

Youngster



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World Environment Day

Tecnia Institute of Advanced Studies organized a awareness Drive on “World Environment Day” on Friday, 5th June 2015 at College Campus. On the day of World Environment Day, the faculty and students of Tecnia Institute played very important role towards saving our environment, at this occasion faculty members and students planted trees within campus and outside the college campus. World Environment Day is held each year on June 5. It is one of the principal vehicles through which the United Nations (UN) stimulates worldwide awareness of the environment and enhances political attention and action.

Countries hold activities that include street rallies and parades, as well as concerts, tree planting and clean-up campaigns. World Environment Day is similar to Earth Day. The main colors featured in many promotions for this event are natural colors depicting nature, the earth and its natural resources. These colors are often softer shades of

green, brown and blue. Images of the earth's features, such as snowy mountains, clean beaches, unpolluted rivers, and photos of natural flora and fauna, including fern leaves, are used to promote campaigns supporting the day.

Its aim is to raise global awareness about our environment. In the year 1972, the United Nations Conference on the Human environment was held from 5th June to 16th June. After that, every year on 5th June, it has been hosted by different countries of the world with different theme.

This year's theme of World environment day is ““Seven Billion Dreams. One Planet. Consume with Care””. Likewise, in 2014, the theme was “Raise Your Voice Not The Sea Level.”; and so on....

Everyone knows the importance of our nature. It consists of all the living beings in earth, which are mutually dependent on each other. But due to the pollution caused by human beings, many species are becoming extinct and the global climate is also changing at a very fast rate. It's

influencing our health and also going to give a long term effect on our future. We know that millions of people in the earth depend on forest for their livelihood. Every living being is dependent on trees. Only the tree can make their food itself. But, we people are degrading the forest very much. Apart from planting trees students had an awareness drive for the safety of our environment. Students not only planted trees but also they interacted with different people and explained them the importance of trees. They give message to the mass that everyone must plant at least one tree in their life. The enthusiasm of this day was really great as we got an overwhelming response from public also. To Plant trees for celebrating World Environment Day. The objectives of this programme was to Spread awareness among mass for protection of Environment and to make our environment green. On this occasion all faculty members were present.

Dr. Trishu Sharma
Balkrishna Mishra



International Day of Yoga

The maiden International Day of Yoga was celebrated on June 21, 2015 at Tecnia Institute of Advanced Studies as the U.N. General Assembly officially made a declaration of the day, and as the same was proposed by Dynamic and Visionary Prime Minister of India Shri Narendra Modi. The main objective of this event was to promote physical, emotional, intellectual and spiritual health accomplished with the knowledge of modern science and technology so as to contribute to the peace,

progress, prosperity and happiness of the individual, society, nation and the world as a whole.

Yoga is an Indian physical, mental and spiritual practice/discipline. There is a board variety of school, practice and goals in Hinduism, Buddhism and Jainism.

The origin of yoga have been speculated to date back to pre-vedic Indian tradition but mostly like developed around the 6th and 5th century.

Yoga has been gaining immense popularity due to the short-term as well as long-term



benefits that it provides.

The aims of the yoga enthusiasts are extremely varied. Some are particularly inspired by the Spiritual Element that yoga provides; others by the increased Fitness and Flexibility that it results in. Some people find solutions to suffering from varied Health Disorders and there are others who achieve an All-Round Development of a calm, stress-free mind and a fit body.

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and

fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness within yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

Essay Writing Competition was organized on the day preceding the International Day of Yoga i.e. June 20, 2015. Candidates were

informed about the organization of this competition through E-mails, phones and through Class In charges. Scheduled time of Essay Writing Competition was from 11 am to 11.45 am. Time allotted to each participant was 45 minutes. Tushita Sahni (BJMC) and Honey P Vijay Kumar won 1st & 2nd prize respectively in essay Writing Competition. On this occasion all faculty members were present.

