

NATIONAL SCIENCE DAY 2025: HONORING THE SPIRIT OF DISCOVERY



National Science Day, celebrated annually on February 28, commemorates the groundbreaking discovery of the Raman Effect by Indian physicist Sir C.V. Raman in 1928. This phenomenon, which explains the scattering of light and its change in wavelength when passing through a transparent medium, revolutionized the field of spectroscopy and earned Raman the Nobel Prize in Physics in 1930. His achievement not only brought global recognition to Indian science but also inspired generations of scientists to pursue innovation and research.

Theme for 2025: "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat"

The theme for this year underscores the importance of nurturing young minds to position India as a global leader in science and technology. It aligns with India's vision of Viksit Bharat 2047, emphasizing youth empowerment through STEM (Science, Technology, Engineering, Mathematics) education and scientific exploration.

Importance of National Science Day

National Science Day holds immense significance as it serves multiple purposes:

1. Promotes Scientific

Awareness: It highlights the role of science in everyday life and its impact on society.

2. **Encourages Innovation:** The day inspires students and researchers to engage in scientific exploration and technological advancements.

3. **Honors Contributions:** It recognizes the achievements of Indian scientists like Sir C.V. Raman, fostering pride in India's scientific heritage.

4. **Bridges Science and Society:** By spreading knowledge about scientific progress, it helps build a scientifically informed community.

5. **Inspires Future Generations:** The celebrations motivate young minds to pursue careers in STEM fields, ensuring a sustainable future driven by innovation.

National Science Day is not just a tribute to past achievements but also a call to action for future advancements. As we celebrate this day, let us remember that curiosity, critical thinking, and innovation are the cornerstones of progress. By fostering a scientific temper among youth today, we pave the way for a brighter, knowledge-driven tomorrow.

"Emotional Intelligence: Unlocking the Power of Self-Awareness"



Tips for Developing Emotional Intelligence:

1. Recognize Your Emotions

Take time to identify how you feel during different situations. Ask yourself: What am I feeling right now? Naming your emotions is the first step toward understanding them.

2. Pause Before Reacting

When faced with a conflict or stressful situation, pause and think before responding. This helps you avoid impulsive reactions and choose a constructive approach.

3. Practice Mindfulness

Engage in mindfulness activities like meditation or deep breathing to stay present and calm. Journaling can also help you reflect on your emotions and process them effectively.

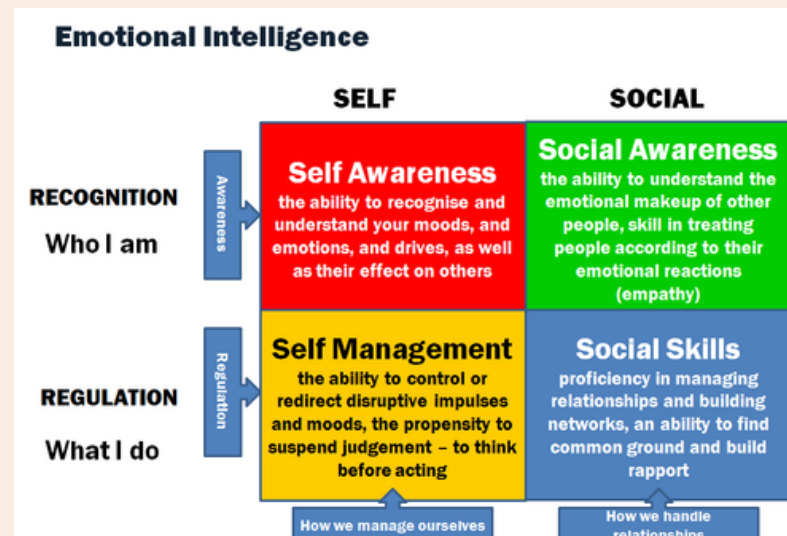
4. Empathize with Others

Try to understand how others feel by putting yourself in their shoes. Empathy strengthens relationships and builds trust.

Emotional intelligence (EQ) is the ability to recognize, understand, and manage your own emotions while also empathizing with others. It is a vital skill for personal growth, effective communication, and building meaningful relationships. For students, mastering EQ can improve academic performance, strengthen friendships, and enhance decision-making.

