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Editorial

India has been a slave for many years and we have gained independence due to the sacrifices and sacrifices of known and unknown freedom fighters. The battle of Indian independence struggle lasted from 1857 to 1947. People from different castes and different cultures came and settled in India. World poet Rabindranath Tagore has written-

हेथाय आर्य हेथाय अनार्य, हेथाय द्राविड़ चीन,
शक हूण दल पाठान मुगल, एक देहे होलो लीन।

That is, various castes have forgotten their existence and joined the mainstream. Finally the British came and ruled India for almost 200 years. After the Battle of Plassey in the year 1757, the British gained political authority over India. 75 years of independence of the country are going to be completed. Keeping this fact in mind, the 75th anniversary programs have been started by the Government of India and the State Governments. This program of the Amrit Mahotsav of independence will run till 15 August 2023.

The Independence Festival has started from the Sabarmati Ashram in Ahmedabad. On this occasion, Prime Minister Shri Narendra Modi while addressing the people of the country said that, today when I came out of Delhi in the morning, a very strange coincidence happened. Before the commencement of Amrit Mahotsav, there was also amrit rains in the capital of the country and Varun Dev also blessed. It is a privilege of all of us that we are witnessing this historic period of independent India. Today, on the anniversary of Dandi Yatra, we are also seeing history being made at this karmastha of Bapu and also becoming a part of history. Today is the commencement of the Amrit Festival of Independence, the first day. We believe that whenever such an occasion comes, all the pilgrimages are confluent together. Today is a holy occasion for India as a nation. Today, there are so many holy centers of our freedom struggle, how many holy centers are being connected with the Sabarmati Ashram.

Mahatma Gandhi continued to work as an associate of the English government in the public and political life of the country from 1915 AD to 1919 AD, but in 1920 AD there was a transformative turn in Gandhi's political life. Some events and other circumstances made him uncooperative with the ally. At the Calcutta session of the Congress in September 1920, he proposed non-cooperation with the government and boycott of the legislative assemblies built under the Montague-Chelmsford reforms. Gandhiji returned the Kaiser-e-Hind award before starting the movement, hundreds of other people also renounced their titles and titles following Gandhiji's footsteps. Jamnalal Bajaj, who was conferred with the title of Rai Bahadur, also returned this title. The non-cooperation movement was started by Gandhiji on August 1, 1920. Non-cooperation movement was an unprecedented success in Western India, Bengal and Northern India. Many educational institutions like Kashi Vidyapeeth, Bihar Vidyapeeth, Gujarat Vidyapeeth, Banaras Vidyapeeth, Tilak Maharashtra Vidyapeeth and

Aligarh Muslim University etc. were established for the students to study.

Due to economic plight, political dissatisfaction and the rapid repression of the government, the atmosphere of the country was agitated, in which it was necessary to take any new step to achieve independence, this step was civil disobedience. On March 12, 1930, at 6.30 AM, Gandhiji, with the aim of breaking the salt law, with his chosen 79 companions, left for a village called Dandi on the coast of Gujarat, and on 6 April, he himself visited Dandi beach. He violated the Satyagraha in violation of the Salt Law. Due to this work of Gandhiji, a wave of enthusiasm and enthusiasm spread throughout the country. The British law was blown off by making salt from place to place.

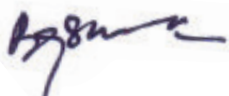
A feature of the Quit India Movement was that all other prominent leaders of the Indian National Congress were lodged in jails. Therefore, it was successfully run by the leadership of socialists and youth who proved that India has now woken up. Now it cannot be stopped from becoming independent. India became independent on 15 August 1947 after being a slave of the British for 200 years.

The freedom of India has been attained by the sacrifice and sacrifice of many people, due to this sacrifice and sacrifice, we have become politically and mentally independent and the idea of nationalism has been born and strengthened in the hearts and minds of our people. If it were not so, then we would have kept thinking on the basis of our caste, community and religion etc. Today, it is our duty to move forward on our duty path, honoring the sacrifices and sacrifices of our freedom fighters. We should fulfill the responsibility of every person, love each other, then we can actually do real development of India. Tulsidas ji has also written in Ramcharitmanas

दैहिक दैविक भौतिक तापा। राम राज नहिं काहुहि ब्यापा॥

सब नर करहिं परस्पर प्रीती। चलहिं स्वधर्म निरत श्रुति नीती॥

Every citizen of India should take this pledge only then we can complete the concept of Indian Constitution and of the Ramrajya.



Professor Braj Gopal
Cheif Editor



Professor Akhilesh Shukla
Editor

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Whether the fundamental duties are abiding by the citizens or not?

•Aanchal Shukla

••Akhilesh Shukla

Abstract- *Fundamental duties are incorporated in the Indian constitution by the 42nd amendment. There are 11 fundamental duties for the Indian citizen so they can live freely and happy in the country. It is drafted on the lines of moral, ethics, and culture code which are followed by every citizen of country. The fundamental duties help citizen to behave in honorable manner. The fundamental duties are written in part IV of the Indian constitution, to promote the patriotism and culture in India. Before, the fundamental duties were not added in Indian constitution and directive principles were also not added but by the 42nd amendment and 86th amendment it was added in our Indian constitution. The whole list of the fundamental duties are there in Indian constitution so that citizen should know what all the duties and rights they have to follow as a Indian citizen. It was recommended by the Sardar sawransingh committee and borrowed from the USSR. Sardar swaransingh is the longest serving union cabinet minister. Based on his study, the government made so many changes to the constitution.*

Keywords- Fundamental duties, Citizens, Constitution, Moral, ethics, Culture code

Introduction- The researchers are going to discuss about the fundamental duties and it is abiding the citizen or not? Is very important for every citizen to know about the duties and rights so we the researchers are going to discuss about the duties and understand how important it is.

The following duties are there in constitution –

1. To abide by the constitution and respect its ideals and institutions, the National Flag and the National Anthem
2. To cherish and follow the noble ideals which inspired our national struggle for freedom
3. To uphold and protect the sovereignty, unity and integrity of India
4. To defend the country and render national service when called upon to do so
5. To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women
6. To value and preserve the rich heritage of our composite culture
7. To protect and improve the natural environment including forests,

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- lakes, rivers and wild life and to have compassion for living creatures
8. To develop the scientific temper, humanism and the spirit of inquiry and reform
 9. To safeguard public property and to abjure violence
 10. To strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement
 11. Who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years

In research paper, we will talk about the duties in detail and is it abiding in the citizen or not?

