



Where dream Chisels into reality

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Literary Club of Tecnia Institute Organised a Successful Campaign to Empower Underprivileged Children Through Education



Bal Krishna Mishra

On 27th May, the Literary Club of Tecnia Institute organized an event at Bhalswa Dairy and Shakurpur Basti. The objective of the event was to raise awareness about the importance of education in life and distribute study kits to the underprivileged children in the community. The event was coordinated by Mr. Bal Krishna Mishra, the nodal officer of the Literary Club.

The Campaign began in the morning at Bhalswa Dairy, where the members of the Literary Club set up a makeshift stage and arranged seating for the attendees. Volunteers from Tecnia Institute and local residents gathered to support the cause and make the event a success.

The event focused on highlighting the significance of education in an individual's life. Several speeches were delivered, emphasizing how education opens doors to opportunities, empowers individuals, and helps in personal and societal development. The speakers shared inspiring stories of successful individuals who had overcome challenges through education.

As part of the event, the Literary Club distributed study kits to the underprivileged children in Bhalswa Dairy and Shakurpur Basti. Each study kit contained essential items such as notebooks, pens, pencils, erasers, sharpeners, rulers, and coloring materials. The study kits were designed



New Delhi, Delhi, India
553, Rajiv Nagar, Bhalswa, New Delhi, Delhi 110042, India
Lat 28.7403°
Long 77.164571°



New Delhi, Delhi, India
S-247/5, Railway Colony North, Shakur Basti, New Delhi, Delhi 110034, India
Lat 28.679662°



New Delhi, DL, India
Bhalswa Dairy, New Delhi, 110042, DL, India
Lat 28.742897, Long 77.164518



Tecnia Students During Campaign on 'Importance of Education in Life' at Bhalswa Dairy & Shakurbasti.

to provide the children with the necessary tools to pursue their education effectively.

The event witnessed active participation from Tecnia Institute students and volunteers. They assisted in organizing the event, managing the distribution of study kits, and engaging with the attendees. Volunteers also interacted with the children, encouraging them to embrace

education and supporting their aspirations. Mr. Bal Krishna Mishra, the nodal officer of the Literary Club, played a vital role in planning and executing the event. He oversaw the logistics, coordinated with volunteers, and ensured the smooth running of the event. His dedication and efforts were instrumental in the success of the event. He said that, the Literary Club remains committed to promoting literacy and

continuing such initiatives in the future. Campaign was a resounding success. Through the distribution of study kits and awareness about the importance of education, the event aimed to make a positive impact on the lives of underprivileged children. The participation of volunteers, students, and local residents showcased the collective effort to bring about change through education.

धूमधाम से संपन्न हुआ "कास्मो वाइब्स 2023"



सान्या चड्डा

नई दिल्ली। रोहिणी स्थित टेक्निया इंस्टिट्यूट ऑफ एडवांस्ड स्टडीज का एक दिवसीय सांस्कृतिक फेस्ट "कास्मो वाइब्स 2023" 20 मई 2023 को धूमधाम से संपन्न हुआ। "कास्मो वाइब्स" टेक्निया इंस्टिट्यूट ऑफ एडवांस्ड स्टडीज की एक रचनात्मक पहल है जिसमें संस्थान के छात्र-छात्राएं के ज्ञान और कौशल को प्रदर्शित करने का मंच प्रदान करता है। कार्यक्रम की शुरुआत टेक्निया ग्रुप ऑफ इंस्टिट्यूशन के अध्यक्ष डॉ राम कैलाश गुप्ता, संस्थान के निदेशक डॉ अजय कुमार, डॉ एमएन झा (डीन, एकेडेमिक्स) और



"कास्मो वाइब्स 2023" की संयोजिका सोनिया बत्रा द्वारा सरस्वती वंदना व दीप प्रज्ज्वलन के साथ की गयी।

डॉ राम कैलाश गुप्ता ने कार्यक्रम की औपचारिक शुरुआत करते हुए अपने अभिभाषण में छात्रों को

