

Youngster



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Happy Independence Day



R.K. Gupta, Chairman Tecnia Group

passed out this year and going to explore the new world of Professionalism.

Students of our Management, IT and Mass Communication programs will have to be equipped with essential intellectual skills,

core concepts and well versed with practical applications in their chosen fields to survive in this world of Global Information Technology. I am sure that the unique blend of talent and professionalism of our students will be an asset for the growth of our organization.

It makes me happy on this occasion that all the faculty and staff members have continued to give their best to make Tecnia as a center of excellence. Let us cooperate for better performance.

I appreciate all the colleges of Tecnia Group for their good working. I want to congratulate the Placement Department in giving assistance to the students in their training and placements. I also want to give special thanks to Examination Department for conducting various examinations successfully.

I once again wish the entire faculty, staff members and their families all the best on the special day of 15th August.



Dear students, Heartiest congratulations on 67th Independence Day of our country. It is an occasion to celebrate and rejoice as we do on

our birthday. We are proud that we are the citizens of this great country that has a very glorious past and a very rich civilization. After independence, over a period of six decades, our country has made remarkable progress in almost all the fields of human activity. We have established ourselves as a strong democracy. India is now a very fast developing country and is reckoned among the powerful nations of the world. Our

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OVER the time, meaning of the word Independence / Freedom has changed significantly.

Before 15th of August 1947, it had only one meaning for Indians, that was getting freedom from the British Rule. After 1947, it had its relevance only in celebrating the day, keeping in mind the reminiscences of the past. But for the younger generation, who



were born after 1947, specially those who are in their twenties, the meaning has

changed completely and the earlier meanings have virtually no relevance, into them. They should realize the sacrifices of great Indians for getting freedom. Let us take a pledge to root out all the evils from the society.

My best wishes are with you, you just need to make a beginning with congratulation on Independence Day.

- Dr. A. K. Rathore, Director, TIAS

Joy and Pain at same level

PM's address from the ramparts of the Red Fort on the occasion of Independence Day 2013

Prime Minister, Dr. Manmohan Singh, addressed the Nation 9th time from the Red Fort on the occasion of 67th Independence Day. He expresses joy and pain at same time on the occasion of 15th August. He said, "Today is certainly a day of joy for us. But on this celebration of independence we also feel pain in our hearts that our brothers and sisters in Uttarakhand had to face devastation". He expresses deepest sympathies with all the families that suffered loss of life or property. He also congratulates Indian Navy for the launch of INS Arihant.

He assured the people of Uttarakhand that the whole country stands with them in this moment of crisis and the government is working with all the resources at its command to rehabilitate those whose houses have been destroyed and rebuild damaged infrastructure. He also expressed his feelings about loosing the submarine, INS Sindurakshak in an accident in which eighteen brave sailors lost their lives. He mentioned this accident more painful because the Navy had recently achieved two major successes in the form of its first nuclear submarine, INS Arihant and the aircraft carrier, INS Vikrant. He said "We pay homage to the brave hearts we have lost but also congratulate the Navy on its successes".

After achieving independence in 1947 we would find that our country has seen major changes every ten years. In the first decade India become democratic republic and established institutions like the Atomic

Energy Commission, Planning Commission and Election Commission, which went on to make a major contribution to the processes of nation



ng in later years.

In the Sixties, new industries and factories, new irrigation projects and new universities are being setup. In the Seventies India launched its first satellite in space and the Green Revolution enabled us to be self sufficient in food grains for the



first time. In the next decade, Rajiv Gandhi set into motion the process of technological and economic modernization and entrance

of Information Technology in India. He introduced women and common man into politics by Panchayati Raj.

In the year 1991, we successfully negotiated a major economic crisis and embraced reforms for strengthening our economy. Since May 2004, we have worked with sincerity and honesty to build a progressive and modern India. We have envisioned a prosperous India, an India which has got rid of centuries old burden of poverty, hunger

and disease. In the UPA government the light of education has driven away the darkness of ignorance and superstition.