Introduction- Fundamental responsibilities have been covered within the Indian charter with the aid of using the 44th amending. There are eleven essential responsibilities within the Indian charter for the citizen drafted within the strains of the ethics, morality, way of life. The essential responsibilities assist citizen to act in honorable manner. These eleven responsibilities are written below the Part IV of Indian charter so it is able to sell the patriotism and electricity to everyone. The essential responsibilities are written in component IV of the Indian charter, to sell the patriotism and way of life in India. Before, the essential responsibilities have been now no longer introduced in Indian charter and directive ideas have been additionally now no longer introduced however with the aid of using the 42nd modification and 86th modification it changed into introduced in our Indian charter. The entire listing of the essential responsibilities are there in Indian charter in order that citizen need to recognize what all of the responsibilities and rights they should comply with as a Indian citizen. It changed into endorsed with the aid of using the Sardar sawran Singh committee and borrowed from the USSR. Sardar swaran Singh is the longest serving union cupboard minister. Based on his study, the authorities made such a lot of modifications to the charter. The Indian charter is likewise referred to as THE LAW OF LAND TRACES and he giant of the this emergence changed into within side the yr 1946 while the primary assembly of the constituent meeting changed into prepared. The constituent gather made Dr. Rajendra Prasad because the first president of the India. In 29th august 1947 the drafting committee changed into appointed and Dr. B.R. Ambedkar changed into the fist chairman of the drafting committee. Drafting committee changed into made to get a everlasting and prepared charter of our country. The foremost characteristic which changed into centered whilst making the Indian charter changed into-

1. Republican state
2. Parliamentary supremacy
3. Independent judiciary system
4. Fundamental rights five.
5. Federal system

On 4th November 1947 the preliminary draft changed into submitted and very last draft changed into submitted at the 26th November

1949. On 24th January 1950, the handwritten draft changed into submitted and very last draft changed into signed and got here into pressure at the 26th January 1950. The Indian charter is taken into consideration as an longest charter of the world. It contains-

1. Preamble
2. 25 components at the side of the 12 schedules
3. 448 articles
4. a hundred and one amendments

At the time of its starting place it had best 385 articles in 22 components and eight schedules. The method of the Indian Constitution received proposal from exclusive constitutions from diverse international locations taking 2 years eleven months and 18 days to finish the perfect regulation of the land. The essential responsibilities have been introduced in 1976, with the aid of using the advice with the aid of using the swaran Singh committee which changed into constituted with the aid of using the Indira Gandhi after the announcement of the countrywide emergency for amending the charter. This committee changed into below the chairmanship of Sardar swaran Singh and he changed into the India's longest serving union cupboard minister. Based on his recommendations, the authorities integrated numerous modifications to the Constitution which includes the Preamble, via the forty second Amendment, which covered the essential responsibilities below the Indian Constitution. However, with the aid of using the 86th Amendment in 2002, the authentic 10 responsibilities have been then improved to eleven, below Article 51A, Part IV-A of the Constitution of India.

In the words of late prime minister Indira Gandhi, “the moral value of fundamental duties would not be to smoothen rights but to establish a democratic balance by making people conscious of their duties equally as they are conscious of their rights”. There are 5 importance of fundamental duties which are very necessary. These duties are mentioned below table.

Serial No-	Importance of Fundamental Duties
1.	They remind the Indian citizens of their duty towards the society, nation.
2.	They warn the citizen against the anti- national and anti- social activities.
3.	They inspire the citizen and promote a sense of discipline and commitment among them.
4.	They used to help the court to examine and determining the constitutional validity of law.
5.	They are enforceable by law.

They are enforceable with the aid of using regulation. These responsibilities have been drafted withinside the foundation of morality, ethics, way of life, which need to be accompanied with the aid of using the citizen of the India and they could uphold and guard the sovereignty, integrity and team spirit of the country. It additionally assists the authorities to preserve the right governance and permitting the right functioning of the democratic society. In any of the case if there's violation of essential responsibilities so its miles punishable below the prevention of insult to countrywide honor act 1971.

Justice Verma committee- Justice Verma committee changed into constituted in 1998 to paintings on a method and to work out for an method for programmer initiated for the cause of coaching the essential responsibilities so It may be enforceable in each instructional place. There is sufficient criminal provision and committee had furnished with that provision-

1. The prevention of insult to national honor act 1971 has been implemented and no citizen can disrespect the national flag, constitution of India and national anthem which are mentioned in the Article 51A.
2. There are so many criminal laws which are there to provide punishment to people encouraging enmity between the different section of people on the grounds of the case, religion, race, sex.
3. To provide the punishment for the offence which are related to the caste and religion, so the protection of civil rights acts was enacted.
4. There are various section of Indian penal code that declare the assertions which are prejudicial to nation's integrity and unity and are punishable offence.
5. The unlawful activities act of 1967 was enacted to prevent the communal organization to be declared as an unlawful association.
6. The protection of wildlife and endangered animal is done by the wildlife protection act 1972.

Whether the fundamental duties are abiding by the citizens or not?

Fundamental Duty is the Responsibility of the Citizens- There was a judgment by the Supreme Court which said that if someone had genuine religious obligations, that can be placed above patriotism, then no one can force them to sing the National Anthem.

It is a citizen's responsibility to realize that it is in their own interest to perform their duties and discharge their 134 legal and constitutional obligations whole-heartedly because only by doing so, individually, can they help the growth of the democratic republic collectively.

Citizens are expected to behave in accordance with the ideal code of conduct parallel to the 11 fundamental duties and no legal action can be initiated for non-performance. With the independence of India, dawned the "Ganatantra Raj", which made each of us responsible for the happiness and welfare of our people.

The Relationship between the Fundamental Rights, Directive Principles and Fundamental Duties- The Indian Constitution provides different sections of Fundamental Rights, Fundamental Duties and Directive Principles of the State Policy to regulate the conduct of citizens among each other, and the state's conduct with the citizens. These different segments of the Indian Constitution provide a rule book of rights, duties, and guidelines for citizens' behaviour and conduct along with the parameters with which the government has to keep itself fully aligned while making laws.

- The **Fundamental Rights** are defined as the basic human rights of all citizens. **Part III** of the Indian Constitution contains all the fundamental rights applicable to all the individuals irrespective of

race, religion, [caste](#), creed or gender or place of birth. All these rights are enforceable by the courts, subject to specific restrictions. The basic idea behind formulating these Fundamental Rights is to protect the liberty of citizens and to maintain the social democracy of the country based on the factors of equality in society.

Fundamental Rights are Right to Equality, Right to Freedom, Right against Exploitation, Right to Freedom of Religion, Cultural and Educational Rights, Right to Constitutional Remedies and [Right to Privacy](#).

- The **Directive Principles of State Policy** serves as guidelines for the government to incorporate while framing the laws. These principles are enshrined in **Part IV** of the Indian Constitution set forth the fundamental guidelines for the State to apply in framing, enacting and passing laws establishing a social, economic democratic nation.
- The **Fundamental Duties** have been defined as the moral obligations of all the citizens to help promote the welfare of the country and to uphold the unity of the nation. These duties are set out in **Part IVA** of the Indian Constitution concerning the individuals and the nation. Just like the Directive Principles, these duties represent guidelines that the citizens should obey for the welfare of a democratic nation.

The Directive Principles of State Policy have been used to lay down the guidelines and principles to achieve social equality, economic equality, and educational upliftment. The relationship between the Fundamental Rights, Duties and Directive Principles can be understood as a method for attaining the national peace, security, and welfare.

*In the landmark judgment of the **Kesavananda Bharati** case, the Apex Court had showcased the assisting and supplementing nature of the Fundamental Rights and Directive Principles. The Apex Court had referred to the Fundamental Duties as an element to justify the Constitutional principles of laws and policies aiming to elevate the objects laid out under the section of Fundamental Duties. These Duties have been referred to as an imperative part of all citizens' conduct.*

M.C.Mehta v. Union of India & Ors, 1988¹

The petitioner, a famous persona within the criminal field, had filed the petition earlier than the Court complaining that neither the authorities nor the human beings have been giving good enough interest to forestall the pollutants of the river Ganga, and it's far important to take the step for the cause of shielding the river Ganga from pollutants and preserve it easy.