कार्यक्रम की सफलता के लिए शुभकामना देते हुए उन्हें प्रेरित किया व अपने युवा जीवन की कुछ मजेदार घटनाओं को साझा कर उत्साहवर्धन किया। "कास्मो वाइब्स 2023" में 12 प्रकार के इवेंट हुए और उसमें दिल्ली एन.सी.आर के 25 से अधिक कॉलेजों के विद्यार्थियों ने भाग लिया और अपनी कला का प्रदर्शन किया। कार्यक्रम में मुख्य आकर्षण, ग्रुप डांस, सोलो डांस, सोलो सिंगिंग, मोनो एक्टिंग, नुक्कड़ नाटक, पोएट्री, मिस्टर एंड मिस "कास्मो वाइब्स 2023" आदि रहे। सांस्कृतिक फेस्ट "कास्मो वाइब्स 2023" का अपना अलग ही अंदाज था जहां प्रतिभागियों ने जलवा बिखेरते हुए अपनी सुरीले गीतों, नृत्य कौशल से उपस्थित

युवाओं को झुमने पर मजबूर कर दिया।

वहीं भारी संख्या में दर्शकों की उपस्थिति ने कार्यक्रम को उत्साह को दोगुना कर दिया। कार्यक्रम के समापन समारोह में विजेताओं को शील्ड और प्रमाण पत्र दिए गए। इस मौके पर संस्थान के सभी शिक्षक और छात्र-छात्राएं मौजूद रहे।

HOW LISTENING TO INDIAN CLASSICAL MUSIC – ESSENTIAL FOR MENTAL WELLBEING IN TODAY'S BUSY AND PRESSURED LIFESTYLE



Aarushi Kapoor

Indian Classical Music has been around for centuries, and it is known for its melodic, rhythmic, and spiritual qualities. It is a complex and beautiful art form that has been found to have numerous benefits for mental wellbeing, especially in today's busy and pressured lifestyle. Here are some reasons why listening to Indian Classical Music could be an essential part of a self-care routine:

1. Reduces Stress

Indian Classical Music is known for its ability to calm the mind and reduce stress levels. The slow and melodious rhythms of instruments like the Sitar, Tabla, Sarod, and Veena invoke a sense of ease and relaxation in the listener. In today's fast-paced world, where individuals are constantly under pressure to perform and meet deadlines, listening to Indian Classical Music can

help alleviate stress and provide a much-needed break from the chaos of daily life.

Studies have shown that listening to classical music, including Indian Classical Music, can reduce levels of the stress hormone cortisol in the body. Cortisol is known to contribute to feelings of anxiety and stress, and when levels are lowered, individuals can experience a sense of calm and relaxation. This can lead to improved mental clarity and focus, allowing individuals to better handle the challenges of their daily lives.

2. Improves Mood And Mental Health

Indian Classical Music has been known to have a profound effect on mood and mental health. The various ragas, or melodic frameworks, that are used in Indian Classical Music have specific emotional associations, and listening to these ragas can help regulate mood and emotions.

For example, the Raga Bhairav is believed to have a calming effect on the mind, while the Raga Bhoopali is associated with feelings of joy and happiness. The Raga Bhoopali's rasa (feeling) is that of Bhakti (Devotion) and Shanti (Peace). Bhoopali relaxes and re-settles you; if you are feeling



anxious or uptight, Bhoopali is a great raga to bring you back to a calm state. The Raga Malkauns is known for its ability to relieve anxiety and promote deep relaxation. Additionally, the intricate rhythms and melodies can stimulate the brain and increase serotonin levels, which can lead to improved mental health and mood.

3. Enhances Creativity And Imagination

Listening to Indian Classical Music can be a great way to enhance creativity and imagination. The complex structures and improvisational nature of the music can stimulate the mind and encourage new ideas and ways of thinking.

Indian Classical Music is also

known for its use of storytelling and symbolism, which can inspire individuals to think outside the box and approach problem-solving in a unique way.

4. Provides A Sense Of Culture And Tradition

Lastly, listening to Indian Classical Music can provide a sense of culture and tradition, which can be comforting in today's fast-changing world. The music has been passed down from generation to generation and is steeped in history and tradition. By listening to this music, individuals can connect with their roots and gain a deeper appreciation for the richness and diversity of Indian culture.

