

Youngster



YOUNGSTER • ESTABLISHED 2004 • NEW DELHI • JAN 2017 • PAGES 8 • PRICE 1/- • MONTHLY BILINGUAL (HIN./ENG.)

Tecnia Sports Meet 2017



-राहुल मिश्रा

Tecnia Sports Meet 2017 was organized at Chhatrasaal Stadium on 29th January 2017. It was the last day of the seven days Sports meet, which started on 23rd January 2017. It started with the torch run which was done by the sports conveners and all the heads of the institutes. It was followed by March past parade by all colleges. All the institutions of Tecnia Group participated in the Sports Meet. More than 2000 athletes participated Tecnia Sports Meet 2017.

The seven days Sports meet started on 23rd January 2017 with the indoor games at Tecnia Institute of Advanced Studies. The indoor games were Chess, Carrom and Table Tennis. Badminton was played at the internal court of Ashtavakra Institute of Rehabilitation Sciences and Research. Then outdoor games like Volleyball, Football, and Cricket were organized in the District Park, Rohini.





अखिल भारतीय वैश्य महासम्मेलन के दिल्ली प्रदेश अध्यक्ष बने राम कैलाश गुप्ता

दिनांक 26 जनवरी 2017 को टेक्निया इंस्टिट्यूट ऑफ एडवांस्ड स्टडीज के सभागार में आयोजित समारोह में अखिल भारतीय वैश्य महासम्मेलन के राष्ट्रीय अध्यक्ष डॉ गिरीश संघी ने श्री राम कैलाश गुप्ता जी को दिल्ली-एन सी आर का अध्यक्ष मनोनीत किया है। श्री राम कैलाश गुप्ता ऊर्जस्वी व्यक्तित्व के धनी हैं जो वैश्य समाज, राजनीति एवं शिक्षा के क्षेत्र में अपनी अलग पहचान रखते हैं। अध्यक्ष चुने जाने के बाद श्री राम कैलाश गुप्ता जी ने अपने उद्बोधन में राजनीति में वैश्य समाज की भागीदारी, वैश्य समाज के सभी घटकों में रोटी बेटा का संबंध, समाज के निम्न आय के भाइयों को अपने साथ लेकर उचाईयों पर लेकर जाने पर जोर दिया। साथ ही साथ यह भी कहा



(पानीपत क्षेत्र का अध्यक्ष), संजय सिंगला जी (सोनीपत क्षेत्र का अध्यक्ष), हरीश मित्तल (पलवल क्षेत्र का अध्यक्ष), अतुल गुप्ता जी (गाजियाबाद क्षेत्र का अध्यक्ष), विनोद मित्तल जी (लोनी क्षेत्र का अध्यक्ष), रोहतास गुप्ता जी (बागपत क्षेत्र का अध्यक्ष), एवं अजय जैन को मनोनीत करने की घोषणा की है। इस के अलावा आदरणीय स्वर्गीय लाल बहादुर शास्त्री जी के सुपुत्र श्री सुनील शास्त्री जी, सेवा भारती के अध्यक्ष जय नारायण खंडेलवाल जी जानेमाने अर्थशास्त्री सी ए राम निवास लखोटिया जी, के एम् गुप्ता जी, हरियाणा अग्रवाल समाज के पूर्व अध्यक्ष राम निवास गुप्ता जी, अखिल भारतीय अग्रवाल समाज के राष्ट्रीय अध्यक्ष भाई सुरेंद्र गुप्ता

सिंघल जी (पूर्व मंत्री) को चेयरमैन, डॉ एस एन चांडक एवं नरेश गोयल फोम वालो को कार्यकारी अध्यक्ष, अरुण सिंघल, पवन सिंघल को महामंत्री एवं अमित सिंघल जी को कोषाध्यक्ष के रूप में मुख्य तौर पर जोड़ा है। चांदनी चौक लोकसभा अध्यक्ष के रूप में श्री सुमंत गुप्ता, राधेश्याम बंसल (ईस्ट