The Supreme Court had held that beneath Neath article 51A(g), it's far the responsibility of the valuable authorities to introduce obligatory coaching of training at the least for one hour in per week on safety and development of the herbal surroundings in all of the instructional establishments of the country. The course to the valuable authorities changed into given to make to be had books written at the situation and course changed into given to distribute them unfastened in instructional institutes.

A.I.I.M.S. Students Union v. A.I.I.M.S. & Ors, 2001²

A.I.I.M.S. had an inner coverage of reservation to its inner college students with inside the postgraduate program over and above 50% reservation via way of means of the valuable authorities. The courtroom docket struck down the reservation as it changed into violative of Article 14 of the charter and the Court enshrining the significance of Fundamental responsibilities remarked that despite the fact that essential responsibilities can't be enforced via way of means of courtroom docket those are taken into consideration crucial as they offer treasured steerage and are an crucial device for interpretation of many constitutional and different criminal issues. When there's doubt approximately the essential responsibilities as human being's mandate, the Article 51A performs a essential position now no longer handiest for fixing the problem however additionally for building new and trendsetting thoughts as a alleviation given via way of means of the courtroom docket. All the responsibilities include an essence and a experience of responsibility is construct via way of means of every responsibility and be of their constitutional limits and appreciate the constitutional values.

The courtroom docket in addition located that every one the residents positioned collectively and subsequently though Article 51A does now no longer expressly forged any essential responsibility at the kingdom, the reality stays that the responsibility of each citizen of India is the collective responsibility of the kingdom. This manner for the primary time it changed into located that those responsibilities may be made observed via way of means of the kingdom too.

Fundamental duties – Part IV of the Indian Constitution

Article 51 A(a)

It shall be the duty of every citizen of India to abide by the Constitution and respect its ideals and institutions the National Flag and the National Anthem.

The Constitution of India while guaranteeing Fundamental Rights to its citizens also envisages that the citizens shall abide by and discharge certain Fundamental Duties. These duties are enumerated in Article 51 A of the Constitution. The primary among the elemental Duties so enumerated is that the duty to abide by the Constitution and respect its ideals and institutions, the ensign and therefore the anthem.

Just as the ensign, our anthem evokes in us patriotic fervor and reminds us of the range, unity and integrity of our great Nation. The anthem too commands respect and therefore the Constitution makes it the elemental Duty of each citizen to respect the anthem. Whenever the anthem is sung publicly, reference to an equivalent is to be demonstrated either by standing up respectfully or by joining within the singing. It is punishable offence if it is intentionally prevented or caused harm to any assembly engaged in singing the anthem.

Article - 51A[b]

It shall be the duty of every citizen of India to cherish and follow the noble ideals which inspired our national struggle for freedom

Some of the noble ideals which inspired our national struggle for freedom were:

- I. to realize freedom from foreign rule in order that the people of India have self-government which might establish a society where there'll be no exploitation of man by man, no poverty, no disease, no illiteracy.
- II. The above objective can be achieved only when all citizens have opportunities for all round development of their personality.
- III. For all round development of personality, man-making education is required.
- IV. Such education can be inculcated when precept is coupled with practice, and
- V. Country is placed above self.

Every citizen of India has a Fundamental Duty to cherish and follow the noble ideals which inspired our national struggle for freedom.

India's freedom struggle is unique when compared to other freedom struggles across the world.

Its uniqueness lies in the ideals to which we held steadfast while pursuing the goal of achieving freedom. Freedom was to be achieved employing fair and honest means rather than through treachery and deceit. Non-violent self-sacrifice, respect for your adversary, self-purification by constantly placing community interest over self-interest etc. were some of the worthy ideals followed by the volunteers during our freedom struggle. Their endeavor was to achieve independence from British rule by following the path of non-violence and truth. Death and annihilation of the British were not the objective of the freedom movement. Bloodshed and brutality were never part of the scheme to achieve independence. Passive resistance in the form of civil disobedience respecting rule of law was the path cherished by the freedom fighters.

“Mahatma Gandhi laid stress on the purity of the methods which had to be pursued for attaining our ends. Let us not forget that this teaching has eternal values and wasn't intended just for the amount of stress and struggle but has the maximum amount authority and value today as it ever had before **Let us launch on this new enterprise of running our Independent Republic with confidence, with truth and non-violence and above all with heart within and God over head.**” {Closing observations of Dr. Rajendra Prasad, President of the Constituent Assembly}

Article 51 A©

It shall be the duty of every citizen of India to uphold and protect the sovereignty, unity and integrity of India.

Every citizen is liable to uphold and protect the sovereignty, unity and integrity of India. Significance of sovereignty, unity and integrity is obviously stipulated in the preamble of the Constitution itself. Our country is constituted as a sovereign democratic republic. The people of India are the supreme authority in the country. India is not subordinate to any other political power outside the country. By all means, the Constitution envisages an absolute sovereignty free from any other control. This sovereignty is to be

upheld and protected. The responsibility to uphold the sovereignty of India is vested not only on administrators but also upon each and every citizen of the country. India is a union of several states. The Constitution provides for separation of powers between central and state governments. We should safeguard the vision of a united India within the four walls of the Constitution. To achieve the constitutional vision of 'one people one nation' it is necessary to embrace Nationalist thoughts and ideals. Though different states came into existence on linguistic basis, they are formed without affecting the unity and integrity of the Nation. If any religious, linguistic, political or idealistically separatist view point is harmful to National unity and integrity, no citizen should encourage the same. Basic duty of a citizen is to recognize the external and internal separatist forces which are dangerous to the unity and integrity of the Nation and to defeat them. To cherish the noble ideals of India as a sovereign, socialist, secular, democratic, republic, its sovereignty, unity and integrity should not be allowed to be eroded.

Article 51 A (d)

It shall be the duty of every citizen of India to defend the country and render national service when called upon to do so.

Every subject is absolute to defend the country and render service once referred to as upon to try to do so. Constitution is that the supreme law of the land. All different laws are to be created in accordance with the Constitution. Constitution operates in the main through legislature, government and judiciary. National defense is the most vital duty of the executive. Protection of the Nation and its citizen from external and internal evil forces is a component of national defense. Then solely the sovereignty and integrity of the state will be protected. India incorporates a sturdy and arranged defense to defend the external and internal attacks and to wipe out lawlessness and to take care of peace. It possesses the strength to bravely confront any attack against our country and to fully destroy it. However, in sure emerging scenario every subject is absolute to render military service for the protection and defence of the Nation. Unexpected natural calamities cherish earth quakes, floods, drought, internal aggression and uncontrollable epidemics could lead the individuals to severe affliction and distress. Despite sincere efforts by the administration, painful things might arise and efforts of the administration could be felt insufficient. Here, mention may be product of article 23(2) whereby State is allowed to impose "compulsory service for public purposes" subject to the condition that no discrimination is made on grounds of religion, race, caste or class or any of them. The Fundamental Duty enshrined in clause (d) of article 51A is contingent the citizens being called upon to defend the country and render service . It is obviously addressed to all citizens other than those who belong to the army, the navy and the air force. It is a Fundamental Duty entrusted to the commoner as indicated by the expression "when called upon to try to do so". Those citizens who belong to any of the 3 defense forces are entrusted perpetually with this basic Duty. This basic Duty has not to date been tested as there has been no occasion once the soul was referred to as upon to render service and to defend the country from any external aggression. The defense

of the country is also required against external aggression and war mongering armed rebellion at intervals the country.