Dr. Trishu Sharma
Balkrishna Mishra



प्रबंधन के क्षेत्र में करियर यानी सुरक्षित भविष्य

प्रबंधन चाहे घर का हो या किसी व्यवसाय या कंपनी का स्वयं में एक बड़ा काम है। लेकिन इस जिम्मेदारी को निभाने वाले कम ही लोग होते हैं। प्रबंधन का काम जितना चुनौतीपूर्ण है, उतना ही सम्मानजनक भी है। नेतृत्व क्षमता और अपनी ऊर्जा का सही इस्तेमाल करने की हसरत रखने वाले युवा मानव संसाधन प्रबंधन को करियर के तौर पर अपना सकते हैं।

मानव संसाधन प्रबंधक के अंतर्गत कार्यों को बेहतर तरीके से करने के गुर सिखाए जाते हैं। जिनमें कर्मचारियों की कार्यक्षमता को बनाए रखना, उनमें टीम वर्क की भावना पैदा करना, काम करने का आदर्श माहौल तैयार करना, कंपनी को लाभ की स्थिति में बनाए रखना और कंपनी के बेहतर भविष्य के लिए नए-नए अनुसंधान करना शामिल है।

मानव संसाधन प्रबंधन में करियर बनाने के इच्छुक अभ्यर्थी को किसी मान्यता प्राप्त विश्वविद्यालय से स्नातक होना आवश्यक है। इसके अलावा अभ्यर्थी की तर्कशक्ति परीक्षण अच्छा होना चाहिए साथ ही गणित और सामान्य ज्ञान पर अच्छी पकड़ होनी चाहिए। मानव संसाधन प्रबंधन डिप्लोमा के लिए



प्रवेश की प्रक्रिया काफी जटिल है। इसके लिए संयुक्त प्रवेश परीक्षा कैंट और मैनेजमेंट प्रवेश परीक्षा मैट के जरिए अभ्यर्थी का चयन होता है। पहले लिखित परीक्षा होती है और इसमें उत्तीर्ण लोगों का तर्कशक्ति, सामान्य ज्ञान और निर्णय शक्ति पर केंद्रित साक्षात्कार होता है। इन सभी में सफल अभ्यर्थी को संस्थान में प्रवेश दिया जाता है। पाठ्यक्रम में डिप्लोमा अवधि में छात्रों की व्यवहारिकता पर ज्यादा जोर दिया जाता है। इसके लिए छात्रों को सेमिनार, गेस्ट लेक्चर प्रोग्राम, कार्यशाला में ज्यादा से ज्यादा भागीदार बनाया जाता है। सफलतापूर्वक पाठ्यक्रम पूरा करने वाले अभ्यर्थी के लिए सम्मानित एवं उच्च आय वाले रोजगार के

दरवाजे खुद व खुद खुल जाते हैं। निजी शिक्षण संस्थानों, कंपनियों, अस्पतालों, सेवा आधारित संस्थाओं में मानव संसाधन प्रबंधन डिप्लोमाधारी के लिए अपार संभावनाएं हैं। रोजगार मिलने बाद अनुभव बढ़ने के साथ-साथ अभ्यर्थी की आय भी बढ़ती जाती है।

इन संस्थानों से आप मानव संसाधन में डिप्लोमा कर सकते हैं—

1. इंस्टीट्यूट ऑफ मैनेजमेंट स्ट्रडीज, गाजियाबाद।
2. बिरला इंस्टीट्यूट ऑफ लिबरल आर्ट्स एण्ड मैनेजमेंट साइंसेज, कोलकाता।
3. एस इंस्टीट्यूट ऑफ मैनेजमेंट, कटक।
4. असम इंस्टीट्यूट ऑफ मैनेजमेंट साइंसेज, जम्मू।
5. नेशनल इंस्टीट्यूट ऑफ ह्यूमन रिसोर्स डेवलपमेंट, चेन्नई।
6. दिल्ली विश्वविद्यालय, दिल्ली।

तुषिता साहनी

पेंट इंजीनियरिंग में निकल रहे हैं रोजगार के अच्छे मौके

रंगों की दुनिया चमक-दमक से भरी होती है। इस बहुरंगी दुनिया में रोजगार के अवसर भी उपलब्ध हैं। दुकान, मकान, घर और कल-कारखानों से लेकर हर छोटी-बड़ी जरूरतों के लिए विभिन्न प्रकार के रंगों का इस्तेमाल होता है। रंगों के क्षेत्र में पेंट इंजीनियरिंग एक आकर्षक और बेहद फायदेमंद करियर है।

मोटर वाहन उद्योग, विद्युत, रसायन और हल्के इंजीनियरिंग उद्योगों में भी रंगों का उपयोग बड़े पैमाने पर होता है। इस प्रकार पेंट के उपयोग के क्षेत्रों में विस्तार होने के साथ-साथ पेंट तकनीकी का भी काफी विकास हुआ है। जिससे इस क्षेत्र में रोजगार के मौके बढ़े हैं। साथ ही हाल के वर्षों में पेंट की खपत भी बढ़ी है।

पेंट निर्माण के क्षेत्र में न केवल देशी कंपनियों में बढ़ोत्तरी हुई है बल्कि बहुराष्ट्रीय कंपनियों के साथ-साथ कच्चा



