

# E-HORIZON

## VOLUME - 6

DR. HEDGEWAR LIBRARY  
WORKING UNDER -  
DR. HEDGEWAR LIBRARY SAH SEWA SAMITEE  
LAXMINAGAR, BHACHCHHI, MADHUBANI, BIHAR - 847212



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<https://drhedgewarlibrary.com>

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## MESSAGE FROM THE EDITOR'S DESK



Accomplishing a meticulous task is no simple feat, requiring unwavering dedication and determination, along with thorough and careful planning, to reach the intended goal.

This gives me immense pleasure to present before you the sixth Volume of e-magazine (DHL's e-Horizon) on the occasion of Foundation Day of the Library (2nd June 2024) which proves to be a pivotal tool in the hands of the students. It will benefit students in their upcoming academic and competitive exams, and it has the potential to alter their thinking for improved perspectives. The blended mode of learning, which combines both physical and online learning, has emerged as the preferred method for acquiring knowledge. This approach allows learners to benefit from face-to-face interaction with teachers while also accessing a wide array of resources through various online platforms such as social media, e-print media, and the internet. Given the current circumstances, I strongly believe that embracing the e-Horizon will prove immensely beneficial for students across the country, providing them with the guidance they need for a brighter future, regardless of their location.

The latest edition of E-Horizon covers a wide range of topics, including science, social science, and the environment. It features articles addressing important social and environmental issues that impact individual well-being and the advancement of moral ethics. Additionally, the magazine includes uplifting stories from the lives of influential figures and a captivating personal experience narrative. The publication also includes a comprehensive account of the library and its accomplishments, illustrating the library's evolution along with testimonials from well-known figures and feedback from readers who enjoyed the 5th volume of e-Horizon. Additionally, e-Horizon features success stories from members, inspiring learners to strive for greater achievements.

The library operates under the authority of Dr. HEDGEWAR PUSTKALAYA SAH SEWA SAMITEE, and we engage in various social initiatives through this platform to assist people in need, thereby contributing to the development of a thriving and harmonious society. It brings me great joy to announce that our trust is officially registered under 12 A & 80G, enabling individuals to make donations and receive 50% tax benefits. Our library is now fully equipped with modern infrastructure, Wi-Fi access, an assortment of periodicals, newspapers, competitive exam preparation materials, and a diverse collection of books.

I want to express my sincerest gratitude to Dr. Pawan Kumar Ray, Mr. Abhay Kumar Jha, and Designer Prem Kumar for their unwavering support. I also want to extend my warmest congratulations to our talented writers, whose exceptional work made this e-Horizon possible.

The true measure of success lies not just in completing a task, but in the path we travel to get there. It's important to focus on giving our best in every action we take in the present.

“Always live in the present”

Pallavi Bhowmik

Asst. Professor, Pragati College of Education

Siliguri, West Bengal, Under BSAEU

MA (Political Science), M.A.(History) & M.Ed., NET(Education)



## *Message*

It is a great pleasure to appreciate the initiative taken by **Dr. Hedgewar Library** Laxminagar, Bhachhi, Madhubani for publishing 6<sup>th</sup> DHL's e-Horizon. First issue of this e-Magazine was published in 2020 when everyone was facing problem due to COVID pandemic. Since then, this magazine is being published regularly.

I am glad to know that this e-magazine has been very useful for learners, especially students in their preparation for competitive examinations. In the past issues of this e-magazine, a variety of topics and areas were covered and I have no hesitation to say that this issue will also help youngsters in achieving success in different examinations.

I extend my heartiest congratulation to **Dr. Hedgewar Library** and the editorial team, coordinators, contributing authors and also the entire team of this DHL's e-Horizon for their achievement and successful endeavour ahead.



(Dibakar Chandra Deka)



## SIKKIM GOVERNMENT B.ED COLLEGE

Soreng West Sikkim-737121

(Recognized by N.C.T.E & Affiliated to Sikkim University)

Ref No: 40 SRG/B.Ed.Col./2024

Date: 29/05/2024

### Message

It is a great pleasure to know that Dr. Hedgewar Library provides a platform to exchange various views, ideas and knowledge through e-Magazine since last four years. I am very glad to know that Library is going to publish 6<sup>th</sup> volume of e-Magazine (DHL' S E- Horizon) on the occasion of foundation day 02- 06- 2024. I have no doubt in saying that the e-Magazine will be able to help everybody far beyond achieving success in a competitive examination and it will be useful for every aspect.

I know that a good team DHL is going to publish this e-Magazine for a noble cause and it is to inspire the learners with a promising future. I wish all the best for the future of its members especially to the students who are preparing for the competitive examinations.

I extend my heartiest congratulation to entire team of e-Magazine for successful publication.

With best wishes

**Dr. Devi Kala Lama**  
Principal, Govt. B.Ed. College  
Soreng, Sikkim

(Dr. Devi Kala Lama)  
PRINCIPAL  
Govt. B. Ed. College  
Soreng



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www.sgcbcd.org, Contact No. : 8967945799

<https://mail.google.com/mail/u/0/?ik=ee42efb18f&view=pt&search=all&permthid=thread-f:1800287273088425552&siml=msg-f:18002872730884...> 1/1

## MESSAGE FROM FOUNDER

It is a moment of great pleasure to know that the Sixth volume of Dr. Hedgewar Library's E-magazine (DHL's e- Horizon) is going to be published on 2<sup>nd</sup> June 2024 on the occasion of 34<sup>th</sup> foundation day of the library under the guidance of editor Ms. Pallavi Bhowmik, Assistant Professor Pragati College of Education, Siliguri.

I have gone through earlier volumes of E-magazine which was first launched in the year 2020 on the occasion of Teachers' Day amidst the covid-19 disaster. I was extremely impressed with the variety of topics, areas covered and presentation of the earlier volumes of this E-magazine which were very useful for learners and specially for the ones preparing for competitive exams. Contents and facts of the article were up to mark.

The library is running by dedicated members in the remote area of village Bhachchhi, Dist. Madhubani in Bihar. Library played the vital role to increase the literacy rate of village and specially for women. It is a platform for preparing the competitive examinations. Many of regular readers and members of library succeeded the various competitive exams. They are working on various renowned posts in the country and abroad too.

I express my best wishes to the editorial team, coordinators, writers and also the entire team of Dr. Hedgewar Library for successfully publishing the E-magazine continuously since 2020.

With warm regards,

**Dr. Pawan Kumar Ray,**

Founder of DHL

## Library Members and Readers views



Jyoti Sharma

M.A Student of Education Department

Sikkim University

As a student in the Education Department at Sikkim University, I'm happy to share my thoughts about this amazing platform. The e-magazine allows students and experts to share their knowledge with many people. It has interesting content that keeps readers engaged. It's also helpful for educators and students to see the intelligence of the contributors. I believe this e-magazine should be valued as a valuable resource. Thank you to Team DHL for making this e-magazine possible every year.



Mrs. Ganga Sharma Paul,

Assistant Professor

Harkamaya College of Education

It gives me immense pleasure to be a part of this E-magazine again.

This magazine is a platform for everyone to share their knowledge and views on important issues which benefits the people of all walks of life. I thank and appreciate the efforts of the DHL team for their invaluable contributions to the society.

My special thanks to Dr. Pawan Kumar Ray for his hardwork and dedication to bring this magazine into reality.



Mr.Sunny Das

Music Teacher : Tashi Namgyal Academy

Gangtok, Sikkim

I just completed reading your latest issue and wanted to express my heartfelt appreciation. I truly admire how students and working professionals actively participate in your magazine, sharing their views and helping readers learn something important.

I especially loved the stories created by the students—they are both inspiring and thought-provoking. Congratulations to the entire DHL team for the remarkable Horizon series. Keep up the excellent work!



Rishika Pokhrel

M.A. Student.

Department Of Education, Sikkim University

I am very glad that I got an opportunity to share my thoughts about this e-magazine. This magazine mainly focused on, to prepare for better future and makes a healthy and happy life. It is also helpful to students for their upcoming academic and competitive examinations. It not only keep readers informed about current trends and developments but also provides a wealth of knowledge that aids in their academic and personal growth.

Lastly, I would like to thank the DHL committee for publishing such a amazing e-magazine every year.



Abhinav Kumar

Senior consultant at Capgemini

As a successful member of the library, I actively seek out new knowledge and information, utilizing the vast resources available to me. Through diligent research and exploration, I continually expand my understanding of the world and contribute to the collective wealth of knowledge within the library's community. By sharing insights and discoveries, I enrich both my own learning journey and that of others around me.

## Details of Library & It's Achievement

Established: 2nd June 1991.  
Founder: Dr. Pawan Kumar Ray.

Trust: Dr. Hedgewar Pustkalaya Sah sewa samitee.  
Registration No.: T-7978/2016

Website: [www.drhedgewarlibrary.com](http://www.drhedgewarlibrary.com)  
Email: [dhl2june1991@gmail.com](mailto:dhl2june1991@gmail.com)  
You tube: Dr.Hedgewar Library  
Facebook: <https://www.facebook.com/drhedgewar.bihar>

President: Md. Kamran (8092082714)  
Secretary: Mr. Mahavir Kumar (9155551156)  
Co-ordinator: Mr. Pappu Kumar (7631256491)

### **Features:**

Dedicated members are always ready to help the needy whether it is of educational nature or an economical support. Always ready to reach the helping hands who are interested in helping the mankind.

### **Work field:**

- (i) Organizing a Mega quiz-Contest every year on 31<sup>st</sup> of December for updating of Knowledge and organising the Competition on Foundation day i.e 2<sup>nd</sup> June for the development of different skills of students.
- (ii) Educational assistance is given to the student who topped the Matriculation and Intermediate examination previous years.
- (iii) Monetary assistance to one student who is unable to meet the expense of his/her study
- (iv) Organizing some National festivals throughout the years for awareness amongst the new generation.
- (v) Run the competitive coaching centre by founder and members of library to provide better facilities to students. Free education to those who cannot afford.

### **Achievement:**

- (i) Registration of Library in NITI Aayog in the year 2020 with Unique Id: BR/2020/0260018.
  - (ii) Thousands of people succeeded in competitive exams and Got Government Job, and working all over India even abroad by the virtue of library.
  - (iii) We have developed a good infrastructure of Library to provide good educational environment to the learners and organised some social programs.
  - (iv) Publication of E- Magazine.
  - (v) Our trust is registered under 12 A & 80G through which people may donate and can get 50% tax benefits
  - (vi) Registered for CSR(Corporate Social Responsibility)
- You may send Competitive Articles/ Social Articles and Feedback / Suggestion.  
Email: [emagazine4you@gmail.com](mailto:emagazine4you@gmail.com)

## Anugamana: A setting of Rules and Restriction for Student life



Pallavi Bhowmik  
Assistant Professor  
Pragati College of Education, Siliguri

In my quest to find the meaning of the word “Anugamana”, I encountered numerous sources of etymological explanation belonging to various domains of beliefs, practices, and understanding of knowledge. This piece of writing will dwell explicitly on those words that hold a very comprehensible and easily attainable meaning, ‘bodh ganya’, in connection to student’s realm.

After going through a few sources, the meanings acquired are such as “in accordance with”, “following after”, “going after” and general understanding like ‘conformity’, and accordance.

A student needs to follow someone’s footsteps to reach the desired goal, a detrimental truth. Thus, when we are following someone we need to know whom to follow and why. As humans we tend to follow and idealise something or someone. Students are the seekers of knowledge and the one whom they follow necessarily has to be the source and inspirer of the knowledge of the self and the essence of reality.

In Bhagavadgita (Ch 4- Hymn 34) “Paripatena Pariprashnena sevaya”, it is markedly stated that one needs to approach and inquire from the one who is a self-realised soul and try to learn the truth from him, for he has seen the truth, and by being submissive and rendering service to him.

