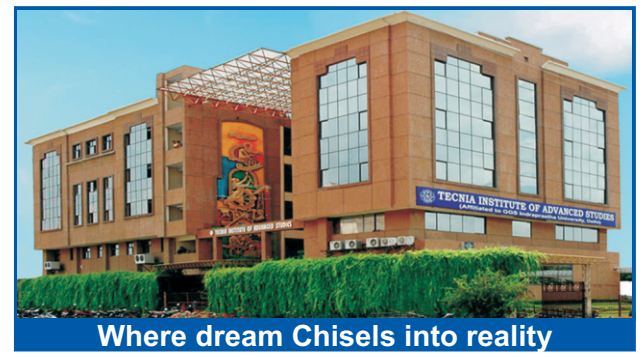


# Youngster



YOUNGSTER • ESTABLISHED 2004 • NEW DELHI • AUGUST 2022 • PAGES 4 • PRICE 1/- • MONTHLY BILINGUAL (HIN./ENG.)

## Defence Minister Rajnath Singh presents the Indian Army with a variety of indigenous Defence Equipment

**O**n August 16, Defence Minister Rajnath Singh handed over to the Army many indigenously created equipment and systems, including Future Infantry Soldier as a System (F-INSAS), new generation anti-personnel mine 'Nipun,' rugged and autonomous communication system with expanded capabilities, upgraded sights system for tanks, advanced thermal imagers, and state-of-the-art high mobility infantry protected vehicles and assault boats.

According to a Defence Ministry release, the equipment/systems were developed collaboratively by the Indian Army, Defence Public Sector Undertakings, Defence Research and Development Organization (DRDO), and industry.

Mr. Singh stated that the armed services' infrastructure demands are expanding as the world changes, and he urged for infrastructure development based on cutting-edge technology to assist the forces stay prepared to confront future



challenges. The F-INSAS provides the infantry soldier with three primary subsystems. The first sub-system is a new state-of-the-art assault rifle equipped with day and night holographic and reflex sights, which are installed on the weapon as well as the helmet to provide 360-degree visibility and precision in operational settings, according to the statement.

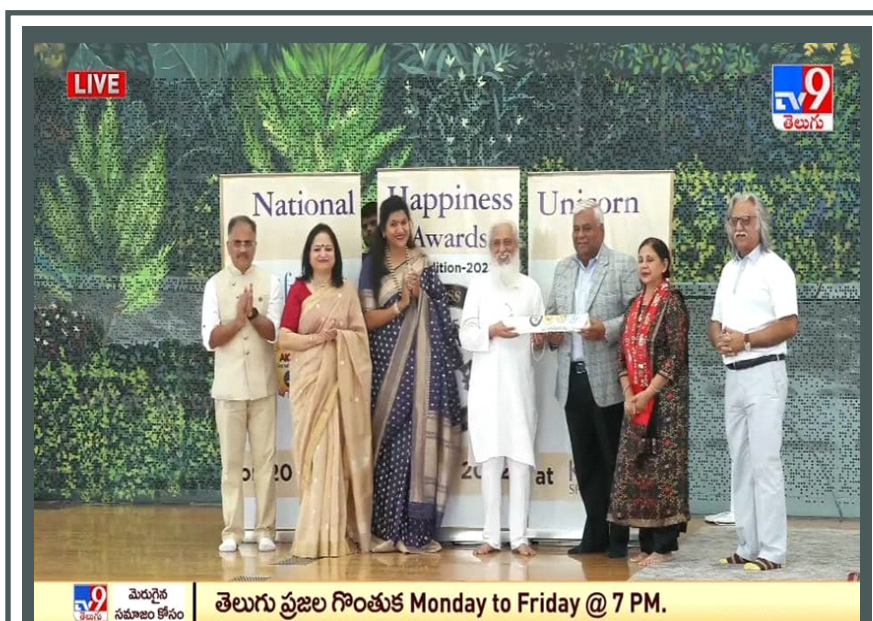
"In addition to the primary weapon system, the soldiers will be equipped with a multi-mode hand grenade that has also been procured locally, as well as a multi-purpose knife," it was said.

