

Youngster



Where dream Chisels into reality

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धूमधाम से संपन्न हुआ "ऑडिओस 2023"



बाल कृष्ण मिश्र

नई दिल्ली। रोहिणी स्थित टेक्निया इंस्टिट्यूट ऑफ एडवांस्ड स्टडीज के पत्रकारिता एवं जनसंचार विभाग द्वारा "ऑडिओस 2023" 6 जुलाई 2023 को धूमधाम से संपन्न हुआ। "ऑडिओस 2023" टेक्निया इंस्टिट्यूट ऑफ एडवांस्ड स्टडीज की एक रचनात्मक पहल है जो संस्थान के छात्र-छात्राएं के ज्ञान और कौशल को प्रदर्शित करने का मंच प्रदान करता है। कार्यक्रम की शुरुवात टेक्निया ग्रुप ऑफ इंस्टिट्यूशन के अध्यक्ष डॉ राम कैलाश गुप्ता, संस्थान निदेशक डॉ अजय कुमार, डॉ एमएन झा (डीन, एकेडेमिक्स) और "ऑडिओस 2023" की संयोजिका सोनिया बत्रा द्वारा सरस्वती वंदना व दीप प्रज्वलन के साथ की गयी।

डॉ राम कैलाश गुप्ता ने कार्यक्रम की औपचारिक शुरुवात 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।

कार्यक्रम को संबोधित करते हुए निदेशक डॉ अजय कुमार ने कहा कि संस्कार ही जीवन में सफलता की राह आसान करते हैं। छात्राओं का यह कर्तव्य है कि वह पढ़ाई के साथ संस्कारों को भी अपने जीवन में आत्मसात करें।

डॉ एमएन झा (डीन, एकेडेमिक्स) ने छात्रों का उत्साहवर्धन करते हुए उनके उज्ज्वल भविष्य की कामना की। "ऑडिओस 2023" में कई प्रकार के ईवेंट हुए जिसमें विद्यार्थियों ने भाग लिया और अपनी कला का प्रदर्शन किया। कार्यक्रम में मुख्य आकर्षण, ग्रुप डांस, सोलो डांस, सोलो सिंगिंग, मिस्टर एंड मिस "ऑडिओस 2023" आदि रहे।

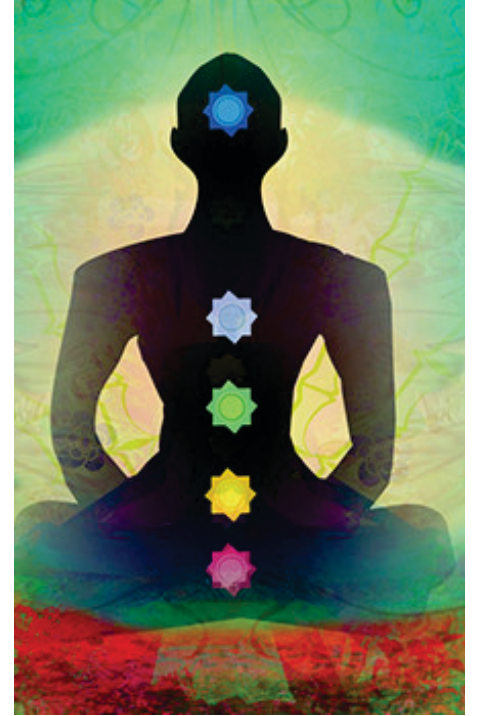
"ऑडिओस 2023" का अपना अलग ही अंदाज था जहां "रुतबा बैंड" ने जलवा बिखेरते हुए अपनी सुरीले गीतों से उपस्थित युवाओं को झुमने पर मजबूर कर दिया। वहीं भारी संख्या में दर्शकों की उपस्थिति ने कार्यक्रम के उत्साह को दोगुना कर दिया। इस मौके पर जनसंचार विभाग के विभागाध्यक्ष (द्वितीय सत्र) डॉ गोपाल ठाकुर, डॉ शिवेंद्रु राय (विभागाध्यक्ष, प्रथम सत्र), प्रेस एंड मीडिया क्लब के इंचार्ज बालकृष्ण मिश्रा, डॉ विपुल प्रताप, डॉ रजनेश पांडेय, डॉ शाहीन बानो, डॉ जागृति बसेरा, मयंक अरोड़ा, प्रियंका सिंह, डॉ रजनी यादव, नितिन यादव, दीपक कुमार, अदिति अग्रवाल, अमित शर्मा व छात्र-छात्राएं मौजूद रहे।



