

# Youngster



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## WORLD POPULATION DAY

World population day is an international level awareness campaign being celebrated all over the world to call people on stage to know the reason of this exploding population year by year as well as solve the big mistake of whole human fraternity. This great awareness event is to bring a population revolution globally as well as breaking sleep of all the deeply slept people to pay their full attention and help in combating this population issue.

### WORLD POPULATION DAY HISTORY

World Population Day is a great event being celebrated all through the world annually on 11th of July. It is celebrated to increase the awareness of the people towards the worldwide population issues. It was first started in the year 1989 by the Governing Council of the United Nations Development Programme (UNDP). It was exalted by the interest of the public when the global population became near about five billion at 11th of July in the year 1987. The following message "Universal Access to Reproductive Health Services" was distributed worldwide by the theme of 2012th World Population Day celebration when the worldwide population was approx. 7,025,071,966. The big step was taken by the authority for more small and healthy society as well as sustainable future of the people. A crucial investment is made to fulfill the reproductive health care demands and supply. The step was taken for increasing the reproductive health as well as reducing the social poverty by reducing the population.

It was the huge challenge for the development when the population on the earth has reached to around 7 billion in the



year 2011. According to the decisions of the Governing Council of the United Nations Development Programme in the year 1989, it was recommended that 11th of July every year should be noticed by the community globally and celebrated as the World Population Day in order to raise the awareness among common public and find out the real solutions to combat with the population issues.

### WHY WORLD POPULATION DAY IS CELEBRATED

The aim of the Governing Council of the United Nations Development Programme is paying great attention towards the reproductive health problems of the community people as it is the leading cause of the ill health as well as the death of the pregnant women worldwide. It has been distinguished that around 800 women are dying daily in the procedure of giving birth to a baby. The campaign of the World Population Day every year increases the knowledge and skills of the people worldwide towards their reproductive health and family planning. Around 1.8 billion youngsters are entering to their reproductive years and it's very necessary to call their attention towards the primary part of the reproductive health.

According to the statistics, it is noted that

the world population on 1st of January 2014 has been reached to 7,137,661,030.

The annual celebration of world population day is planned with lots of activities and events to make aware people about the reality.

Through this great awareness celebration, people are encouraged to take part in the event to know about population issues like importance of family planning

towards the increasing population, gender equality, maternal and baby health, poverty, human rights, right to health, sexuality education, use of contraceptives and safety measures like condoms, reproductive health, adolescent pregnancy, girl child education, child marriage, sexually transmitted infections and so many.

Sexuality related issues are very necessary to get solved among youths especially between 15 to 19 years of age as according to the statistics it is noted that around 15 million women of this age give birth every year as well as around 4 million go through for abortion. Some of the objectives of celebrating the world population day are mentioned below:

- It is celebrated to protect and empower youths of both gender like girls and boys.
- To offer them detail knowledge about the sexuality and delay marriages till they become able to understand their responsibilities.
- Educate youth to avoid unwanted pregnancies by using reasonable and youth friendly measures.
- Educate people to remove the gender stereotypes from society.

## सम्पादकीय

# निराधार नहीं है आधार से जुड़ी चिंताएं

आधार कार्ड को एक एक कर कमोबेश तमाम सार्वजनिक सेवाओं से जोड़ दिया गया है। लेकिन इसे लेकर आशंकाएं, असंतोष और विरोध भी जारी हैं। विशिष्ट पहचान की इस परियोजना को आलोचक इसे वैश्विक निगरानी तंत्र का एक हिस्सा बता रहे हैं।

दिलचस्प बात ये है कि मामला, अलग अलग याचिकाओं की शकल में सुप्रीम कोर्ट में जाता रहा है। कुछ मामलों पर कोर्ट के आदेश आ चुके हैं लेकिन निजता से जुड़े एक व्यापक संदर्भों की आलोचना को लेकर सुप्रीम कोर्ट में सुनवाई लंबित है।

उधर भारत सरकार अपने फैसलों से पीछे हटने को तैयार नहीं। उसका कहना है कि हर नागरिक को पहचान देने के अलावा ये वंचितों और गरीबों के लिए सिंगल विंडो प्रणाली वाली विकास प्रक्रिया है। इधर जो कैशलेस इकॉनमी का नारा बुलंद है, उसमें भी आधार को एक शक्तिशाली ईंधन माना गया है।

बैंकों से लेकर परीक्षाओं और दाखिलों तक में इसे अनिवार्य कर दिया गया है। सरकार ने मानो आधार को अपनी गर्वनेस का इंजन बना दिया है।

2009 में तत्कालीन यूपीए सरकार ने जोरशोर से आधार परियोजना की शुरुआत की थी। आधार कार्ड के प्रत्यक्ष और अप्रत्यक्ष दोनों तरह के लाभ बताए गए थे घरेलू गैस ग्राहक संख्या के साथ आधार कार्ड नंबर को जोड़कर सब्सिडी हासिल की जा सकती है।

जनधन योजना के तहत बैंक खाता खोलने के लिए सिर्फ आधार ही काफी है। अगर आधार कार्ड हो तो चंद दिनों में पासपोर्ट बन कर आ सकता है। इसमें पुलिस वेरिफिकेशन की प्रक्रिया पासपोर्ट मिलने के बाद पूरी की जाती है। सरकार के डिजी लॉकर सिस्टम का फायदा उठाने के लिए आधार नंबर जरूरी है।

इस डिजी लॉकर में अपने तमाम निजी दस्तावेजों को डिजीटल तौर पर स्टोर किया जा सकता है वोटर कार्ड से भी आधार कार्ड को लिंक करने की प्रक्रिया जारी है। इससे बोगस वोटर्स पर नकेल कसी जा सकेगी।