The Army has been using vintage NMM 14 mines, according to the statement, and a new Indian mine named 'Nipun' has been created in collaboration with the Armament Research and Development Establishment, Pune, and the Indian industry.

The commanders of armoured columns benefit from increased visibility and range with this

equipment. The former thermal sights in T-90 tanks used image amplification systems, which had their own limitations and restraints, according to the Ministry, adding that these limitations had been overcome by the use of thermal imaging sights made by India Optel Limited.

-Ira Sharma, BAJMC



AICTE has conferred "National Happiness Unicorn Award- 1st Edition 2022" to Tecnia Institute of Advanced Studies, Delhi in a grand Award Function organised at Kanha Shantivanam, Hyderabad on 21st August 22.. Our Hon'ble Chairman, Dr. Ram Kailash Gupta along with madam Chairman has received this Award from AICTE Chairman, Dr Anil Sahadhta bhude personally.



BAJMC Students of Tecnia successfully organised Event under Film Appreciation Lab inviting Starcast of Do Baraa(2-12), Taapsee Pannu, Ekta Kapoor, Anurag Kashyap & Pavail Gulati on 17 August 2022 in Tecnia Auditorium.

## Adolescence: That Bizarre Phase of Life

Adolescence is the changing phase of every teenager's life. It brings forth different hormonal changes which are generally physical, psychological or social. With the beginning of adolescence, the reproductive endocrine system starts working. This brings physical changes like, breast development in females, pubic hair development, change in voice, increase in height, and the beginning of menstruation. So, it becomes pretty obvious that these changes initiate psychological complications like mood swings, feeling sensitive and overwhelmed, getting angry and irritated easily, feeling of uncertainty and easily getting trapped into peer pressure. Adolescence not only brings change in teenager's body and mind but also affects their social relationships with different people. Teenagers start looking for space from their parents and their peer relationships becomes more central to their lives. At this point of time when teenagers like spending more time with their peer groups and less with their families create a communication gap amongst them which later causes arguments and conflicts. During early and middle adolescent period, youths try to exercise their independence and assert their individuality whereas parents try to control them. Here neither the parents are wrong nor the children. Parents try to set some rules and regulations so that their teenage kid doesn't get distracted.



On the other hand, kids find this concern to be controlling and inessential. They think that they're matured enough to know what's right for them and what's not. Teenagers are also reluctant about sharing some topics with their family as they think that sharing might lead them to trouble. All these differences bring conflicts and problems. Fortunately, this phase doesn't go on forever. It ends gradually in the late adolescence period when the teenagers get a little more matured and understands how to manage their relationships. Parents also start understanding their kids and eventually make a friendlier bond with them.

Now, the question arises that what a teenager expects by his/her parents during their time of adolescence. The first thing that a teenager craves for is trust. Trust is the key to have a good relationship whether it is with their parents or friends. Kids are usually scared of sharing things with their parents as they're usually scared of the consequences and the fear of getting misunderstood.

Second is making a balance between pressure and motivation. A lot of times parents try to motivate their kids but

end up getting them stressed. There's a thin line between motivating someone and pressurizing someone. For example- "I want you to do your best in class" is motivation but "I want you to get full marks and top the class" can be stressful and overburden for the kid.

Third thing that a teenager expects is independence. They want to make their own decisions about things like their clothing, their subjects and their friends. Parents usually don't approve their choices but sometimes it's important for the teenagers to take their own life decisions and even if they're not right, they'll get to learn something.

Last but not the least, setting up boundaries makes the adolescents more anxious. It's not that the children doesn't want to follow any rules, they just question their boundaries to know the reason for "why are they not allowed to do so?" They just want a good communication with their parents without any fear of getting scolded.

Managing and controlling the expectations of the adolescents can be challenging. Conflict might arise even after following all the expectations of the teenagers. It shouldn't be concerned as it's a part of growing up. Just like a caterpillar breaks its cocoon to come out and spread its wings as a butterfly, teenagers should also be allowed to come out of the cocoon to see the real world out there.

