

प्रतिनिधित्व, उनकी समस्याओं के समाधान के लिए संघर्ष, संविधानीकरण, पारंपरिक संरक्षण और सामाजिक संगठन के विकास जैसे मुद्दों पर ज्ञान प्रदान करता है।

इस अध्ययन के माध्यम से उन्हें राजनीतिक प्रक्रिया में अपनी मांगों और मुद्दों को उठाने का तरीका सीखने में मदद मिलती है। जनजातीय समुदायों के समर्थन पर ध्यान देने से उनके समाज में समानता और विकास की प्रक्रिया को संवर्द्धन किया जा सकता है। संघर्ष के माध्यम से जनजातीय समुदाय अपने अधिकारों की रक्षा कर सकते हैं और अपने विकास के लिए निरंतर प्रयास कर सकते हैं।

सांविधानीकरण और आरक्षण की प्रक्रिया के माध्यम से जनजातीय समुदायों को समाज में जिम्मेदारी और सम्मान मिलता है। इससे उनका सामाजिक सम्मान बढ़ता है और वे समाज के साथी बनकर समृद्धि के मार्ग पर अग्रसर होते हैं। इस अध्ययन से उन्हें अपनी पारंपरिक संस्कृति और धार्मिक अभिव्यक्ति के लिए नए उपायों का पता चलता है, जिससे उन्हें अपनी पहचान और विरासत को संरक्षित रखने में सहायता मिलती है। सामाजिक संगठन के विकास से जनजातीय समुदाय अपने मुद्दों को संघर्ष करने के लिए सक्रिय हो सकते हैं और राजनीतिक प्रक्रिया में सक्रिय भूमिका निभा सकते हैं। इससे उनके समाज में समानता, समरसता और संवृद्धि का निर्माण होता है। इस प्रकार, मध्यप्रदेश के जनजातीय समुदायों के राजनीतिक अभिविन्यास का अध्ययन समाज और राजनीति में समानता, समरसता और समृद्धि को बढ़ाने में महत्वपूर्ण योगदान करता है।

संदर्भ ग्रंथ सूची:

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Youths and Hobbies

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Men differ from animals due to his thinking, expression and creativity. Youths are more creative, energetic and productive in this stage. So the stage of youth and youths are playing vital role in national progress and development. Therefore solid and strong youths are the sources of the best future of our nation and globe. Youth-He/she is fruitful to his/her own family, to society and even to his /her own self, when they are rich, in the sense of good health, sense of rationality, scientific outlook, spirituality, tender feelings towards nature and environment, motto of universal service and love etc.

Hobby is an activity or interest pursued for pleasure or relaxation and not as a main occupation. It is supportive to or supplementary to the main occupation of his / her life. There is a **clear difference** between hobby and habit. **Hobby is a regular or repetitive activity that is done for enjoyment/ pleasure.** Whereas **a habit is a regular action or behavior that is acquired through frequent repetition**, which may causes positive or negative result.

Personality of Youths is glorifying and respecting on their hobbies, which are being as their routine. Hobbies are playing dominant role in furnishing their leisure time as pleasant and profitable. So it's very difficult to find a men /women who is **without hobby in his/her life**. These activities are help us in keeping our mind and body in a relaxed and refreshed mood. Moreover hobbies are increase our productivity and improve our overall health.

Hobbies of Modern Youth

Today's youths are growing with their own hobbies day by day. Young generation want to be fulfilled variety of interests and wishes. For example, few wants to get pleasure from life, others - thrills, others- adventures, others-to enhance their self - esteem and few are simply like to learn something. It's important for the parents to be aware of all the all the hobbies that are somehow present in the life of their child or teenager or an adult, but also a boy or a girl. At present, Hobbies are categories in three in broader sense:-

1. Creative hobbies.
2. Sports/ healthy hobbies and
3. Others.

Creative hobbies: We can say that young boys and girls are more interested in hobbies, which are related to

technology. Usually, boys are adventurous in Photography, where as girls are interested in makeup, fashion, body art, embroidery works. These are consider as the main Youth creative trends. This hobby of Photography has provided national and international recognition, honors and awards to those dedicated photographers. And now it is turning as “Selfie” addiction in the name of adventure. For this several social networks are becoming popular and mobile is mainly using for photographs, and use them as painting and posters.