In the Holy book of Bible, 2 Timothy 2:15 tells us that we should study and show God that we understand truth. This verse refers to knowing God’s word and being able to point out false teachings and philosophies, but it applies to education as well. As a student, one should indulge oneself in their work and be the best one can be.

Education is a means of knowing the truths about the world. ‘Surah Az-Zumar’ according to Quranic verse: “Can those who have the knowledge and those who do not know be deemed equal?”

Thus, getting the right master and surrendering to him is the first and pivotal rule for a student who is in the state of being a knowledge seeker. When a student seeks guidance from his master, the master first provides

him with a distinct set of rules and regulations in the process of preparing the student's readiness for learning that the student needs to follow undeniably. Well, it sounds questionable. Remember the school diary that contains all the rules and regulations for the student that must be maintained in every way. In the prospectus of any professional learning institution, the rules and regulations are clearly mentioned. Have we ever questioned or denied those rules and regulations that are imposed on us? We have just silently followed it.

According to Chanakya Niti, the five persistent characteristics that a student should have in them are - Perseverance, Concentration, light eater, light sleeper and less involvement in materialistic pleasures. The practice of the above values will endow the student life with five ethical principles those are- autonomy, preventing harm, engaging in good deeds, practicing justice and possessing fidelity.

'Brahmacharya' is an important virtue for students to practice. Physically and mentally, Brahmacharya needs to be maintained in student life. It says, Great strength comes when you remain Brahmacharya. Vivekananda himself has said that by practicing celibacy for only a decade, the most fantastic ability is achieved. To keep the mind, voice, and intellect pure, one must follow Brahmacharya.

In this respect, if we compare the present system of education with our ancient Gurukul system, there is a wide gap between the two. The moral side of education is absolutely ignored at the present moment. Every student in the Gurukul was pure. Every student had perfect moral training. This was the predominating feature of ancient culture. Every student had knowledge of Pranayama, Mantra Yoga, Asanas, and the code of morals, Gita, Ramayana, Mahabharata and the Upanishads. Every student possessed humility, self-restraint, obedience, a spirit of service and self-sacrifice, good demeanour, politeness, a courteous nature, and last but not the least, a desire to acquire Atma-Jnana.

The students of the present day hardly possess any of those virtues at all. Self-control is a thing unknown to them. Luxurious living and self-indulgence begin from their very boyhood. Arrogance, impertinence and disobedience are deep-rooted in them. They have no knowledge of Brahmacharya and self-control. Fashionable dress, undesirable food, bad company, frequent attendance at the theatres, and the cinema, and applying Western manners and customs have rendered them weak and

passionate. Brahma-Vidya, Atma-Jnana, Vairagya, the wealth of Moksha and Atmic peace and bliss are quite foreign to them. In the present system, the moral side of education is absolutely ignored.

The present generation of student, Gen Z are looking up to the people and idolising those who are either the social media influencers, celebs and trending online streamers & bloggers. Greta Thunberg, Billie Eilish, Millie Bobby Brown, etc are names which the today's student is well aware of and are rarely aware of the names Savitribai Phule (First women's rights activist of India), M.S Subbulakshmi (greatest Carnatic Singer, Bharat ratna awardee) or Nargis (first female actress to be awarded with Padma Shri Award) who hold immense importance as the great influence of all time.

In light of understanding the need of the present time, while we stumble with the declining tide of new challenges, it is truly encouraging to see what role the ancient system and ways of learning prove to the present educators and learners. In the past, unlike today, formal education didn't exist in India as it followed the Varna system. Traditionally, a father passed on knowledge, primarily related to his occupation, to his child. Presently, the western system of education is trying to build the apprentice system, which is based on the core principle of 'Anugamana'.

'Anaugamana' involves both students and teachers as the key element in the teaching learning process. In this, the teacher guides the young learner in their care and passes on the knowledge and skills they've learned over the years. That way, knowledge and wisdom become self-perpetuating and become a true human experience.



SCAN FOR JOB INFO. ON **RBI**



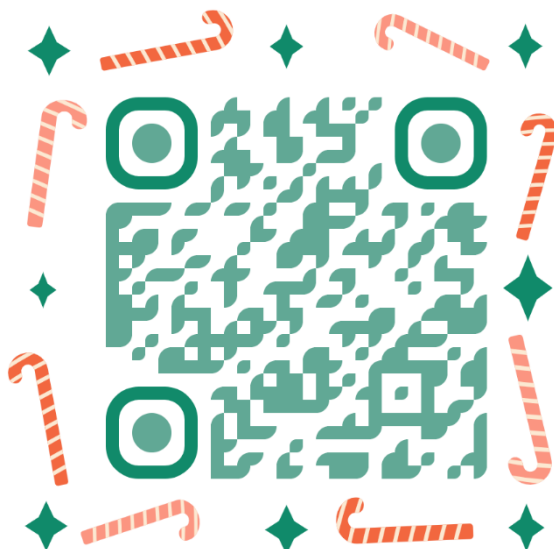
SCAN FOR JOB INFO. ON **RAILWAY**

“Choose your heroes wisely, and be careful who you idolize. Why? Simple: you will become like the people with whom you most often associate.”

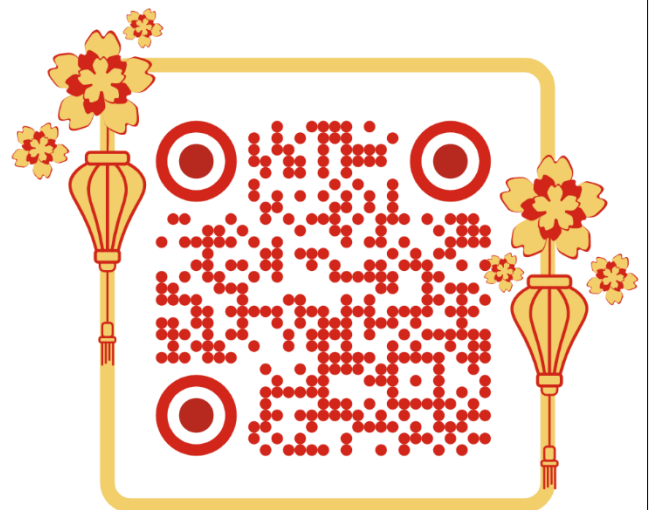
- Buzz Aldrin  
(Former American Astronaut  
and Engineer)



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SCAN FOR JOB INFO. ON **NVS**



SCAN FOR JOB INFO. ON **KVS**

## Shri Jaslal Pradhan - A Legendary Boxer from Sikkim State



*Manorath Dahal, PhD  
Asst. Prof. & HOD  
Department of Social Science  
SCERT, Sikkim*



*Shri Jaslal Pradhan*

### **Brief Introduction**

**S**ikkim is a land of champions in different fields such as football, archery and boxing. One of the boxing champions is Mr. Jaslal Pradhan who is a well-known figure from Khamdong Sikkim. He was born on 24<sup>th</sup> April 1957 at Khamdong, Gangtok District of Sikkim to the late Ukhi Maya Pradhan, mother and the late Man Bahadur Pradhan, father. As per the school record, he was intelligent at school. His father late Man Bahadur Pradhan was famous as “Jethe Newar” was a very hardworking and good businessman. He completed his education in army services. His basic education started at Khamdong School only up to class VI. Then he joined Class VII at Sang School and completed his studies of Class VIII. In the year 1972 a boy’s recruitment camp was held in Gangtok on 16<sup>th</sup> April 1972 in Bengal Engineering Group. With an aim and dream of becoming an engineer, he was recruited into the army in 1972. He was also interested in enhancing his educational level and passed class X (ten) examination from Bihar State Board in 1981. Gradually, he pursued his graduation in 1996 in

arts from the Army Institute (Roorkee), Uttarakhand. Layer on he completed Diploma Certificate in boxing from the esteemed Netaji Institute of Sports, Patiala, Punjab in 1988-89. This shows that as a soldier he is one of the enthusiastic figures from the state of Sikkim. Besides all of the above he is involved in social activities and lends a helping hand to the society. He is concerned with boxing careers for the upcoming talents those who are interested in boxing.

### **The Champion of Boxing**

Legendary boxer Shri Jaslal Pradhan, an Olympian, commonwealth Bronze Medalist and Asian Games Gold medalist is a former international boxer of Sikkim, India who received Arjuna Award in 1981 for his exceptional performance in the history of Indian boxing. He is one of the most dynamic sports persons in Sikkim and had given valuable contributions in terms of Athlete, soldier and sports administrator. He is a supersaturated Honorary Captain and a cidevant Joint Director, Sports and youth Affairs Department, Government of Sikkim amongst the four jewels of sports personalities like Late Sonam Gyatso Bhutia (Mountaineer), Shri Bhaichung Bhutia (Footballer) and Shri Tarundeep Rai (Archer) is a torchbearer of Sikkimese sports especially boxing. Having a physical height of 5.6 feet used to enter the boxing ring in the 60 kg light weight category. He has taken firm determination to enter the boxing ring from boxing legend Mohammad Ali. His most memorable fight in his life was against a Thailand boxer in 10<sup>th</sup> Asian Championship held in South Korea in the year 1982. Therefore, we have to appreciate his hard work in winning medal for the country.



*Did*  
You Know?

Boxing has been a permanent fixture in the Summer Olympics since 1904, except for 1912 when it was cancelled due to the Olympic Games being held in Stockholm, Sweden, which at the time banned professional boxing



**Source: Pictures collected from internet sources**

### **Boxing Career**

Captain Jaslal Pradhan besides being an army person had a firm determination to do something extra for his state and the nation, and that extra was to play and master the art of boxing. His skill in boxing was appreciated by all his officers who encouraged him to do his best. Similarly, Jaslal Pradhan realised his own hidden talent: worked hard, ran 20 km per day and did boxing exercise for 4 hours a day. In 1972, for the first time he fought on the boxing ring in the All India School Boxing Championship and won the gold medal. Then his dream of becoming an engineer turned into a boxing field. His coach and officer encouraged him to concentrate on boxing only. *“Respect is earned not by demand.”* He earned his respect because of his high moral discipline, integrity, hard work and amiability. In his army life, he became so happy when he was promoted to Lance Naik. Then with his boxing successes, he was promoted as Naik, Hawaldar, J.C.O., Subedar, Subedar Major. Finally, he was promoted to Honorary Captain and then superannuated in 31<sup>st</sup> December 1996. That is how he is called a legendary figure of Sikkim in boxing.

## His Service Career

After his superannuation, Captain Jaslal Pradhan did not spend his life leisurely like other pensioners but he approached the Sikkim State Government and requested to enhance boxing among the youths of Sikkim. Then the state government proudly appointed him to the post of Chief Boxing Coach on 6<sup>th</sup> April 1998. During his service career he produced many fine boxers who won several medals at the state and national levels. Those boxers got golden opportunities to be appointed to the Sikkim Police, Army and other government services. He was promoted to the rank of Joint Director and superannuated from the department on



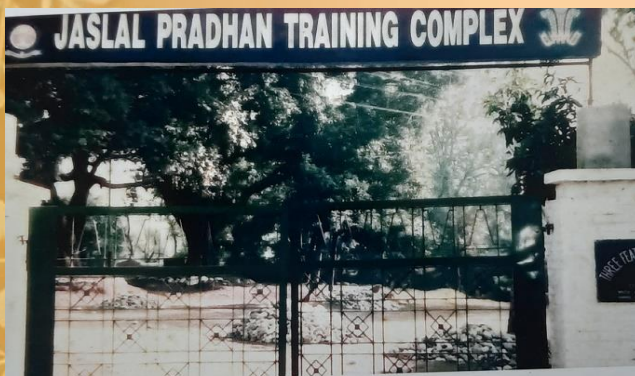
30<sup>th</sup> May 2015. Hence, he was a helping hand for many in the state. If one could see him today, he looks young and energetic gentleman.