In conclusion, Indian Classical Music can have a profound effect on mental wellbeing in today's busy and pressured lifestyle. Whether it's reducing stress, improving mood and mental health, enhancing creativity and imagination, or providing a sense of culture and tradition, listening to this beautiful art form can help individuals better navigate the challenges of their daily lives. So the next time you're feeling overwhelmed or stressed out, put on some Indian Classical Music and let its soothing sounds transport you to a place of peace and tranquillity.

WOMEN EMPOWERMENT : STATUS OF WOMEN SINCE INDEPENDENCE



Anubhav Kataria

Women empowerment is an important concept that has gained a lot of attention in recent times. It refers to the process of empowering women so that they can achieve recognition and respect and fully participate in social and economic activities. In this article, we will explain the concept of women recognition and status since independence, its importance and several ways to achieve women empowerment.

Women over the world are working shoulder to shoulder with men. They are now empowered to make decision about different aspects of their life. Empowering women means giving

them tools, resources and opportunities they need to reach their full potential. Women's issues have been taken up by women's organizations as well as mainstream political parties and grassroots movements which is a sign of positive development. In 1954, communist women broke away from the All India Women's Conference to form the National Federation of Indian Women. After Independence, the educational rights of women got promoted and they were made aware of the value of education.

As concluding it, Women Empowerment helps to make the society and world a better place to live in and march forward on way to inclusive participation. It means increase happiness for the family and the organizations where women make a difference.

It can be also concluded that the majority of women are happy in their family life and leave important decisions to their menfolk discretion. They are not completely free from the hold of the traditional customs practiced in society. Still many are

IMPORTANCE OF WOMEN EMPOWERMENT:

Women empowerment is important as firstly, it is a basic human right. It is essential for reducing gender discrimination. When steps are taken to empower women, they can fully participate in all aspects such as political, technological and social. Women get motivated and contribute to the main streams of life as it is essential for our own environment in which we live.

SEVERAL WAYS TO ACHIEVE WOMEN EMPOWERMENT:

Healthcare : Women's health is an important aspect of women empowerment. When women have access to health facilities, they are able to take a good care of themselves and to their families.

Employment : Providing women with jobs is most effective way to achieve women empowerment. When women's employed, they can be able to gain independence.

Education : Education is the first and foremost thing to empower women. When women are educated, they are able to make effective decisions.

being exploited, they are completely dependent on their spouses. Hence bringing about more and more legislation in order to ensure better opportunities to women is of no use unless there will be a big change in the Indian society and people's attitude towards women and women's role in society.

AGEING



Samaira Jain

It is a bit scary,
To know that
You're not always gonna be that
Cute little Child
Things around you
Start getting crazy and a bit wild,
You realize that
Childhood days were better,
When you used to get away
with everything,
And you weren't scared of what
others are gonna think,
You just went with the flow
Not worrying about getting old,
You're the Same Person
But Something inside you has
Changed,
And now you're wishing back.
For those good old days.



31st May : World No Tobacco Day

The Urgency for Global Collaboration on World No Tobacco Day



Bal Krishna Mishra

On World Tobacco Day, we are reminded of the pervasive influence of tobacco on our societies and the pressing need for global collaboration to combat its devastating effects. Tobacco consumption remains a critical public health issue, causing millions of premature deaths and countless ailments every year. As we reflect on the gravity of this global challenge, it is imperative that governments, organisations, and individuals unite to confront the tobacco epidemic and create a healthier, smoke-free world.

Tobacco addiction continues to grip individuals from all walks of life across diverse cultures and nations. Despite increased awareness about its dangers, millions of people still find themselves trapped in the vicious cycle

of tobacco use. From cigarettes to cigars, pipes to smokeless tobacco, the range of products contributes to the staggering statistics: over 8 million deaths annually worldwide, with 7 million of those attributed to direct tobacco use and the remainder linked to second-hand smoke.

Tobacco-related diseases place an enormous burden on healthcare systems worldwide. The repercussions of tobacco consumption are far-reaching, encompassing respiratory ailments, cardiovascular diseases, various types of cancer, and reproductive complications. Additionally, vulnerable populations, such as pregnant women and children, are especially susceptible to the harmful effects of tobacco, which have long-lasting consequences for their well-being.