अष्ट वक्र ज्ञान चक्र बुद्धिजीवी संस्था : अमर रहेगी पटकथा

अष्ट वक्र ज्ञान चक्र बुद्धिजीवी संस्था, हर सदी की पीढ़ी में, अमर रहेगी पटकथा। ज्ञान ग्रंथ के गुरु सिद्ध और निपुण यही, इसके जैसी अनुभूति विश्व में नहीं कही। विद्या, खेलकूद, कला, तिनका तक अजर रहे, हिंद के इतिहास में, ये संस्था अमर रहे। काम कथिन कितना भी कर्तव्य से निभाए हम, नाम गूँजे विश्व भर में परचम लहराए हम। दिव्य रूही समागम की यही तो मिसाल है, पट्टा फूल माटी हवा कण भी बेमिसाल है। हाथ जुड़े, शीश झुके पालको में सम्मान हो, धरा गूँजे नाम से ऐसा कीर्तिमान हो। जो भी थाने ऐसा कोई लक्ष्य न अभेद हो, जाति धर्म संस्कृति किसी का न भेद हो। निष्ठवान मन से दुनिया जीते अपने दम पर हम, जुगनु, सूर्य, तार, चांद से भी ज्यादा चमके हम। वक्त की ये पुस्तकें जब भी खोली जाएगी, हर नश्ल की जुबा फिर, शान से दोहराएगी। अष्ट वक्र ज्ञान चक्र बुद्धिजीवी संस्था, हर सदी की पीढ़ी में अमर रहेगी पटकथा।

- अमित सिंह मोर



हेमा मालिनी को संस्कृति विश्वविद्यालय के चौथे दीक्षांत समारोह में मानद डॉक्टरेट की उपाधि से सम्मानित किया गया

मथुरा/उत्तर प्रदेश (यंग्स्टर ब्यूरो)। हिन्दी सिनेमा की प्रसिद्ध अभिनेत्री एवं मथुरा से सांसद, श्रीमती हेमा मालिनी जी को संस्कृति विश्वविद्यालय के चौथे दीक्षांत समारोह में मानद डॉक्टरेट की उपाधि से सम्मानित किया गया। इस दौरान उत्तर प्रदेश की माननीय राज्यपाल, श्रीमती आनंदीबेन पटेल जी ने मुख्य अतिथि के रूप में इसमें भाग लिया।

श्रीमती हेमा मालिनी जी के अपूर्व योगदानों को सिनेमा और नृत्य के क्षेत्र में, राष्ट्र सेवा में और भारत के सांस्कृतिक परिदृश्य को ध्यान में रखते हुए उन्हें यह सम्मान दिया गया। इस दौरान टेक्निया समूह के चेयरमैन डॉ आरके गुप्ता, और संस्कृति विश्वविद्यालय के चांसलर, डॉ सचिन गुप्ता ने अपने विशेष भाषणों में श्रीमती हेमा मालिनी जी को उनकी असाधारण उपलब्धियों के लिए सम्मानित किया।

समारोह को संबोधित करते हुए श्रीमती आनंदीबेन पटेल जी ने भारतीय कला, संस्कृति, और समाज को समृद्ध करने वाले ऐसे उत्कृष्ट व्यक्तियों को सम्मानित करने की आवश्यकता पर बल दिया और साथ ही श्रीमती हेमा मालिनी जी की कला और दृढ़ सेवा की प्रशंसा की।



'संस्कृति विश्वविद्यालय' के चौथे दीक्षांत समारोह की झलकियां...



WHY IT'S NECESSARY TO CARE FOR MENTAL HEALTH ?



Ishita Aggarwal

Mental health encompasses our psychological, emotional and social well-being. Meaning, it impacts how we feel, think and behave each day and is a vital part of our life. It is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

A research published in the Lancet in October 2021 found a 35% increase in mental health disorders in India. According to the 'Global Burden of Disease Study 1990–2017,' 19.73 crore Indians, or one in every seven, suffer from a variety of mental problems. And in 2023, nearly 56 million people in the country are thought to suffer from depression, with another 38 million suffering from anxiety disorders.