In possibly his last Independence Day speech, Prime Minister Manmohan Singh defended his record in office, expressed optimism about growth reviving and warned of the danger of sectarian ideologies. "We should prevent those (divisive ideologies) from growing. We need to strengthen those traditions of our country which teach us to promote tolerance and respect for thought processes different from ours," the PM said. Official sources, however, said the reference was not specific and pointed to the Prime Minister asking "all parties, all sections of society and public" to contain divisive forces and promote tolerance for contending beliefs.

The PM was constrained to stick to the written word in taking on the man seen as BJP's prime ministerial bet in the

e-learning: A need of Today

E-learning refers to the use of electronic media and information and communication technologies (ICT) in education. It is a mixture of Print, Visual and Aural medium, and ICT. E-learning is broadly inclusive of all forms of educational technology in learning and teaching. E-learning is inclusive of, and is

broadly synonymous with multimedia learning, technology-enhanced learning (TEL), computer-based instruction (CBI), computer-based training (CBT), computer-assisted instruction or computer-aided instruction (CAI), internet-based training (IBT), web-based training (WBT), online education, virtual education, virtual learning environments (VLE) (which are also called learning platforms), m-learning, and digital educational collaboration. These alternative names emphasize a particular aspect, component or delivery method.

E-learning includes numerous types of media that deliver text, audio, images, animation, and streaming video, and includes technology applications and processes such as audio or video tape, satellite TV, CD-ROM, and computer-based learning, as well as local intranet/extranet and web-based learning.

E-learning can occur in or out of the classroom. It can be self-paced, asynchronous learning or may be instructor-led, synchronous learning. E-learning is suited to distance learning



and flexible learning, but it can also be used in conjunction with face-to-face teaching, in which case the term blended learning is commonly used.

It is commonly thought that new technologies make a big difference in education. Many proponents of e-learning believe that everyone must be equipped with basic knowledge of technology, as well as use it as a vehicle for reaching educational goals.

The experience of learning and teaching has

come a long way from Ancient Gurukul to formal classroom learning, to distance education, to e-Learning. E-Learning is the process of managing and learning through networks of computers. In the each possible step of the e-Learning enrollment, instruction design, content delivery, evaluation, assessment and support, the association computer is pivotal.

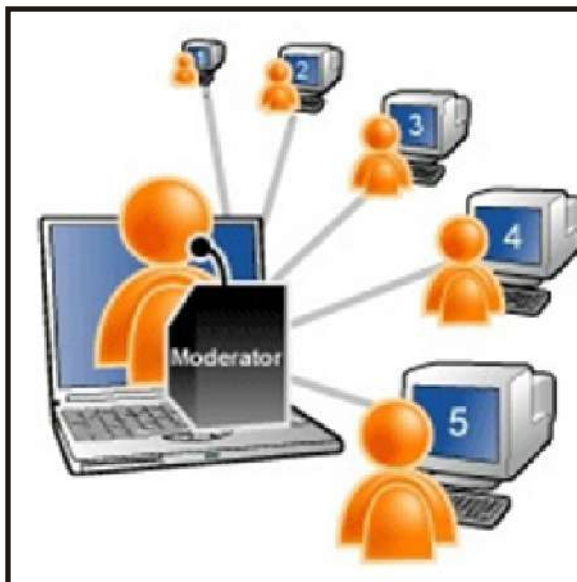
The Information and Communication Technology (ICT) has been also revolutionizing all the aspects of teaching and learning process in India after developed countries. Computers have brought in a host of new technologies for education with a rapid pace

It has been always the one of the goals of Information and Communication

Technology (ICT) to provide socio-technical innovations with efficiency and cost effectiveness for e-Learning process for any individuals or organizations with independent of time, place and pace.

In India e-Learning is not gaining much momentum as compared to the western countries. But in future, e-Learning is going to open up many opportunities both for the students and working professionals to enrich their knowledge horizon at anytime from anywhere.

In general e-Learning defines all forms of electronically mediated learning and teaching process. It mainly aims to improve knowledge with reference to



individual experience, practice and knowledge of the learner.

Away from the traditional Chalk and Talk method, e Learning is a process of transferring skills and knowledge through computer networks. The processes imparting education includes the application of web based learning, computer based learning, virtual classrooms and digital collaboration.