माल तैयार करने वाले उद्योगों में भी रोजगार के अवसर पैदा हुए हैं। लेकिन दूसरी इंजीनियरिंग शाखाओं की अपेक्षा पेंट इंजीनियरिंग की विस्तृत जानकारी के प्रचार-प्रसार का अभाव है। यह क्षेत्र उन युवाओं के लिए अत्यधिक उपयोगी है जो इंजीनियरिंग पाठ्यक्रमों में प्रवेश नहीं मिल पाने पर निराश हो जाते हैं। इस क्षेत्र में

प्रशिक्षण के लिए निम्न संस्थानों से संपर्क कर सकते हैं—

1. विश्वविद्यालय डिपार्टमेंट ऑफ केमिकल टेक्नोलॉजी, नार्थ महाराष्ट्र विश्वविद्यालय, जलगांव 425 001।
2. विश्वविद्यालय डिपार्टमेंट ऑफ केमिकल टेक्नोलॉजी, अमरावती विश्वविद्यालय, महाराष्ट्र।
3. जिगन्नाथ रथी वोकेशनल गाइडेंस एंड ट्रेनिंग इंस्टीट्यूट फरगसन कालेज कैम्पस के सामने बीएमसीसी, पुणे।
4. इंडस्ट्रीयल रिसर्च लैबोरेटरी, कैनाल साउथ रोड, कोलकाता।
5. विश्वविद्यालय डिपार्टमेंट ऑफ केमिकल टेक्नोलॉजी, नाथलाल पारीख मार्ग, माटुंगा, मुंबई।
6. रीजनल इंस्टीट्यूट ऑफ टेक्नोलॉजी, जमशेदपुर, झारखंड।

तुषिता साहनी

International Day of Yoga

Everyone in today's world is looking for peaceful and healthy lifestyle. Today's life is full of stress, tensions and all kinds of competitive problems. So what is the solution? Well there is only one solution to all the problems around us and that is YOGA. Yoga originated in INDIA during the ancient times by the saints. YOGA word originated from Sanskrit language and has two meanings, one meaning is union and other is discipline. It is a spiritual practice used to meditate in the early morning to balance body as well as mind as it remains close to nature. Yoga is the science of living a healthy life for ever. Actually yoga comprises of controlling body part movements as well as the breathing. It enhances the inner body and outer body and at the same time strengthens the mind by connecting both to the nature. It is not just a physical practice but it also helps gain control over our emotions and thoughts. Yoga can be practiced by any one as an exercise on daily basis to fulfill the need of a very active and demanding life especially the teenagers and adults. It helps in coping with the hard times of life and the pressure so school, friends, family. Through yoga a person will be able to relieve himself from all the stress which are a result of the competitive environment around him. Yoga is the precious gift provided to us by the nature from the ancient times. It is the practice of uniting body and mind in order to achieve the perfect harmony among the both. It helps a person to get higher level of consciousness by getting the control over body in all aspects, physically, mentally, socially and intellectually. Yoga is promoted in school for the betterment of students as well as to increase their concentration level towards studies. Daily practice of yoga helps in strengthening the body immunity system thus prevents various diseases and cure many diseases as well. Yoga acts as an alternative system for medicines if practiced on daily basis. The best time for practicing yoga is early morning as it provides the perfect environment to get control over the body and mind. Yoga is safe, easy and healthy way to get fit and get a whole life without any problems. It just needs regular practice in the right way of body movement, breathing and postures. It regularizes the

connections between the components of our body which are body, mind and soul. It helps in maintaining the health, knowledge and inner peace. By providing good health it provides to our physical needs through knowledge it fulfills our psychological needs and through inner peace it fulfills the



spiritual needs thus it helps in maintaining the harmony among all. Regular practice of yoga in morning provides outer and inner relief by keeping away from countless ailments at physical and mental level by keeping us healthy. Yoga sharpens human mind, improves intelligence and steadying the emotions and feelings. The feeling of wellbeing creates helping nature within us and enhances social well being. Yoga is like a practical philosophy which develops self discipline and self awareness within us through regular practice. Yoga is practiced to improve the quality of life. Yoga is now reached even the western countries where people are practicing yoga to become healthy and fit. n Pranayam and other yogic exercises in yoga helps ensure flow of oxygen to all the cells in the human body. As UN SECRETARY GENERAL Ban Ki-moon said "YOGA DOES NOT DISCRIMINATE, BRINGS