पेंशनधारकों को भी आधार कार्ड के जरिए सुविधा दी गई है, इससे फर्जीवाड़े पर भी रोक लगेगी। पेंशनधारकों के लिए

डिजीटल जीवन प्रमाणपत्र भी जारी किया जाने लगा है जिसे आधार से जोड़ दिया गया है। यही सुविधा पीएफ की निकासी के लिए भी है। आधार कार्ड का एक लाभ ये भी बताया गया है कि बैंक खाता खोलने या किसी भी तरह के वित्तीय मामलों में भी ये पहचान और पते के प्रमाण के रूप में स्वीत और मान्य है।

स्टॉक मार्केट में निवेश के लिए सेबी ने भी आधार को मान्य दस्तावेज के रूप में स्वीकार किया है। इस रूप में आधार कार्ड उपयोगी है कि पहचान और पते के दस्तावेज के रूप में अलग अलग दस्तावेज दिखाने के झंझट से मुक्ति मिली है। सही व्यक्ति तक सही सूचना या सही मदद पहुंचाने का दावा भी किया जाता है। खासकर वित्तीय लेनदेन और सब्सिडी के मामलों में।

नये बैंक खातों और 50 हजार रुपये से अधिक के लेनदेन में आधार कार्ड अनिवार्य कर दिया गया है। वर्तमान खाताधारकों को इस साल के अंत तक अपने खातों को आधार नंबर से जोड़ने की डेडलाइन दी गई है।

सरकार ने योजनाओं का किस कदर आधारीकरण कर दिया है, इसका अंदाजा इसी बात से लगाया जा सकता है कि ऐसी कोई लाभ और कल्याण योजना नहीं है जहां आधार कार्ड अनिवार्य न किया गया हो।

तमाम सर्विस सेक्टरों में विमानन, निर्माण से लेकर होटल, बिजनेस और मोबाइल फोन और कनेक्शन के कारोबार तक सब जगह पहचान और पते के प्रमाण के रूप में आधार को कहीं अनिवार्य तो कहीं सर्वोच्च प्राथमिकता दी जा रही है। फसल बीमा लाभ और सब्सिडी खाद्यान्न या कैश सब्सिडी के लिए किसानों के पास आधार होना जरूरी है। मध्यान्ह भोजन का लाभ अब बिना आधार के नहीं मिलेगा।

आधार कार्ड से जुड़ी सबसे बड़ी चिंता निजता के अधिकार के हनन की है। हालांकि सरकार सुप्रीम कोर्ट में कह चुकी है कि निजता का कोई मौलिक अधिकार संविधानप्रदत्त नहीं है। लेकिन ये एक आम तथ्य है कि संविधान के अनुच्छेद 19(1) के तहत वाक् और अभिव्यक्ति की आजादी में ही निजता का अधिकार भी निहित है। मौलिक अधिकार असीम नहीं बताए गए हैं

लेकिन इस सूरत में नितान्त सार्वजनिक हित और राष्ट्रीय हित की शर्त रखी गई है। फिर वे हित क्या हैं और उन हितों के नुकसान का क्या पैमाना होगा। क्या आधार इस श्रेणी में रखा जा सकता है? इस बहस में लगता है फिलहाल पलड़ा सरकार का ही भारी है जिसने कई सारी दलीलों के जरिये कोर्ट को विश्वास दिलाया है कि आधार कार्ड से निजता का हनन नहीं होता।

ये नागरिकों के प्रति शासन की जवाबदेही सुनिश्चित और सहज करने का सबसे कारगर तरीका है।

आलोचकों का कहना है कि आखिर सरकार, सार्वजनिक जीवन और नागरिकों पर इतना नियंत्रण क्यों चाहती है। फाइलों और हस्ताक्षरों की भूलभुलैया में फंसे नागरिकों को शासन और उसकी अफसरशाही, क्या आधार कार्ड के जरिए एक नयी भूलभुलैया में धकेलना चाहती है या उसका कोई वास्तविक सर्वजनहिताय प्रयोजन है?

हो सकता है आने वाले दिनों में हर छोटी बड़ी खरीद पर, हर किस्म के सार्वजनिक कार्यक्रम पर, सार्वजनिक भागीदारी, सभा, भाषण, उत्सव, गैदरिंग, संचार आदि तमाम जरूरतों और स्वाभाविकताओं पर आधार कार्ड एक पहरेदार बनकर साथ रहेगा। क्या नागरिकों को ऐसी थोपी हुई पहरेदारी की जरूरत होगी?

या ये उन पर नियंत्रण करने और उनकी निगरानी करते रहने की सत्ता संसति है जिसका संबंध बहुराष्ट्रीय वाणिज्य और मुनाफे की संसति से भी है। लेकिन एक बात ये भी है कि आधार से पहले एक निगरानी सिस्टम का हिस्सा तो किसी न किसी रूप में दुनिया के लोग बने ही थे। डिजीटल दुनिया, इंटरनेट और सोशल मीडिया ने प्राइवैसी में बड़े पैमाने पर संघ तो लगाई ही है। फिर आधार की क्या बिसात।

बेशक 'प्रोफाइलिंग' के उपकरण बहुराष्ट्रीय कंपनियों के पास पहले से हैं और वे 'कारगर' भी हैं। फिर भी क्या ही अच्छा होता कि आधार जैसी राष्ट्रीय परियोजना से जुड़ी इस चिंता या डर को पूरी तरह दूर कर दिया जाता कि वो सहायता का नहीं अंततः निगरानी का उपकरण है।

# Kargil Vijay Diwas

Prime Minister Narendra Modi paid a tribute to the martyrs of the 1999 Kargil war in a series of tweets to mark the 18th Kargil Vijay Diwas on Wednesday. Taking to Twitter, Narendra Modi hailed the military powers of India and remembered the “sacrifices made by the armed forces while steadfastly keeping India safe”. “Remembering our brave soldiers who fought gallantly for the pride of our nation and the security of our citizens during the Kargil War,” PM Modi wrote on Twitter. The Indian Army will pay homage to the Kargil martyrs through various events to mark the 18th anniversary of Kargil Vijay Diwas. These functions will be followed by felicitation of participants of Kargil War, 'veer naris', parents of martyrs, veterans, and widows. The ceremony also includes several performances and competitions for sports such as archery, and polo. Uttar Pradesh Governor Ram Naik and Chief Minister Yogi Adityanath would pay homage to the martyrs at 'Smritika' War Memorial.