-Vanshika Sharma, BAJMC

## THIS MONTH

3-August: World Sanskrit Day  
World Sanskrit Day or Sanskrit Diwas is also known as Viswa Sanskrit Dinam. It is observed on Shraavana Purnima

7-August: National Handloom Day  
National Handloom Day is celebrated in remembrance of the Swadeshi Movement which was started on this day in 1905 in the Calcutta Town hall to protest against the partition of Bengal by the British Government.

15-August: India's Independence Day  
On this day India got Independence from the British in 1947.

20-August: Sadbhavana Diwas or Harmony Day  
To celebrate the birth anniversary of the youngest Prime Minister Sri Rajiv Gandhi.

29-August: National Sports Day, International Day against Nuclear Tests

National Sports Day: The National Sports Day is celebrated on the birth anniversary of hockey legend Major Dhyan Chand.

Compilation:  
Aditi Shukla

## BASICS OF MEDIA

Medium Requirements: All content elements, production elements, and people needed to generate the defined process message.

Process Message: The message actually received by the viewer in the process of watching a television program.

Teleprompter: A prompting device that projects the moving (usually computer-generated) copy over the lens so that the talent can read it without losing eye contact with the viewer. Also called auto cue.

Production Schedule: The calendar that shows the reproduction, production, and post production dates and who is doing what, when, and where.

Program Proposal: Written document that outlines the process message and the major aspects of a television presentation.

To Be Continued In Next Issue-

Compilation:  
Parul Arora

## शशि थरूर कांग्रेस अध्यक्ष पद के लिए लड़ सकते हैं चुनाव !

नई दिल्ली, गुलाम नबी आजाद के इस्तीफे के बाद कांग्रेस पार्टी अपने अंदर ही एक लड़ाई लड़ रही है। कुछ लोग आजाद के फैसले को गलत ठहरा रहे हैं और कुछ लोग दबी आवाज से सही। आजाद ने इस्तीफा देते वक्त सीधे तौर पर राहुल गांधी पर निशाना साधा था। उन्होंने राहुल पर आरोप लगाया था कि राहुल गांधी वरिष्ठ कांग्रेस नेताओं को साइडलाइन कर रहे हैं। कांग्रेस की स्थिति काफी खराब है। अब ऐसे में 17 अक्टूबर को कांग्रेस अध्यक्ष पर का चुनाव होने वाला है ऐसे में माना जा रहा है कि राहुल गांधी को पार्टी की कमान एक बार फिर से सौंपी जा सकती है लेकिन इस रास्ते में कांग्रेस सांसद शशि थरूर पार्टी अध्यक्ष पद के लिए दौड़ने की संभावना तलाश रहे हैं। माना जा रहा है कि थरूर राहुल गांधी को अध्यक्ष पद के लिए चुनौती दे सकते हैं।

वरिष्ठ कांग्रेस नेता शशि थरूर कांग्रेस अध्यक्ष के पद पर चुनाव लड़ने की संभावनाएं तलाश रहे हैं। हालांकि, अभी उन्होंने इस पर अंतिम फैसला नहीं किया है। सूत्रों ने यह जानकारी दी। सूत्रों ने बताया कि थरूर ने अभी अपना मन नहीं बनाया है लेकिन वह जल्द ही इस पर निर्णय कर सकते हैं। बहरहाल, थरूर ने इस पर टिप्पणी करने



से इनकार कर दिया कि वह इस मुकाबले में शामिल होंगे या नहीं। उन्होंने मलयालम दैनिक अखबार मातृभूमि में एक लेख लिखा है, जिसमें उन्होंने "स्वतंत्र एवं निष्पक्ष" चुनाव कराने का आह्वान किया है। इस लेख में उन्होंने कहा कि कांग्रेस कार्य समिति