Why Emotional Intelligence Matters

In today's fast-paced world, emotional intelligence is as important as intellectual intelligence. It helps students navigate challenges, regulate their emotions during stressful situations, and collaborate effectively with peers. EQ also plays a crucial role in mental health by reducing stress and fostering resilience.



By developing emotional intelligence, students not only enhance their interpersonal skills but also prepare themselves for success in academics and life beyond the classroom. EQ is not just a skill—it's a superpower that enables individuals to thrive in any environment.

The Power of Attitude: Shaping Thoughts and Behavior

"Attitude is Everything"



Attitudes are powerful forces that shape our thoughts, behaviors, and interactions with others. Whether positive or negative, they influence how we perceive the world and engage with it. But what makes up an attitude?

Components of Attitudes

An attitude consists of three key components:

- **Cognitive (Thoughts):** Our beliefs and knowledge about a subject.
- **Affective (Feelings):** The emotions we associate with a particular issue or situation.
- **Behavioral (Actions):** The actions we take based on our attitudes.

Structure and Influence

Attitudes are deeply rooted in personal experiences, beliefs, and values. They significantly impact decision-making, social interactions, and mental well-being. Understanding how attitudes are formed and how they influence us can help us navigate complex social situations more effectively

Special Focus: Moral, Political, and Social Influences

Moral and Political Attitudes: These often reflect cultural norms or societal influences, shaping our views on ethics and governance.

Social Influence & Persuasion: Techniques like peer pressure or media can subtly alter attitudes over time, highlighting the importance of critical thinking.

Why Understanding Attitudes Matters

Recognizing how attitudes shape our perceptions allows us to critically evaluate our beliefs and foster open-mindedness—a crucial skill for personal growth. By cultivating empathy and understanding others' attitudes, we can create a more inclusive and empathetic environment.

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Practical Strategies for Developing Awareness

1. **Reflect on Beliefs:** Regularly examine your attitudes and consider diverse perspectives to broaden your understanding.
2. **Engage in Discussions:** Participate in respectful debates to explore different viewpoints and challenge your own assumptions.

"PATHWAY TO EXCELLENCE: UPCOMING EXAMS"



As the academic year progresses, students across the country are gearing up for some of the most important entrance and college exams. These exams are stepping stones to prestigious institutions and rewarding careers. Here's an overview of major upcoming medical exam.

NEET UG 2025:



INFORMATION BULLETIN NEET (UG)-2025

B. IMPORTANT INFORMATION AND DATES AT A GLANCE

(Please refer to Information Bulletin for details)

Important Dates and Fee Detail:

Online Submission of Application Form	07 February 2025 to 07 March 2025 (up to 11:50 PM)		
Last date of successful transaction of fee through Credit/Debit Card/Net-Banking/UPI	07 March 2025 (up to 11:50 PM)		
Correction in Particulars	09-11 March 2025		
Fee Payable by Candidate	Category of Candidate	In India (Fee in ₹)	Outside India
	General	₹ 1700/-	₹ 9500/-
	General-EWS/ OBC-NCL*	₹ 1600/-	
	SC/ST/PwBD/PwD/ Third Gender	₹ 1000/-	
Announcement of City Intimation	By 26 April 2025		
Downloading of Admit Cards from the NTA website	By 01 May 2025		
Date of Examination	04 May 2025 (Sunday)		
Duration of Examination	180 minutes (03 hours)		
Timing of Examination	02:00 PM to 05:00 PM (Indian Standard Time)		
Centre of NEET (UG) - 2025 Examination	As indicated on Admit Card		
Display of Recorded Responses and Answer Keys	Will be intimated later on the website		
Website(s)	https://nta.ac.in/ https://neet.nta.nic.in/		
Declaration of Result on NTA website	By 14 June 2025 (Tentative)		

*OBC-NCL (Other Backward Classes)-NCL (Non-Creamy Layer) as per the Central List of Other Backward Classes available on the National Commission for Backward Classes. The candidates falling in this list (available on <http://www.ncbc.nic.in/>) may mention OBC-NCL in the Category Column.

State-listed OBC-NCL Candidates who are NOT in OBC-NCL (Central List) must choose General.