## KARGIL VIJAY DIWAS

Kargil Vijay Diwas is celebrated on July 26 every year to commemorate India's victory in the 1999 Kargil War against Pakistan. The Kargil War was fought between India and Pakistan in the year 1999 in Kargil, Ladakh. Before the Kargil War, India and Pakistan had fought the 1971 war which led to the formation of Bangladesh.

According to the reports, this all started when some local shepherds some activity in the foothills of Kargil area. The Indian Army was immediately informed about it. The infiltration of Pakistani soldiers and Kashmiri militants into positions led to the Kargil War.

'Operation Vijay' was launched by the Indian Army to clear the Kargil sector of Pakistani soldiers on the Indian side of the Line of Control (LoC).

On July 26, in the year 1999, the Indian Army had taken control of posts across the Himalayas in the Ladakh region, Jammu and Kashmir, after Pakistani troops

occupied Indian posts in the region.

The then Prime Minister Atal Bihari Vajpayee had declared the operation successful on July 14 but it was officially declared on July 26, 1999.

India lost over 450 officers and soldiers in the war. More than 13,000 got critically injured. Pakistan claimed that it lost more than 3000 of their soldiers.

Palak Gupta BJMC

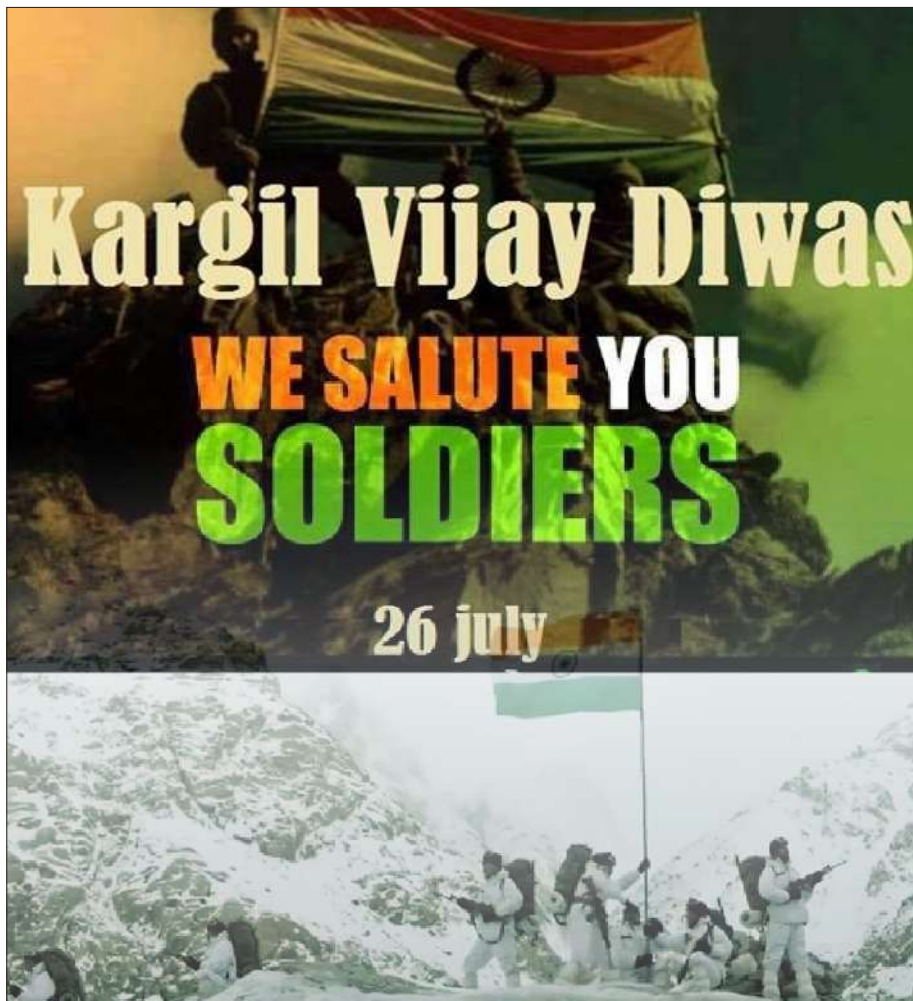
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- Educate them about the pregnancy related illnesses to raise the public awareness about dangers of early childbirth.
- Educate them about STD (sexually transmitted diseases) to get prevented from various infections.
- Demand for some effective laws and policies implementation in order to protect girl child rights.
- Make sure about the access of equal primary education to both girls and boys.
- Make sure the easy access of reproductive health services everywhere as part the basic primary health for each couple.

## HOW WORLD POPULATION DAY IS CELEBRATED

World population day is celebrated on international level by organizing variety of activities and events to draw attention of mass people to work together on the issues of growing population. Some of the activities include seminar discussions, educational competitions, educational information sessions, essay writing competition, public contests on various topics, poster distribution, songs, sports activity, speeches, poems, artwork, slogans, themes and messages distribution, workshops, lectures, debates, round table discussions, news distribution through press conferences, TV channels and news channels, relay of population related programmes on radio and television and so many. Various health organizations and population divisions works together to solve population issues by organizing conferences, research works, meetings, project analysis and etc.