## His Philosophy of Life

Shri Jaslal Pradhan used to take his better half to witness boxing finals and used to advise her not to be afraid. He used to say, ***“Those who are afraid will be defeated and die”***. The winner is always Sikander was his moral-boosting slogan, ***“Jo Jeeta Wohi Sikander”*** and captain Jaslal Pradhan became ‘Sikander’ winning one after another bout. While questioning why he loved boxing, he answered, ***every individual is gifted with qualities for the development of personalities and boxing is a fine art. Boxing is the best art and it is an***

*individual game*'. He narrates that tear rolling down his cheeks when he finds himself standing first on the podium with his hand on the chest and witnessing the beating of National song and the unfurling of National flag.

He travelled not only in India but many countries due to his boxing career. It was not possible to go around the globe on the salary of a soldier. He is always grateful to all friends, officers and the Government of India. He feels very sad about the increasing drug abuse among the youth, who are the future citizens of this beautiful land. So, every individual, the family, society, and the government should be vigilant to remove this deadly menace. He is ready to help the drug addicts recover and bring a healthy life through boxing. Shri M. K. Pradhan once said, *“Captain Jaslal Pradhan has always worked for the national integration and safeguard of the sovereignty of mother India. He is a living example of the development of modern India and Sikkim. I, wish him and his family a happy, healthy, and prosperous life”*.



### **Awards and Honours**

Captain Jaslal Pradhan has won the heart of the people of India and the following are the list of Awards and Honours as under:

1. **Represented India** in 23<sup>rd</sup> Olympic Games which was held at Los Angeles, United States of America in 1984 in 60 Kg weight category.
2. **Gold Medal** in 9<sup>th</sup> Asian Boxing Championship held at South Korea in 1982.
3. **Bronze Medal** in 9<sup>th</sup> Asian Games held at New Delhi in 1982.
4. **Bronze Medal** in commonwealth games, Australia in 1981.
5. **Represented India** in 8<sup>th</sup> King's Cup, Thailand, Bangkok in 1981.
6. **Represented India** in 11<sup>th</sup> Asian Boxing Championship held at Okinawa, Japan in 1983.
7. **Represented India** in 4<sup>th</sup> International Boxing championship held at Russia in 1984.

8. **Gold Medal** in National Junior Boxing Championship at Hyderabad in 1975.
9. **Gold Medal** in Senior National Boxing Championship held at Tamil Nadu in 1976.
10. **Gold Medal** in Senior National Boxing Championship held at Jamshedpur in 1981.
11. **Gold medal** in Senior National Boxing Championship held at Bombay in 1983.
12. **Best Boxer Titles** at National Level in 1981 & 1983.
13. **Chairman**, Coaches Commission for Boxing Federation of India (BFI) from 2016 to till date.
14. **Felicitation and Appreciation** letter from various organizations.



Source: <https://in.images.search.yahoo.com/>

### **His Social Life**

After achieving many awards and honours from different organisations around the globe, he is down to earth and now waiting for his boxing academy, which was already sanctioned and the foundation stone laid by the Hon'ble Chief Minister of Sikkim (Shri Prem Singh Tamang) at Khamdong, Gangtok District, on 10<sup>th</sup> March 2024 and the government notification is also coming out for the development of boxing academy. It is hopeful that the new and young aspirants from Sikkim will benefit.

At the age of 22 he married Ms. Ramala Pradhan of Martam Dhankutey on 11<sup>th</sup> March 1978. It is said that the success of every man lies in the hands of a woman, and this is true in the case of captain Jasral Pradhan's wife. She stood solid like a rock and looked after the upbringing and education of their children. He has a son and two daughters. His son is working as JCO and the eldest daughter is a headmistress at Government Junior High Schol Jitlang (Now on

deputation at SSTRB) Gangtok and his younger daughter are working as Air Hostess in Spice Jet Company. His house at Baluwakhani (Gangtok) is filled with prizes, certificates, cups, medals gallery with Honours. Really his house is like a Boxing Museum with two rooms fully packed with beautiful cups, prizes, citations, and souvenirs. Enriched with such lavish assets, he is humble, simple and down to earth legendary figure of boxing from Sikkim.

Till now he is still energetic, healthy, helpful to others and actively involved in social work. After his superannuation he is actively involved in sports activities. He is the Chairman of Coaches Commission of Boxing Federation of India, General Secretary of Sikkim Olympic Association and the President of Sikkim Boxing Association. Besides this, he is a well-recognised person in society and has received many citations and recognitions from civil society. Therefore, he is noteworthy and the nation will always salute him forever.



Source: Pictures collected from internet (<https://in.images.search.yahoo.com/>)

### **Chief Minister announces Jasral Pradhan Boxing Academy at Khamdong on 20.06.2023**

A modern boxing academy to be established in Sikkim to guarantee that gifted boxers in the state receive the necessary training to succeed was announced by Chief Minister P.S. Tamang (Golay) on Sunday. The chief minister said that the institution will bear the name of Jasral Pradhan, a former Olympian boxer from Sikkim who received the Arjuna Award. At the 6th Youth Men's National Boxing Championship, which was being held in the indoor Paljor Stadium in Gangtok by the Sikkim Amateur Boxing Association (SABA) in collaboration with the Boxing Federation of India (BFI), he was giving closing remarks.

The significant impact Jaslal Pradhan has had on the sports industry was highlighted by Mr. Golay. This institution was founded in his memory with the intention of igniting young athletes' dreams and goals in boxing and other sports in the state of Sikkim. A suitable site for the project should be decided upon as soon as possible, the Chief Minister advised, along with the Sikkim Amateur Boxing Association and the relevant department. Additionally, he underlined that the government is committed to developing state-wide state-of-the-art sports infrastructure and giving priority to athletic programmes in order to develop and elevate the region's athletes to greater heights.



## Hon'ble Chief Minister (Shri P.S. Tamang) announces Boxing Academy at Khamdong (20<sup>th</sup> June 2023)

### Conclusion

Shri Jaslal Pradhan is the personality of an Indian Society who belongs to Khamdong Sikkim from a normal family. His intention of life is to create a new horizon for engaging youths in sports. As a sports person he earned his name and fame in the army as well as recognition in Indian society. Therefore, Sikkim government also proudly named the academy after him in Khamdong, Gangtok district. We hope our youth may benefit from this mission.

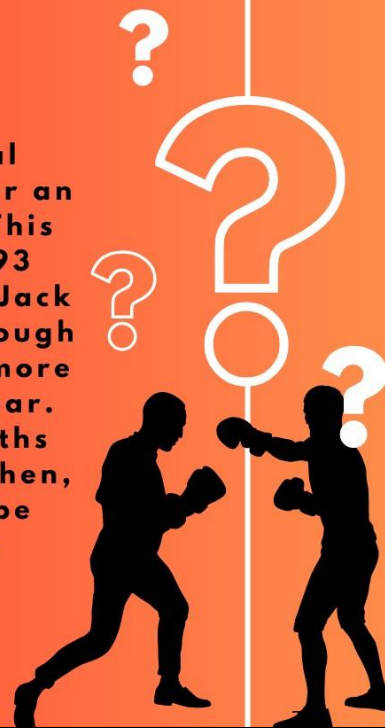
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## DID YOU KNOW?

The longest professional boxing match ever went for an astonishing 219 rounds! This heavyweight fight in 1893 between Andy Bowen and Jack Burke ended in a draw, though both fighters were likely more than a little worse for wear. The rules and round lengths were very different back then, and this fight wouldn't be allowed under modern regulations.



## Sustainability: Our Responsibility.



*Dr. Sanjukta Padhi*  
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**S**ustainability means meeting our own needs without compromising the ability of future generations to meet their own needs. In addition to natural resources, we also need social and economic resources. Mother Earth has given us everything to meet our needs not to meet our greed. We must save our earth to save ourselves.

The environment in which man survives and to which he adapts himself and which he influences includes physical, socio-cultural, and biological aspects.

Sustainability is a social goal for people to co-exist on Earth for a long time. Definitions of this term are disputed and have varied with literature, context, and time. Sustainability usually has three dimensions (or pillars): environmental, economic, and social. Many definitions emphasise the environmental dimension. This can include addressing key environmental problems, including climate change and biodiversity loss. The idea of sustainability can guide decisions at the global, national, and individual levels. A related concept is that of sustainable development, and the terms are often used to mean the same thing. In this regard the UNESCO distinguishes the two like this: "Sustainability is often thought of as a long-term goal (i.e., a more sustainable world), while sustainable development refers to the many processes and pathways to achieve it.

In its broadest sense, sustainability refers to the ability to maintain or support a process continuously over time. In business and policy contexts, sustainability seeks to prevent the depletion of natural or physical resources, so that they will remain available for the long term.

The same report introduced the three pillars or principles of environmental, social and economic sustainability, also known as ESG (Environmental, Social, and Governance).

Some of the first teachings about improving the planet seem simple: reduce, reuse, and recycle. People have since made lifestyle choices and adjustments,

The background of the page is a vibrant green with a pattern of large, detailed leaves, likely from a tree, filling the upper and middle portions of the page. The leaves are layered, creating a sense of depth and texture. The overall color palette is various shades of green, from light lime to deep forest green.

such as biking to work and segregating garbage, to bring this rule to life and help save the environment.

Sustainable lifestyles are considered as ways of living, social behaviours and choices, that minimise environmental degradation (use of natural resources, CO2 emissions, waste and pollution) while supporting equitable socio-economic development and a better quality of life for all.

Sustainability is the practice of using natural resources responsibly, so that they can support both present and future generations. Forests are one natural resource that sustainability groups are focused on conserving. Forests made up about 30 percent of Earth's land mass in 2015, but that number is at risk of decreasing.

A “sustainable society” is one in which we do not damage the environment or overuse resources, and are therefore able to leave a beautiful, peaceful, and bountiful earth that future generations can continue to inhabit in spite of socio-cultural and economic development in the society.

In its broadest sense, we define sustainability through ideas and solutions that contribute to the healthy survival of our environment and the peaceful continued existence of our society. Yes, that's a broad definition. But that's the foundation of our thinking process.

By living sustainably, we minimise the negative impact our lifestyles have on the planet and emphasise the behaviours that benefit the environment. Sustainability offers us a chance to take some control over our lifestyles and make healthier choices for our planet and future generations.

We all know we need clean water to drink, clean air to breathe, and safe food to eat to stay alive. We also need natural resources for building shelters and transportation, and we rely on the environment to provide all these essential resources.

One way to promote sustainability is by reducing consumption. This can be done by using less energy, water, and other resources. Using fewer resources can help reduce the strain on the environment, preserve resources for future generations, and reduce our carbon footprint.

Why is Sustainability Thinking Important? Let us start it at the school level. As the global population continues to grow, natural resources are depleting at an alarming rate. Sustainability thinking encourages students to consider the impact of their actions on the environment and find innovative ways to preserve resources for future generations

The term sustainability is derived from the Latin word sustinere. "To sustain" can mean to maintain, support, uphold, or endure. So sustainability is the ability to continue over a long period of time.

Heat waves, forest fires, acidifying oceans, melting glaciers and other phenomena in recent years have sparked greater awareness about preserving the planet. Events like Earth Day are a chance to continue alerting society to the urgent need to take measures to halt the devastation.

The concept that "man is the product and producer of his environment" is a fundamental idea that highlights the dynamic and reciprocal relationship between human beings and the surroundings in which they live. It underscores the mutually influential relationship between humans and their surroundings

Let us nurture nature to have a nurturing future. Better Environment, Better Tomorrow. Save the planet Earth. Let's make our planet a better place. Let us give something to our mother nature to get something better in return. Love nature, save nature, live with nature.