The tobacco industry's influence extends beyond health implications, permeating economic and environmental spheres. Tobacco farming puts immense pressure on agricultural land, leading to deforestation and environmental degradation. Furthermore, the costs associated with healthcare, loss of productivity, and diminished human capital due to tobacco-related illnesses



have significant economic ramifications. It is crucial to recognise the intertwined nature of these issues and tackle them holistically.

Over the years, significant progress has been made in tobacco control through various measures such as awareness campaigns, increased taxation, and advertising restrictions. However, more needs to be done. Governments should adopt and enforce comprehensive tobacco control policies in line with the World Health Organisation's Framework Convention on Tobacco Control. These policies include banning tobacco advertising,

implementing graphic health warnings on packaging, increasing taxes on tobacco products, and creating smoke-free environments.

While policy interventions are vital, individual empowerment plays a crucial role in curbing tobacco consumption. Educating the public about the dangers of tobacco, especially targeting young people, can help prevent them from ever starting. Providing accessible resources and support for tobacco users who wish to quit is equally crucial. By fostering a society that values health and well-being, we can inspire lasting behavioural changes and reduce tobacco's grip on future generations.

World Tobacco Day serves as a reminder of the grave consequences of tobacco use and our collective responsibility to act decisively. While progress has been made, much work lies ahead to build a smoke-free world. By prioritising tobacco control policies, promoting public awareness, and supporting individuals on their quitting journeys, we can gradually reduce the influence of tobacco on our societies. Let us seize this opportunity for global collaboration, ensuring that future generations inherit a healthier, tobacco-free planet.

Shifting Perspective through Art.



Kritika Sharma

Art, the simple sounding three letter word has a complex and broad extent. It encompasses diverse range of creative activities and expressions. At the fundamental level, art can be defined as any human activity that involves the creation of something that is intended to be aesthetically pleasing or to communicate a particular idea or emotion. Art can take many different forms, including drawing, painting, sculpture, photography, literature, theatre, music and film.

The evidence of artistic practices dates back to the beginning of human civilization. It has been extensively used to express emotions, tell stories, and document history. However, not only art has historical significance but it plays an essential role in shaping our society and individual lives. In this article we are going to explore why art is impactful and instrumental in shaping the world.

Artistic Expression: Art provides a medium through which individuals express themselves creatively. It is a universal language that transcends borders, languages, and cultures, allowing people from diverse backgrounds to connect and understand each other.

Cultural Significance: Art is an essential part of our cultural heritage and identity. It reflects the values, beliefs and traditions of a society. It can



help preserve and celebrate cultural diversity. It is through art that we get to learn about different cultures, their history and the struggles that they faced. This as a result, promotes cross cultural understanding and empathy.

Social Commentary: It is one of the most effective mediums to make social commentary on issues like politics, inequality and discrimination. Artistic expression can provoke critical thinking and encourage individuals to engage in conversations about social issues. The Patua Art of Bengal is famously known for political and social commentary. 'Black Lives Matter' movement was significantly impacted by artworks that showcased the struggles and injustices faced by African Americans.

Learning: We can't imagine learning without the inclusion of artistic modalities. From primary education to higher, art has many use cases. As kindergarteners, we develop our understanding by studying colourful drawings and doodles. Art lays the groundwork for learning complex subjects like design and engineering. Imaging and illustrations are heavily used in the study of medical sciences.

"The aim of art is not to represent the outer appearance of things but their inward significance"

- Aristotle

Personal Growth: Individuals explore their creativity and imagination through the means of artistic expression. This exploration can lead to self-discovery and personal growth. Art also has medicinal aspect. It has been observed that participation in art can reduce stress, improve cognitive function and promote overall well-being.