Content of the course can be made available via different modes such as Internet, audio or video tape, satellite TV, CDROM etc. It can be self paced or instructor led and can be studied with the help of multimedia in the form of text, image, animation, streaming video and audio.

The process of e-Learning provides interaction of the teacher and students in an Internet enabled environment. The learning process is not restricted to a regular school time and can take place in a variety of locations including home, school and community locations such as libraries, cafes etc.

E-teachers for E-learning

E-teachers are generally techno savvy teachers who work in an Internet environment in virtual classroom setups. They build new concepts of working in time and space. They collaborate, build and discover new learning communities and explore resources both off and online. They share their accumulated information, materials and ideas and interact with their students to make teaching experience interesting.

Benefits of e-Learning

1. Easy Accessible, Convenience and Flexible: Process of learning does not need quick grasping power of the learners. They can proceed through the learning program "at their own pace and at their own place." It enables the learners to advance or take time in learning at a speed that suits them. They can access the e-Learning course at anytime, anywhere provided that the place has internet connectivity. As a result, e-

Learning makes it possible for students to work and learn at the same time, thereby making education more flexible and student friendly.

2. Accessible on any browser and cross platform support: In general most computer users have access to browsers like Netscape or Internet Explorer. One can access such e-Learning material easily from any browser. Using any web browser one can access e Learning courses on any platform such as Windows, Mac, etc.

3. Inexpensive for access: No separate mechanism is needed for distribution of e-Learning courses. It is accessible from any computer anywhere in the world, which keeps delivery costs low and hassle free.

4. Ease of Updates: After the release of e-



Learning course, if required any changes can be made on the server hosting the programme and anyone living anywhere in the world can instantly access to the update.

5. Savings in Travel Cost and Time: No travel cost involve for attending classes and workshops for learners. The concept of e-Learning works like Learn from Home, where learner needs only a computer and internet connectivity.

6. Trim down tuition fee and course material cost:- e-Learning course trims down tuition fee expenses and other miscellaneous fees related to their academics. E-Learning outs down the expenses for books and other learning materials since e-Learning only requires a

computer with an internet connection and the minimal fee to be paid to e-Learning provider.

7. Tailoring based on work schedule: No need to attend unnecessary classes or no worries for the classes missed, students can also tailor E Learning timetable based on their work schedules.

8. Forum for discussion and feedback: In the online discussion for students can participate in the discussion forum not only with the instructor but also with the other fellow students the topics of their course with one another. This process not only breaks the monotony of studies but also enables the students to involve in discussion and instant feedback facility too.

With all its characteristics, advantages and disadvantages, e-Learning is a major breakthrough in academic field and professional training. Worldwide, several premier institutions have already initiated e-Learning programs for teaching students across the globe. Even multinational companies have also integrated e-Learning in their staff training programs to further enhance and develop the skills and knowledge of their workforce.

Career Opportunities in e-Learning

When discussed with Ms Aruna Ghawana, a renowned communication consultant who specializes in new media and having more than 10 years of experience of teaching through innovative tools said "There are two aspects career opportunities in e-learning". First of all, career options in the field of e-Learning are: Instructional Designer; Web Designer; Social Media Manager; Content Developer; Information Architect etc.

Secondly, career after doing an online course is slowly getting prominence in India even though they have received full fledged recognition in most of the western countries. But, in future, these courses will become more popular. They will get due

Joy and Pain at

2014 Lok Sabha election in an out-and-out political punch. As anticipated, the PM took stock of the two UPA governments since 2004, arguing there was a discernible change for the better in terms of general well-being while programs like food security and RTI had empowered the common man. Singh made a brief reference to the deaths of five Indian soldiers by Pakistani troops, saying all steps would be taken to prevent such a "dastardly attack" in the future. Reiterating the principles of the January 6, 2004 India-Pakistan statement, the PM said it was essential for Pakistan to prevent the use of its territory or territory under its control for anti-India activity.

Offering a positive assessment of the last decade of UPA rule, the PM said similar progress would make eradication of disease and poverty doable goals in the next 10 years. Singh listed programs such as Aadhar, food security, roads and highways and rural health as having a transformational effect on the lives of ordinary Indians.