Article 51A(e)

It shall be the duty of every citizen of India to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women.

It will be the obligation of each resident of India to plug concordance and in this manner the soul of basic fellowship among all the individuals of India rising above strict, semantic and local or sectional varieties; to deny rehearses disparaging to the respect of ladies.

We discover each aspect of variety in our nation – be it topographical, semantic, social, social or strict – and such variety or heterogeneity is ordinarily portrayed as an amazing quirk of our nation by those that have genuinely examined the Indian history and culture. Regardless, history specialists have perceived that uniqueness of our way of life, which not just watches different varieties from forming into logical inconsistencies and clashes, yet in addition aides and leads them to amicability and solidarity. that is the reason it's expressed proverbially that the center of Indian culture is 'solidarity in variety'. the broadly acknowledged thought among the individuals about the significance and motivation behind human life, additionally on the grounds that the hidden otherworldliness of our nation, are the chief binding together factors of our general public.

With the section of some time and along these lines the startling exciting bends in the road inside the historical backdrop of the nation, this comprehension of solidarity turned out to be destroyed from the aggregate inner voice of our Nation. Afterward, the bhakti development (fifteenth seventeenth hundreds of years) that revived Indian otherworldliness and consequently the opportunity battle that stirred and fortified Indian Nationalism, re-established the idea of solidarity in variety inside the psyches of Indian individuals, a right comprehension of which is significant for the assurance of freedom and culture inside the post autonomous excursion of vote based 21 India. That is the reason Part IVA of the Constitution, which manages the essential Duties of the residents, commands to plug concordance and subsequently the soul of basic fellowship among all individuals of India rising above strict, semantic and territorial or sectional varieties. To get agreement and standard fraternity, the status of ladies, who represent almost 50% of the populace, additionally has to be genuinely thought of. The Indian resident ought to acknowledge and perceive that women are qualified for equity and nobility by and large circles of life. It is, truth be told, a pre-condition for the common development of mankind, and arrangement of solidarity, in our general public. The Constitution urges to repudiate rehearses which are injurious to the respect of ladies and advises us that it is the natural Duty of each resident to stop from all ceremonies, rituals and deeds, which may hurt the honor of young ladies.

Article 51A(f)

It shall be the duty of every citizen of India to value and preserve the rich

heritage of our composite culture.

Safeguarding the rich legacy of our composite culture is another fundamental duty of every Indian citizen. Our cultural heritage is one of the most noble and rich. What we have acquired from an earlier age, we must preserve and give to people in the future. We must cherish and value what our parents have created and their progressive generation has passed on to us as images of their greatness and artistic achievements.

Generations to come always draw the motivation from the past that simulates them to focus on ever increasing heights of achievement and excellence. In India, the base, the historical past, the center of life is spirituality, the keynote of all the music of national existence. Spirituality is a repository of noble ideals and can be instrumental in maintaining the rich heritage of our composite culture. The basic principle of the Indian vision and tradition lies in the information that Truth or Reality is one and indivisible.

Over and over again our gurus and rishis reminded us that everyone should have their own vision of Truth; but that, at the same time, a dogmatic and stubborn attitude that one's vision is the ultimate truth would definitely be dangerous.

The integral development of the citizen's personality in all factors, intellectual, mental, physical and spiritual, is a rich heritage of our composite culture and is a panacea for all administrative, political and social ills. It is the fundamental duty of each citizen to expand his entire character through education, which now should not be simply for the learning of certain selected subjects, but also for the development of mind and mind, body and spirit.

Your ultimate goal should be to simultaneously improve the standard of living and the standard of living of an individual. One of the reasons for the erosion of ethical values in public life and the sharp deterioration of labor consciousness is the dilution and deviation of the spirit behind education. The need of the moment is to reverse this trend. For many people, religion is an indispensable aspect of their existence. Unfortunately, the faith that should have connected man to the universe has now become a dividing power.

What is the responsibility of an Indian citizen in this context ?

The answer to the above query is pure and easy - accept compassion and equality, which can be the two fundamental tenets of Indian culture, and strengthen those beliefs in our society with the aid of following them and nurturing them in all spheres of his personal life. Only if we succeed doing so, would our citizenship become significant.

Article 51 A(g)

It shall be the duty of every citizen of India to protect and improve the natural environment including forests, lakes, rivers and wildlife, and to have compassion for living creatures

Protection of surroundings and surroundings may be a basic Duty of the subject underneath Art. 51A(g) of the Constitution of India. It mandates every citizen to safeguard forests, lakes, rivers, wild animals then on. With the exception of that, Constitution additionally reminds United States to point out compassion towards birds and animals. a rustic that protects and preserves

environment, birds and animals alone will have wholesome development. It's an Indian culture attribute to treat surroundings as mother and to measure while not exploiting it. this is often the approach of life that's mirrored in Art. 51A (g) of the Constitution. Within the face of the menace of the growing pollutants and surroundings degradation, it's miles the requirement of each subject to safeguard and improve natural environment which has forests, lakes, rivers and wild lifestyles and to own compassion for living creatures. The rising air, water and sound pollution and huge-scale emotion of forest are inflicting large harm to any or all human life on earth. The mindless and wanton deforestation within the name of development is inflicting mayhem in the variety of natural calamities and imbalances. By protecting our forest cover, planting new trees, cleanup rivers, protective water resources, reforesting wastelands, hills and mountains and dominant pollutants in towns, villages And industrial unit, we'll facilitate save the long run of our fellow residents and of planet earth itself. What's required may be a combined try at, an awareness campaign and a planned technique to maneuver ahead through voluntary subject projects. Governmental steps alone cannot help cause pollutants-free surroundings to measure currently and inside the future. This provision is that the plan of all laws and judgments regarding the security of environment. All natural and customary property resources are to be protected for the correct existence of human. Folks and Nation are irreparable from environment. Uncontrolled exploitation of natural and common resources may be a extreme danger to the existence the country. Therefore is annihilation of various living creatures. Hence, protection of surroundings is imperative for the national development.

Article 51 A(h)

It shall be the duty of each subject of India to develop the scientific temper, humanism and therefore the spirit of inquiry and reform.