SATISFACTION" It sees no religion, caste, sex, age. Yoga is exercise for the whole body it does not focus on a single part it focuses on all body parts in totality. Thanks to our Prime Minister Narendra Modi that 21 of June would be celebrated as "INTERNATIONAL YOGA DAY" or "VISHWA YOGA DIWAS". The declaration of International Day of YOGA is a great day for India. It took less than three months to be declared as world yoga day by the united nations general assembly. Narendra Modi had called for it on 27 of September in 2014. It was first ever in the history that the initiative of any country has been proposed and implemented in UN body within 90 days. This resolution has been adopted under Global Health and Foreign Policy by the General assembly in order to provide a holistic approach to people world wide. It was no doubt because of our prime minister Narendra Modi's efforts that this get achievement was accomplished. 21 of June is selected because it is the longest day of the year in the northern hemisphere and has special significance in many parts of the world and also summer solstice.. The International yoga day has been adopted to let the people know about the amazing and natural benefits of yoga, to connect people to the nature by practicing yoga, to make people get used to meditation through yoga, to draw attention of people worldwide towards holistic benefits of yoga, to bring the communities much close together to spend a day for health from their busy schedule, to enhance growth, development of and spread of peace all through the world, to help people through yoga in their bad times themselves by getting relief from stress through yoga, to strengthen the global coordination through yoga, to promote better mental and physical health of people through yoga practice. Yoga is a good practice only if it performed daily. It helps in living a healthier and longer life. The International Yoga Day is helping India get all the attention it deserves from all over the world. This one day would bring India to world's spotlight and hence opening opportunity for all kinds of trade from all parts of world and hence might lead to increase in GDP.

Honey. P. Vijay Kumar

Making the science of Yoga available in the purest form is the responsibility of this generation.

Yoga is the exploration of the very mechanics of life. It predates all religion and opened the possibility of raising a human being beyond limitations set by nature, if willing to strive. Making the science of Yoga available in the purest form is the responsibility of this generation. This science of inner development, wellbeing and liberation is the greatest gift for future generations. Congratulations to the Prime Minister for having initiated the process for declaring June 21 International Yoga Day.

The word “yoga” literally means union. Yoga does not mean twisting of body, tying limbs into knots, holding of breath or doing some other circus. The word “yoga” means, in one’s experience, everything has become one. It is a system of raising human ability to perceive, to enhance individual human beings to realise their ultimate nature. Yoga is the most profound exploration of the very mechanics of life.

International Yoga Day is coming at a crucial time. The yogic science is of utmost significance now, like never before. Today we have tremendous tools of science and technology, enough to make or break the world. It is very important that we have an inner sense and awareness of life, that we experience every other being as a part of ourselves. Otherwise, our pursuit of wellbeing will destroy all.

If a certain population in the world experiences this, if a certain percentage of the world truly becomes meditative, definitely the quality of the world will change. Particularly if the leadership in the world experiences the unity or the yoga of life, there will be a dramatic change in the way the world will function. For all the problems of humanity, the solution is in enlarging one’s perception of life, from individuality to universality. The declaration of International Yoga Day is a significant step in this direction, and can have a ripple-effect across the planet.

Acknowledging yoga in this way will be immensely beneficial, particularly for the youth. Nowadays, a lot of young people are taking to yoga because it is usually the youth in the world who have a passion for truth. Youth is humanity in the making. Because they are in the making, they can shape themselves in whichever manner they want. If only youth are taught to handle themselves with a little more consciousness, then they are a great possibility. Otherwise, youth can be very compulsive. If they become a little more conscious, we have a great future for humanity and also the environment around us.

Ecology and human consciousness cannot be separated. The first fundamental fact of

looking inward is always to see that you are naturally very much a part of everything around you. But now the problem is we are always trying to look at life in pieces – and that will never work. Only because human beings have become insensitive, we have to talk today about saving the world, which is a silly idea because it is we who are protected by Mother Earth, not the other way round! None of this would be necessary if human beings understood that, whether we like it or not, we are reverberating as a part of this existence.

Yoga is an essential science to bring this understanding and experience. This knowledge was transmitted thousands of years ago by the first yogi or Adiyogi. On the day of the summer solstice, Adiyogi turned south and first set his eyes on the Saptarishis or Seven Sages, who were his first disciples to carry the science of yoga to many parts of the world. It is wonderful that June 21 marks this momentous event in the history of humanity.

The effort to bring the spiritual process to the world, and particularly to those individuals who have a big influence upon the rest of the world, has been on for a long time. Ashtavakra enlightened Janaka around eight thousand years ago. Krishna’s whole life’s mission was to marry the spiritual process and the political process. Krishna not only worked with kings, he also established over a thousand ashrams across the northern plains of India.