जी के सुपुत्र श्री सुनील शास्त्री जी, सेवा भारती के अध्यक्ष जय नारायण खंडेलवाल जी जानेमाने अर्थशास्त्री सी ए राम निवास लखोटिया जी, के एम् गुप्ता जी, हरियाणा अग्रवाल समाज के पूर्व अध्यक्ष राम निवास गुप्ता जी, अखिल भारतीय अग्रवाल समाज के राष्ट्रीय अध्यक्ष भाई सुरेंद्र गुप्ता



कि वह समस्त वैश्य समाज के सहयोग से समाज की चतुर्दिक उन्नति में अपना योगदान देते रहेंगे। हर कदम समाज के हित में उठाने का आश्वासन देते हुए उन्होंने समाज के युवाओं से हर क्षेत्र में आगे बढ़ने का आह्वान किया। दिल्ली-एन सी आर का अध्यक्ष घोषित होने के बाद श्री राम कैलाश गुप्ता जी ने अपनी कार्यकारिणी का गठन किया जिसमें सुरेश खंडेलवाल जी को संरक्षक, मंगत राम

दिल्ली लोकसभा अध्यक्ष), संदीप गोयल (नयी दिल्ली लोकसभा अध्यक्ष), अनिल गुप्ता जी (नार्थ ईस्ट दिल्ली लोकसभा अध्यक्ष), राम गोपाल जी (नार्थ वेस्ट दिल्ली लोकसभा अध्यक्ष), आर ए कलिया जी को (साउथ डेल्ही लोकसभा अध्यक्ष), राम कुमार गुप्ता जी पूर्व प्रधान पंजाबी बाग हॉस्पिटल (वेस्ट दिल्ली लोकसभा के अध्यक्ष), श्री निवास गुप्ता जी (बहादुरगढ़-झंझर क्षेत्र का अध्यक्ष), अमरनाथ गुप्ता

जी, दिल्ली प्रदेश के अग्रवाल समाज के अध्यक्ष श्री हरीश अग्रवाल जी, अग्रोहा विकास ट्रस्ट के अध्यक्ष लाला केदारनाथ बीकानेर वाले, नरेश गुप्ता जी एवं अन्य गणमान्य व्यक्तिजन बहुतायत संख्या में उपस्थित होकर श्री राम कैलाश गुप्ता जी को बधाई दी।

- बालकृष्ण मिश्र

DESCENDANT OF GOD



Descendant of god, they actually are
always alert while rest or war,
They fight for us to save us
gets so many injuries and lots of scar.

They live on earth, reside on water and fly in
the air,
They, live and die for us
for them we should really care.

I am talking about no one else but our
defence force,
i give them blessings and open my heart's
door.
for us adventure is a life time event
but for them its their job.

They save us from terrorism and natural
calamities,
they never ever denies to perform their
duties.

they live with their camp mates
miss their families and counts the dates ,
to get back their home , even for short time
and their family members look for them
while standing on gates.

This moment is so strange
tears come out but it is of joy,
while returning to work
they inspire many girls and boys.

I salute them and their families
for all the sacrifices they do for us
They are the real heroes
they change the scenario they change to
even from odd
they are truly real descendant of god.

Manisha Roy, BJMC

INTROVERT



The Title Given To My Identity

In the era of colored televisions,
I'm the one with the black and white vision!
Sitting isolated in the dark ,
I'm afraid of the spotlight as it will make my presence mark!

I feel suffocated talking to a hurdle of people ,
It seems as if hundreds of eyes are staring at one eagle!
I have millions and trillions of thoughts running in my head ,
But my hesitation stops me from releasing them and they all turn red!

My existence does not matter at all,
No one will notice me even if I fall!
People give me such harsh and unpleasant looks,
I hide myself inside the books!

I don't talk much, but i observe more ,
Remaining alone is my habit, wrapped up in the four walls and a closed door!
I don't disclose my feelings, but it does not mean that i'm dumb,
People cheer me down by showing a south-ward rotated thumb!

Those nights you call lonely,
I call them lovely!
The time which you consider as boredom,
For me, it's a FREEDOM!