As job losses and the decelerating economy dampened the I-Day mood, the PM devoted a significant part of his speech to try and perk up public morale, saying he did not think the current phase of slow growth would last long. If in the future we can achieve the same kind of progress as in the last decade, the day is not far off when India will be rid of poverty, hunger, disease and ignorance. Our India will be prosperous and all its citizens will be equal partners in this prosperity, irrespective of their religion, caste, region or language.

We will also need to build an environment of political stability, social cohesion and security for this to happen.

Let us all re-dedicate ourselves to building such an India together.

Dear children, please repeat with me thrice: Jai Hind, Jai Hind, Jai Hind."

- Y.C.

e-learning: A need of Today

recognition and become equivalent to any other degree especially if they are offered by reputed institutes or universities."

The development of e-Learning is a paradigm shift in teaching and learning process around the world. The development of a number of tools, platforms and technologies has enabled teachers and students living anywhere in the globe to collaborate in a real time and asynchronous modes. It has made students to find flexible timing to improve their skills,

complete their degrees, and improve their earning potential by taking classes from the comfort of home. All that's required is the motivation to succeed and access to internet enabled computer. Ms. Ghawana believes that the future of e-Learning could be like development of social learning with Personal Learning Environment (PLE), customization of lessons, more control over the learning process in terms of time and pace etc.

Looking at the rapid rate of growth and development of

online interactive technologies in the recent times, we can also expect that more and more students living in the remotest parts of the country with internet connectivity will receive quality and updated education. It's the just beginning of a unique and exciting era in online teaching and learning. Cutting across the geographical barriers, hope the e-storm of e-Learning is going to shower with world of knowledge, greater interactivity and exchange of ideas and opinion.

- Rahul Mittal

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greatest strength is our youth. The future of the country is in the hands of young boys and girls like you. You are living in a *brave new world* which has vast opportunities and possibilities. You are enjoying freedom of all kind which was not available to our youth in pre- independence days. The nation has great hopes from you.

On this auspicious occasion of our Independence Day, I would simply advise you to work with dedication and commitment to achieve your goal in life. Devotion to duty, Discipline and Punctuality are the most important things to get success in life. Have reverence for the basic principles of human relationship which are the hallmark of our culture. We should refrain from following the western culture blindly because it does not suit our social and cultural model. It is true, we cannot live in the past but, at the same time, it is also not untrue that we cannot leave our past because there lay our roots. And without roots we cannot build up any edifice. So, we have to adopt such an

approach in life which allows a combination of the traditional and the modern. Life itself is a combination of the material and the spiritual. We also know that material is temporary and transitional whereas the spiritual is permanent and eternal.

India has a very bright future and so have you. No doubt, some evils have crept into our system, which tend to corrupt it like a virus. It is the duty of the youth to act like anti-virus and cleanse the system of these evils. To fulfill this goal, we have to rise above the petty interests and work with a nationalist spirit. There is no reason to be pessimistic; things are crystallizing. We are heading towards a brighter future. The contribution of the youth in this process of crystallization is of utmost importance. We have to make ourselves vigilant and awakened citizens and work wholeheartedly for the betterment of our country.

With Best Wishes

- Dr S.K. Garg
Dean(Academic)

How to Reduce Obesity

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. People are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight in kilograms by the square of the person's height in metres, exceeds 30 kg/m².

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness.

Obesity can harm your health, Reduce your Weight by Natural Way- 10 Effective Home Remedies for Losing Weight.

- 1) Fruits and Green vegetables are low calorie foods, so over weight persons should use these more frequently.
- 2) Avoid salt, Salt may be a factor for increasing the Blood Pressure & body weight.
- 3) Avoid Milk products like cheese, butter should be avoided because these are rich in fat, Trans fats may still stack like saturated fats, and are not as susceptible to metabolization as other fats. Trans fats may significantly increase the risk of coronary heart disease, as analyzed by Mozaffarian D, Katan MB, Ascherio A, Stampfer MJ, Willett WC (13 April 2006). "Trans Fatty Acids and Cardiovascular Disease". New



England Journal of Medicine 354 (15): 16011613, So we can say, Meat and non-vegetarian foods should be avoided.