Throughout our lives, multiple individual, social and structural determinants may combine to protect or undermine our mental health. Individual psychological and biological factors such as emotional skills, substance use and genetics can make people more vulnerable to mental health problems. Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm.



People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

Being healthy emotionally can promote effectiveness in activities like work, school or caregiving. It plays an important part in the health of your

relationships, and allows you to adapt to changes in your life and cope with adversity.

Thus, maintaining a positive mental health and treating any mental health conditions is crucial to stabilizing constructive behaviors, emotions, and thoughts. Focusing on mental health care can increase productivity, enhance our self-image, and improve relationships. Nurturing mental health doesn't just improve our daily functioning, but it can also help us control some of the physical health problems directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease. Connecting with other individuals, friends and family – Reaching out and opening up to other people in your life can also help provide emotional support and help remove anxiety and simply improve or lift up the mood.

Decoding the New Education Policy 2020: An Analysis of its Impact and Implementation



Dr. Ruchi Srivastava

The National Education Policy 2020 (NEP 2020), launched on 29 July 2020, outlines the vision of India's new education system. NEP 2020 focuses on five pillars: Affordability, Accessibility, Quality, Equity, and Accountability – to ensure continual learning. It has been crafted consistent with the needs of the citizens as a demand for knowledge in society and economy called for a need to acquire new skills on a regular basis. Thus, providing quality education and creating lifelong learning opportunities for all, leading to full and productive employment and decent work as enlisted in United Nations Sustainable Development Goals 2030, forms the

thrust of NEP 2020. The NEP 2020 aims to develop school and higher education system to compete with the new digital age. Thus, there is much emphasis upon multidisciplinary, digital literacy, written communication, problem-solving, logical reasoning, and vocational exposure in the document.

In January 2015, a committee under former Cabinet Secretary T. S. R. Subramanian started the consultation process for the New Education Policy. Based on the committee report, in June 2017, the draft NEP was submitted in 2019 by a panel led by former Indian Space Research Organisation (ISRO) chief Krishnaswamy Kasturirangan. The Draft New Education Policy (DNEP) 2019, was later released by Ministry of Human Resource Development, followed by a number of public consultations. The Draft NEP had 484 pages. The Ministry undertook a rigorous consultation process in formulating the draft policy: "Over two lakh suggestions from 2.5 lakh gram panchayats, 6,600 blocks, 6,000 Urban Local Bodies (ULBs), 676 districts



were received." The vision of the National Education Policy is: "National Education Policy 2020 envisions an India-centric education system that contributes directly to transforming our nation sustainably into an equitable and vibrant knowledge society by providing high-quality education to all."

NEP 2020 focus on quality higher education It must enable a person to study one or more specialized areas of interest at an in-depth level and develop character, ethical and constitutional values, intellectual curiosity, scientific temper, creativity, service spirit, and the

skills of the 21st century across a range of fields, including sciences, social sciences, the arts, humanities, languages, personal, technological the vocational subjects. The new education policy brings some fundamental changes to the current system, and the key highlights are multidisciplinary universities and colleges, with at least one in or near every district, revamping student curricula, pedagogy, evaluation, and support for enhanced student experience, establishing a National Research Foundation to support excellent peer-reviewed work and effectively seed study at universities and colleges.

The NEP 2020 aims at reducing curriculum content to enhance essential learning and critical thinking. The objective is to promote holistic experiential, discussion-based, and analysis-based learning. It also talks about a revision of the curriculum for the first time. The significant change is in pedagogical structure from a 10+2+3 system to a 5+3+3+4 system. The is an effort to optimizes learning based on the cognitive development of children.



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Kargil Vijay Diwas:

Remembering Valor and Sacrifice



Bal Krishna Mishra

On this solemn occasion of Kargil Vijay Diwas, we come together as a nation to honor and commemorate the heroic efforts of our brave soldiers who selflessly defended the borders of our country during the Kargil conflict. This day, observed on July 26th each year, stands as a reminder of the valor, determination, and ultimate sacrifice displayed by our armed forces in securing the nation's sovereignty.