(सीडब्ल्यूसी) की दर्जन भर सीटों के लिए भी पार्टी को चुनाव की घोषणा करनी चाहिए।

कांग्रेस अध्यक्ष सोनिया गांधी को 2020 में पत्र लिखकर संगठनात्मक सुधारों की मांग करने वाले 23 नेताओं के समूह में शामिल रहे थरूर ने कहा, "एआईसीसी तथा पीसीसी प्रतिनिधियों से लिए पार्टी के सदस्यों को यह फैसला लेने देने कि इन अहम पदों पर पार्टी का नेतृत्व कौन करेगा, इससे आने वाले नेताओं के समूह को वैध बनाने तथा पार्टी का नेतृत्व करने के लिए उन्हें विश्वसनीय जनादेश देने में मदद मिलेगी।"

तिरुवनंतपुरम से सांसद ने कहा, "फिर भी एक नए अध्यक्ष का चुनाव करना पुनरुद्धार की ओर एक शुरुआत है, जिसकी कांग्रेस को सख्त जरूरत है।" उन्होंने कहा, "मैं उम्मीद करता हूँ कि चुनाव के लिए कई उम्मीदवार सामने आएंगे। पार्टी तथा देश के लिए अपने विचारों को सामने रखना निश्चित तौर पर जनहित को जगाएगा।" थरूर ने कहा कि हालांकि, पार्टी को पूरी तरह से पुनर्जीवित करने की जरूरत है लेकिन नेतृत्व के जिस पद को तत्काल भरने की जरूरत है वह स्वाभाविक रूप से कांग्रेस अध्यक्ष का पद है।

-यंगस्टर ब्यूरो



Bal Krishna Mishra

### *Editor's View*

## Azadi ka Amrit Mahotsav - Celebration with Responsibility

15th August is a very special day for every Indian. Starting its journey as an independent country exactly 75 years ago, India had dreamed of establishing a happy democracy and had also made some resolutions for it. Since then, every 15 August from the ramparts of the Red Fort, the Prime Minister of the country has been reminding us of those dreams and resolutions. Surely, many of those dreams have come true; whose happiness we can feel today. The most important of these is our mature conduct as a democracy. At the time of independence, we were an under-educated country, but barring a small deviation, our political class has shouldered an unmatched responsibility. Indian democracy can stand out in the fact that not only does the transfer of power take place smoothly, but it is becoming more inclusive with each passing year. The status of India in the world today is a major contributor to our political stability.

This political stability not only helped us in shaping the social fabric of the country, but also helped us to implement the schemes related to economic development. We became self-sufficient in the matter of food production, proved our iron to the whole world in the field of knowledge-science-telecommunications, but the emergence of a new country on the world map in the form of Bangladesh also established our might. India has made concrete progress in these decades in every sphere of life. All this proves that our path was right and the people who led us should also find us

visionaries. Therefore, despite all the obstacles and adverse conditions, the prestige of India and Indians continued to grow. But some old challenges are still testing us hard today. For example, we have outlawed untouchability, it has almost disappeared from the urban world, but in rural India we could not effectively attack its roots, otherwise we would not see a painful incident like Jalore in Rajasthan on the occasion of Amrit Mahotsav where a school teacher thrashed an innocent Dalit child to death just because he quenched his thirst with his pot.

It is very sad that news of this trend is being read and heard from all parts of the country. Babasaheb Ambedkar had cautioned that any political freedom is meaningless until the goal of social freedom is achieved. It is the constitutional responsibility of our policy-makers to deal strictly with the discriminants in the society so that crores of people can breathe a sigh of complete freedom from this age-old curse. The 75th anniversary of independence is also reminding us how serious the problem of unemployment and inflation has become in the country and concrete initiatives are needed to deal with it. The country is certainly progressing economically, but jobless development in a country with a huge population like India will complicate the challenges, so the government will have to do serious exercise on this front. Those in power especially need to remember that the occasion of celebration-freedom is also an opportunity to examine their responsibilities.