I'm a showpiece placed amongst the robots,
I live in a democratic country, but my inner soul does not allow me to speak
on the roads!
For no reason, I feel shy,
And surprisingly, i don't know why!

Actions speaks louder than words,
This phrase is made for all the introverts!
Highlighting small things on this large globe is not my trend,
But being highlighted within yourself is my way to blend!

God has given me a voice,
That remains reserved for talking to myself in the mirror, creating a subtle
noise!
I'm an introverted gas balloon filled with plenty of hopes,
That is released in the air by removing all the ropes!
Flying alone in the air, i will disappear silently giving myself a pleasant
goodbye,
And i will fly high and high and high!!

Palak Gupta, BJMC

Picture of Demonetization in India



To stop black marketing our prime minister Narendra Modi on November 2016 has launched demonetisation, in which old currency are getting replaced by new currency. The sudden nature of the announcement and the prolonged cash shortage in a week lead to significant disruption throughout the economy ,threatening economic output .In this announcement Narendra Modi declared that use of 500rs and 2000rs banknotes of mahatma Gandhi series would be invalid past midnight and announced the issuance of new 500rs and 2000rs banknotes of mahatma Gandhi new series in exchange for the old banknotes. Due to this announcement everyone started exchanging their old currency from new once, which lead to huge crowd near banks and ATMs. The scarcity of cash due to demonetization led to chaos, most of the people with old currencies faced many difficulties in exchanging due to endless lines outside banks and ATMs across India. Several people were reported to have died from standing in queues for hours to exchange their old banknotes .Because of demonetization there is no medical help due to refusal of old banknotes, demonetization had made the country to face severe cash shortage with severe effects on small business ,agriculture, transportation.

Rushali Mehta, BJMC

Hackathons in Tecnia



Workshop in Tecnia



Correct Trigon-Balanced Diet

Food feeds both the body and soul-there are clear reasons to eat a cookie medicine i.e. balanced diet. A balanced diet is a subset of a circular flow of food chart in correct proportions to provide the body with optimum nutrition. A balanced diet is a combination of proteins, carbohydrates, fats, vitamins, minerals and water, which are all broken down by the body and then absorbed into the blood stream.

The body actually interacts with these nutrients. While some amalgamations work to improve health, others can cause problems. Consuming of food in the right way and making smarter choices can increase the nutrient absorption by the body for overall development. To get a healthy living, complimentary food nutrient combinations should be included in the diet chart i.e. fat and veggies, broccoli and tomatoes, vitamin-C and iron, all three B vitamins, vitamin-C and green tea. This will help the body absorb valuable nutrients, provide protection

against cancer and protect from Alzheimer's and cardiovascular diseases. Faulty food combinations may cause bloating, heartburn and indigestion. The incompatible food nutrient combination that one should steer clear of are; alcohol and any food, calcium and iron, Oxalic acid and calcium/magnesium, burger with fries and melons and milk.

There are various dietitians around the world who instruct people about the concept of balanced diet and prepare diet charts after identifying nutrition problems assessing the nutritional status of patients in a clinical setting. The basic elementary knowledge about balanced diet is provided to students at primary level so that the value of health could be maintained from the beginning of one's journey. The government has made it clear that the nation's growing girth is a cause for concern. Various advertisements are promoting the need and importance of balanced diet thereby spreading



awareness among the masses to avoid the consumption of harmful substances like alcohol, cigarettes and tobacco in order to live a long life.

The utilization of balanced diet makes a human body physically active, mentally have more energy to do things that matter. When one is both globally conscious and personally healthy in eating choices, the more they contribute to the welfare of the planet. The decision to practice healthy eating habits has so many consequences in so many ways.

Palak Gupta, BJMC

THIS MONTH

January 1, 1892: Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954.

...

January 13, 1893: The British Independent Labor Party was founded with James Keir Hardie as its leader.

...

January 24, 1895: Hawaii's monarchy ended as Queen Liliuokalani was forced to abdicate. Hawaii was then annexed by the U.S. And remained a territory until statehood was granted in 1959.