Surbhi Jajodia BJMC



## Ayurveda: The Basic Concept

Hita hitam sukham dukham ayus tasya hitahitam |Mana ch tachha yatrokataam ayurveda sa uchyate || Ch. Su Ayurveda is a science that describes the advantageous, disadvantageous, happy and unhappy states of life, in addition to what is good and bad for life and its measurement.

### Ayu (life)

Life (Jivita) consists of the physical body (sharir), body senses (indriya), mind (satva) and the soul (atma). Our efforts must be directed toward creating balance at all these levels.

### Health- Pre requisite for all aspects of life

Dharma artha kama mokshanam Aarogya mulam Uttamam

Health is the foundation (Mulam) to achieve the four goals in life: Dharma (codes of conduct), Kama (activities, actions, enjoyment), Artha (prosperity), and Moksha (liberation). Health is the prerequisite for all aspects of life.

### Health

Sama dosha samagnicha sama dhatu mala kriya prasannatmendriya manah svastha ityabhidhiyate Sushrita Samhita 15:38

One who is established in Self, who has balanced doshas (Vata, Pitta, Kapha), agni, and dhatus (Rasa, Rakta, Mansa,

Meda, Asthi, Majja & Shukra i.e. Plasma, Blood, Muscle, Fat tissue, Bones, Bone marrows & Semen respectively), proper elimination of malas (Shakrut /Pureesha (faeces), Sweda (sweat), Mootra), well-functioning bodily processes and whose mind, soul and senses are full of bliss, is called a healthy person.

The above mentioned definition of health in ayurveda integrates all aspects of life giving us a complete picture of physical, mental and spiritual health.

### Objectives of Ayurveda

Swasthasya swasthya rakshanam aturasya vikar prashamanamecha (Ch.Sm.Su. 30/26)

1st is to help the healthy person to protect & maintain his swasthya (wellness)

2nd is to help a diseased person to become healthy & to stay healthy forever.

Ayurveda is the science of life that covers all the aspects required to maintain health and to restore it when inflicted with a disease rather than restricting itself to treat diseases.

### Branches of Ayurveda

Kaya Chikitsa (General medicine), Bala Chikitsa (Paediatrics), Graha Chikitsa (Psychiatry), Urdhvanga Chikitsa (Diseases & treatment of Ear, Nose,

Throat, Eyes and Head (neck and above region), Shalya Chikitsa (Surgery), Damshrta-Chikitsa (Toxicology)

### Chikitsa Chatushpada

There are four aspects of treatment. They are responsible for the cure of diseases, provided they have the requisite qualities:

(i) Physician: (a) Daksha Alert, disciplined (b) Shastra Having detailed knowledge about diseases and treatment (c) Drushtakarma Having practical experience (d) Shuchi Cleanliness

(ii) Medicine: (a) Bahukalpa Ability to formulate in different dosage forms, like decoction, powder, oil etc (b) Bahuguna Having enormous qualities (c) Sampanna Endowed with virtues (d) Yogya - suitable and appropriate for specific diseases.

(iii) Nurse: (a) Anurakta Compassion towards patients, (b) Shuchi Cleanliness, (c) Daksha Alert, active, (d) Buddhiman Intelligence

(iv) Patient: (a) Adya Rich (b) Bhishagvashya 100 % obedience towards doctor, (c) Jnapaka Good memory, (d) Satvavaan Having good strength to tolerate disease and treatment.

Dr. Ajay Pratap Singh

## वोटिंग मशीन में भरोसा दिलाने की जरूरत

इलेक्ट्रॉनिक वोटिंग मशीन से संबंधित विवाद इस समय सबसे अधिक गरमाया हुआ है क्योंकि इसमें गड़बड़ी के आरोप एक नहीं बल्कि कई राजनीतिक पार्टियों की ओर से लगे हैं। हालांकि इस संबंध में आम आदमी पार्टी (आप) का नाम सबसे अधिक सुर्खियों में है। कुछ ही दिन पहले दिल्ली विधानसभा का एक विशेष सत्र इसीलिए बुलाया गया था ताकि उसमें आप के विधायक सौरभ भारद्वाज इस बात का प्रदर्शन कर सकें कि ईवीएम को कैसे हँक किया जा सकता है यानी उसमें किस तरह हेराफेरी की जा सकती है। उनके प्रदर्शन को निर्वाचन आयोग ने यह कह कर खारिज कर दिया था कि उन्होंने असली ईवीएम मशीन पर नहीं, उसके प्रोटोटाइप पर यह प्रदर्शन किया है और आयोग की मशीनें इस प्रकार की हैकिंग की किसी भी संभावना से मुक्त हैं।

आरोपों-प्रत्यारोपों का सिलसिला तो चलता रहेगा लेकिन अब आयोग के लिए इस विवाद को केवल अपने दावों के आधार पर दबाना मुश्किल होगा। उसे इन



इलेक्ट्रॉनिक वोटिंग मशीन

मशीनों के बारे में प्रकट किये जा रहे संदेह को पूरी तरह से मिटाना होगा, वरना भारतीय चुनाव प्रणाली की साख पर आंच आने का खतरा है। पूरे विश्व की निगाह भारत में होने वाले चुनावों पर लगी रहती है और उनकी विश्वसनीयता को दांव पर नहीं लगाया जा सकता। ईवीएम मशीनों के अलावा भी अनेक ऐसे मुद्दे हैं जो बहुत महत्वपूर्ण हैं और जिन पर बैठक में चर्चा हो रही है। इनमें यह सवाल भी शामिल है कि क्या ऐसे उम्मीदवार को चुनाव लड़ने