Yoga essentially means that in search of wellbeing, you don’t look up. Because if you look up, you will hallucinate, you will start imagining things which are not in your experience. And above all, you do not know which is up and which is down. In the last hundred and fifty years, most of humanity looked up, and a small segment looked out – gathering wealth and building palaces. But today, a large part of humanity is looking out instead of up. If we look out for human wellbeing, we will destroy the very basis of our existence, which is what we are doing. We have different names for this – ecological problems, global warming, climate change – but human beings are just looking out in pursuit of wellbeing. That is

all it is. The only ultimate solution, and the only way human beings will truly know wellbeing, is by turning inward. This is what yoga means. Not up, not out, but in. The only way out is in.

For some time, we have been working with political, economic and academic leaders because they have a certain amount of influence over the wellbeing and lives of others. About eleven years ago, in our Wholeness Program, somebody said, “Sadhguru, all this is great but what about the country? What about the nation?” So I said, “We have a list of two thousand people who can make a difference for this country. You get me these two thousand people, you will see that a wonderful change will happen.” During these years, I think we have touched around forty percent of these two thousand people. They are making a quiet change.

And now, a situation has come where the leaders of nations are speaking about yoga. Not just in India, but in the highest international body – the United Nations. Two minutes of our Prime Minister’s speech at the UN was about yoga. Seven minutes of his interaction with the President of the United States was about yoga. This has never happened before. One hundred and seventy-five out of one hundred and ninety-three countries pitched behind the resolution to be passed for International Yoga Day on June 21.

We definitely want to do something for International Yoga Day that will make a big impact on the planet. We want to offer simple yoga to the world that every human being can do. Something that gets people in tune immediately and brings a certain harmony to the system. From there, we can offer more and more elaborate forms of yoga. We are looking at about one hundred locations where large-scale yoga programs will happen from morning until evening. You can volunteer at these locations or you can do your own thing somewhere else. And if do your own thing, we will equip you with a simple video.

International Yoga Day means the whole world should do some type of yoga. Let us make it happen!

Balkrishna Mishra

From The Editor Desk



Need A Change; Start With Yourself

Health is wealth, yes you heard it right. Maintaining health is the most important part of our life. A healthy person is equivalent to a wealthy one. But in this busy world we usually ignore this important part.

Now the question is, how to become healthy wealthy? The simple answer to this question is "yoga". Keeping yourself fit does not acquire much time and energy; its just that, we need to realize that our body is same as a machine which works the whole day and it is important for us to maintain it, make it internally strong to beat any damage. This can only be done by "yog".

Yoga is the wonderful combination of physical, mental as well as spiritual practice which is being done since ages. Yoga nowadays is the only remaining way of relaxing yourself purely n fully in this work based society. It have lots of advantages, a simple meditation can make us feel relaxed, cheerfull, energetic at the same time. The most wrong thought of people about yoga is; "people do it just to remain physically fit; I am fit; why should I do it". They need to understand that yoga is a true way to be internally fit. Its makes us strong internally. "Kapal Bharti" "Pranayam" these are some basic yoga moves we can initiate in our daily lives; simple to do n most beneficial at same time.

If we will go in details of yoga there would be shortage of pages for articles. The only prime message by this article is "involve yoga in your life and feel the positive difference in a while". There is no coclusion to this wide topic. Its just that "do yoga and keep yourself away from various roga".

'Yoga' is derived from the sanskrit word 'yuj' essentially means to join or unite. Yoga is union, charm, meditation, cure and remedy. In lay men language yoga means combination of all healing activities to make yourself a well being. In our vedas it is stated that yoga is the basic thing for survival of human being and to strengthen his life knots by spirituality and meditation. Vedic Yoga was very first stated in 'RIG VEDA'. It is for mental peace and to control five enemies of human life which are krodha (anger), kama (lust), moh (attachment), ahnkar (ego), matsarya (jealousy). These five things are the biggest problems of human life and cause of all human sufferings and unpeaceful atmosphere in the world.