- 4) Garam Masala (Hot Spices) like dry ginger, cinnamon, black pepper etc. are good for losing weight and can be used in a number of ways.

- 5) Vegetables like bitter melon (Karela), and bitter variety of drumstick are useful for losing weight.



- 6) Taking of honey is an excellent home remedy for obesity. It mobilizes the extra deposited fat in the body and puts it into circulation, which is utilized as energy for normal functions. One should start with small quantity of about 10 GMs. or a table spoonful to be taken with hot water. It is good to take it in early morning. A teaspoonful of fresh lemon juice may also be added.

- 7) Cabbage is considered to be an effective remedy for losing weight. This vegetable

inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. It can be taken raw or cooked.

- 8) Exercise is an important part of weight reduction plan. It helps to use up calories stored in body as fat. In addition, it also relieves tension and tones up the muscles of the body. Walking is the best exercise to begin with and may be followed by running, swimming, rowing.

- 9) Measure the portions of your food every meal and make sure that the portions are small. For example one portion of rice should not be more than the quantity which can fit in your fist. Smaller meals at a regular interval of 4 to 5 hours will keep your metabolism high and prevent your body from converting the food you intake into fat. You must also include regular exercise in your daily routine to help enhance weight reduction.

- 10) Lime juice is excellent for weight reduction. Juice of a lime mixed in a glass of warm water and sweetened with honey should be taken every morning on an empty stomach.

- Hirdyesh Kumar

Cheaper Internet for developing world, courtesy Facebook

About 1 of every 7 people in the world uses Facebook. Now, Mark Zuckerberg, its co-founder and chief executive, wants to make a play for the rest including the 4 billion or so who lack Internet access.

On Wednesday, Facebook planned to announce an effort aimed at drastically cutting the cost of delivering basic Internet services on mobile phones, particularly in developing countries, where



with phone carriers last year that offers wireless users in some developing countries free access to Gmail, search and the first page clicked through from a search's results. Google is also reaching for the sky with Project Loon, an attempt to beam Internet access from plastic balloons floating more than 11 miles in the atmosphere. The tech giants have little choice but to look overseas for growth.

Facebook and other tech companies need to find new users.

Half a dozen of the world's tech giants, including Samsung, Nokia, Qualcomm and Ericsson, have agreed to work with the company on the initiative, which they call Internet.org.

The companies intend to accomplish their goal in part by simplifying phone applications so they run more efficiently and by improving the components of phones and networks so that they transmit more data while using less battery power.

For Zuckerberg, the formation of the coalition is yet another way in which he is trying to position himself as an industry leader. He has been speaking out more forcefully than other tech executives on topics like immigration overhaul, which the industry sees as critical to its hiring needs. With Internet.org, he is laying out a philosophy that tries to pair humanitarian goals with the profit motive. But the effort is also a reflection of how tech companies are trying to meet Wall Street's demands for growth by attracting customers beyond saturated markets in the United States and Europe, even if they have to help build services and some of the infrastructure in poorer, less digitally sophisticated parts of the world.

Google, for example, began a program

This Month

August 24-25, 1814 - During the War of 1812, Washington, D.C., was invaded by British forces that burned the Capitol, the White House and most other public buildings along with a number of private homes. The burning was in retaliation for the earlier American burning of York (Toronto).

August 1, 1838 - Slavery was abolished in Jamaica. It had been introduced by Spanish settlers 300 years earlier in 1509.

August 11, 1841 - Frederick Douglass, an escaped slave, spoke before an audience in the North for the first time. During an anti-slavery convention on Nantucket Island, he gave a powerful, emotional account of his life as a slave. He was immediately asked to become a full-time lecturer for the Massachusetts Antislavery Society.

August 5, 1861 - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never actually put into effect.

Compilation: Dr. Vipul Partap

Basics of Media

Pixel - Short for picture element. A single imaging element (like the single dot in a newspaper picture) that can be identified by a computer. The more pixels per picture area, the higher the picture quality.