Kargil Vijay Diwas marks the day when the Indian Armed Forces successfully recaptured the strategic heights and posts that had been infiltrated by Pakistani forces in the treacherous Kargil region in 1999. The conflict served as a stark reminder of the challenges that India faces in safeguarding its borders and the unyielding commitment of our soldiers to protect the nation's integrity.

The Kargil conflict was not only a test of our military prowess but also a testament to the indomitable spirit of

our soldiers. They faced unimaginable hardships, fighting in extreme weather conditions and at high altitudes, often with limited resources. Their unwavering dedication, unwavering spirit, and camaraderie played a crucial role in the successful recapture of the strategic positions.

Kargil Vijay Diwas also highlights the importance of national unity and resilience. It was a time when the entire nation stood united, setting aside political and regional differences, to support our soldiers and their families. The sacrifices made by our armed forces during the Kargil conflict remain etched in our collective memory and serve as a reminder of the responsibility we have towards those who protect our borders.

As we remember the gallant soldiers who laid down their lives for the country, we must also acknowledge

the impact of their sacrifice on their families. Behind every brave soldier, there are loved ones who endure anxiety, fear, and loss. We must ensure that their welfare is taken care of and that they receive the support they need to cope with their loss.

Kargil Vijay Diwas is not just a day of remembrance but also an opportunity to reiterate our commitment to strengthen our armed forces and modernize their capabilities. It is vital to

invest in the latest technologies, equipment, and training to ensure that our soldiers are equipped to face any future challenges that may arise.

Beyond commemorating the bravery of our soldiers, Kargil Vijay Diwas should also serve as a reminder to strive for lasting peace in the region. Dialogue and diplomacy should be the primary means to resolve conflicts, and we must work towards promoting mutual understanding and cooperation with our neighbors.

Kargil Vijay Diwas is a time to honor the courage and sacrifice of our soldiers who fought valiantly to protect our nation's sovereignty. It is a day to stand united as a nation, recognizing the contributions of our armed forces and renewing our commitment to their welfare and the nation's security. Let us never forget their bravery and continue to uphold the values they embodied in service to the nation.



Redefining Power Dynamics : The Evolving Geopolitical Landscape in 2023



Lakshay Bhardwaj

The study of how geography, economics, and politics interact to affect international relations is known as geopolitics. Geopolitical dynamics have undergone considerable changes recently, with a number of new trends and problems influencing the present international order. Here, we go through a few recent geopolitical concerns and their possible global repercussions. The current international order, which is dominated by the United States, is being challenged by China, which has risen as a significant economic and military force. China's rise has been aided by its economic expansion, which has boosted its power and investment around the globe. Furthermore, China's neighbour and other nations are concerned about its military buildup and assertiveness in territorial disputes. As a result, several nations have begun to review their China policies and ties.

Due to its effects on different parts of the world, such as rising sea levels, natural catastrophes, and resource shortages, climate change has grown to be a serious geopolitical concern. With many governments and organisations committing to carbon-neutral

objectives and investing in renewable energy, the need for nations to collaborate in order to alleviate the consequences of climate change has grown more important. Conflicts over resources and migration might result from a failure to handle climate change, further upending the international system. As our dependence on technology grows, so do cyberattacks, which pose a serious danger to both domestic and international security. Governments are finding it more challenging to preserve their interests due to the growth of cyber warfare and cyber espionage. As a result, many nations are investing in cybersecurity measures to protect their vital infrastructure and data. National security and the global economy are significantly impacted by the possibility of cyberattacks on key infrastructure, such as power grids, banking systems, and transportation networks.

With continuous wars and political instability in several nations, the Middle East continues to be a flashpoint for global tensions. The area is crucial to the world economy since it is a significant producer of natural gas and oil. The continuous struggle between Israel and Palestine, Syria's civil war, and the emergence of extremist organisations like ISIS have all added to the region's instability. The Abraham Accords, a recent agreement between Israel and many Arab governments, may mark a change in regional ties and contribute to greater regional stability. The political ideology of many nations have



changed as a result of the growth of populism, with politicians now advocating isolationist and nationalist policies. As a result of this pattern, there has been a backlash against globalisation, with some nations enacting protectionist laws and

encouraging economic nationalism. Additionally, populist leaders have been charged with undermining democratic institutions and encouraging polarising politics, which have been linked to social unrest and political polarisation.