...

January 13, 1898: French author Emile Zola published 'J'Accuse, a letter accusing the French government of a cover-up in the Alfred Dreyfus case. Dreyfus had been convicted of treason for selling military secrets to the Germans and had been sent to Devil's Island. As a result of Zola's letter and subsequent trial, Dreyfus was completely vindicated.

...

January 1, 1901: The Commonwealth of Australia was founded as six former British colonies became six states with Edmund Barton as the first prime minister.

...

January 2, 1905: The Russians surrendered to the Japanese after the Battle of Port Arthur during the Russian-Japanese War. A peace conference was later held in Portsmouth, New Hampshire, with President Theodore Roosevelt serving as a mediator. In September of 1905, the Russians agreed to the Treaty of Portsmouth yielding Port Arthur and the Liaodong Peninsula to Japan. Russia also agreed to evacuate Manchuria and recognize Japan's interests in Korea.

...

Compilation: Honey Shah

Depression is the Primary Cause of Suicide

Depression is the primary cause of suicide. For information about suicide prevention, please go to suicide prevention action network. Since it's earliest known description dating back to the old testament, depression has been observed as a disruption of normal lifestyle. Major depression disorders that affect every aspect of life. Because there is no mania or elevated mood in major depression disorder it is called "unipolar depression". Changes in mood are a natural, normal part of life. People usually recognize, and are comfortable with a change in mood. People with depression, however, often cannot explain the reason for becoming depressed, though they describe it as emotionally pain full and saddening. The predominant symptoms of depression are a general loss of interest and energy, and an inability to experience pleasure. A person with depression typically withdraws from or becomes impaired in social interactions. Apathy toward work, school, relationship, responsibility and eventually affect the person and the family. The economic cost is significant in terms of lost hours reduced productivity and health care.

Nikita Kashyap, BJMC

BASICS OF MEDIA

Key: An electronic effect. Keying means cutting with an electronic signal one image (usually lettering) into a different background image.

...

Special-effects Generator (SEG): An image generator built into the switcher that produces special-effects wipe patterns and key effects.

...

Star Filter: Filter that attaches to the front of the lens; changes prominent light sources into starlike light beams.

...

Super: Short for superimposition. A double exposure of two images, with the top one letting the bottom one show through.

...

Wipe: Transition in which a second image, framed in some geometric shape, gradually replaces all or part of the first image.

...

Aliasing: The steplike appearance of a computer-generated diagonal or curved line. Also called jaggies or stairsteps.

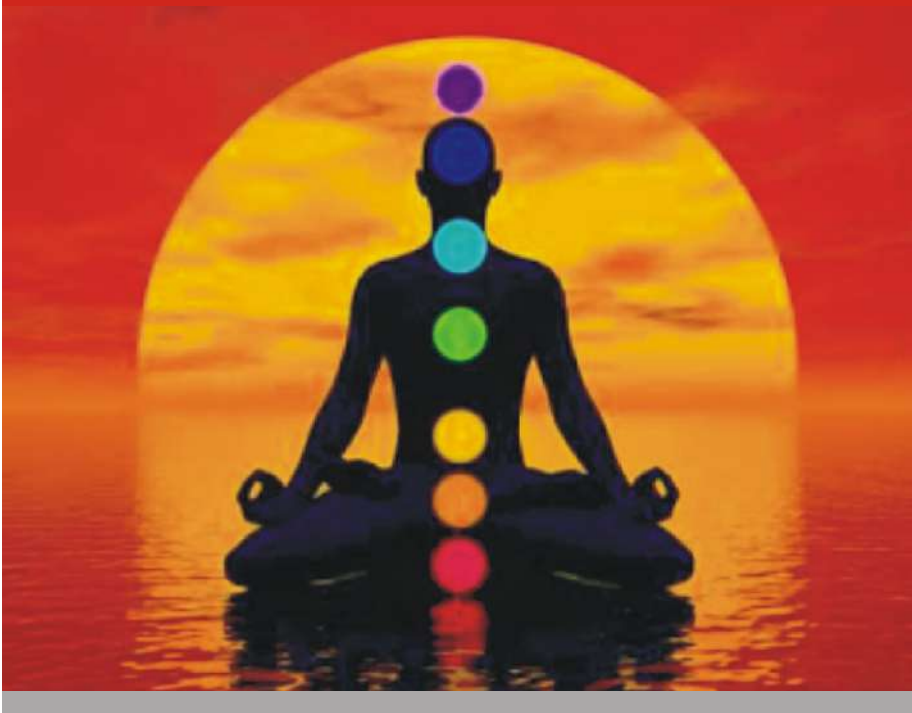
...