The need of yoga in today's world is to make world a more peaceful and healthy. Yoga is cure of every disease and mantra of healthy living. Media played greater role in publicising yoga practices and showing Yog guru on television. Our Prime Minister Narendra Modi promoted it and urged for this to be celebrated with an insight to promote humanity, love and affection which is necessary for every country, human being to strengthen themselves economically, physically mentally and to create harmony in every country and religion. It's main objective is to connect more people with yoga for creating a healthy and happy enviornment. Yoga takes you into the present moment the only place where life exists. So start living in a newer way and join yourself with yoga and celebrate its achievements. Be a part of 'world's yoga day'

नवजात शिशुओं की जान पर बनी

भारत के ओडीशा प्रांत में हुए एक रिसर्च में इस बात के पुख्ता सबूत मिले हैं कि इन जगहों पर शौचालय की कमी के कारण फैली गंदगी का गर्भवती महिलाओं और नवजात बच्चों पर बहुत बुरा प्रभाव पड़ रहा है. शोध में पाया गया कि इससे नवजात शिशुओं के जन्म से जुड़ी कई तरह की समस्याएं बढ़ रही हैं. गर्भवती महिला की देखभाल में सफाई के महत्व को सामने लाने वाली रिसर्च पीएलओएस नामक जर्नल में प्रकाशित हुई है. इस स्टडी में बताया गया है कि साफ सफाई की कमी, खुले में शौच और ऐसी ही कुछ आदतों के कारण गर्भवती महिलाओं में समय से पहले बच्चे के जन्म के मामलों में असर पड़ा. ओडीशा के दो ग्रामीण इलाकों में भुवनेश्वर के एशियन इंस्टीट्यूट ऑफ पब्लिक हेल्थ के रिसर्चरों ने सैकड़ों गर्भवती महिलाओं पर गर्भावस्था की शुरुआत से लेकर बच्चे के जन्म तक नजर रखी. उनसे संबंधित तमाम आंकड़े इकट्ठे



किए गए जिनमें उनकी शौच से जुड़ी आदतें, शौचालय की उपलब्धता जैसी जानकारियां भी शामिल थीं.

इन महिलाओं की तुलना एक ऐसे महिला समूह से की गई जो नियमित शौचालय का इस्तेमाल करती थीं. तुलनात्मक अध्ययन ने दिखाया कि खुले में शौच करने वाली महिलाओं में गर्भावस्था में परेशानी आने और समय पूरा होने से पहले बच्चे का जन्म होने का खतरा लैट्रिन इस्तेमाल करने वाली महिलाओं की अपेक्षा कहीं अधिक था. समाचार एजेंसी आईएनएस से बातचीत में इस स्टडी की वरिष्ठ लेखिका पिनाकी पाणिग्रही ने बताया, इससे संकेत मिलता है कि मां और बच्चे की सेहत के विषय में सैनिटेशन का एक बहुत महत्वपूर्ण पहलू है. यह सामाजिक वर्ग और जाति से भी अलग मामला है. साफ सफाई की कमी से गर्भवस्था के दौरान संक्रमण और तनाव का भी खतरा बढ़ता है. शोधपत्र में साफ लिखा है कि जन्म से जुड़ी जटिलताओं के कारणों के विषय पर और बड़े स्तर पर रिसर्च करने की जरूरत है. प्रारंभिक तौर पर गर्भवती महिला के व्यक्तिगत हाइजीन और स्वस्थ गर्भवस्था के बीच सीधा संबंध स्थापित हुआ है.

सचिन कुमार

एंटीबायोटिक से कीटाणु बन रहे हैं खतरनाक

सर्दी हुई तो एंटीबायोटिक, फलू हुआ तो एंटीबायोटिक. पशुओं और पक्षियों के उत्पादन में भी बड़े पैमाने पर इनका इस्तेमाल हो रहा है. वैज्ञानिकों ने चेतावनी दी है. एंटीबायोटिक का व्यापक इस्तेमाल कीटाणुओं को जानलेवा बना रहा है.

लडवसइपसक - दजपइपवजपां कभी रामबाण समझा जाने वाला एंटीबायोटिक अब बेअसर होता जा रहा है. मल्टीरेसिस्टेंट कीटाणुओं से मरने वाले लोगों की संख्या तेजी से बढ़ रही है. रिसर्चों का कहना है कि यदि



एंटीबायोटिक के इस्तेमाल पर नियंत्रण नहीं किया गया तो मल्टीरेसिस्टेंट कीटाणुओं से मरने वाले लोगों की तादात और बढ़ेगी. जर्मन संसद में ग्रीन पार्टी की ओर से कराए गए एक शोध के अनुसार दुनिया भर में इस समय करीब 700,000 लोग कीटाणुओं की वजह से मरते हैं, 2050 तक यह संख्या बढ़कर 1 करोड़ हो जाएगी. इस शोध के लिए बर्लिन के रिसर्चों ने ब्रिटिश सरकार के एक अनुमान को आधार बनाया है और यह मानकर चले हैं कि इस प्रवृत्ति को रोकने के कोई कदम नहीं उठाए जाएंगे.