The geopolitical scene today is complicated and changing quickly. A few of the elements influencing the world order are the development of populism, cybersecurity threats, the rise of China, and climate change. It is more important than ever for nations to cooperate and handle these concerns in a collaborative manner. If this is not done, there may be more volatility and the world order may become unstable.

मैं नारी हूँ

शक्ति, स्वाधीनता, और गर्व से उड़ती हुई!

हाँ गर्व है मुझे मैं नारी हूँ तोड़ के हर पिंजरा जाने कब मैं उड़ जाऊँगी,
चाहे लाख बिछा लो बंदिशें फिर भी दूर आसमान में अपनी जगह बनाउंगी।
भले ही परम्परावादी जन्जीरोंसे बांधे हैं दुनिया के लोगो ने पैर मेरे,
फिर भी हर उस जंजीर को तोड़ जाऊँगी।
मैं किसी भी काम में कम नहीं हूँ सारी दुनिया को दिखाउंगी, हाँ गर्व है मुझे मैं नारी हूँ।



जीतिका

Influence of Environment & Heredity in Music Learning



Ruma Chakraborty

Music has been recognized as a powerful aspect of the entertainment of life. It has also been pointed out as an art of life and a spiritual practice of the hereafter. Inheritance and environment play an important role in Indian classical music. The ancestral property of Indian classical music is safe till date only through heredity and environment. Now, first of all, we should understand these terms - inheritance (heredity) and environment.

- The literal meaning of environment is the surrounding of any objects. The psychological meaning of environment is all the directions outside the body of an organism which have the potential to influence it.
- "The word heredity means whatever is passed down from parents to children through maternal or paternal family in biological form." Inherited heredity includes all those physical and mental characteristics, which a person receives from his parents by descent. These characteristics are received through the genes of the fathers.

In learning music, the effect of environment (surroundings) and heredity is "Naadadhinam jagatah" i.e. the world (universe) is under the sound. The origin of creation is from Om (sound) and music is the fundamental factor of sound, when the entire pasture is dependent on sound, then how can the standard body made of five elements remain untouched by it.

Every individual begins his life as a microscopic undifferentiated cell. He gets one carrier from the mother and one from the father. In this way, a pair of each character is received by the carrier organism from its parent. In fact this is called heredity. When both these vectors are of the same type, then the same physical and mental qualities come in the baby. But if these two are different, then the child will have the qualities of the carrier which is dominant. Like this, In a family where either the parents or both are actually musicians, their child may not want to become a musician, but will definitely be melodious and have musical qualities. Similarly in other arts also there will be effect of heredity.

Man has a great influence on his environment. This of the environment goes on from his birth till his death. Many qualities are inherited by man from his parents in the form of seed, but the seed remains the same in all circumstances. It would not have been fruitful. If we sow a good quality seed in a fertile land where it gets sufficient amount of water, manure and care, then that seed will become fruitful and give good fruit and if we sow the same seed in a rocky place and do not provide suitable environment, then The seed will not even sprout, similarly if a child is born with all the qualities of music



acquired by heredity but if he does not get enough musical environment, then he cannot become a good singer or player.

In the process of learning, environment and heredity get multiplied, that is, that action has a double effect. In the process of learning music, the following elements work-

1. Psychological factors
2. Physical element
3. Environmental factor

- **Psychological factor** - Motivation is helpful in learning music. Listened to the singing or playing of a special person and got such an impression on the mind that it went to him to learn or in search of a good teacher. The main elements of physiological factors that determine the physiological state are age and

maturity. A child can learn only when he is mature, but when he is old, the power of learning decreases, as well as there is a problem in the maintenance of hands and feet.