के अयोग्य घोषित किया जाना चाहिए जिसका नाम मतदातों को रिश्वत देने संबंधी आरोपपत्र में शामिल किया जा चुका हो? इसी के साथ यह मुद्दा भी जेरे-बहस है कि क्या चुनावों के दौरान मतदातों को रिश्वत देने के अपराध को गैर-जमानती अपराध की श्रेणी में रखा जाना चाहिए ताकि आरोपी को जमानत पर छूटने की सुविधा न मिल सके? इसी के साथ इस प्रश्न पर भी विचार हो रहा है कि क्या पच्ची के आधार पर मतगणना के लिए आदेश जारी करने संबंधी नियमों में ढील दी जानी चाहिए? दुनिया के अन्य देश भी भारत की चुनाव व्यवस्था की अक्सर तारीफ करते हैं। ऐसे में राजनीतिक दलों, निर्वाचन आयोग और केंद्र सरकार-सभी का यह दायित्व बनता है कि वे इस विश्वसनीयता को बरकरार रखने के लिए हर संभव प्रयास करें। यह बात अब सभी स्वीकार करने लगे हैं कि चुनाव सुधारों की जरूरत बढ़ती जा रही है। ऐसे में सभी पक्षों को अपेक्षित इच्छाशक्ति दिखानी होगी।

-सौम्या

## Stress Management - A common problem among students

Stress is the wear and tear a human body experience in order to adjust to the continually changing environment especially noticeable in students in present scenario. However, too much stress affects health, productivity and relationships. There is increase recognition of stress in academic literature. Stress is basically an emotional imbalance incurred due to multiple reasons e.g. tests, projects, paper competitive nature within your chosen field, future projects prospects and financial worries. Major stress reactions were found to be pressure trembling, crying, drinking, excessive smoking, lack of sleeplessness and depression. This article may provides an insight for initiating efforts to reduce the intensity of academic stress and work out of counseling trial to aid in the sound progression of student's mind and bodies. The best way to manage your stress is to learn healthy coping strategies. You can start practicing these tips right away. Practice these techniques until they become habits you turn to when you feel stress as these stress-relief techniques focus on relaxing your mind and your body.

Ways to relax your mind:-

- Write for 10 to 15 minutes a day about stressful events and how they made you feel. Or think about tracking your stress.

This helps you find out what is causing your stress and how much stress you feel. After you know, you can find better ways to cope.

- Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counselor, or a member of the clergy about your feelings is a healthy way to relieve stress.
- You may feel that you're too busy to do these things. But making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life. Try:
- A hobby, such as gardening.
- A creative activity, such as writing, crafts, or art.
- Playing with and caring for pets.
- Volunteer work.
- Meditation and guided imagery are two ways to focus and relax your mind.
- Do Meditation, when you meditate, you focus your attention on things that are happening right now. Paying attention to your breathing is one way to focus. Mindfulness-based stress reduction is one form of meditation that is very helpful with managing stress and learning how to better cope with it.
- With guided imagery, you imagine yourself in any setting that helps you feel calm and relaxed. You can use audiotapes, books, or a teacher to guide you.

Suhail Ahtesham

## Family Friendly Practices

Today's workplace in India has changed. There is a increase in the number of working women along with this the number of dual income families has also gone up. This change in demographic in the work place has expanded the responsibilities of working females both inside the house and at work place. Today the work culture of 9 am to 5 pm does not exist. The introduction of mobile phone, Tab, laptop, internet, email etc. has swiped the boundary of work and family both physically and psychologically.

In such changing work environment Family friendly Practices provide benefits to the employees in order to manage both work and the household responsibilities. The dynamic workforce change has made family friendly practices as an important part in human resource management. There is increase in number of working women and this is associated with the increase in the number of men having

working spouses. Family friendly practices can be refer to formal organizational programs which aims of providing help to the employees in order to make a balance between their personal and work lives.

Family-friendly policies adopted by the organizations can help the employees to decrease the work-family interface and yield benefits for themselves, their families and their employers. Though there is shortage of formal friendly initiatives practiced in the organizations in India, supportive work culture and informal friendly environment can benefit the employees and organizations. Apart from this personal attitude, Indian values, beliefs, life style, time management and spiritual inclination can make a difference and help the employees to balance their work and life efficiently.

PunamAggarwal

## Benefits of GST for Startup Business in India



According to Kautilya in his book "Arathshashtra" the tax system of a country should be "liberal in assessment and ruthless in collection".

One of the major steps on this tax reform is introduction of Goods and Service tax. The GST (Goods and Services Tax) is a planned system of countrywide VAT which will be uniform for goods and services transactions in India. The VAT is a type of consumption tax that is placed on a product whenever value is added at a stage of production and at final sale. It is charged at each stage of chain including production and distribution from raw materials to the final sale of finished product based on the value added at each stage. In this system the full brunt is borne by the end consumer.

GST would bring in important change in doing business in India. Advocacy for best practices, gearing up for changes in developments, training teams and developing IT systems for being GST yielding are the key areas to be evaluated. The Government is committed to introduce GST by April 2017. Tax payers need to be GST compliant to be able to test system changes in time. Depending on the operating geographies, size and sector, the changes would be extensive and may require practical planning with a time-bound action plan. In order to prepare for the implementation of GST, companies need to understand GST policy development and its implications for scenario planning and transition roadmap preparation. The main objective of Tax reforms is to establish a tax system that is economically effective and impartial in its application, distributional attractive, and simple to administer.