Constitutional goal isn't solely confined to create a robust and permanent Nation. It in addition strives to form positive that its voters are intellectually superior. Scientific temper, humanism and the spirit of inquiry and reform are basic to individual improvement. One of our greatest founding father, Jawaharlal Nehru always laid incredible emphasis at the need for Indian citizens developing a systematic temper and a spirit of inquiry - inquisitiveness for learning from developments around the world. This was particularly vital due to the most progressive scientific advances during this century and in the context of our heritage of superstitions and obscurantism. Nehru laid the foundations of the modern-day industrialized India by way of building the necessary scientific and technological infrastructures. Now, it's the bounden responsibility of every citizen to hold and promote a systematic mood and a spirit of inquiry to keep section with the short dynamical world. Also, the Constitution ordains that science AND technology should be tempered with a way of humanism as a result of within the long haul the stop of all development is that the person and therefore the quality of life and relationships this is often developed. Scientific temper means that outlook supported on organized data and experience. Scientific temper relies on motive and rationality in distinction to belief or blind faith. Scientific temper

discards obsolete learning. It needs thirst for information and urge for analysis for facts and an avidity for putting things right. It'll facilitate United States to develop an affordable and intellectual technique towards various issues. This will help to create an experience of inquisitiveness among the citizens and will lead to gain more understanding. This will do away with the darkness of lack of knowledge and could enable citizens to take knowledgeable choices. The spirit of inquiry and reform will result in wholesome social reformation and positive changes within the country.

Article 51 A(I)

It shall be the duty of every citizen of India to safeguard public property and to abjure violence

It is most unfortunate that in a country which preaches non-violence to the rest of the world, we see from time to time spectacles of senseless violence and destruction of public property indulged in by some of its citizens. This is why it has become important to prescribe the responsibility "to safeguard public property and abjure violence" as a fundamental citizenship responsibility. Every citizen of our country has the obligation to protect public property and it isn't always the obligation of the public government alone.

Article 51 A (I) has recognized the said responsibility of a citizen as his critical and key constitutional duty. What is meant by the term "public property"? There is not any specific or direct definition for this term in the Constitution of India. However, Section 2(b) of the Prevention of Damage to the Public Property Act, 1984 (Act 3 of 1984), defines the term "public property". Going by the stated definition, "public property" means any property, whether or not immovable or movable (which include any equipment), which is owned by, or in the possession of, or under the control of (a) Central Government or (b) any State Governments or (c) any nearby authority or (d) any agency established under Central or State enactments or (e) any corporation defined under Section 617 of the Companies Act, 1956.

Apart from this, the properties of any group, concern or challenge notified by the Central Government for this reason might also come under the definition of "public property". Any act of a person, which causes damage to the public property is an offence, which is punishable with imprisonment for a term which shall no longer be less than six months, but which might also extend to five years and with fine. If such an unlawful act is committed with the aid of fire or explosive substances, the punishment for the stated offence shall be rigorous imprisonment which shall not be less than one year, but which might also extend to ten years and with fine. The High Court of Kerala has held that the instances of committing damage to public properties will be taken and handled as one of the severe crimes. In such cases, it's miles normal that for granting bail, the Courts impose a stringent condition with the aid of asking the accused to deposit the amount equal to the fee of loss dedicated to public properties as security amount. However, due to a stringent regulation and consequently implementing a rigorous punishment, the protection of public properties cannot be assured. Public properties can be included only by educating the general public by means of giving them consciousness on their duties and responsibility.

When someone is so cautious to protect his public property from any form of damage, he is equally obliged to protect the public property also and safety to the public property may be assured only through such careful act of every citizen of our country.

Article 51 A(j)

To strive towards excellence in all spheres of individual and collective activity, so that the Nation constantly rises to higher levels of endeavor and achievement

The force for excellence in all spheres of man or woman and collective hobby is the call for of instances and a fundamental requirement in a relatively aggressive world. Nothing however the fine could have survival capability in tomorrow's world. This may include admire for expert obligations and excellence. Whatever paintings we take in each as man or woman residents or as groups, our attempt must be directed to achieving the purpose of excellence. Also, unique emphasis is referred to as for withinside the place of collective hobby. This particular idea is not similar to all of the different Fundamental Duties enshrined in our Constitution. When all the specific Fundamental Duties talk approximately our obligation in the direction of the Nation and fellow residents, this obligation stands aside via way of means of directing us to excel ourselves in our man or woman potential and together with the man citizen. We must do that for elevating the volume of enterprise and achievements for ourselves and at the same time as attaining that purpose the Nation rises to better ranges. This Fundamental Duty needs us to be egocentric and thereby be selfless for the upward thrust of your Nation to a better level. This is a Fundamental Duty which mandates that we must move all out, selfless, for elevating our requirements in each hobby in we are engaged in order that our achievements may be part of the country wide achievement.

Article 51 A(k)

It shall be the duty of every citizen of India who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of 6 and 14 years

The Fundamental Duty that can, in the present day scenario, appear to be a completely low relevance for the reason that modern day age parents seem to have taken up a task of educating their children with least regard to the capability of the child. This Fundamental Duty, one is going to the Nation since today's children are tomorrow's promise to the Nation. Providing opportunity for education is to be interpreted in such sort of manner that education must be provided to suit the interest and aptitude of the child and not to burden the child with the desires of the parent.

A child begins understanding the complexities of the world at the age of 6 and it expands with impossible pace and dimension till he is 14 years. It is the responsibility of every parent or the guardian to provide opportunities to the child for educating him and make him apprehend the complexities of life, need for educating and also to guide him through a proper channel so that a properly guided child will choose his own pathway to attain maximum utility to the Nation.

Conclusion- Despite their non-enforceability, Fundamental obligations are the essence of a democratic State like India. A democratic nation can't live on whilst their residents aren't inclined to take an energetic element in governance and assuming obligations for the first-rate hobby of the country. Many of those obligations at the moment are integrated as separate regulation and are enforceable via way of means of the regulation, however that doesn't lessen the fee of those obligations stated in Article 51. The first-rate element is the word 'Fundamental' earlier than obligations, it offers same fame towards Fundamental Rights and may be correlated. These are suggestions for a socially conscious and morally accurate citizen of India. These want to be accompanied via way of means of each citizen despite the fact that those aren't enforceable via way of means of regulation.

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A study of impact of sex consciousness on Academic achievement of adolescents

• Ishwar Singh Bargah

Abstract- *The objective of the present study is to know awareness about sex consciousness of VIII class pupils, who are in transformation stage, and their impact upon their academic achievement. A sample of 80 students were selected from Co-ed schools of Raipur city. A test prepared by Shrivastava & Jha (2007) on sex consciousness was administered on the sample. Average of marks obtained in all in-house examinations & annual examination were treated as their academic achievement. The Mean's, SD's and 't' value were calculated. The scores on Academic Achievement of high sex consciousness group & low sex conscious group were treated statistically to get 't' value which is found to be 5.66. This value of 't' is significant at .01 level of significance. It can be inferred from this study that the group of VIII class students of high sex consciousness will get poor academic performance as compared to the group of VIII class students belonging to lower sex consciousness.*

Keywords- Awareness, Sex consciousness, Joint family

Introduction- A few decades ago in India cent percent families were a joint family. The elder's behaviour directly or indirectly develop few moral values in the young. Most of the values are trained by impression method. Being more members in the family one or the other take responsibility of guiding the adolescents who were in the transitional phases. Secondly the Middle Schools & Secondary Schools were mostly single-sexed schools.

Gradually the joint family is shifted to nuclear family because the jobs were available in metro cities. On the other, the females also took up the job to share the burden of expenditure of metros. In these circumstances the parents did not get the time to guide properly to their developing adolescents.