Resolution - The measurement of picture detail. Resolution is influenced by the imaging device, the lens, and the television set that shows the camera picture. Often used synonymously with definition.

Saturation - The color attribute that describes a color's richness or strength.

Shading - Adjusting picture contrast to the optimal contrast range; controlling the color and the white and black levels.

Signal-to-Noise (S/N) ratio - The relation of the strength of the desired signal to the accompanying electronic interference (the noise). A high S/N ratio is desirable (strong video or audio signal relative to weak noise).

Studio Camera - High-quality camera and zoom lens that cannot be maneuvered properly without the aid of a pedestal or some other camera mount.

Compilation: Rahul Mittal

Vedic concept of worship

According to the Vedas, God is the creator and sustainer of the whole Universe. Besides being omniscient and omnipotent, He is kind, merciful, blissful, fearless, just and sustainer of all animate and inanimate. His worship and Upasana means imbibing His qualities of being kind, merciful, fearless, just and full of compassion for other fellow creatures.

In a way, embracing such godly virtues is his true worship and if one, despite remaining immersed in his prayer, fails to bring those qualities in him, then that is only 'Vachak Bhagati' a prayer in speech but not in action; and it has no meaning. An atheist is better than a believer in God who sings paeans in His glory but remains bereft of these godly virtues.

Worship of God is best performed by performing our duty dutifully and with full devotion and by engaging oneself in the service of the less fortunate in the society. Arrogance, self-contentedness, insensitivity, hatred and envy are obstructions in this path of worship which can be cauterised by godly qualities like love, kindness, sensitivity, humility and compassion.

Likewise, we too should worship God by being a perfect human being; and a good human being is one who has fellow feelings, love and compassion. God has sent us here to perform our duties with honesty and sincerity. When we perform these duties dutifully and with devotion, we are worshipping Him.

HT

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Cheaper Internet for developing world, courtesy Facebook

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More than half of Americans already use Facebook at least once a month, for instance, and usage in the rest of the developed world is similarly heavy. There is nearly one active cell phone for every person on earth, making expansion a challenge for carriers and phone makers.

Poorer countries in Asia, Africa and Latin America present the biggest opportunity to reach new customers - if companies can figure out how to get people there online at low cost.

The immediate goals of the new coalition are to cut the cost of providing mobile Internet services to 1 percent of its current level within five to 10 years by improving the efficiency of Internet networks and mobile phone software. The group also hopes to develop business models that would allow phone companies to provide simple services like email, search and social networks for little or no charge.

While that sounds far less exciting than, say, Google's idea of delivering the Internet by balloon, Zuckerberg says small efforts can add up to big changes. However, the Internet.org team does not plan to tackle some thorny infrastructure issues that are huge barriers in the developing world, particularly the long distance transmission of data to far-flung places. But Google whose search and YouTube video products are as fundamental as Facebook's social network to many Internet users is likely to remain outside the group.

Zuckerberg acknowledged that basic health care is essential but said that "if you can afford a phone, I think it would be really good for you to have access to the Internet."

HT

IMPORTANT QUOTES

"Advice is what we ask for when we already know the answer but wish we didn't"

- Erica Jong

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou

"Egotist: a person more interested in himself than in me."

- Ambrose Bierce

"A narcissist is someone better looking than you are."

- Gore Vidal

"Wise men make proverbs, but fools repeat them."

- Samuel Palmer

"The secret of success is to know something nobody else knows."

- Aristotle Onassis

Compilation: Dr. Vipul Partap

Winners V/s Losers

Part-25

Winners follow the philosophy of empathy: "Don't do to others what you would not want them to do to you"; Losers follow the philosophy, "Do it to others before they do it to you ."

Winners stand firm on values but compromise on petty things; Losers stand firm on petty things but compromise on values.

When a Winner makes a mistake, he says, "I was wrong"; When a Loser makes a mistake, he says, "It wasn't my fault."

to be continued
in next issue

Compilation:
Rahul Mittal

All Students and Faculty are welcome to give any Article, Feature & Write-up along with their Views & Feedback at youngster@tecnia.in