Prof. (Dr).RashmiGujrati

## PRADHAN MANTRI UJJWALA YOJANA - A new beginning of life with clean fuel

India is home to more than 24 Crore households out of which about 10 Crore households are still deprived of LPG as cooking fuel and have to rely on firewood, coal, dung cakes etc. as primary source of cooking. The smoke from burning such fuels causes alarming household pollution and adversely affects the health of Women & children causing several respiratory diseases/ disorders.

Pradhan Mantri Ujjwala Yojana (PMUY) aims to safeguard the health of women & children by providing them with a clean cooking fuel LPG, so that they don't have to compromise their health in smoky kitchens or wander in unsafe areas collecting firewood.

Pradhan Mantri Ujjwala Yojana was launched by Hon'ble Prime Minister Shri Narendra Modi on 1.05.2016 in Ballia, Uttar Pradesh and subsequently the scheme was launched on 15.05.2016 in Dahod (Gujarat) by Hon'ble MOS(I/C) MOP&NG and was attended by Hon'ble Chief Ministers of Gujarat, Madhya Pradesh and Rajasthan. After this several state & district level launches were conducted in Srinagar (Uttarakhand), Faizabad (UP), Sambalpur (Odissa), Lucknow (UP), Patna (Bihar) and Shahdol (MP) which were flagged by Hon'ble MoS I/c P&NG and other Central and state Ministers.

Under this scheme, 5 Cr LPG connections will be provided to BPL families with a support of Rs.1600 per connection in the next 3 years. Ensuring women's

empowerment, especially in rural India, the connections will be issued in the name of women of the households. Rs. 8000 Cr. has been allocated towards the implementation of the scheme. Identification of the BPL families will be done through Socio Economic Caste Census Data.

### BRIEF MODALITIES OF THE SCHEME ARE GIVEN AS UNDER:

- The connection will be issued to women member of BPL house hold who suffers from at least one deprivation as per SECC 2011 (Rural) data.
- Preference to be given to SC/ST BPL families and the states having lower LPG coverage than the National average as of 1st January 2016.
- Cash assistance of Rs 1600/- per connection will be provided by the Government for each New connection and shall comprise of following:
- Security deposit of 14.2 kg/ 5 kg cylinder
- Security deposit of pressure regulator
- Suraksha Hose (1.2 M)
- Installation /demonstration charges payable to distributor
- Cost of issue of DGCC booklet
- While the connection charges of Rs 1600/- will be reimbursed by the Government of India, OMCs would provide the option of EMI to interested beneficiaries towards the cost of stove and first supply of gas. OMCS will recover the EMI from the subsidy amount payable to consumer for each refill.

Rahul Tripathi

## Swachh Bharat Mission

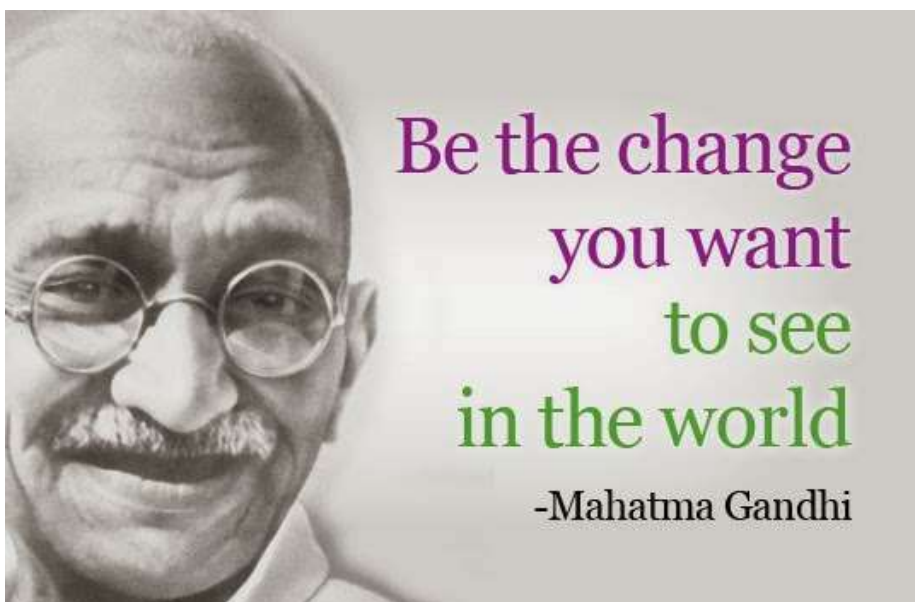
Who can forget the "cleanliness mission" conducted by Mahatma Gandhi just after the triumphant journey of Champaran against the Britishers. Our hounourable Prime Minister Mr Narendra Damodar Das Modi launched the 'Swachh Bharat Mission' on the 2nd of October 2014, the birth anniversary of Mahatma Gandhi. The most important objective of the same is to build-up a cleanliness voyage of roads, streets and infrastructure around the country. The precinct has been drawn upto 2nd October, 2019. It's India's authentic aspiration on cleanliness drive.

As far as the census of 2011 is concerned, sanitation has become the biggest issue. It has been denoted that about 26 million people in India defecate in the open. To provide a congenial atmosphere to the people who defecate in the open, a sum of `62,009 crore has been estimated. The main and the utmost aspiration of Swachh Bharat Mission is to acquire the elimination of open defecation on throughout the country.

While commemorating this mission, the Prime Minister nominated nine eminent personalities for the mission. They joined the campaign and nominated nine more people. This way the momentum has been framed with people from all spheres of life to join it. Famous personalities such as Aamir Khan, Kailash Kher, Amitabh Bachchan, Priyanka Chopra and some leading sportspersons like Sania Mirza, Saina Nehwal, Sachin Tendulkar and Mary Com are the part of the Swachh Bharat Mission.