शोध के लेखकों के अनुसार मल्टीरेसिस्टेंट माइक्रोब से यूरोप में मरने वाले लोगों की संख्या इस समय 23,000 है और बढ़कर 2050 में 400,000 हो जाएगी. इसका मतलब यह होगा कि यूरोप में कैंसर से मरने वाले लोगों से ज्यादा लोग ऐसे घातक कीटाणुओं का शिकार होंगे जिनपर दवाओं का कोई असर नहीं होगा.

जर्मन स्वास्थ्य मंत्रालय के अनुसार जर्मनी में 4 से 6 लाख लोग अस्पताल में इलाज के दौरान इन्फेक्शन के शिकार होते हैं. इनमें से 15 हजार लोगों की हर साल मौत हो जाती है. अस्पताल में होने वाले कीटाणुओं के दस फीसदी मल्टीरेसिस्टेंट होते हैं जिनपर एंटीबायोटिक दवाओं का कोई असर नहीं होता. जर्मनी में करीब एक तिहाई बीमाधारियों को एंटीबायोटिक दिया जाता है. बर्लिन के शारिटे मेडिकल कॉलेज की एलिजाबेथ मायर ने शोध में लिखा है कि इंसानी चिकित्सा में 30 फीसदी एंटीबायोटिक की कोई जरूरत नहीं है.

समस्या इतनी गंभीर हो गई है कि जर्मन चांसलर अंगेला मैर्केल ने इस हफ्ते जर्मनी में होने वाले जी-7 शिखर भेंट में इस मुद्दे को कार्यसूची पर रखा है. विश्व के चोटी के नेता समस्या से निबटने के कदमों पर विचार करेंगे. जर्मनी के स्वास्थ्य मंत्री हरमन ग्रोहे ने

मल्टीरेसिस्टेंट कीटाणुओं के विश्वव्यापी प्रसार को उतना ही घातक बताया है जितना जलवायु परिवर्तन है. उन्होंने अंतरराष्ट्रीय संघर्ष में स्पष्ट फैसलों की मांग की. विश्व स्वास्थ्य संगठन मल्टीरेसिस्टेंट कीटाणुओं के खिलाफ विश्वव्यापी अभियान चलाने जा रहा है. जर्मन ग्रीन पार्टी के प्रमुख अंटोन होफराइटर ने एंटीबायोटिक दवाओं के दुरुपयोग पर तत्काल रोक लगाने की मांग की है और कहा है कि पशुपालन में इसके इस्तेमाल पर प्रतिबंध होना चाहिए।

प्रियंका सरकार

This Month

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York. After voting rights had been granted to African American males by the 15th Amendment, she attempted to extend the same rights to women. She led a group of women that voted illegally, to test their status as citizens. She was arrested, tried and sentenced to pay \$100, which she refused. Following her death in 1906 after five decades of tireless work, the Democratic and Republican parties both endorsed women's right to vote. In August of 1920, the 19th Amendment to the U.S. Constitution was finally ratified, allowing women to vote.

June 8, 1874 - Apache leader Cochise died on the Chiricahua Reservation in southeastern Arizona. After a peace treaty had been broken by the U.S. Army in 1861, he waged war against settlers and soldiers, forcing them to withdraw from southern Arizona. In 1862, he became principal chief of the Apaches. He and 200 followers avoided capture by hiding in the Dragoon Mountains. In June of 1871, Army General George Crook assumed command in Arizona and managed to win the allegiance of many Apaches. Cochise then surrendered. He disappeared briefly in the spring of 1872, but returned and settled on the reservation where he died.

Compilation: Ms. Honey Shah

Basics of Media

Headset Microphone - Small but good-quality omni- or unidirectional mic attached to padded earphones; similar to a telephone headset but with a higher-quality mic.

Impedance - Type of resistance to the signal flow. Important especially in matching high- or low-impedance microphones with high- or low-impedance recorders.

Lavaliere Microphone - A small microphone that can be clipped onto clothing.

Omnidirectional - Pickup pattern in which the microphone can pick up sounds equally well from all directions.

Phantom Power - The power for preamplification in a condenser microphone, supplied by the audio console rather than a battery.

Pickup Pattern - The territory around the microphone within which the microphone can "Hear Equally Well," that is, has optimal sound pickup.

Polar Pattern - The two-dimensional representation of a microphone pickup pattern.