The onset of puberty and changes in the body, the boys & girls adolescents prefer to discuss on the topic with their friends instead of their parents. As such the parents, due to their busy life, did not like to share the issues with their children. The adolescents become reclusive at this stage.

The schools with the changing scenario have changed from single-sexed schools to co-ed schools. The students of these schools are more aware of the physical changes taking place in their counter parts. They reached to puberty & realize the differences & importances of developing organs. This leads to excitement and attractions. "Media inputs and social changes and advancements have led to maturity setting in earlier than usual in students. They know a lot more than the parents or the teachers may think." Says

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consulting psychiatrist Jitendra Nagpal of Times News Networks (T.N.N.)

The problem with the teens of today is that they fail entirely to distinguish what is good & what is bad? The media, easily available porn sites, DVD's and various news on MMS instigate the adolescents for inquisition. It is evitable, therefore, that the period of adolescence will involve the individual in various problems of sexual adjustment in our kind of culture where taboos on sex expression are extremely rigid.

The intensity of conflict for each adolescent depends upon the intensity of his drives, which vary with individuals and upon the nature of social controls that exist in the environment.

A study was conducted by a news channel in which it was telecasted that about 70% adolescents have enjoyed the physical touch and relationship with opposite sex. About 35% did not feel it bad and did not feel guilty if they have relationship before marriage. About 65% adolescents are not aware about future consequences.

Chittora (1998) reinforces the fact that the adolescent girls lack proper & correct knowledge about self and opposite sex and that educational intervention should be provided before puberty to prevent behavioural problems & emotional disturbances. Sathe (1986) has rightly inferred from his research, that it is high time that teachers should realize their responsibilities towards adolescents & provide timely with suitable technical inputs regarding gender role interpersonal relationships, premarital, marital and extra marital life and problems related to sex. Malvinder (2006) conducted a study on subject wise achievement of adolescents in relation to parental involvement. It was concluded that high involvement shows high achievement. Gurubassappa (2005) revealed that better adjusted adolescents shows high academic achievement.

Taking into consideration the various generated problems of adolescents related to sex, one does ponder how much it affects the academic performance & how much it affects the adjustment problems of adolescents. The study intends to find out the impact of sex consciousness of the adolescents on their academic achievement.

Objectives-

1. To study Sex Consciousness and academic achievements of VIII class pupils.
2. To study the impact of Sex Consciousness on the academic achievement of VIII class pupils.

Hypothesis- Subjects of higher Sex Consciousness would significantly show poor achievement in school subjects than the subjects of low sex consciousness group.

Sample- A sample of 80 adolescents was selected from 550 adolescents from different Govt., Private and Convent Co-ed schools after administering the Sex Consciousness Scale prepared by Shrivastava & Jha (2006). Out of these 550 adolescents of Class VIII, 40 adolescents who score high sex conscious level & 40 adolescents of low sex consciousness level by adopting random method from that group.

Tool- A test of Sex Consciousness Scale (SCS) prepared by Shrivastava and

Jha was selected to measure the level of sex consciousness of adolescents studying in Class VIII of different schools of Raipur Township.

For measuring academic achievement of students of VIII Class the average score in all in-house examinations & annual exam were taken as the score on Academic Achievement of the sample.

Analysis & interpretation- The data were collected on sex consciousness scale & average scores of all summated all in-house & annual examinations were taken for the analysis & interpretation. Mean's, SD's & 't' value were calculated to get the inference which are presented in the following table – 01 :

Table-01
Means & SD's on Academic Achievement of VIII Class Pupils

Sex Consciousness	N	M	SD	t
Low	40	68.07	11.35	5.66
High	40	61.88	9.93	
df = 78 P < .01 significant				

It is evident from the above table that the independent variable high & low sex consciousness has a significant impact on the academic achievement of VIII class pupils.

This finding reveals that the proposed hypothesis “subjects of higher sex consciousness would show poor achievement in school subjects than the subjects of low sex consciousness group” is accepted. Hence, it can be derived that the pupils of VIII class who obtain a high score on sex consciousness scale show poor performances in their achievement than the pupils, who score poor in sex consciousness scale perform better in the academic achievement.

Conclusion- It is evident from the above finding that those students who are involved in the sex activities or attraction towards opposite sex, their studies are affected and they cannot seriously devote themselves for better performance in academics. Sharma (1975) on the basis of survey revealed that during puberty the interest and activities of adolescents are changed and magnified towards bodily change & likely to take interest toward nudity which indirectly divert their interest from the study leading to poor performance.

Discussion- It is clear that the sexual development upto the attainment of puberty, the adolescents are in anxiety which develop in them an emotional imbalance. This imbalance may divert them from their academic attainment. On the other hand sex consciousness and awareness about sex through proper guidance by parents by society and by school leads to a healthy activity and remove imbalance. Gurubasappa (2005) concluded that mental ability and adjustment are correlated with academic achievement. Mazumdar (1972), Reddy (1966) and Seth (1970) and many others derived that adolescents due to physical development get anxiety and their temperament as well as adjustment ability is affected.

The obtained inference from this study shows that there exists a significant difference in academic achievement between high and low sex consciousness scale of VIII class pupils.

Infect adolescent's personality, when reach to the puberty is affected due to change in temperament and adjustment. Evans (1984) derived a relationship between personality types, teaching styles and achievement of six group of urban high school students. Carey & Jablow (1997), Brown (1996), Rao (1967) Mohan and Nehru (1972) investigates that academic achievement is affected by the various components' like temperament, adjustment etc.

No any other studies were found by taking high and low sex consciousness and academic achievement. The above obtained studies support the findings of this investigator.

Suggestions- It is evident from the above study that the sex consciousness leaves a significant impact on the studies of students. In view of this the following suggestions are important to improve the performance.

1. In the transactional period the students should be engaged in more academic activities.
2. More assignments should be given.
3. Encouragement for supplementary readings like novel, story books.
4. Students should be engaged in various curricular & co-curricular activities like various competitions, organization of exhibitions.

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Impact of ICDS Programme to Growth Status: Nutrient Intake by Children Belonging to Age Group 2-6 Years in Kanpur Nagar

• Alka David

Abstract- *Children are the torch bearers of tomorrow. Their sound, physical and mental health of 'today' is the future of mankind. Sound mind is invariably in a sound body. It is relatively easy to mold and train the future citizen in childhood which is rather impossible to accomplish when he assumes adulthood scientific investigations have established that the period 0-6 years of a child is a period of optimum growth and development. However, the period between 3-6 years of age is universally recognized as the most plastic impressionable and educationally potent period of a child's life. These years are important because it is in early childhood that the foundations for physical, mental, psychological and social development is laid. Therefore, it is of paramount importance that we should identify any deficiency in early phase of life and restore and monitor the health of the child.*

Keywords- Growth, Age Group, Children, Anganwadi workers

ICDS was launched on 2nd October, 1975 in pursuance of the national policy for children in 33 experimental blocks. At the end of 1995-96 the scheme had 5,614 projects. All the 5291 Community development blocks in the country and 310 major urban slums in the country were covered. ICDS is the largest nutrition programme implemented by government of India. ICDS caters to 22.36 million beneficiaries with supplementary nutrition. This includes 18.2 million children and 3.8 million expectant and nursing mothers from poor socio - economic groups. About 10.51 million children in the age group of 3- 6 years participate in Anganwadi based pre - school education activities. There are 3 lakh trained community based Anganwadi workers and an equal, number of helpers who deliver the ICDS service from Anganwadi centres. **(Annual report 2007-2008).**

Daily when we read the newspapers, there are so many news about spreading infectious village's diseases in slum area of country example thousands of children were dead by spreading diarrheas or by - spreading chicken pox etc. So we thought that there are so many services are running by Government of India For improvement of health educations of children's of villages on arid slum area. In this light and thought about the working of ICDS and the origin of problems is taken place. We thought to do work on ICDS, services for findings the physical and educational development of children's of slum area of Kanpur city and Dehat.