Despite assiduous efforts by the government of India, still there is some sort of destitution in case of cleanliness. Unless the effort of every citizen is put into this mission, a fruitful result of this mission may not be possible. So, an active participation of every Indian is indispensable to get a positive and cogent result. This is the hour to put our hands together to get the access to our "Swachh Bharat Mission".

Priyanka Sethia



## आपदा प्रबंधन क्षेत्र में कैरियर के साथ सेवा का अवसर भी

प्रति का विनाशकारी रूप कभी भी बताकर नहीं आता। अक्सर आप लोग कहीं न कहीं भूकंप, भूस्खलन, बाढ़ आने या अकाल आदि की खबरें सुनते होंगे। ऐसे समय में जिनकी सबसे ज्यादा आवश्यकता महसूस होती है, वे होते हैं आपदा प्रबंधक। ये लोग आपदा में फंसे लोगों को आर्थिक सहायता पहुंचाने के साथ आवश्यक मानवीय सहयोग भी उपलब्ध कराते हैं। अगर आपके मन में मानव सेवा का जज्बा है तो आप आपदा प्रबंधन के क्षेत्र में अवसर तलाश कर सकते हैं। क्या होता है काम? आपदा प्रबंधक का मुख्य काम प्रातिक आपदाओं के कारण होने वाले जान-माल के नुकसान को न्यूनतम करना होता है। साथ ही वे आपदा के शिकार लोगों की न सिर्फ जान बचाते हैं, बल्कि राहत कार्यों में भी सक्रिय भागीदारी निभाते हैं। उनका कार्य यह सुनिश्चित करना होता है कि समस्त आवश्यक सहायक साधन और

सुविधाएं सही समय पर आपदाग्रस्त क्षेत्र में उपलब्ध हों। वैसे आपदा प्रबंधक का कार्य देखने में जितना आसान लगता है, वह वास्तव में उतना ही कठिन होता है। आपदा प्रबंधक का कार्य बेहद जोखिम भरा होता है। कभी-कभी तो उन्हें अनजान खतरों का सामना भी करना पड़ता है, जिसमें उन्हें अपनी जान का जोखिम भी लेना पड़ता है। इतना ही नहीं, अक्सर दूसरों की जान बचाने के चक्कर उनकी खुद की जान भी चली जाती है। इसलिए यह क्षेत्र केवल उन्हीं लोगों के लिए है, जो अपनी जान से ज्यादा दूसरों की जान को महत्व देते हैं।

स्किल्स: त्रक बेहतर आपदा प्रबंधक बनने के लिए आपके मन में जनसेवा का भाव होना बेहद आवश्यक है। साथ ही आपको शारीरिक व मानसिक रूप से बेहद स्ट्रॉंग भी होना चाहिए ताकि आप अत्यधिक दबाव व तनावपूर्ण स्थितियों में बिना आपा खोए अपना कार्य सही ढंग से कर सकें। आपका कार्य करने का उत्साह व दूसरों की मदद करने का जज्बा कभी भी फीका नहीं पड़ना चाहिए।

योग्यता: इस क्षेत्र में अपना भविष्य देख रहे छात्रों का 12वीं में कम से कम 50 प्रतिशत अंक होना आवश्यक है। इसके बाद आप सर्टिफिकेट, डिप्लोमा से लेकर मास्टर्स डिग्री तक कर सकते हैं। वैसे इस क्षेत्र में शॉर्ट टर्म कोर्सेस से लेकर डिस्टेंस लर्निंग कोर्स भी उपलब्ध हैं।

कोर्स: सर्टिफिकेट कोर्स इन डिजास्टर मैनेजमेंट, डिप्लोमा इन डिजास्टर मैनेजमेंट, एमए इन डिजास्टर मैनेजमेंट, एमबीए इन डिजास्टर मैनेजमेंट, पीजी डिप्लोमा इन डिजास्टर मैनेजमेंट।

संभावनाएं: कोर्स करने के पश्चात् आप सरकारी या प्राइवेट सेक्टर में नौकरी की तलाश कर सकते हैं। देश के विभिन्न सरकारी विभाग जैसे फायर डिपार्टमेंट या सूखा प्रबंधन क्षेत्र में हमेशा ही प्रोफेशनल्स की डिमांड बनी रहती है। चूंकि प्रातिक आपदाएं दुनिया के किसी भी हिस्से में हो सकती हैं, इसलिए डिजास्टर मैनेजमेंट प्रोफेशनल्स की डिमांड विदेशों में भी होती है। आप चाहें तो वहां के एनजीओ, यूएनओ, राहत एजेंसियों, एमनेस्टी इंटरनेशनल, रेड क्रॉस या यूनेस्को आदि के साथ जुड़कर भी कार्य कर सकते हैं। इसके अतिरिक्त आप टीचिंग और रिसर्च क्षेत्र में भी कैरियर की संभावनाएं तलाश कर सकते हैं।

आमदनी: इस क्षेत्र में आमदनी से अधिक आत्मिक शांति ज्यादा महत्व रखती है। जहां तक सवाल आमदनी का है तो यह

इस बात पर निर्भर करता है कि आप किस संस्था के साथ जुड़कर कार्य कर रहे हैं। फिर भी शुरुआती तौर पर आप दस हजार से लेकर बीस हजार रुपए आसानी से कमा सकते हैं। वहीं थोड़े अनुभव के पश्चात् आपका पद व आमदनी भी बढ़ जाती है।

### प्रमुख संस्थान

- नेशनल इंस्टीट्यूट ऑफ डिजास्टर मैनेजमेंट, नई दिल्ली।
- दिल्ली इंस्टीट्यूट ऑफ फायर इंजीनियरिंग, नई दिल्ली।
- इंदिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय, दिल्ली।
- गुरु गोविंद सिंह इन्द्रप्रस्थ यूनिवर्सिटी, दिल्ली।
- राष्ट्रीय अग्निशमन सेवा महाविद्यालय, महाराष्ट्र।
- डिजास्टर मैनेजमेंट इंस्टीट्यूट, मध्य प्रदेश।

-कश्णा

## THIS MONTH

**July 31, 1790** - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlsh and potash. The patent was signed by George Washington and Thomas Jefferson.