Compilation: Rahul Mittal

नियोजित परिवार

भारत में आबादी नियंत्रण के लिए नसबंदी पर जरूरत से ज्यादा जोर दिया जा रहा है. पॉपुलेशन फाउंडेशन ऑफ इंडिया ने सरकार से गर्भनिरोध के अन्य विकल्पों को बढ़ावा देने के लिए प्रयास बढ़ाने की मांग की है.

मां बनना हर महिला का सपना होता है. समाज के विकास के लिए भी यह जरूरी है. ज्यादा आबादी वाले देशों में आबादी कम करने के लिए परिवार नियोजन का विचार पैदा हुआ था, लेकिन कम बच्चे वाले देशों में भी अब आबादी बढ़ाने के लिए परिवार नियोजन का महत्व बढ़ता जा रहा है. भारत में आबादी नियंत्रण के लिए गर्भ रोकने के दूसरे विकल्पों से ज्यादा महिलाओं की नसबंदी पर जोर दिया जाता है. इसके लिए

चिकित्सकों को अलावा महिलाओं को भी इन मामलों में शामिल किया जाता है. लेकिन अक्सर बड़े पैमाने पर होने वाली



नसबंदी में दुर्घटनाएं भी होती हैं. पोलैंड जैसे जिन देशों में धार्मिक कारणों से गर्भपात कराना संभव नहीं है, वहां की महिलाएं गर्भपात कराने के लिए जर्मनी या ऑस्ट्रिया जैसे देशों का रुख करती हैं जहां

कुछ क्लिनिक तो ग्राहकों के लिए दुभाषिणी की सुविधा भी उपलब्ध कराती हैं बहुत से देशों में सुरक्षित सेक्स के बदले किशोरों को यौन संबंध न करने की सलाह दी जाती है. इसकी वजह से थाइलैंड जैसे देशों में गर्भवती किशोरियों की संख्या बढ़ रही है. विशेषज्ञों का कहना है कि इसे रोकने के लिए किशोरों को गर्भनिरोधकों की जानकारी देना जरूरी है. बहुत से समाजों में शादी से पहले लड़के लड़कियों के रिश्ते को स्वीकार नहीं किया जाता. सेक्स शिक्षा के अभाव में बहुत से किशोरों को जोखिम का पता नहीं होता. लड़कियां अनचाहे गर्भवती हो जाती हैं. साथी और परिवार के समर्थन के बिना आखिरी सहारा डॉक्टर का होता है. यूरोप में 1960 के दशक में ही गर्भनिरोधक गोलीय

बाजार में आगयी थी. इस पिलने महिलाओं को अपने शारीरिक नियंत्रण में लेने, आत्मनिर्भर बनने

और परिवार के भरणपोषण में जिम्मेदारी उठाने में महत्वपूर्ण योगदान दिया है. गलती से गर्भवती होने का डर अब खत्म हो गया है. कई सालों से ऐसी ऐसी टैबलेट भी बाजार में है जो एहतियाती तौर पर संबंध बनने के बाद लिए जा सकते हैं. हालांकि कम जानकारी के चलते कई बार कम उम्र की लड़कियां इन्हें ज्यादा मात्रा में ले लेती हैं, जिससे रक्तस्राव भी होने लगता है. पोलैंड में गर्भपात आम तौर पर प्रतिबंधित है. लेकिन एक प्रो-च्वाइस ग्रुप इस स्थिति को बदलना चाहती है. महिलाओं में जागरूकता लाने के लिए यह ग्रुप ड्रोन के जरिए गर्भ धारण की संभावना को रोकने वाली टैबलेट महिलाओं तक पहुंचाता है.

IMPORTANT QUOTES

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Albert Einstein

"If death strikes, before I prove my blood, I swear I'll kill death."

Capt. Manoj Kumar Pandey

"Whatever is begun in anger ends in shame."

Benjamin Franklin

"If a man says he's not afraid of dying, he's either lying, or he's a Gorkha."

Field Marshal Sam Manekshaw

"I regret I have but one life to give for my country."

Prem Ramchandani

"We live by chance, we love by choice, we kill by profession."

Officers Training Academy, Chennai

Compilation: Ms. Bhavna Madan Vij

Winners V/s Losers

Part-47

Winners are certain; Losers doubt.

Winners control their own destiny; Losers leave everything to their fate.

Winners give more than they take; Losers take more than they give.

Winners think whether the crowd is going in the right direction. If not, he will walk the other direction; Losers follow the crowd.

Winners think and lead; Losers refuse to think so they follow.

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

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रुचिका अरोड़ा