Objectives of the Study:

1. To assess the growth status of pre-school children.
2. To assess the nutrient Intake of pre-school children.

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Review of Literature:

ICMR (1989)- RDA is the estimate of intake of nutrients which individual in a population group need to consume to ensure that the physiological needs of all the subject in that population are met.

ICMR (1992)- Nutrient requirement can be defined as the minimum amount of the absorbed nutrients that is necessary for maintaining normal physiological functions of the body. When applied to a group of individuals or a population group, it represents the average value for group.

Pathanaiket *al* (1999)- Poor nutrition in school children seriously compromises their growth potential. Malnutrition in children stunts physical growth and poor linear growth during childhood and failure to maximize genetic potential are major public health challenges as poor growth is often associated with decreased cognitive development, mental ability and poor productivity among adulthood.

Ranaet *al* (2001)- According to insufficient food will not only result in under nutrition in terms of inadequate weight gain but will also hinder growth. In a study they found that the energy protein, iron and vitamin A intake had significant link with body weight.

Ramanaet *al* (2002)- The food and nutrient intake in ICDS group was higher through not statistically significant, But calorie and protein intake of ICDS group were significantly greater than non ICDS group.

Research Methodology- Descriptive research design with survey method had been followed for conducting this study. The purposive sampling method has been applied for the selection of district Kanpur Nagar.

A total number of 300 subjects were chosen for earring out, diet survey of the children. The data were collected and calculated statistically. The statistical measures i.e percentage, arithmetic mean, standard deviation 'z' test and correlation coefficient and significant of correlation were used to treat the data properly.

Finding- In diet daily food intake was mostly cereals, leafy vegetable, roots and tubers, and other vegetables, milk and milk products, sugar and jaggary were consumed twice in week.

1. Daily food intake-

Nutrient intake

The supplementary food, 'Panzeeri' was provided in Anganwadi.

1.1a Nutrient content of Panzeeri

S.No.	Nutrient	Nutrient content
1	Energy (kcal)	336
2	Protein(gm)	10.7
3	Calcium(mg)	86
4	Iron(mg)	1.6
5	Carotene(ug)	847

Nutrient Intake by the children –

ICMR (1989)- The average values of food intake per day from dietary survey were utilized for computation of nutrients. The mean intake of nutrients by the children belonging to ICDS were studied and compared with

values recommended by.

Table 1.1 a shows that nutrient content of Panzeeri -food energy (gm.) 336, protein (gm.) 10.7, Calcium (mg.) 86, Iron (mg.) 1.6, Carotene (ug.) 847.

Energy- Table 1.1.b shows that mean energy intake by the children per day was 1184.67 for age group 3-4 year, 1473.70 for 4-5 year, 1465.36 kcal for 5-6 year but RDA values specified by ICMR (1989) is 1240 kcal for age group 3-4, 4-5 and 5-6 year and percent deficit standard was 4.46, 12.80, 13.29 per cent and the adequacy of calorie consumed by the children were significantly high.

Table No: 1.1 b Total nutrients intake by children (3-6 years)

S.No	Nutrients/Unit	3-4 year			4- 5 year			5 – 6 year		
		Actual intake	RD A	% Deficit	Actual intake	RD A	% Deficit	Actual intake	RD A	% Deficit
1	Energy (kcal)	1184.67	1240	4.46	1473.70	1690	12.80	1465.36	1690	13.29
2	Protein(gm)	21.22	22	3.55	27.67	30	7.76	28.50	30	5.00
3	Fat (mg)	24.43	25	2.28	24.73	25	1.08	23.76	25	4.96
4	Iron(mg)	11.37	12	5.25	15.74	18	12.56	16.25	18	9.72
5	Calcium (mg)	376.94	400	5.76	378.60	400	5.35	351.55	400	12.25
6	β - Carotene(ug)	1632.06	1600	2.00	1460.43	1600	8.72	1545.92	1600	3.38
7	Vitamin C(mg)	37.11	40	7.22	34.89	40	12.77	36.87	40	7.83

Table No :1.1 c 'z' value of nutrients

S.N o.	Nutrients/Unit	3-4 year			4- 5 year			5 – 6 year		
		Mean	SD	“ z”	Mean	SD	“ z”	Mean	SD	“ z”
1	Calories	1184.67	83.78	3.43*	1473.70	114.47	11.49*	14.63	96.61	11.25*
2	Protein	21.22	1.19	3.36*	27.67	6.63	2.13*	28.50	6.03	1.186NS
3	Fat	24.43	5.21	0.56NS	24.73	8.20	0.198NS	23.76	4.09	1.44NS
4	Calaium	376.94	42.59	2.81*	378.60	115.86	1.12NS	351.55	27.65	6.32**
5	Iron	11.37	2.07	1.56NS	15.74	2.33	5.85**	16.25	2.48	3.31*
6	β - Carotene(ug)	1632.06	317.58	0.52	1460.43	319.50	2.65*	1545.91	144.00	1.79*
7	Vitamin C	37.11	3.59	4.16*	34.89	7.93	3.91**	36.87	2.69	5.57

Table No :1.1 d Correlation of nutrients according family size

	Calorie	Protein	Fat	Calcium	Iron	β carotene	Vitamin C
Calorie	1.0000						
Protein	0.4156**	1.0000					
Fat	0.0847*	0.2837*	1.0000				
Calcium	0.1038**	0.2838*	0.6304*	1.0000			
Iron	0.5645*	0.3549*	0.1113*	0.1031	1.0000		
β - Carotene	0.0807*	0.2157	0.5977	0.5515	0.1372	1.0000	
Vitamin C	0.0126*	0.4363	0.1885*	0.2218	0.0063	0.0380	1.0000

Table No :1.1 e Correlation of nutrients according family income

	Calorie	Protein	Fat	Calcium	Iron	β carotene	Vitamin C
Calorie	1.0000						
Protein	0.2920**	1.0000					
Fat	0.1490**	0.2840**	1.0000				
Calcium	0.0239**	0.2360**	0.2501**	1.0000			
Iron	0.4467**	0.3435**	0.1390**	0.1249**	1.0000		
β - Carotene	0.0332**	0.3312**	0.5568**	0.4255**	0.1921**	1.0000	
Vitamin C	0.1211**	0.4217**	0.1843**	0.3762**	0.0367**	0.2341**	1.0000

Protein- According to **ICMR (1989)** the RDA value of protein is 22 gm., 30 gm. for 3-4 year and 5-6 year children but the table 1.1b shows that actual intake of children for different age group was 21.22 gm., 27.67 gm. and 28.50 and percent deficit standard was 3.55, 7.76 and 5 per cent. The adequacy of protein consumed by children in different age group was significantly high than the ICMR standard, for 3-4 and 4-5 year but non-significant for 5-6 year group.