शैक्षणिक डा. हेडगेवार पुस्तकालय की विशेष गतिविधियों का होता फेसबुक लाइव, पढ़ाई में मिल रही सुविधा

## पढ़ने का माहौल बना रही डा. हेडगेवार लाइब्रेरी

**जस, भ्रुवणी :** बच्चों से लेकर बुजुर्गों तक के लिए शैक्षणिक माहौल और सामयिक मसलों पर प्रगति की राह दिखा रहा है रहिका प्रखंड के बच्चों गांव का डा. हेडगेवार पुस्तकालय। इस पुस्तकालय में छात्र-छात्राओं के लिए कम्प्यूटर की सुविधा के साथ बच्चों सहित आसपास के गांवों के छात्र-छात्राओं से बुजुर्गों के लिए पुस्तकों की उपलब्धता और पढ़ने का माहौल मिल रहा है। पुस्तकालय शिक्षा संग समाज को कुशल नागरिक देने का मिसाल कायम करते हुए लोगों को उच्चमूल भविष्य की राह दिखा रहा है। स्कूली शिक्षा के दौरान करीब एक दशक तक पुस्तकालय से शिक्षा प्राप्त करने वाले मो. शमशीर, अभय झा, सुधीर कुमार, शिव नारायण राय, कुंदन कुमार सहित सैकड़ों लोग सरकारी, गैर सरकारी क्वालों में कार्यरत हैं। पुस्तकालय का संचालन प्रतिदिन शाम छह से नौ बजे तक : डॉ. हेडगेवार पुस्तकालय सह सेवा समिति के तहत भच्छी गांव निवासी पवन कुमार राय द्वारा दो जून 1991 को गांव में पुस्तकालय की स्थापना



पढ़ताल

पुस्तकालय की

● पुस्तकालय आस-पास स्वच्छता बहाल रखना व अन्य बिंदुओं कार्य करने का योजना बनाई गई

ड. हेडगेवार पुस्तकालय में अत्यन्तरत युवा ● जगराणा की गई। वे वर्तमान में गंगटोक के एक कॉलेज में प्रोफेसर के पद पर कार्यरत हैं। करीब दस हजार पुस्तक वाले इस पुस्तकालय का संचालन प्रतिदिन शाम छह से रात्रि नौ बजे तक होता है। 25 से 30 युवा व बुजुर्ग प्रतिदिन पुस्तकालय पहुंचते हैं। पुस्तकालय से दो सौ से अधिक सदस्य जुड़े हैं। पुस्तकालय अध्यक्ष के रूप में प्रकाश कुमार, सचिव महावीर कुमार, कोषाध्यक्ष रोशन कुमार, कोऑर्डिनेटर विकास कुमार, मीडिया सहायक के तौर पर आशीष चंद्रा कार्यरत हैं। पुस्तकालय के वाट्सएप ग्रुप में 100 से अधिक सदस्यों को जोड़ा गया है। आर्थिक रूप से कमजोर बच्चों के पठन-पाठन में सहयोग : वर्ष 1995 से पुस्तकालय द्वारा लगातार विजय का आयोजन किया जा रहा है। इसके लिए कक्षा एक से पीजी तक के छात्र-छात्राओं का अलग-अलग ग्रुप बनाई जाती है। विजय में सामान्य ज्ञान सहित अन्य विषयों पर जो शामिल किया जाता है। पुस्तकालय द्वारा गांव आर्थिक रूप से कमजोर बच्चों के पठन-पाठन में सहयोग किया जा रहा है। पुस्तकालय में देश के प्रसिद्ध साहित्यकारों की पुस्तकों के अलावा कंपीशन की पत्रिकाएं, बच्चों की कहानियां से जुड़ी पुस्तकों तथा अंग्रेजी, हिंदी समाचार पत्र उपलब्ध होता है। प्रतिवर्गी परीक्षा संबंधी पुस्तकें उपलब्ध होती हैं। गांव में शैक्षणिक माहौल के लिए की गई पुस्तकालय की स्थापना : संस्थापक पवन कुमार राय ने बताया कि गांव में महिला शिक्षा को बढ़ावा देने के ख्याल से शैक्षणिक माहौल बनाने के लिए पुस्तकालय की स्थापना की गई। लॉकडाउन अवधि में पुस्तकालय से जुड़े बच्चों, युवाओं के बीच ऑनलाइन शिक्षा की सुविधा प्रदान की गई। पुस्तकालय को यूट्यूब, फेसबुक से जोड़ा है। पुस्तकालय की विशेष गतिविधियों का फेसबुक लाइव किया जाता है। पुस्तकालय का संचालन समिति के सदस्यों के अलावा स्थानीय लोगों के सहयोग से हो रहा है। पुस्तकालय के ऊपरी तल्ला पर एक हॉल निर्माण की योजना बनाई गई है। पुस्तकालय आस-पास स्वच्छता बहाल रखना, प्रकाशन, लेखकों के सभी प्रकाशित ग्रंथ की उपलब्धता सहित अन्य बिंदुओं कार्य करने का योजना बनाई गई है।

## Mysteries of Dark Matter: The Invisible Backbone of the Universe



Rain Yanson Morante  
B Tech Space Tech  
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In the vast expanse of the cosmos, dark matter remains one of the most enigmatic and elusive components of the universe. Comprising approximately 27% of the universe's mass-energy content, dark matter is fundamental to our understanding of cosmic structure and evolution. Yet, it does not emit, absorb, or reflect light, rendering it invisible and detectable only through its gravitational effects on visible matter.

### ***What is Dark Matter?***

Dark matter is a form of matter that does not interact with electromagnetic forces, which means it does not emit, absorb, or scatter light. This invisibility makes dark matter undetectable by conventional astronomical instruments. Its presence, however, is inferred from its gravitational influence on galaxies and galaxy clusters. Observations of the rotational speeds of galaxies, gravitational lensing, and cosmic microwave background radiation all point to the existence of dark matter.

One of the key pieces of evidence for dark matter comes from the rotational curves of galaxies. According to the laws of gravity, the outer regions of a galaxy should rotate more slowly than the regions closer to the center. However, observations reveal that galaxies rotate at a nearly constant speed regardless of distance from the center, suggesting the presence of an unseen mass providing additional gravitational pull—dark matter.

### ***The Hunt for Dark Matter Particles***

Despite its pivotal role in cosmic dynamics, the exact nature of dark matter remains a mystery. Scientists propose several candidates for dark matter particles, with Weakly Interacting Massive Particles (WIMPs) being among the most popular. WIMPs are hypothetical particles that interact only through gravity and possibly the weak nuclear force, making them difficult to detect.

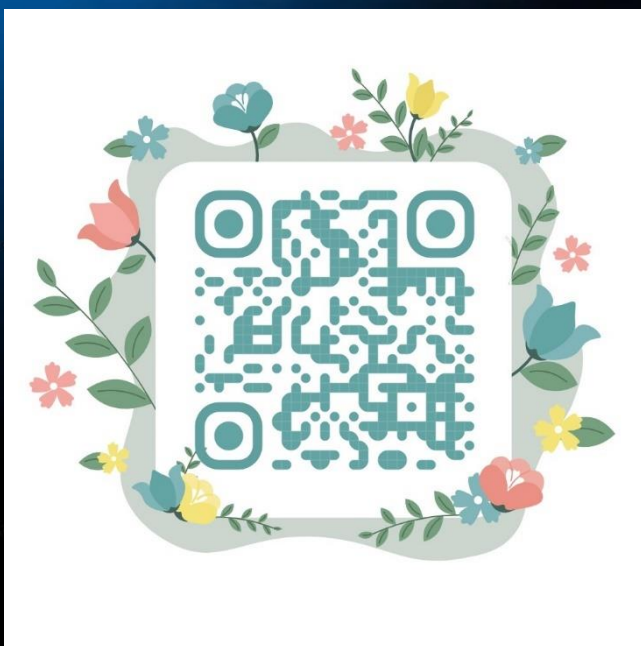
distinct phenomena, their interplay is vital for a comprehensive understanding of cosmology.

### ***The Road Ahead***

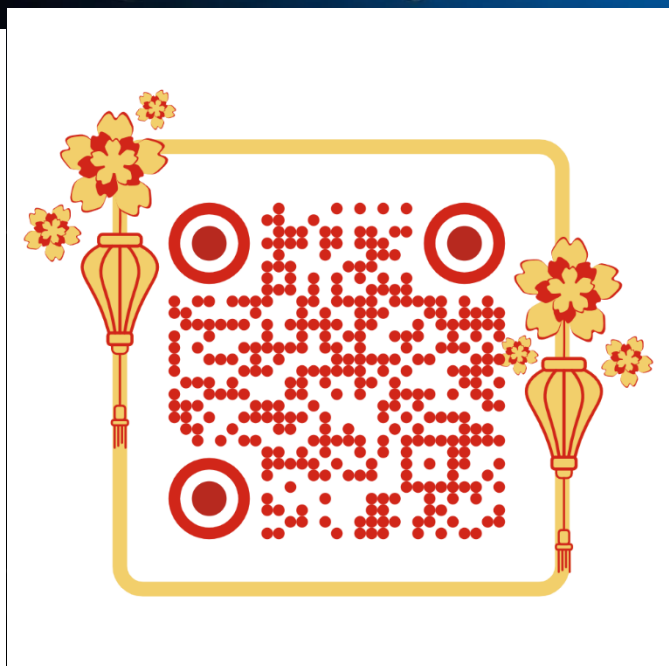
As scientists continue to probe the mysteries of dark matter, new technologies and methodologies promise to shed light on this elusive substance. Advanced detectors, more powerful telescopes, and innovative computational models are pushing the boundaries of our knowledge. The detection of dark matter would not only answer fundamental questions about the universe's composition but also potentially reveal new physics beyond the Standard Model.

In conclusion, dark matter represents one of the greatest scientific challenges and opportunities of our time. As researchers delve deeper into the cosmos, the quest to uncover the true nature of dark matter will undoubtedly lead to groundbreaking discoveries and a deeper understanding of the universe.

Rain Morante, a dedicated science writer, believes that unraveling the mysteries of dark matter will unlock new frontiers in astrophysics and cosmology, paving the way for future generations to explore the hidden fabric of the universe. As we venture further into the unknown, the pursuit of knowledge continues to inspire and drive humanity's quest to comprehend the cosmos.



SCAN FOR JOB INFO. ON **CBSE**



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## ATOMIC CHANGES, HUGE IMPACT



Dipankar Bhagat

Pharmacist at Basu's clinic Healthcare pvt. Ltd.

Siliguri

In today's fast paced world, maintaining a healthy lifestyle is often regarded as a challenging task. We have become habitual to instant solutions, to the extent that we are losing patience and perseverance along the way. A wise person once said, "Habits makes a man". So here are some habits that you may implement into your life for a positive outcome.

1. **Diet:** A huge section of our society has this huge misconception. Skipping meals, eating a meagre portion of meal are something we correlate to a healthy weight management and sound lifestyle. This in turn may do more harm. We have been lacking a solid understanding of a balanced diet. Junk is a synonym for rubbish, trash. And there lies the reason why instant food is termed "Junk" foods. Replacing spicy fast foods with a proper home cooked foods is a great start. Incorporating fresh vegetables, fruits, dairy products are the way to go!
2. **Stay hydrated:** As you all know our body is made up of 60% of water. From a flawless skin to healthy cells, is an easy boon of hydration. Although the importance of hydration need not be emphasized, a large population fails to drink enough water through the day. Drinking not enough water may account for serious problem of kidneys, liver, heart, and gastrointestinal issues like constipation. Dehydration shows up on your face in the form of dry and ashy skin. Staying hydrated is fun. Consumption of fresh juicy fruits, coconut water, freshly compressed fruit juices are ways you can fulfill the body's fluid requirement.
3. **Exercise:** Just the way a lubricant makes the engine run seamlessly, exercise just does that for your body. The benefit of exercising daily is endless. Justifying the statement, I exercise regularly and have been benefiting ever since. Just as busy the lifestyle gets; exercise keeps me in good shape. Exercise simply translates to bodily exertion for the sake of

developing and maintaining physical health, which in turn boosts up the mental health alongside. As simple as moving your body to the beat of your favorite song, accounts for an exercise. So go on, embrace exercise as a part of your life, and keep your electronic devices and other disturbances aside.