Painting is another creative hobby among the young generations. Children and youths are interested in painting comics, cartoons, animations and other creative niches are very popular. Now this hobby move to a more professional level- guys and girls begin to draw with the help of computers and tablets. Graffiti, which began at the end of the 20th century, also continues to gain momentum. The majority of the young peoples are active in blogging, whoever, there is some prejudice against bloggers and various social networks. Another part of the young people dream of becoming bloggers. The most popular hobbies are fashion, news coverage, video production and makeup.

Needlework is mainly done by girls. Handmade unique items of various categories are becoming more and more popular. Most of them are netting, embroidering, designer jewelry and various clothing and less often engaging in jewelry or decorative elements.

Sports Youth Hobbies:- Sports are not so popular among school age teenagers. Young peoples want to improve their self-esteem. Fitness as hobby, is much popular. Most of guys and girls are love to spend time in fitness rooms to improve their physical condition. Even adults are also crazy to attend gyms to maintain their slim figure. Football, Volleyball, basketball, cycling, jogging, running and swimming etc. are the other habitual practices and also athletics.

Trucking and rock climbing are more accessible in cities than wild. Most of those who goes for rock climbing on specially equipped platforms are young people, adolescents boys and girls equally. Hiking with close borders, has become very popular. Various companies organize tours and trips to mountains, to water pools or simply to places with a picturesque land scape.

Volunteering, all most every young people has thought about volunteering at least once. One of the most popular area is blood donation.

Trips, most of today young people love travel and are happy to share impressions and pictures from their trips. Every young man has a desire to go abroad or live in other locality. There are whole armies of fans of online

games. A lot of guys spend their lot of time in computer clubs, pub-G and other games.

Other hobbies are in practice from their parents, elders, friends and celebrities impression. The most general hobbies among youths and adults are gardening, nourishing pets, floriculture, making bouquets, decorating their houses and showcases, reading texts, poetry, story writing, singing, dance practicing, writing dairy, visiting relatives and friends periodically, gathering with likeminded peoples, rendering services as volunteers in the crises and accidents in the native, and national and international level. Chanting and meditating, participating in mass bhajans in temples and religious sites etc.

Impacts of Hobbies:-

Every action in this universe has effects for each act. The impact of an action is both side, i.e. positive and negative. Similarly hobbies of youths having double effects- positive as well as negative in according to their practice of hobby.

Positive impacts:

1. Hobbies improves and stabilizes the health of mind and body.
2. It reduces stress and strains, lower blood pressure and heart rate
3. Hobby cultivates positive attitudes among youths.
4. These boosts concentration, self - confidence, analytical and reasoning, problem solving and decision making capabilities.
5. Hobbies improve mood and self - esteem and feeling of happiness with peace of mind.
6. Hobbies grants social identity and prestige in his/her society.

Negative effects:-

1. Few hobbies may expensive and time consuming.
2. Extreme sports can lead to severe injuries or even death.
3. Excessive concentration on hobby will lead to isolate and harmful to familial relationships.
4. Addiction to mobile games leads dangerous to his/her life. And most of youths, teenagers had committed suicides.
5. Screen addiction results anxiety and phobia of loss of sense and emotional disturbances.

In this way, there is interrelation between youths and Hobbies. Hobbies are inseparable from our life. These are like a golden knife, we must use as per need. Youths are essential to our society and the world these young generation is our first and the last hope for better citizens of nation and mankind. Therefore, youths are able, active, creative and energetic for sustainable development of nation and glob. This condition is tuned by good and healthy hobbies among the youths. Hobbies of youths polishes the future and personality. In this direction youths must cultivate suitable hobby, which his /her life decorates along with their community.
