

Crafting with a purpose

Power Of Development In You: Glueing Lives, Building Biz, Healing All

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One are the days when DIY (Do It Yourself) was limited to school projects or hobby classes. Today, DIY has evolved into a cultural movement that is reshaping lifestyles, work habits, and community connections. From painting a room to repurposing old garments or even cultivating a kitchen garden, DIY brings financial savvy, personal satisfaction, and social impact under one roof. Here's how:

Saving smart

DIY is an economic powerhouse. In 2021, the global DIY home improvement market was valued at \$848.2 billion and is projected to grow to \$1,278 billion by 2030. The reasons are clear: DIY saves money by eliminating the need for expensive labour, with home projects potentially cutting costs by up to 83% compared to professional services. For middle-income households, DIY has become a sustainable practice, aligning with the conscious consumption movement. It promotes healthier demand and production patterns, making sustainability a natural outcome. Additionally, DIYers report improved workplace efficiency, thanks to enhanced time management and resource utilisation skills. These

competencies often lead to career growth and higher incomes, underscoring the broader financial and professional advantages of embracing the DIY culture.

Finding peace

DIY is more than just productive - it's therapeutic. A 2010 review by the USA National Library of Medicine highlights how creative activities, such as crafting, reduce anxiety, improve mental agility, and enhance quality of life. Regular engagement in crafting has been linked to higher life satisfaction and a stronger sense of purpose than even high-paying jobs. DIY also serves as a natural antidepressant for individuals with PTSD, anxiety disorders, or depression. Its repetitive tasks have a meditative quality that lowers cortisol levels, promotes positive well-being, and activates brain reward pathways. Beyond the emotional benefits, crafting improves motor skills, offering

both mental and physical benefits.

Creating connections

DIY is a social connector. Online platforms like Pinterest, Reddit,

and Instagram have thriving DIY communities where enthusiasts exchange ideas, instructions, and inspiration. Pinterest's dedicated DIY and crafts section is a lively hub for like-minded creators to collaborate and share their projects.

DIY also fosters community support. Initiatives like crafting for charity - knitting blankets for shelters or making handmade greeting cards for the elderly - showcase the power of DIY in building stronger communities. For instance, during the COVID-19 pandemic, a study noted that DIYers sewed over 10 million masks in the United States, supporting the strained healthcare workers and highlighting how DIY can respond to societal needs.

The DIY evolution

DIY has grown from a home improvement activity to a tech-savvy sector. The OG DIY 2.0 - a resurgence of interest in traditional craftwork - emerged in the mid-20th century with people

using raw materials to create or repair items for cost-saving and creative purposes. DIY 3.0 integrated digital tools, blogs, e-commerce platforms, and online tutorials, making DIY more accessible globally. The latest DIY 4.0 represents the sector's digital transformation. Equipped with technologies like AI, IoT, augmented reality (AR), and 3D printing, DIY has entered a new era. For example, DIY retailer Hornbach's online project platform provides step-by-step guides, while home improvement chain OBI offers digital services to enhance user experience.

E-commerce has been a significant driver, with global retail e-commerce sales forecasted to grow from €4.8 trillion in 2021 to €7.7 trillion by 2026. In Europe, Germany leads with €5.2 billion in gross online revenue in 2022.

DIY is no longer just a skill to develop - it has become a way of life. From saving money and promoting sustainability to fostering creativity and community spirit, the culture of do-it-yourself equips individuals with tools for self-reliance and social impact. Whether you're improving your home, boosting your mental health, or contributing to your community, DIY empowers you to craft not just projects, but a more meaningful life. [GT](#)



THE GT POLL

SRK has finally won National Award! But the internet thinks he deserved it more for Swades than for Jawan. So which role deserved it more?

- a) Swades
- b) Jawan
- c) Can't say

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Wall of fame
Ever wondered what secrets lie within the ancient stones of world's most famed walls? Uncover the strength and surprises hidden in these mighty marvels.

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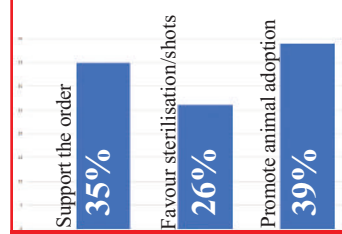
Era of Swadeshi 2.0
Read on to gain insight into the importance of 'Make in India' as discussed during panel discussion organised by YP team of AIS Mayur Vihar (2024-25).

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POLL RESULT

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Following Supreme Court's directive to relocate all stray dogs from Delhi's streets to shelters, citizens should:



Results as on August 23, 2025