Economic Impact: Art is also a significant economic contributor. It provides employment opportunities for artists, designers, curators and other professionals. The global arts market is valued at \$579.52 billion in 2023 and is expanding at a compound annual growth rate (CAGR) of 31.4%

In conclusion, art is indispensable. It is a way of life and is extremely essential to our society and individual lives. It provides a means of creative expression, reflects our cultural heritage, challenges social norms, promotes personal growth and contributes to our economy. It may not always be comfortable or easy to assimilate, it is undoubtedly a necessary part of our world. By exposing us to uncomfortable truths and challenging our perceptions, it can inspire us to think critically about the world we live in and to work towards creating a better future. Lastly, art is not just a luxury or a pastime, but a fundamental aspect of human experience, and one that we must continue to nurture and support.

मंजिल



मान्या

कभी सोचा है कि मंजिल कब बनी थी?
जब वो ऊँचे - नीचे रास्तों से
बिना डरे बस चलती रही थी,
हर दरिया को पार करके किनारे को मिली थी,
वो मंजिल तब बनी थी।

जब वो पेड़ की छाँव में रुकी नहीं थी,
कांटों के बगीचे पर भी वो शान से चली थी,
वो मंजिल तब बनी थी।

वो बारिश में भी कहीं रुकी थी,
वो तूफान से भी खूब लड़ी थी,
तब जाके वो मंजिल बनी थी।
साथ के लिए वो जब नहीं रुकी थी,
अकेले ही वो राहों पर जब चली थी,
वो मंजिल तब बनी थी।

लोगो के ताने जब अनसुने कर चली थी,
असफलता को भी गले लगाए खड़ी थी,
वो मंजिल तब बनी थी।

आँखों के दरिया को थमे चली थी,
होटों की मुस्कान को सादे बड़ी थी,
हां, वो मंजिल बहुत मुश्किलों से बनी थी,
कामचोरी से नहीं बहुत ठोकरों से बनी थी।



मधुबनी चित्रकला



पूनम राजपूत

भारत हमेशा से ही विविधताओं का देश रहा है। कला के क्षेत्र में भी भारत ने अपनी एक अलग पहचान बनाई है। भारत के प्रारंभिक काल की बात करें तो हमें ऐसे अनेकों तथ्य मिले हैं, जिससे यह साफ होता है कि कैसे भारतीय जीवनशैली कला से परिपूर्ण है।

भर्तृहरि ने तो यहां तक कहा है कि 'साहित्य, संगीत, कला विहीन: साक्षात् पशु: पुच्छविहीनः।' अर्थात् साहित्य, संगीत और कला से विहीन व्यक्ति पशु के समान है।

भारत के हर प्रांत, राज्य की अपनी एक विशेष लोक कला रही है, जो उस क्षेत्र के कलाकारों द्वारा एक पीढ़ी से दूसरी पीढ़ी को विरासत के तौर पर दी गई है। इन कलाओं में भारतीय संस्कृति, धर्म और परंपरा को अपना एक विशेष स्थान रहा है।

इस लेख में आज हम एक ऐसी ही भारतीय की सर्वाधिक प्रसिद्ध लोक कला का वर्णन कर रहे हैं, जिसका नाम है:- **मधुबनी चित्रकला।**

मधुबनी चित्रकला अर्थात् मिथिला कला, जो मुख्यतः बिहार के एक जिले, मधुबनी की स्थानीय कला है। मधुबनी जिले का जितवारपुर गांव इसका प्रमुख स्थान है।

वाल्मीकि रामायण के अनुसार राजा जनक के अपनी पुत्री सीता के विवाह के अवसर पर चित्रकारों से मधुबनी चित्रों को महल और नगर को सजाने के लिए बनवाये थे।

मधुबनी कला भारतीय जीवंत लोक कला का उदाहरण है जो द्वैतवाद के सिद्धांत पर आधारित है, जिसमें जन्म-मरण, दिन-रात, सुख-दुख, शरीर-आत्मा इत्यादि को एक साथ दर्शाया गया है।

अगर हम इस कला की शुरुआती दौर और प्राकृतिक तरीकों की बात करें तो पहले यह चित्रकला महिलाओं द्वारा मिट्टी और गोबर की परत को घरों की दीवारों पर लेप करके, प्राकृतिक रंगों द्वारा जैसे-चावल के पाउडर, हल्दी, चंदन, पराग, पेड़-पौधों के लिए रंग