- **Physical element** - sensation, seeing, hearing, smelling, tasting and touch sensation is the first step to learn auditory sensation in these five types, so it is necessary for a music learner to have sharp ears and auditory sensitivity. Hearing sensitivity of a blind person is very acute, so he has quick and excellent vocal knowledge.
- **Environment** - It helps children a lot in learning, songs and music pervade the environment are remembered naturally. If there is an atmosphere of music in the surroundings, knowingly or unknowingly all those things develop in them. Due to T.V., internet, mobile phones, online programs, online classes, nowadays small children sing very well in film dances and film songs. But all these things apply to other subjects as well. Especially imitation, observation, understanding and effort are important in learning music.

According to Woodworth, everything that affects the life and development of man comes in the field of heredity and environment, but these things are combined in such a deep form that it is often difficult to differentiate between the effects of heredity and environment. Both are complement each other, heredity is the seed and environment is the conditions for the development of that seed.

MUSIC : A Universal Art Form

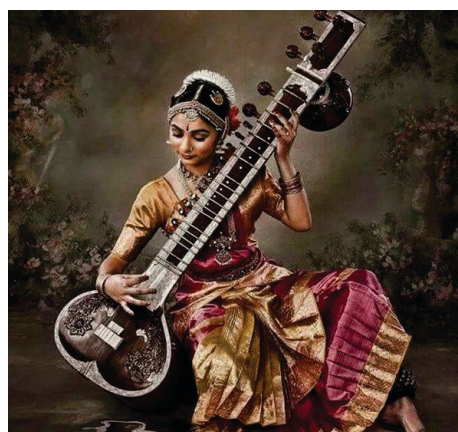


Sumant Rai

The history of music is very ancient. If we talk about the meaning of the word music, then music is an art in which human beings present their feelings to another person through singing, playing

(through instruments) and dancing. Music has been accepted as the best of the fine arts. The main reason for this is that all the fine arts require some resources, but music is the only art which is related to the feelings that arise in the inner heart of man, and music reflects the different types of feelings that arise in the heart of man. By controlling it, it inspires towards devotion to God. Music is also superior to other arts because this art is more successful than other arts in bringing out the beautiful elements (bhaavs) hidden in the human heart. When a musician or an artist presents his feelings in a beautiful manner by using suitable raga, swara, rhythm style, then this art of performance is called music. In other words, we can say that the art of conveying feelings is called music. Whatever the medium may be (singing, playing or dancing), but music plays an important role in conveying the feelings from one person to another.

Music is such a powerful medium that not only communication is possible but it also encourages goodwill and goodwill. Being a human being, every human being has his own duties and responsibilities, by discharging which that person not only earns his living but also does welfare work in the interest of the society. It is by no means necessary that every person who wants to be benefited by music is taking or taking or has received music education. Human-music can offer the importance and powers of music just by listening.



Music is such an art that its effect can be felt both by doing and listening. For example, listening to the music used in films or bhajan kirtan etc., every person experiences joy and inner peace, whether the person is ignorant of music knowledge or music education. This is because the art of music is related to emotions and emotions are inherent in every person. It is not necessary that he should reveal his feelings to anyone. But feelings always take birth in a human being and they appear after getting the right situation or environment. As a person goes to a temple where bhajan kirtan is being performed, through music the sense of devotion inherent in the person becomes manifest and he not only participates in the bhajan kirtan happening in the temple or home but also experiences joy. At the same time, the music that is performed through hymns makes the person's heart happy.

The nature of music is to encourage and promote, like if a person is getting very emotional, then when he listens to any music related to compassion, tears start flowing from the person's eyes as soon as he listens to the music, it is not necessary that tears only, they come out only when they are sad, but when a person is very happy. And when he hears the music of gaiety and enthusiasm and Shringar raga, tears start falling from his eyes. The reason for this happening is that music increases the concentration power of man by removing negative thoughts. Due to which he is able to forget everything and enjoy the real joy of music. The meaning of the above example is that musical art is capable of expressing every emotion of a human being.

In my opinion, the art of music affects everyone except for a few exceptions. A person may be of any age, race, gender, class, does not remain untouched by the power and influence of music. The usefulness and importance of music is for everyone and it also has an effect on everyone. Music is a type of yoga which prepares the body and mind to function properly by providing relief. No matter which region a person lives in, whatever caste he may be, music affects him in every form. In short, music helps to keep the body healthy, no matter who the person is, he cannot live without being affected by the effect of music. That is why music has been called universal.

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