrace optimism even in challenging times.
- Surround yourself with supportive and uplifting people who encourage your dreams and aspirations.

- Practice gratitude daily by acknowledging the blessings in your life, no matter how small they seem.
- Engage in activities that bring you joy and fulfillment, whether it's pursuing a hobby, spending time in nature, or helping others in need.
- Practice self-care ~ take care of your physical, emotional, and mental well-being to maintain the strength and resilience needed to keep hope alive.
- Seek support and build a network of loved ones, mentors, or like-minded individuals who can offer encouragement and help you stay helpful.

In the face of adversity, hope is the anchor that keeps us grounded. It's the voice that whispers “you can do this” when doubts creep in. When challenges arise, it is hope that provides the strength to preserve. Just as an anchor holds a ship steady amid stormy waters, hope stabilizes our emotions and fortifies our spirit. Hope is not just a passive wish but an active force, a vital lifeline that sustains us through life's most difficult trials, ensuring we remain grounded and focused on our journey toward a more promising future.

Let hope be the constant companion on your journey through life...😊

HIGHLIGHT'S OF JULY



MRPS Won Subroto District level football tournament 2024-25



Kargil Divas celebrations



Yoga Day



Inauguration of Skating Rink (ground)



Plantation on Earth Day



Trip to Recreation Garden, Shirpur



Parent's orientation

BOOK REVIEW



Student's name - Samarth Bagul VIII

Book name - The Wizard of Oz

Author: L. Frank Baum

Rating: ★★★★★☆

Summary:

"The Wizard of Oz" is a classic tale about a young girl named Dorothy who lives in Kansas with her aunt and uncle. One day, a tornado whisks her away to the magical land of Oz. To find her way back home, she must follow the Yellow Brick Road to the Emerald City, where she hopes the Wizard of Oz can help her.

What I Liked:

The story is full of adventure and imagination. The characters are very interesting, especially the Scarecrow, Tin Man, and Cowardly Lion, who all have their own unique qualities.

Why You Should Read It:

"The Wizard of Oz" is a timeless story. It's not just about magical places and talking animals, but also about friendship, bravery, and the idea that we all have the power to overcome our challenges. It's perfect for students who love fantasy and adventure!