और खनिज पदार्थों द्वारा बनाया जाता था। जिन्हें कलाकार खुद बनाता था।

महिलाओं द्वारा उंगलियों, बांस की टहनियों, माचिस, सूती कपड़ा व अन्य परंपरागत वस्तुओं का उपयोग किया जाता था। लेकिन आधुनिक समय में इस चित्रकला को कागज (1966-68 में इसे हाथ द्वारा बने पेपर, जो गाय के गोबर, नीम के पत्तों का पेस्ट और मुलतानी मिट्टी द्वारा बनाया जाता था, परंतु आज बाजार में हल्के पीले रंग का कागज अपलब्ध है। जिस पर आप इसे बना सकते हैं।) कैनवस और कपड़े पर भी ब्रज और निब पेन द्वारा पहले डिजाइन की बाहरी रेखा और बनाया जाता और फिर इसमें रंगों को भरा जाता है। बदलते समय में प्राकृतिक रंगों की जगह रसायनिक/कृत्रिम रंगों ने ले ली हैं, परंतु ग्रामीण क्षेत्रों में आज भी कलाकारों द्वारा प्राकृतिक रंगों का ही प्रयोग किया जाता है। पुरुषों ने भी वर्तमान समय में इस क्षेत्र में अपनी एक अलग पहचान बनाई है।

इस चित्रकला की पांच शैलियाँ हैं - भरनी, कछनी, तांत्रिक, गोदना और कोहबर। इसमें से भित्री-चित्र और अरिपन मुख्य रूप से प्रसिद्ध हैं।

भित्री चित्र को तीन तरीकों से बनाया जाता है:-

1. पूजा घर में सजावट के लिए।
2. विवाहित जोड़ों का घर को सजावट के लिए (कोहबर)
3. घर की बाहरी दीवारों पर (खास मौकों पर)

अरिपन को आंगन या फर्ष या चौखट के सामने या आंगन के बाहर चबूतरे पर गोबर से लिपाई के बाद कुंची से रंगोली के रूप में बनाया जाता है। हर मार्गलिक कार्य पर एक विशेष अरिपन बनाया जाता है जिसमें विभिन्न मंगल सूचक चिह्नों का प्रयोग किया जाता है।

इस कला को बनाने में हिंदु देवी-देवताओं, भगवान राम-सीता, शिव-पार्वति (पुरुष-नारी प्रतीक) राधा-कृष्ण, गौरी-गणेश, विष्णु अवतार, मां दुर्गा, काली आदि को दर्शाया गया है।

पौराणिक कथाओं जो रामायण, भागवत गीता के लिये गये हैं, इनका चित्रण भी है। इसके साथ ही इसमें ज्यामितीय आकारों का भी प्रयोग किया जाता है। मधुबनी पेंटिंग में पशु-पक्षी, पेड़-पौधे, फूल-पत्ते, बेल बुटों एवं आंख का प्रयोग किया जाता है। खासकर बांस का पेड़ और बड़ा गोलाकार कमल का फूल को समृद्धि के प्रतीक के रूप में प्रयोग किया जाता है। जो इनके प्रकृति के प्रेम को दर्शाता है।

इस पेंटिंग में चित्रकारी करते समय कोई जगह को

खाली नहीं छोड़ा जाता है, मुख्य आकृति या डिजाइन बनाने के बाद खाली जगह को फूल-पत्तों, पशु-पक्षी, ज्यामितीय आकृतियों और सीधी, खड़ी, घुमावदार, वक्राकार आदि रेखाओं से भर दिया जाता है।

आधुनिक काल में यह कला घरों, आंगन तक ही सीमित नहीं रह गई है। इस कला को अब साड़ी, कुशन, परदे एवं अन्य सजावटी वस्तुओं पर भी बनाया जाने लगा है और इस भारतीय कला की अब अंतरराष्ट्रीय स्तर पर भी मांग है। इस कला के विस्तार होने एवं बदलते समय के कारण इसके स्वरूप और विषयों में भी बदलाव देखने को मिला है। इस बढ़ती हुई मांग को बनाये रखने के लिए एवं इस कला को संरक्षित करने एवं इसमें नवीनता लाने के लिए सरकार द्वारा कई कदम उठाये जा रहे हैं। नई युवा पीढ़ी को प्रशिक्षण दिया जा रहा है। कई प्रशिक्षण एवं बिक्री केंद्र की स्थापना की गई है। आजकल लोग इस कला को एक रोजगार के माध्यम के तौर पर भी ले रहे हैं।