Floor Plan: A diagram of scenery and properties drawn on a grid pattern. Can also refer to floor plan pattern.

...

Compilation: Rahul Mittal

Meditating on Words



Singing hymns does not remove one's egoism, problems and vanity, the real antidote for it is the inner transcendent i.e. Meditation.

The population often talk about meditating on the name of God, but they pause not to reflect what it literally means. Meditation is basically a practice of concentrating one's focus upon an object, sound, visualization, breath or attention in order to reduce stress, relax the body and the mind, increase awareness of the present moment and inculcate spiritual growth.

Meditation helps the body and mind go deep into the state of relaxation and tranquility. Meditating on words cannot elucidate their import, thinking on a word cannot throw light on it's implication and significance. In fact, meditating on a word in the sense of true meditation and not mere thinking, has no meaning; it is absurd and futile.

Meditation is a paradise with an ATM of benefits. There are no limitations in the

concept of meditation. It helps in reducing high blood pressure, limiting depression, reduces anxiety and helps in reducing the craving for smoking and it reduces activity in the part of brain responsible for craving. Breathing meditation techniques have been found to help in reducing asthmatic attacks. Meditation also helps in increasing one's self-awareness, aiding in stress management, reducing various negative emotions and being more focused and systematic.

The value of meditation in India is extremely high. In this fast-running generation, there is a necessity of turning the mind into a calm cushion of positive vibes. Various organizations are footing forward to make peaceful brains such as Art of Living. Diverse population have different religions, following different saints. In democracy, every religion is given utter respect and space and every individual has the right to follow any religion. There are several worship places for the purpose of relaxation and peace of mind, satisfying the sentiments and beliefs of people attempting different religious practices i.e. Temple, Mosque, Gurudwara and Church for Hindu, Muslim, Sikh and Christian respectively. Meditation is that powerful sutra that is directly proportional to the personal growth of millions of human beings.

IMPORTANT QUOTES

"The opposite of a correct statement is a false statement. The opposite of a profound truth may well be another profound truth."

Niels Bohr

...

"In science one tries to tell people, in such a way as to be understood by everyone, something that no one ever knew before. But in poetry, it's the exact opposite."

Paul Dirac

...

"Anyone who considers arithmetical methods of producing random digits is, of course, in a state of sin."

John von Neumann

...

"It is unbecoming for young men to utter maxims."

Aristotle

...

"Grove giveth and Gates taketh away."

Bob Metcalfe

...

Compilation: Bhavna Madan Vij

WINNERS v/s LOSERS ^{Part-66}

Winners use hard arguments but soft words; Losers use soft arguments but hard words.

...

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

...

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 make it happen; Losers let it happen.

...

The Winner is always part of the answer; The Loser is always part of the problem.

...

The Winner always has a program; The Loser always has an excuse.

...

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: hodbjmc@tecnia.in

Vol. 13 No. 1

RNI No.: DEL/BIL/2004/14598

Publisher: Ram Kailsah Gupta on behalf of Tecnia Institute of Advanced Studies, 3 PSP, Madhuban Chowk, Rohini, Delhi-85; **Printer:** Ramesh Chander Dogra; **Printed at:** Dogra Printing Press, 17/69, Jhan Singh Nagar, Anand Parbat, New Delhi-5

Editor: Rahul Mittal, responsible for selection of News under PRB Act. All rights reserved.