4. **Sufficient sleep:** Is your smartphone's screen the last thing you see as you go to the bed and the first thing you see when you open your eyes in the morning? Not a healthy pattern, right? Well, the harms it brings in endless, but it is deteriorating your sleep pattern without you even realizing it. A sound sleep is indeed the most effortless and great way to boost your health. Devote the time to yourself over the lesser useful internet contents. Going to bed marks the end to the day, so cherish improving your health.
5. **Mental peace:** Building a perfect physique alone doesn't sum up for a healthy lifestyle. A sound mind is an absolute need, more so ever in the modern world.

*“MEDITATION MEANS INNER PEACE,  
MEDITATION MEANS SELF REALISATION,  
MEDITATION MEANS SELF CONFIDENCE”*

Meditation and mental peace go hand in hand. Meditation has numerous benefits for our body. Improving immune system, inflammatory processes, physical health, general health in multi-factorial disease like diabetes and hypertension are some of the benefits. Mental health is another aspect influenced by meditation, as positive emotion brought about by meditation helps address various mental problems like social anxiety disorder, post-traumatic stress disorder (PTSD), anxiety, and depression. Magnetic Resonance Imaging (MRI) have shown many positive changes and several improved brain function.

6. **Do What You Love:** Doing what you love at least 1% a day makes you a happier version of yourself. Isn't that a wonderful treat for yourself? Develop some new hobbies for yourself. Find the areas that interests you

and detach yourself a little from a routine schedule. Pursuing what we love will help us find our inner strength and capability.

These are some small changes you may adapt to your life. Continuously practicing these, will make it a habit, and sticking to these habits may open up a better version of yourself.

Carpe Diem!



मधुबनी 02-01-2024

।वज प्रातया।गता स बय्या का प्रातमा म।नखार आएगा व उनका सहा तराक स रक्षा।णक।वकास हागा।

## भच्छी गांव में नए वर्ष के अवसर पर हेडगेवार पुस्तकालय में क्विज प्रतियोगिता का आयोजन

भास्कर-न्यूज/मधुबनी

जिला मुख्यालय से महज दो किलोमीटर की दूरी पर अवस्थित भच्छी गांव में सोमवार को नये वर्ष के आगमन पर हेडगेवार पुस्तकालय के प्रांगण में क्विज प्रतियोगिता का आयोजन ऑनलाइन व ऑफ लाइन किया गया। यह प्रतियोगिता लगातार 29 वर्षों से पुस्तकालय के प्रांगण में आयोजित की जाती है। प्रतियोगिता का शुभारंभ कुशेश्वर राय ने दीप प्रज्वलित कर किया। क्विज प्रतियोगिता में जिला के विभिन्न स्कूलों व कॉलेजों के बच्चों ने भाग लिया। क्विज प्रतियोगिता को चार भाग में बांट कर बेहतर प्रतियोगी को चुना गया। कक्षा 1 से 4 के लिए आयोजित प्रतियोगिता में प्रथम स्थान रौनक कुमार, हर्ष कुमार, द्वितीय स्थान आरव प्रधान, आदया प्रधान व तृतीय स्थान अनुभव कुमार, गौतम कुमार ने प्राप्त किया। वहीं, 5 से 8 वर्ग में प्रथम



प्रतियोगिता में सफल होने के बाद खुशी जाहिर करते प्रतिभागी।

स्थान अस्मिता कुमारी, आंचल कुमारी, द्वितीय अनिशा कुमारी, अस्मिता कुमारी, तृतीय स्थान अभिराज प्रांजल, प्राची प्रिया पाने में सफल रहे। 9 से 12 वर्ग में प्रथम स्थान आलोक कुमार, विनय कुमार द्वितीय आकर्षण नारायण, आयुष कुमार तृतीय स्थान पर शक्तिव अलौ, नेहा कुमारी को विजेता घोषित किया

गया। कॉलेज के छात्रों में प्रथम स्थान सुमन कुमार मंडल, विग्नेश झा, द्वितीय स्थान अभिषेक कुमार, भुल्ली कुमारी, तृतीय स्थान पर प्रेम शर्मा, उज्वल ठाकुर को विजेता घोषित किया गया। इस अवसर पर मुख्य अतिथि ने कहा कि पुस्तकालय के द्वारा किया जाने वाला यह क्विज प्रतियोगिता से बच्चों की प्रतिभा में

निखार व शैक्षणिक विकास होगा। इस तरह के स्वच्छ प्रतियोगिता से सामाजिक सहयोग मिलेगा और इसके लिए उन्होंने पुस्तकालय के अध्यक्ष मोहम्मद कामरान उनके समस्त सहयोगी सदस्य को बधाई भी दिया। पुस्तकालय के संस्थापक व अन्य सक्रिय सदस्य इस अवसर पर उपस्थित थे।



**SANAM RAJ**  
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## **The Hidden Costs of Social Media: Understanding and Addressing Addiction**

In today's digital age, social media has become an integral part of our lives. We use platforms like Facebook, Instagram, and Twitter to connect with friends, share experiences, and stay updated on current events. However, what began as a convenient way to stay connected has evolved into something more complex – an addiction that's hard to break.

Social media addiction is a behavioral addiction characterized by excessive and compulsive use of social media platforms. People find themselves constantly checking their feeds, posting updates, and seeking validation through likes and comments. This addiction can have serious consequences on one's mental health, relationships, and overall well-being. According to recent research, the average screen time has increased to 6.9 hours per day since the outbreak of the COVID-19 pandemic.

One aspect of social media addiction is nomophobia – the fear of being without your mobile phone or unable to use it. This fear drives people to constantly check their phones, even in inappropriate or dangerous situations. Whether it's during meals, conversations, or even while driving, the urge to stay connected can become overwhelming.

Another issue that arises from social media addiction is phubbing – snubbing someone in favor of your phone. Phubbing can strain relationships and lead to feelings of neglect and resentment. When we prioritize virtual interactions over real-life connections, we risk missing out on meaningful moments and deepening our bonds with others.

Social media addiction operates on a cycle of craving, reward, and reinforcement. Every notification, like, or comment triggers a release of dopamine – the brain's feel-good chemical – reinforcing the behavior and making it difficult to stop. This constant stimulation can create a dependency similar to that of drugs or alcohol.

Excessive use of social media has been linked to various mental health issues, including anxiety, depression, and low self-esteem. Constant comparison to others' curated online personas can lead to feelings of inadequacy and FOMO

(fear of missing out). Moreover, the pressure to maintain a perfect image online can be exhausting and unsustainable.

Social media addiction can also take a toll on relationships. When we prioritize our online presence over real-life interactions, we risk neglecting the people who matter most to us. Couples may find themselves arguing over one partner's excessive phone use, while friends may feel ignored or undervalued in favor of virtual connections.

Breaking free from social media addiction requires recognizing the problem and taking proactive steps to regain control. This might involve setting boundaries on screen time, engaging in offline activities, and seeking support from friends, family, or professional counsellors. By prioritizing real-life connections and fostering a healthy relationship with technology, we can reclaim our time and attention.

While social media offers many benefits, it's important to be mindful of its addictive nature and the impact it can have on our lives. By understanding the signs of addiction, such as nomophobia and phubbing, we can take steps to break free from its grip and cultivate a healthier relationship with technology and each other. So, let's unplug from the social media web and reconnect with the world around us.



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## **Navigating Mobile Phone Addiction and Time Management Disposition Among Students**



### **Strategies for Overcoming Challenges**

**Ram Kumar Singh,  
PGT KVS**

#### **Introduction:**

In today's digital age, smartphones have become an integral part of students' lives, offering a myriad of benefits and challenges. While these devices provide access to information, communication, and entertainment, they also present significant risks, including mobile phone addiction and poor time management. This article explores the relationship between mobile phone addiction and time management disposition among students, along with effective strategies to address these issues. Drawing upon current data on mental well-being from various reports by reputable agencies, we aim to provide insights and recommendations to empower students to navigate these challenges successfully.

#### **Understanding Mobile Phone Addiction and Time Management Disposition:**

Mobile phone addiction refers to the excessive and compulsive use of smartphones, leading to negative consequences such as decreased academic performance, disrupted sleep patterns, and impaired social interactions. On the other hand, time management disposition encompasses an individual's attitudes, behaviors, and skills related to managing time effectively. For students, the ability to balance academic responsibilities, extracurricular activities, social life, and personal pursuits is crucial for success.

#### **The Correlation Between Mobile Phone Addiction and Time Management Disposition:**

Research indicates a clear correlation between mobile phone addiction and time management disposition among students. Excessive smartphone use often leads to distractions, procrastination, and difficulty prioritizing tasks, hindering students' ability to manage their time effectively. Constant notifications, social media updates, and the allure of digital content can derail students' focus from academic tasks and deadlines. Consequently, students may struggle to allocate time efficiently, resulting in poor time management habits and decreased productivity.

### **Impact on Academic Performance:**

The negative impact of mobile phone addiction on time management disposition extends beyond personal well-being to academic performance. Studies have shown that students who are addicted to their phones tend to have lower grades, increased absenteeism, and decreased engagement in classroom activities. Moreover, the constant need for digital stimulation can disrupt students' ability to concentrate, retain information, and perform well on exams and assignments.

### **Data on Mental Well-being:**

Recent reports by various agencies shed light on the profound impact of mobile phone addiction on students' mental well-being. According to a study published by the American Psychological Association, excessive smartphone use is associated with higher levels of stress, anxiety, and depression among adolescents. The constant exposure to social media and digital content can exacerbate feelings of loneliness, inadequacy, and fear of missing out (FOMO) among students, contributing to negative self-esteem and body image issues.

Furthermore, the Centers for Disease Control and Prevention (CDC) reported an increase in sleep disturbances among adolescents, with smartphone use being a significant contributing factor. Insomnia, poor sleep quality, and disrupted circadian rhythms resulting from late-night phone use can lead to fatigue, irritability, and decreased cognitive functioning, ultimately affecting academic performance and overall well-being.

## **Strategies to Overcome Mobile Phone Addiction and Improve Time Management Disposition:**

### **Digital Wellness Education:**

Educational institutions can implement digital wellness programs to raise awareness about the negative effects of excessive phone use and promote healthier habits. These programs can include workshops, seminars, and educational resources aimed at educating students, parents, and educators about the importance of mindful phone use and its impact on mental well-being.

### **Setting Boundaries and Establishing Screen Time Limits:**

Encouraging students to set boundaries and establish screen time limits can help reduce misuse of mobile phones. Parents and educators can collaborate to establish guidelines for phone use, such as designated no-phone zones during study time, meals, and bedtime. Additionally, smartphone features such as app timers and Do Not Disturb modes can help limit distractions and promote focused work.

### **Time Management Skills Training:**

Providing students with training in time management skills can empower them to prioritize tasks, set goals, and allocate time effectively. Time management workshops, productivity tools, and organizational techniques such as task lists and calendars can help students develop strategies for managing their time and reducing procrastination.

### **Promoting Offline Activities:**

Encouraging students to engage in offline activities such as sports, hobbies, and social interactions can help reduce reliance on smartphones and promote a healthy balance between screen time and real-life experiences. Schools can offer extracurricular programs and opportunities for students to participate in face-to-face interactions, fostering social connections and personal growth.

### **Cultivating Mindfulness and Self-Regulation:**

Teaching students mindfulness and self-regulation techniques can help them become more aware of their phone usage habits and make conscious choices to reduce misuse. Mindfulness practices such as meditation, deep breathing, and mindful eating can promote self-awareness and emotional regulation, enabling students to manage stress and anxiety more effectively.

### **Engaging Parents and Families:**

Involving parents and families in discussions about responsible phone use and mental well-being can create a supportive environment for students. Parents can serve as positive role models by demonstrating healthy phone habits and setting clear expectations for their children. Family activities that encourage face-to-face interaction and quality time together can strengthen bonds and reduce reliance on smartphones.