## Ayurveda- A Mysterious Box of Medical Science

*"As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means" -David Frawley*

Ayurveda is an alternative medicine system with historical roots in Indian subcontinent. The theory and practice of Ayurveda is pseudoscientific. It can be considered as one of the oldest system of medicines although if we look at the etymology of the word 'Ayurveda' it is composed of 'Ayuh' and 'Veda' meaning 'life' and 'knowledge', so it literally means knowledge of life. This is a Veda that provides solutions related to life problems and focuses on helping a follower to fulfill the 4 aims of life namely dharma(duty), artha (money), kama (desires), moksha (salvation). Ayurveda therapies have varied and evolved over more than two millennia. Therapies include herbal medicines, special diets, meditation yoga, massage and medical oils. According to ayurveda, the human body is composed of tissues (dhatus), waste(malas) and humoral biomaterials(doshas). The seven dhatus are chyle(rasa), blood (rakta), muscles (mamsa), fat (meda), bone (asthi), marrow(majja), and semen (shukra).

The knowledge of ayurveda is eternal although the classical texts that are available for study namely, sushrut samhita, charak samhita and ashtang hridayam have been compiled around 5000 years ago. Charak samhita describes ancient theories on human body, symptomology and



therapeutics for a wide range of diseases, it also includes sections on the importance of diet, hygiene, prevention, medical education and the teamwork of a physician, nurse and patient necessary for recovery to health. Sushrut Samhita is an ancient Sanskrit text on medicine and surgery and it has great historical importance because it includes historically unique chapters describing surgical training, instruments and procedure which is still followed by modern science of surgery, one of the oldest Sushrut

Samhita palm leaf manuscripts is preserved at the Kaiser Library, Nepal.

Many modern medicine practitioners argue that it is an old science and hence, more research has to be done to make it valid and evidence-based for today's time and circumstances. However, ayurveda being a shastra is based on principles just like Newton's law of motion and these principles are universal and timeless. In Charak Samhita, we find reference that first time diseases occurred in the end of satyuga around 26 lakh years ago. It was caused by an external agent named 'krodh' which was micro-organism and it produced fever in those who contracted it hence, caused obstacles in their spiritual practices as they fell sick. So, the

maharishis, out of mercy for those people, conducted a conference to find the solution for this problem, using available resources and evidences (pramanas) they used their knowledge (gyan-chakshu) to research and compose the specific shastra for curing diseases that it now called 'AYURVEDA'.

-Shivang Mishra, BAJMC

ELC Club Organized Inter College Photography Competition



## Modern Era and Ancient Vedic Herbs

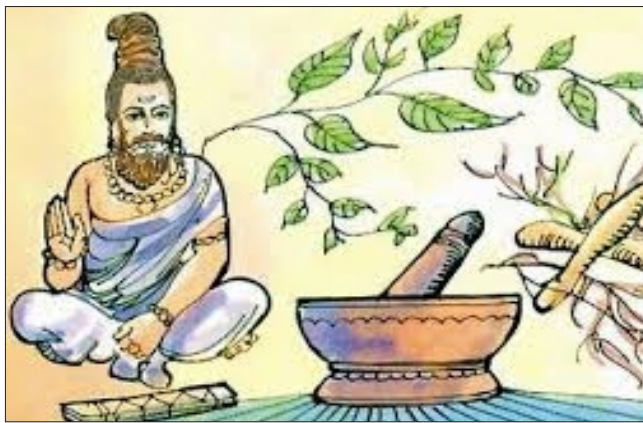
got Fame all over the world and attracted individuals from all over the world to come India and find a way to their health problems.

As time passed, many other medications got introduced in the market like allopathy, homeopathy which used to cure in less duration of time than Ayurvedic Herbs/medicines. Initially the crowd got attracted to them

as these new medications were less time-consuming, but they also left many side effects on the consumer if used for a long time. In Ayurveda it is a slow process it takes a lot of time in curing process but it cures the disease by removing the roots of the disease from the patient's body and also leaves no side effects. This is the reason why people prefer and trust ayurveda more than any other medication methods. Lately, Ayurveda lost its importance and reach because of the introduction of Modern Diagnostic techniques but from last few years Ayurveda is gaining its recognition again on international level. there are many companies which promote and utilize these Vedic herbs for the treatment of diseases and attract people.

In today's hectic Lifestyle, Ayurveda is a method which focuses on the physical as well as mental well-being of an individual and deals with a healthy life style, health protection and sustenance, disease prevention and diagnosis and treatment.