मधुबनी शहर में जनवरी 2003 में ईएफएफ द्वारा एक मिथिला कला संस्थान की स्थापना की गई, जो नई पीढ़ी को इस कला के विकास के लिए प्रशिक्षण देती है।

कुछ प्रसिद्ध मधुबनी कलाकार इस प्रकार हैं- सीता देवी, बिहार के जितवारपुर गांव से जिन्हें

1969 में स्टेट अवार्ड, 1981 में पद्मश्री पुरस्कार से सम्मानित किया गया।

गंगा देवी, बिहार के मिथिला जिले से, 1984 में जिन्हें भी पद्मश्री पुरस्कार से सम्मानित किया गया।

जगदंबा देवी, वह कलाकार जिन्हें मधुबनी कला के क्षेत्र में अंतरराष्ट्रीय ख्याति प्राप्त हुई और पद्मश्री से भी सम्मानित किया गया।

महासुंदरी देवी, बिहार के मधुबनी जिले में जन्मी, 2011 में पद्मश्री से सम्मानित किया गया।

गोदावरी देवी, मधुबनी कला के क्षेत्र में जाना माना नाम, जिन्हें 2006 में शिल्प गुरु पुरस्कार और 2019 में पद्मश्री से सम्मानित किया गया।

संतोष कुमार दास जी, (1962 जन्म) ने इस क्षेत्र में सराहनीय काम किया है इन्होंने समाज में व्याप्त सामाजिक व राजनैतिक आस्थिरता को इस कला द्वारा दर्शाया जिसमें पारंपरिक एवं समकालीन कला का समावेश है। वहीं अन्य कलाकारों में कमलेश राय को कार्य भी सराहनीय है।

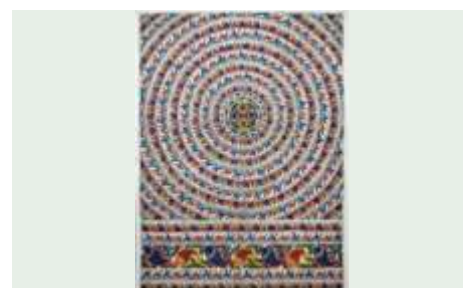
मधुबनी कला अपनी संस्कृति, सौंदर्य और भावनों को न छोड़ते हुए आगे बढ़ रही है और इस कला को भौगोलिक संकेत (जीआई) का स्टेटस भी प्राप्त हुआ है।



भरनी शैली



कछनी शैली



गोदना शैली



कोहबर शैली

Drug Addiction: A Source of Self-Destruction

Gungun Rajput

The youth of India face enormous problems in their lives, and some of them can't even think of solutions. A solution can be anything if maturely handled; anyone can cope with anything, but an immature person will choose a path of self-destruction. Sources of self-destruction can be anything, but the most prominent one is drugs.

When a specific group of people were asked, "What gives you relief or relieves your stress?" a very common response was "DRUGS." Drugs are substances that change a person's mental and physical state. They affect the way your brain works, how you feel and behave, your understanding, and your senses. According to the government of India's census, 1.58 crore people in the 10-17 age group are addicted to drugs. Well, what comes to mind when it comes to the word 'addiction'? When a person does not have control over doing, taking, or using something to the point where it could be harmful to them, it is considered addiction. Factors such as peer pressure, early exposure to drugs, stress, and parental guidance can greatly affect a person's likelihood of drug use and addiction. Substance addiction is the most commonly referred to form of addiction, but behavioural addictions can sometimes come out of nowhere and when they are least affected. However, in terms of substance addiction, some of the most

common types of addiction include:

- alcohol addiction
- prescription drug addiction
- heroin addiction
- opioid addiction

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Email :

youngster@tecnia.in



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