### **Conclusion:**

In conclusion, the relationship between mobile phone addiction and time management disposition among students is complex and multifaceted. By understanding the underlying factors contributing to these issues and implementing effective strategies to address them, we can empower students to overcome challenges and thrive in today's digital world. By promoting digital wellness, fostering time management skills, and prioritizing mental well-being, we can create a healthier and more balanced approach to smartphone use among students.

Note: Please go through <https://manodarpan.education.gov.in/> for details information and guidelines provided by Govt. of India at Manodarpan portal on mental wellbeing of students.

# AN OVERVIEW OF INCLUSIVE EDUCATION



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*“Tell me and I forget. Teach me I remember. Involve me and I learn.”*

*Benjamin Franklin.*

## Introduction

As Mahatma Gandhi once said, "The true measure of any society can be found in how it treats its most vulnerable members." Inclusive education is a transformative approach that seeks to provide equitable education opportunities for all students, including those with disabilities, by integrating them into mainstream classrooms. In the Indian context, inclusive education has gained momentum over the past few decades, driven by a growing recognition of the rights of individuals with disabilities and the necessity of an education system that provides to diverse needs.

## Nature of Inclusive Education

Inclusive education in India emphasizes the integration of children with disabilities into general education settings, ensuring that they receive the same quality of education as their non-disabled peers. This approach is grounded in the principles of equality and non-discrimination, aiming to break down the barriers that have traditionally segregated students with disabilities. It advocates for a supportive learning environment where differences are acknowledged and respected, and where all students have access to the same educational opportunities.

## Characteristics of Inclusive Education

**1. Equity and Accessibility:** Inclusive education is based on the premise that all students, regardless of their abilities or disabilities, should have access to quality

education. This involves adapting teaching methods, curricula, and learning environments to meet the diverse needs of students.

**2. Individualized Support:** Recognizing that each student has unique needs, inclusive education promotes individualized support through personalized learning plans, specialized resources, and assistive technologies.

**3. Teacher Training and Professional Development:** Effective inclusive education requires teachers who are trained in inclusive practices. This includes understanding the diverse needs of students, employing adaptive teaching strategies, and creating an inclusive classroom culture.

**4. Collaboration:** Inclusive education is a collaborative effort involving teachers, parents, special educators, and other stakeholders. This collaboration ensures that students receive comprehensive support both inside and outside the classroom.

**5. Inclusive Curriculum:** The curriculum in an inclusive education system is designed to be flexible and responsive to the needs of all students. It incorporates diverse teaching materials and methods that cater to different learning styles.

### **From Segregation to Inclusion**

The journey from segregation to inclusion in India has been marked by significant policy changes and societal shifts. Historically, children with disabilities were often educated in separate special schools, isolated from their peers. This segregation reinforced societal prejudices and limited the opportunities for students with disabilities to fully participate in society.

The move towards inclusive education gained momentum with the introduction of policies and legislation aimed at promoting the rights of individuals with disabilities. Key milestones in this journey include:

**1. The Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995:** This landmark legislation laid the foundation for the rights of persons with disabilities in India, including the right to education.

**2. The Right of Children to Free and Compulsory Education (RTE) Act, 2009:** The RTE Act mandates that every child between the ages of 6 and 14 has the right to free and compulsory education. It emphasizes the inclusion of children with disabilities in mainstream schools.

**3. The Rights of Persons with Disabilities Act, 2016:** This act further strengthened the framework for inclusive education, mandating that educational

institutions provide inclusive education and ensure that students with disabilities have access to the same educational opportunities as others.

### **Policy Perspective**

The Indian government has implemented several policies and programs to promote inclusive education. These policies reflect a commitment to creating an inclusive education system that respects and values diversity.

**1.Sarva Shiksha Abhiyan (SSA):** Launched in 2001, SSA is a flagship program aimed at universalizing elementary education. It includes provisions for inclusive education, such as training teachers in inclusive practices and providing resources for students with disabilities.

**2.Inclusive Education for Disabled at Secondary Stage (IEDSS):** This scheme aims to provide inclusive education for children with disabilities at the secondary level. It supports the development of infrastructure, teacher training, and the provision of assistive devices.

**3.Samagra Shiksha Abhiyan:** This comprehensive program integrates SSA, RTE, and IEDSS, aiming to ensure inclusive and equitable quality education at all levels. It focuses on improving access, retention, and learning outcomes for children with disabilities.

**4.National Education Policy (NEP) 2020:** The NEP 2020 marks a significant shift towards inclusive education in India. It emphasizes the need for inclusive schooling, teacher training in inclusive practices, and the development of inclusive curricula. The policy advocates for the use of technology to enhance learning for students with disabilities and promotes the establishment of inclusive schools.

### **Challenges and the Way Forward**

Despite the progress made, several challenges remain in the implementation of inclusive education in India. These include:

**1.Lack of Awareness:** There is still a lack of awareness and understanding about inclusive education among parents, educators, and society at large.

**2.Inadequate Infrastructure:** Many schools lack the necessary infrastructure to support inclusive education, such as accessible buildings, assistive technologies, and specialized resources.

**3. Teacher Training:** There is a need for more extensive and effective training for teachers in inclusive education practices.

**4. Resource Constraints:** Financial and resource constraints often hinder the effective implementation of inclusive education policies and programs.

To overcome these challenges, it is crucial to:

**1. Raise Awareness:** Conduct awareness campaigns to educate society about the importance and benefits of inclusive education.

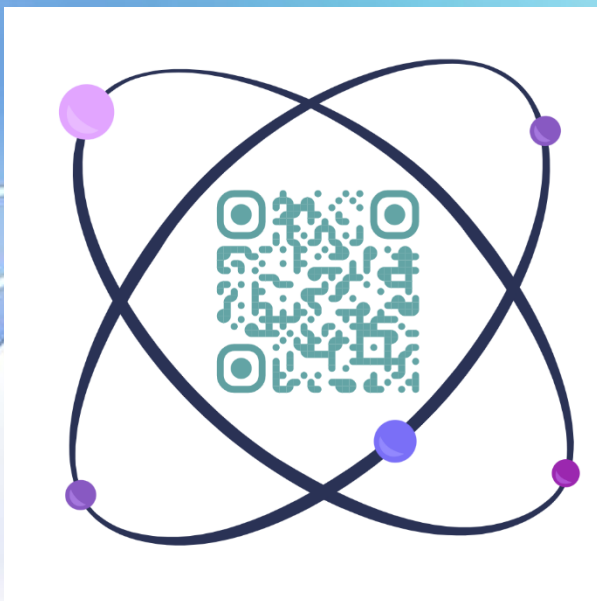
**2. Enhance Infrastructure:** Invest in developing accessible infrastructure and providing necessary resources and assistive technologies in schools.

**3. Strengthen Teacher Training:** Develop comprehensive training programs for teachers to equip them with the skills needed to implement inclusive education effectively.

**4. Ensure Policy Implementation:** Monitor and evaluate the implementation of inclusive education policies to ensure they are effectively translated into practice.

## Conclusion

As we move forward, the words of Mahatma Gandhi remind us of our collective responsibility to build a society that values and includes every individual. Inclusive education is not just a policy choice but a moral imperative. It embodies the principles of equality, dignity, and respect for all individuals. In the Indian context, the journey towards inclusive education has seen significant strides, but there is still much work to be done. By continuing to raise awareness, improve infrastructure, enhance teacher training, and ensure effective policy implementation, India can create an education system that truly leaves no child behind.



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## Skill development is the foundation in the nation building



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All of us know the message of holy book Geeta – “Work is Worship”. Geeta teaches us to believe in hard work without expecting the result. Right use of hands makes us efficient and self reliant. Every single work which a man can do needs the coordination of mind and body. The art of intelligently use of mind and body to accomplish a task is called skill. The skill gives us power, respect and recognition in the society. The development of skill is the foundation of human development.

There is an old belief among the people that “the one who is skilled can never die of starvation”. Since the development of human civilisation, the modern man has changed a lot. These changes took thousands of years. The modern man is very much different from the primitive man. The primitive man had lots of challenges to sustain their life which made them to think differently.

“Necessity is the mother of all invention and invention brings change”, the adverse situation in the life of human beings pose problem to them and such a situation demands to think critically for the solution which leads to discovery and development. The discovery of several principle, ideas, tools and machines laid a strong foundation to different skills and work for the development of human civilisation. It brought prosperity in the life of common people.

Education plays an important role in shaping the young minds for the future. These days we have so many institutes and organizations which are contributing in shaping the future of the nation through the deliverance of knowledge. We have so many polytechnics and engineering colleges, bio-technology and agriculture colleges etc. to promote skilled youth who can contribute in the nation building process.

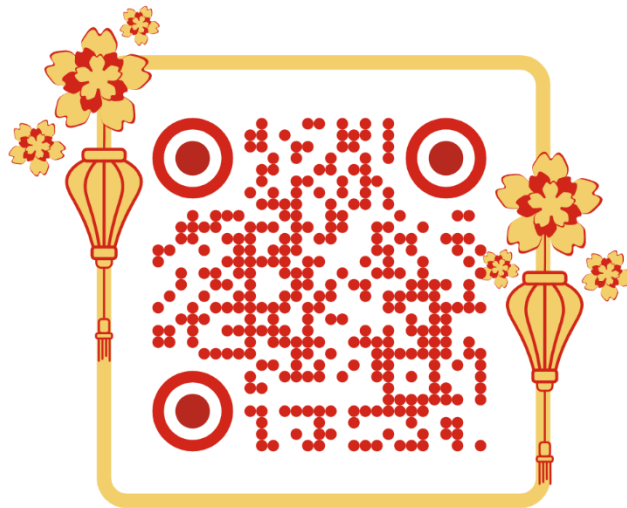
In the pursuit of skill development we have so many research and innovation centre establishing the Governmental and non- Governmental organization. The dream of nation building is incomplete without the growth of education in a planned way. We need to collaborate in the learning process with the Vocational training, moral education and the promotion of the interest of the students so that we can instill in them a scientific temperament and observance of morality.

These days' students have a craze for government jobs but it has a limitation. Only a certain number of students can achieve it but rest has to develop as an entrepreneur so that new jobs, markets and innovation can be created. The Governmental and Non- Governmental organization need to plan with proper mission and vision for the development of youth and the future of the nation. These days lakhs of students appear in the JEE/ NEET or other exams so that they can equip themselves for the future.

The skilled youth is a resource of the country who can contribute in abundant. The growing population is a big hurdle in the path of nation development and progress if they have lack of skill and education. The shortage of resources and corrupt system of governance is one of the biggest challenges because youth is directionless and refrain themselves from the politics. The national policy makers need to have a clear vision for the youth and their training for the

future. We can never become a develop nation until we empower the youth with skill, training and a better education.

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## Tim's Journey from Tumour to Triumph! –



Yogesh Khanal,

B.Pharma,HPI

**T**im sat in his small, dimly lit office, surrounded by stacks of papers and ledgers. The rhythmic ticking of the old clock on the wall echoed in the quiet room. He rubbed his temples, feeling the weight of the day's work pressing down on him. The year was 1953, and as the head accountant for a bustling manufacturing firm, the responsibilities were relentless.

The flickering light of a single desk lamp cast long shadows, and Tim could almost hear the clamor of the factory floor two stories below. Machines clanked and workers shouted, their voices blending into a symphony of industry. But up here, in his office, it was just him and the numbers, each figure a potential error that could unravel the careful balance of the company's finances.

Tim had always been meticulous, a quality that had earned him the respect of his peers and the trust of his superiors. Yet, this diligence came with a price. The constant scrutiny of numbers, the fear of missing even the smallest detail, weighed heavily on him. His father, a stern man who had worked his entire life in the mills, had instilled in him a relentless work ethic. "A man's worth is measured by his work," he would say. Tim had taken those words to heart, sometimes to his detriment.

One evening, as Tim was poring over the ledgers, a sharp knock interrupted his concentration. It was Mr. Thompson, the factory manager, a burly man with a booming voice and a heart of gold.

"Tim, you've been cooped up in here all day. Come join us for a drink," Mr. Thompson said, his tone both inviting and insistent.