**July 14, 1791** - In England, the Birmingham riot occurred on the second anniversary of the fall of the Bastille. Mob rule lasted for three days, targeting controversial scientist and theologian Joseph Priestly's home and laboratory as well as the homes of his friends. Priestly, who had expressed support for the American and French revolutions, fled to London with his family and later moved to America.

**July 19-20, 1848** - A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

**July 19, 1863** - During the American Civil War, Union troops made a second attempt to capture Fort Wagner near Charleston, South Carolina. The attack was led by the 54th Massachusetts Colored Infantry, commanded by Colonel Robert Gould Shaw, who was killed along with half of the 600 men in the regiment. This battle marked the first use of black Union troops in the war.

**July 1, 1863** - Beginning of the Battle of Gettysburg during the American Civil War.

Compilation: Honey Shah

## BASICS OF MEDIA

**Actor:** A person (male or female) who appears on-camera in dramatic roles. Actors always portray someone else.

**Flat:** A piece of standing scenery used as a background or to simulate the walls of a room.

**News Production Personnel:** People assigned exclusively to production of news, documentaries, and special events.

**Psychographics:** Audience research factors concerned with such data as consumer buying habits, values, and lifestyles.

**Rating:** Percentage of television households tuned to a specific station in relation to the total number of television households.

**Share:** Percentage of television households tuned to a specific station in relation to all households using television (HUT); that is, all households with their sets turned on.

**Target audience:** The audience selected/desired to receive a specific message.

Compilation: Rahul Mittal

# PERSONAL MANAGEMENT SKILLS

Management is a process of getting things done through and with the people, by proper utilization of resources in effective and efficient manner.

There are two areas of personal management skills you must master to be successful as a manager. These are self management and time management.

**Self Management:** It is a list of behavioural skills. All jobs require certain specific skills to perform and work well. You can learn these skills by getting familiar with job descriptions

Behavioural skills often fall under the general heading of good character, friendliness, maturity or common sense and many people assume they come natural as part of being good or smart they don't, these are skills that must be learned and practice.

Behavioural skills are sometimes social in nature which can be said as communication, goal setting and planning, numeracy and empathy.

**Communication Skills:** for managers and leaders are different. They must communicate many things to many people, they must communicate effectively to the suppliers customers and financiers.

**Goal Setting and Planning:** Anybody can wish for something to happen, but to accomplish anything you have to make plan which surprisingly few people know how to do. Planning requires setting concrete goals, identifying workable action steps and making a commitment to see the plan through.

**Numeracy:** is to math what literacy is to written language. Numeracy means being able to think clearly and intelligently about numbers in real life, not just on a test.

Being an **Empathic** individual comes naturally to some, but is less natural to others.

**Time Management:** Do you feel need to be more organized and more productive? Do you spend your day in a frenzy of activity and wonder why you haven't accomplished much?

Time Management is the key to efficient working. If you learned nothing else in your management career, you have learned that there is never enough time to do all the things you fell need to get done. There are various tips in which you can manage your time:

- Realise that time management is a myth.
  - Find out where you are wasting time.
  - Create time management goals.
  - Implement time management plan.
  - Use time management tools.
  - Prioritize ruthlessly.
  - Learn to delegate or out source.
  - Establish routines and stick to them as much as possible.
  - Get the habit of setting time limits for tasks
  - Be sure that your systems are organized.
- Your time belongs to you you can be in control and accomplish, once you have come grips with the time management myth and taken control of your time.

Kunika Mahajan (MBA)

## Eminent Media Personality



Born: 18 December 1971

Barkha Dutt is an eminent Media personality of India. She is a popular Indian TV journalist and columnist. Barkha Dutt gained popularity for her reportage of Kargil War. She has bagged many national and international awards. She is honoured with The Padma Shri Award, which is India's fourth highest civilian honour. She writes a column for The Hindustan Times. Barkha was born in New Delhi on 18 December 1971 and received her education from New Delhi. In 2008, Barkha Dutt received the Indian News Broadcasting Award for the Most Intelligent News Show Host. Her talent and capability makes her one of the most intelligent and prominent Media person in India.

Compilation: Tanushree Roy

## IMPORTANT QUOTES

*"Men are not disturbed by things, but the view they take of things."*

Epictetus

...

*"Men and nations behave wisely once they have exhausted all the other alternatives."*

Abba Eban

...

*"A consensus means that everyone agrees to say collectively what no one believes individually."*

Abba Eban

...

*"Sanity is a madness put to good uses."*

George Santayana

...

*"Imitation is the sincerest form of television."*

Fred Allen

...

*"Always do right- this will gratify some and astonish the rest."*

Mark Twain

...

Compilation: Priyanka Sarkar

## WINNERS v/s LOSERS Part-70

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

...

*The Winner says, "Let me do it for you"; the Loser says, "That's not my job."*

...

*The Winner sees an answer for every problem; the Loser sees a problem for every answer.*

...

*The Winner says, "It may be difficult but it is possible"; the Loser says, "It may be possible but it is too difficult."*

...

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

...

*Winners use hard arguments, but soft words; losers use soft arguments, but hard words;*

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](mailto:hodbjmc@tecnia.in)

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