-Nidhi Mishra, BAJMC



India is a home to thousands of herbs over centuries and these Vedic got Fame for their extraordinary curing advantages. Talking about the origination and importance of these ancient Vedic herbs, the idea or tradition of using Herbs as disease curing medicine originated in India and got popular by the term 'Ayurveda' derived from the Sanskrit word 'Ayur' means life and 'Veda' means science.

Ayurveda got its origination during the Vedic period, where Saints recognized the usefulness of these Vedic Herbs as a medicine and started using them for curing many so-called and so-accepted incurable diseases. slowly, these Vedic herbs

other medications got introduced in the market like allopathy, homeopathy which used to cure in less duration of time than Ayurvedic Herbs/medicines. Initially the crowd got attracted to them

## Serena Williams announces her retirement, will play her last match in US open

Tennis supreme ace celebrity Serena Williams has stated that she will be "evolve away from tennis" after taking part on this year US Open 2022 to focus on various things which are crucial in her life.

The 23-time Grand Slam champion introduced her interest in a "extraordinary direction" however stated she can be able to try and provide her best and win the United States Open this year. However, she can be able to retire from Tennis for all time after the Grand Slam this year" There comes a time in life when we have to decide to move in a different in direction," turned into Williams' caption for an Instagram post with a picture of herself on the quilt of Vogue with the name: 'Serena's Farewell...I'm terrible at goodbyes.

Shockingly, Serena's declaration of retirement has come a day after she received her first singles match after over 1 year, 430 days. Recently she lost to France's Harmony Tan after returning to form after 1 year and she or

he did hint about playing the United States Open, which begins off evolved on August 29

In her brilliant profession, Serena displayed natural dominance when she was in form. Williams has seventy-three profession singles name, 23 doubles titles and combined double titles. In her 39 Grand Slams trophies, she has 23 singles titles, 14 doubles and combined doubles. She is simply one Grand Slam name away from breaking the all-time record of Australia's Margaret Court. The four-time Olympic gold medallist for US has received over \$94.5 million from playing Tennis in her career prize money, that is greater than some other female athlete. She received her ultimate Grand Slam in 2017. Speaking

about personal life, Serena got engaged to Reddit co-founder Alexis Ohanian in 2016 and gave birth to her daughter Alexis Olympia Ohanian Jr.

Throwback to some of her iconic wins: Serena Williams holds the trophy after triumphing towards her sister Venus Williams of their women's very last suit on Day 12 on the 2009 Wimbledon tennis championships on the All-England Club in Wimbledon, southwest London, on July 4 2009. Serena Williams holds the championship trophy after beating Victoria Azarenka, of Belarus, with inside the championship suit on the 2012 US Open tennis event, Sunday, September 9, 2012, in New York.

-Gayatri Pradhan, BAJMC



## IMPORTANT QUOTES

"I do not consider it an insult, but rather a compliment to be called an agnostic. I do not pretend to know where many ignorant men are sure -- that is all that agnosticism means."

- Clarence Darrow

\*\*\*\*\*

"Obstacles are those frightful things you see when you take your eyes off your goal."

- Henry Ford

\*\*\*\*\*

"I'll sleep when I'm dead."

- Warren Zevon

\*\*\*\*\*

"There are people in the world so hungry, that God cannot appear to them except in the form of bread."

- Mahatma Gandhi

\*\*\*\*\*

Compilation:  
Piyush

## WINNERS v/s LOOSERS Part-90

Winners choose what they say;

Losers say what they choose.

\*\*\*\*\*

Winners truly believe;

Losers only hope.

\*\*\*\*\*

Winners are always part of the solution;

Losers are always part of the problem.

\*\*\*\*\*

Winners have a mission;

Losers have excuses.

\*\*\*\*\*

Winners maximize their strengths;

Losers dwell on their weaknesses.

\*\*\*\*\*

To Be Continued In Next Issue-

Compilation:  
Shivam

All Students and Faculty are welcome to give any Article, Feature & Write-up along with their Views & Feedback at: [youngstertias@gmail.com](mailto:youngstertias@gmail.com)

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