Tim hesitated, glancing at the pile of unfinished work. But then he sighed and nodded. "I suppose a break wouldn't hurt."

The local tavern was a short walk from the factory, a place where workers and managers alike gathered after a hard day's work. The smell of tobacco and the hum of conversation greeted Tim as he entered. He found a seat next to Mr. Thompson, who handed him a glass of whiskey.

"To a job well done," Mr. Thompson toasted.

Tim raised his glass and took a sip, feeling the warmth spread through him. For a moment, the worries of the day faded into the background. The camaraderie of the tavern was a welcome respite from the solitary grind of his office.

As the evening wore on, Tim found himself in conversation with Mr. Thompson about the pressures of their respective roles. "You know, Tim," Mr. Thompson said, "I've seen a lot of men come and go in this business. The ones who last are the ones who learn to balance their work with their lives. You're a good man, but you're no good to us burned out."

Tim nodded, realizing the truth in Mr. Thompson's words. His anxiety wasn't just about the numbers; it was about the fear of failure, the fear of not living up to his father's expectations, and the fear of letting down those who depended on him. But he also understood that he couldn't keep up this pace forever.

The next day, Tim returned to his office with a renewed sense of purpose. He still faced the same stacks of papers and ledgers, but he approached them with a new mindset. He implemented small changes to manage his workload better, delegating tasks where he could and allowing himself short breaks to clear his mind.

Over time, Tim found a balance between his meticulous nature and the need to take care of himself. The anxiety that had once gripped him began to loosen its hold. He learned that while his work was important, it was not the sole measure of his worth.

Years later, as Tim looked back on his career, he remembered the night at the tavern as a turning point. It was the moment he realized that facing his anxiety head-on, just like any other challenge, was the key to overcoming it. And in doing so, he found a sense of peace and fulfillment that had eluded him for so long.

## LOGIC & MAGIC

### PLAYING WITH NUMBERS

- How to arrange digit 9, 9 times, it will come 1 lac?
  - $99999 + \frac{99}{99}$
- How to arrange any digit 8 times it will come 1 thousand?
  - $(8888-888) \div 8 = 1000$
  - $(7777-777) \div 7 = 1000$
  - $(1111-111) \div 1 = 1000$  etc.
- There are 3 digits 0,1,2, what is the largest number possible of 4 digits -  $2^{10} = 1024$
- How can you make 100 using the digits 0 to 9 only once and number fractions can be used.-
  - $0+1+2+3+4+5+6+7+(8 \times 9) = 100$
- Can you write 1 by using all the ten digits with division and addition symbol only?
  - $\frac{148}{296} + \frac{35}{70} = \frac{1}{2} + \frac{1}{2} = 1$
- How to get 100 by using all the ten digits. In how many ways we can do it?
  - $70 + 24 \frac{9}{18} + 5 \frac{3}{6} = 100$
  - $80 \frac{27}{54} + 19 \frac{3}{6} = 100$
  - $87 + 9 \frac{4}{5} + 3 \frac{12}{60} = 100$
  - $50 \frac{1}{2} + 49 \frac{38}{76} = 100$

# प्रसिद्ध व्यक्तित्व- महर्षि धोंडो केशव कर्वे जी



Shiv Narayan Roy,  
Master Warrant Officer,  
Air force Bangalore,

मात्र 100-125 साल पहले तक भारत में विधवाओं को: ~ सिर मुंडवाना पड़ता था।

~ ज़मीन पर सोना अनिवार्य था।

~ किसी समारोह में उनका जाना निषेध था।

~ सफेद साड़ी पहनकर घर के एक कोने में

बचा हुआ जीवन गुज़ारना होता था।

अक्सर ये बाल-विधवाएँ होती थीं, और समाज में इनकी संख्या बहुत ज़्यादा होती थी।

क्यों?

क्योंकि अक्सर प्रौढ़ उम्र के पुरुष छोटी बच्चियों से शादी कर लेते थे। और बहुविवाह खूब चलता था।

ये सब होता था धर्म के नाम पर। और इन क्रूर सीमाओं का विरोध करने वाले लोगों को सामाजिक विरोध व दुर्व्यवहार झेलना पड़ता था।

लेकिन आज स्थिति पहले से कई गुना बेहतर है, कैसे आया ये बदलाव? किन लोगों ने

आम-आदमी के मन का मैल साफ़ किया?

असंख्य नाम हैं! अधिकतर को हम आज भूल चुके हैं। लेकिन आज हम आपको उनसे मिलवाना चाहते हैं - जिन्होंने भारत में महिलाओं के लिए पहली यूनिवर्सिटी की स्थापना की, विधवाओं की शिक्षा के लिए महत्वपूर्ण कदम उठाए, और छुआछूत जैसी कुरीतियों का पुरजोर विरोध किया।

हम बात कर रहे हैं - महर्षि धोंडो केशव कर्वे जी की। प्रतिवर्ष 18 अप्रैल को उनका जन्मदिन मनाया जाता है। आइए उनसे मिलवाते हैं:

— वर्ष 1858 में रत्नागिरी जिले में उनका जन्म हुआ। पढ़ाई से उनको गहरा लगाव था, और गणित उनका पसंदीदा विषय था। आगे जाकर वे पुणे के फर्ग्यूसन कॉलेज में गणित के प्रोफेस बने।

— इस दौर में भारत की सामाजिक व्यवस्था एक क्रांतिकारी बदलाव से गुजर रही थी। ऐसे में महर्षि कर्वे का दृष्टिकोण उनके बचपन के अनुभवों से प्रभावित हो रहा था, उनकी पहली पत्नी राधाबाई (उनकी शादी तब हुई थी जब कर्वे केवल 14 वर्ष के थे) का 1891 में प्रसव-संबंधी मुश्किलों के कारण निधन हो गया।

इस हादसे के बाद कर्वे ने देश में महिलाओं की स्थिति को बेहतर बनाने की दिशा में काम करने का फैसला किया।

— वर्ष 1893 में महर्षि कर्वे ने 'विधवा पुनर्विवाह संघ' की स्थापना की। उसी वर्ष, उन्होंने एक विधवा गोदुबाई (जिसने 8 साल की उम्र में अपने पति को खो दिया था) से शादी करके एक मिसाल कायम की, और आजीवन सामाजिक बहिष्कार झेला।

— वर्ष 1896 में उन्होंने विधवाओं के लिए भारत का पहला स्कूल स्थापित किया। इसके बाद एक महिला विद्यालय, लड़कियों के लिए एक आवासीय विद्यालय - जिसने उन्हें नौकरियों के लिए प्रशिक्षित किया - भी स्थापित किया गया। उन्होंने लड़कियों के लिए एक पाठ्यक्रम भी विकसित किया।

— अगले कई वर्षों तक, महिला विद्यालय के लिए पैसे बचाने हेतु दर्जनों किलोमीटर पैदल चला करते। अपने खाली समय में, वह जागरूकता फैलाने और कुछ प्रगतिशील समर्थकों से दान इकट्ठा करने के लिए विभिन्न इलाकों का दौरा करते। उन्हें समाज के रूढ़िवादी सदस्यों द्वारा बार-बार हर तरह से अपमानित किया जाता।

— महर्षि कर्वे के काम से इतना हंगामा मचा कि इसकी खबर दक्षिण अफ्रीका तक भी पहुँच गई। गाँधी जी - जो उस समय दक्षिण अफ्रीका में थे - ने अपने साप्ताहिक प्रकाशन में प्रशंसापूर्वक उनके बारे में लिखा।

— वर्ष 1914 में फर्ग्यूसन से सेवानिवृत्त होने के बाद, उन्होंने अपना सबसे बड़ा मिशन शुरू किया - महिला विश्वविद्यालय का निर्माण। टोक्यो के महिला विश्वविद्यालय से प्रेरित होकर, महर्षि कर्वे महिलाओं के लिए भारत का पहला विश्वविद्यालय स्थापित करना चाहते थे।

— लेकिन उनकी मुश्किलें यहाँ खत्म नहीं हुई थीं। यूनिवर्सिटी बनाने के लिए वे गंभीर वित्तीय संकट से जूझ रहे थे। तब उन्होंने श्री विट्ठलदास थैकर्सि से संपर्क किया। मुंबई स्थित उद्योगपति, थैकर्सि ने परियोजना के लिए 15 लाख रुपए दान करने पर

सहमति व्यक्त की और अनुरोध किया कि नए विश्वविद्यालय का नाम उनकी माँ के नाम पर रखा जाए।

— वर्ष 1916, पुणे में ऐसे शुरुआत हुई 'श्रीमती नाथीबाई दामोदर थैकसी महिला विश्वविद्यालय' (SNDT Women's University) की। पहले वर्ष में केवल 5 छात्राओं के साथ अपनी विनम्र शुरुआत की। आज, विश्वविद्यालय में 70,000 से अधिक छात्राएँ पढ़ती हैं!

महर्षि कर्वे ने बाद में अपने सामाजिक सुधार प्रयासों का विस्तार करते हुए गाँव की प्राथमिक शिक्षा के लिए सोसायटी की स्थापना को शामिल किया। अमेरिका, यूरोप, अफ्रीका और दक्षिण एशिया की यात्रा की, शिक्षा पर सम्मेलनों में भाग लिया। साथ ही, उन्होंने जाति-व्यवस्था के उन्मूलन की दिशा में जागरूकता फैलाने के लिए बड़े क्षेत्रों का दौरा किया।

उनका जन्म महाराष्ट्र के मुरुड नामक कस्बे में एक गरीब परिवार में हुआ था। पिता का नाम श्री केशवपंत और माता का नाम माँ लक्ष्मीबाई। आरंभिक शिक्षा मुरुड में हुई। पश्चात् सतारा में दो ढाई वर्ष अध्ययन करके मुंबई के राबर्ट मनी स्कूल में दाखिल हुए। 1884 ई. में उन्होंने मुंबई विश्वविद्यालय से गणित विषय लेकर बी.ए. की परीक्षा उत्तीर्ण की। बी.ए. करने के बाद वे एलफिंस्टन स्कूल में अध्यापक हो गए। महर्षि कर्वे का विवाह 15 वर्ष की आयु में ही हो गया था और बी.ए. पास करने तक उनके पुत्र की अवस्था ढाई वर्ष हो चुकी थी। अतः खर्च चलाने के लिए स्कूल की नौकरी के साथ-साथ लड़कियों के दो हाईस्कूलों में वे अंशकालिक काम भी करते थे। गोपालकृष्णगोखले के निमंत्रण पर 1891

ई. में वे पूना के प्रख्यात फ़र्ग्युसन कालेज में प्राध्यापक बन गए। यहाँ लगातार 23 वर्ष तक सेवा करने के उपरांत 1914 ई. में उन्होंने अवकाश ग्रहण किया।



# Current affairs



**BIKASH KUMAR**

Designation- tm4

City- Bhiwandi, thane district

1. हाल ही में पहली राष्ट्रीय महिला हॉकी लीग 2024 कहां प्रारंभ हुई है ?

**रांची , झारखंड**

2. 46 अंटार्कटिक संधि सलाहकार बैठक की मेजबानी( host )कौन सा देश किया है ?

**भारत**

3. हाल ही में दूसरी बार ग्रीन ऑस्कर व्हिटली गोल्ड अवार्ड 2024 से किसे सम्मानित किया गया है?

**पूर्णिमा देवी बर्मन**

4. वर्ल्ड प्रेस फ्रीडम इंडेक्स 2024 में भारत को कौन सा स्थान मिला है?

**159th**

5. हाल ही में संयुक्त राष्ट्र संघ ने अंतरराष्ट्रीय फुटबॉल दिवस कब मनाने की घोषणा की है?

**25 May**

6. हाल ही में ईरान ने शाहिद बेहेस्टी बंदरगाह के संचालन के लिए किस देश के साथ 10 वर्ष का दीर्घकालिक अनुबंध किया है?

**भारत**

7.हाल ही में भारतीय सेना को सौंपी गई A K - 203 असॉल्ट राइफल किसके सहयोग से विकसित की गई है ?

**रूस**

8.हाल ही में प्रारंभ होने वाली विश्व की सबसे ऊंची खगोलीय वेधशाला कहां स्थित है ?

**चिली**

9.हाल ही में अंतरराष्ट्रीय बुकर पुरस्कार 2024 से सम्मानित होने वाली पहली जर्मन लेखिका कौन है ?

**जेनी एर्पेनबेक**

10.हाल ही में सागा दावा महोत्सव किस राज्य में आयोजित हुआ है?

**सिक्किम**

11.हाल ही में भारत के 85 वें में शतरंज ग्रैंडमास्टर का खिताब किसने जीता है?

**श्याम निखिल**

12.हाल ही में इंटरनेशनल बुक ऑफ ऑनर ने किस देश की सबसे ऊंची सुरंग के रूप में मान्यता दी है ?

**सेला सुरंग, अरुणाचल प्रदेश**

13.हाल ही में सात्विक साईराज और चिराग शेटी ने इस साल का दूसरा पुरुष डबल्स का खिताब किस प्रतियोगिता में जीता है?

**थाईलैंड ओपन**

# Achievers of DHL



**Mr. Abhay Kumar Jha**

Reservation Supervisor (Hq),  
DRM Office, Danapur, Patna, Bihar.



**Mr. Sanjeev Kumar**  
Assistant Section Officer

Jharkhand Secretariat, Ranch



**Sudhir Kumar**

BDO Marhowrah,  
Saran (Chhapra)



**Md. Mahtab Ansari**

BDO, Vidyapati Nagar  
Samastipur, Bihar



**Mr. Prakash Kumar**

Senior Accountant  
Bank of Maharashtra Madhubani



**MR. Mahavir kumar**

Teacher, Madhubani



**Bikash Kumar**

Designation- Tm4  
City- Bhiwandi, Thane District



**Rajesh Kumar Mishra,**  
Superintendent,  
Central Board of Indirect Taxes and Customs, New Delhi

**Sachin Kumar**

Yes Bank Ltd

Deputy Manager

Kapashera Branch New Delhi



**Lokesh Kumar Jha**

Asst. Manager Head office

UBGB Muzaffarpur

**Ashutosh Jha**

Chief Dealer, SBI New York



**Bharat Bhushan**

Senior Manager, Business  
Development

Pune City Zone

Bank of Maharashtra

**Kundan Kumar**

Senior Manager

Punjab & Sind Bank

Corporate Office

East Kidwai Nagar New Delhi





**Chandan Thakur**

Joint Manager

Bank Of Baroda Jaynagar,  
Madhubani

**V K Vivek**

Loco Pilot, Railway Nagpur



**Rajesh Kumar, Station Master**

Simri Bakhtiarpur, Bihar

**Pawan Kumar Jha**

Manager

Punjab and sind bank,  
Green park, New Delhi



**Prakash Narayan Jha**

Assistant Vice President

Bank of America

**Abhinav Kumar**

Senior consultant at Capgemini



**Md. Shamshir**

PGT(Geography)

G.M.S.S. Higher Secondary School  
Madhubani

# ***MENTORS OF DHL***



**Late Arun Kumar Mishra**  
Coe & Professor,  
RK College, Madhubani

**Late Arun Kumar Sinha**  
Bank Officer SBI, Madhubani



**Mrs. Gita Mishra**  
Retd. Headmistress,  
Wattson Middle  
School,  
Madhubani



**Kishore Kumar**

Zonal Head

DCB Bank

Bhopal

**Shiv Narayan Roy,**  
Master Warrant Officer,  
Air force Bangalore



**Md.Kamran**

**Retd.Principal R.P.D.J**

Higher Secondary School

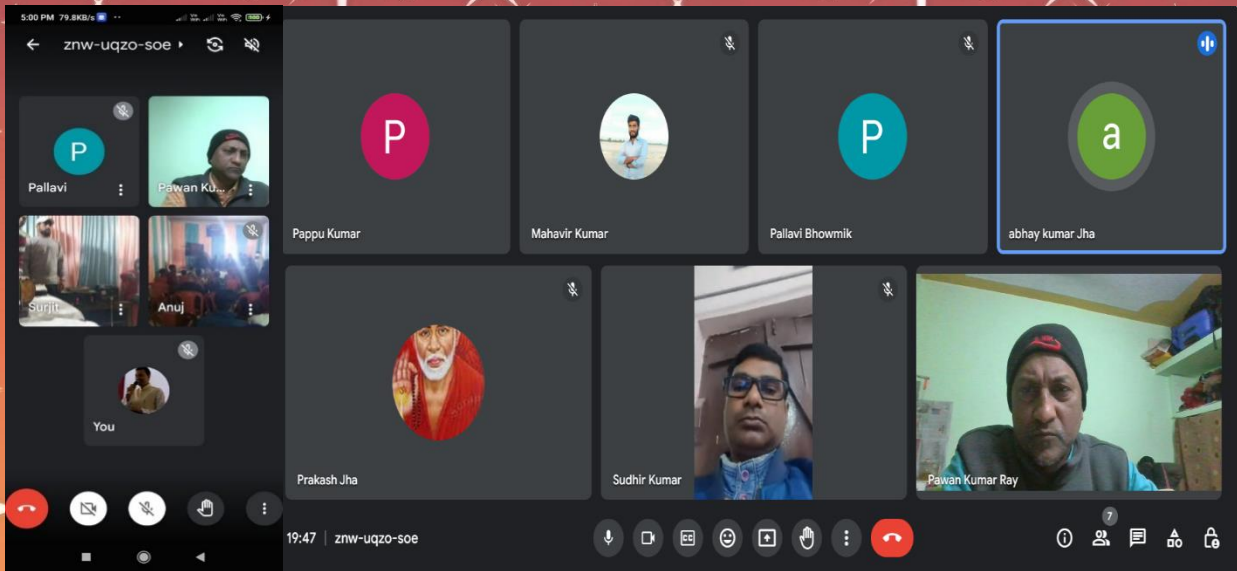
Jitwarpur Madhubani

# Photo gallery: Activities of library



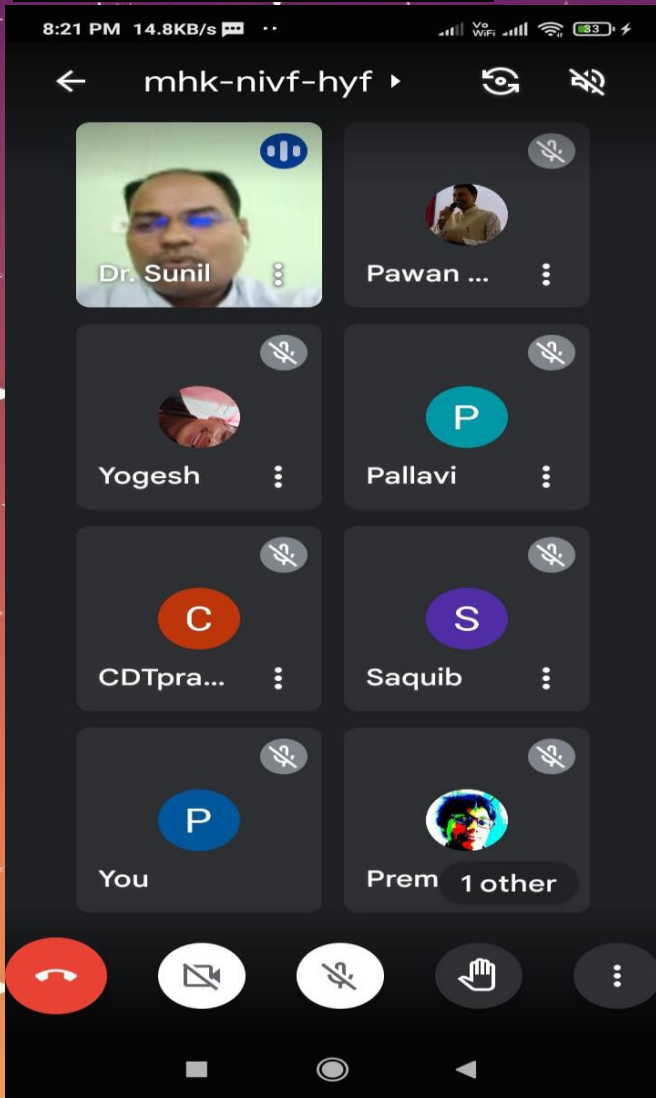


**WINNERS OF 29th QUIZ CONTEST  
CELEBRATION ON 31-12-23**



**ONLINE PARTICIPATION BY MEMBERS FOR  
29th QUIZ CONTEST CELEBRATION ON 31-12-23**

**ONLINE PARTICIPATION  
AND CELEBRATION OF 33<sup>RD</sup>  
FOUNDATION DAY  
CELEBRATION ON 02-06-24**



**WINNERS OF  
33<sup>RD</sup>  
FOUNDATION  
DAY  
CELEBRATION ON  
02-06-24**

**CELEBRATION OF  
INDEPENDENCE DAY AND  
REPUBLIC DAY**





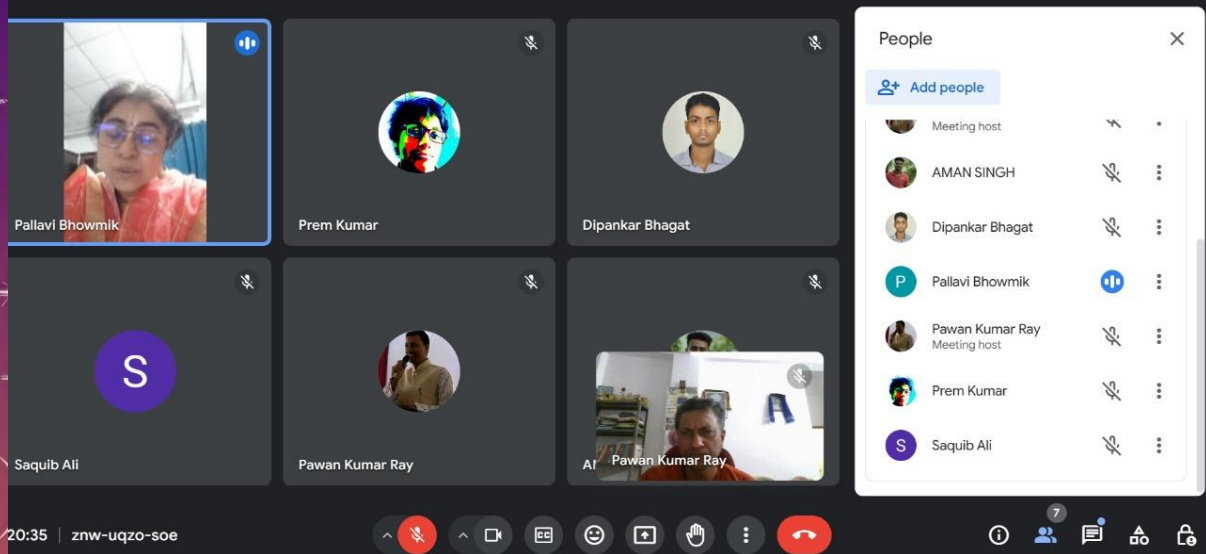
**VISIT BY LIBRARARIAN  
OF DISTRICT LIBRARY,  
MADHUBANI**



**MEETING AT LIBRARY**



**CLASSES AND GUIDANCE AT  
LIBRARY**



## ONLINE PERSONALITY DEVELOPMENT SESSION BY LIBRARY

### GROUP DISCUSSION AT LIBRARY



### SPORTS ACTIVITIES AT LIBRARY



**WINNERS OF QUIZ CONTEST**



**GROUP STUDY AT LIBRARY**

**DONATION BY SUGMYA FOUNDATION**



**SARASWATI PUJA  
CELEBRATION AT LIBRARY**