Fat—The table 1.1b tells the quantity of fat that is included by RDA is a well balance diet for 3-6 year children is 25 gm./day but the actual intake by the children were 24.43, 24.73, 23.76 gm. and deficit standard observed in comparison of ICMR standard that was 2.28, 1.08, 4.96 per cent for 3-4, 4-5 and 5-6 years respectively.

Iron- The table 1.1b shows that the iron requirement for an Indian preschool child is 12 mg for age group 3-4 year and 18 mg for 4-6 year children but the actual intake of different age group were 11.37 mg, 15.74 mg, 16.25 mg and the deficit standard observed in comparison of ICMR standard was 5.25, 12.56, and 9.12 per cent. The intake of iron for 3-4 year was significantly lower for 4-5 year was higher significant and for 5-6 year was significant.

Calcium- Calcium is required for the formation and maintenance of skeleton and teeth. Table 1.1b shows that calcium requirement for 3-6 year's children is 400 mg/d according to RDA. The actual intake of calcium was 376.94, 378.60, 351.5mg/day and percent deficit standard was found to be 5.76, 5.35 and 12.25 per cent for age group 3-4, 4-5 and 5-6 years. Calcium intake for 3-4 year age group was found to be significant, for 4-5 year non-significant and for 5-6 year highly significant.

It was found that calcium was higher in the age group of 3-4 year and 4-6 year, lower in the age group of 5-6 year. It was due to more consumption of milk by the children in the same age group.

Carotene- The table 1.1b shows that actual intake by the children was 1632.06, 1460.43, 1545.92 ug and RDA for 3-6 year is 1600 ug/day. then percent deficit standard was found to be -2, 8.72 and 3.38 per cent. The adequacy of carotene for 3-4 year was found to be non-significant, for 4-5 year significant and for 5-6 year it was also significant.

Vitamin C- Vitamin C is essential for collagen formation absorption iron and

bone formation. The table 1.1c shows the average intake of vitamin C was 37.11, 34.89, 36.87 and deficit standard in comparison of RDA was 7.22, 12.77, and 7.83 per cent. RDA for 3-6 year is 40 mg/day.

Table 1.1d deals with the correlation of nutrients according to family size of the children. It was found that the correlation between nutrients, statistically significant and the result were reported at 1 per cent and 5 per cent level of significance respectively.

Table 1.1e reveals correlation of nutrients according to family income and the correlation was reported between intakes of all nutrients highly significant.

Where statistically significant results were reported even' at 1 per cent level of significance.

Thus it can be concluded that high income families children were taking more nutrient and lower income were taking low nutrient so the family which was earning above Rs. 3500 per month was taking more nutrient and the family which was earning Rs 500-1500 per month was taking very low nutrient because of low socio economic status and lack of knowledge.

Conclusion- In daily diet Children's were consuming mostly cereals, leafy vegetable, roots and tubers, milk and milk products etc. At anganwari center's there was provided the supplementary food 'Panzeeri' the nutrient content of 'Panzeeri' were found 336 Kcal energy, 10.7 gm. protein, 86 mg calcium, 16mg iron and 847 Mg. p-Carotene and 100 gm. of Panzeeri provided to each children of the center. In daily diet Children's were consuming mostly cereals, leafy vegetable, roots and tubers, milk and milk products etc. At anganwari center's there was provided the supplementary food 'Panzeeri' the nutrient content of 'Panzeeri' were found 336 Kcal energy, 10.7 gm. protein, 86 mg calcium, 16mg iron and 847 Mg. p-Carotene and 100 gm. of Panzeeri provided to each children of the center.

Doubt less, increased work efficiency of workers coupled with enough supplementation of diet to the beneficiaries would pave way to absolute success of the ICDS programme. The quantity of supplements given to children seems to be inadequate, and the quality of supplements given to children seems to be low to substantiate the normal growth pattern. Low nutritional status of the ICDS children was because of low socio economic status and illiteracy, lack of knowledge, absence of children.

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Psycho-socio consequences of violence, aggression and abuse against women during lockdown and the effect of violence in their psyche in India

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• Veena

Abstract- *In the year 2020, there was surge of violence, aggression and abuse against women during the lockdown period, that is from March 25, 2020 to May 31, 2020. The increase of violence, especially domestic violence was reported from all the states, that is North India, South India, East India and West India. In other words, we can say that violence has largely erupted from families living in urban areas and also in rural areas; due to men folk continuously staying at home. Violence against women, in particular has inhibited women as a group from enjoying the full benefits of human rights. Women are vulnerable to violence because of their female origin, because they are related to men. The emergence of Corona Virus has resulted as an epidemic, and the Government of India in its strict measures, has implemented lockdown to prevent the spread of Covid 19 in India. Since compared with normal times that is the beginning of lockdown in India, there are psychological, physical, social, financial and environmental factors, which influences the act of violence against women in the society. According to the report received in the National Commission for women (NCW), violence was being reported in all the states of India and unfortunately the cases of violence had increased rapidly. India has experienced lockdown I, lockdown II, lockdown III, as well as lockdown IV, though the Government of India has made some relaxation in the subsequent lockdown.*

Keywords- Violence, Lockdown, Epidemic, Corona Virus

Introduction- In analysis the situation of Covid 19 in India, it can be said that the government's failure to cope up women's protection organizations and to plan that was an effected surge in domestic violence is of a piece with its failure to protect the poor men and women as well as also daily wage earners, particularly migrants, from the devastating shock of this lockdown.

In the crucial period of Covid-19 in India, as whole of the country was in the fear of Corona Virus, a virus, which is invisible, a constant fear is in the psyche of the individuals that is men, women and children. The prevailing aggression abuse and violence against women in India. The callers were making calls for help making the calls at odd hours, that is without the knowledge of their male members. Liquor was also playing a crucial role in violence against women, though Bihar, Gujarat, Mizoram and Nagaland have banned sale of liquor. In other words, we can state liquor has

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played a positive role in violence against women, as excessive and irregular drinking habits often results in mood variation of men folk in the family, thus resulting in violence against women in the society. In Indian society, the struggle against violence relates to inequality of status of women in the family. The devaluation of women commences at birth itself with the preference for male offspring as the natural successor in the Patriarchal family. The preference of male child in the family results in a form of arrogant behavior towards women in the society. In this period of lockdown prevailing the country, the case of violence, aggression and abuse has increased. Since the beginning of the lockdown to prevent the spread of corona virus in India. The position of women in the social structure affects the way they are regarded in their economic roles as well. It has resulted in division of Labour, which reinforces the notion of the male having more power and relegates low status occupations to women.

In doing it so it leads to a waste of female potential and ignores individual differences in capacities and abilities within each other. Once occupational or task segregation takes place, it tends to be retained against all other rational criteria in the crucial period of lockdown due to Covid -19 in India.

Since civil and political rights have dominated human rights concern over the last five decades, the focus have been on the negative obligation of the state to refrain from action as opposed to its positive obligation to interference. This in turn has strengthened the private/public dichotomy; the state was expected to refrain from interfering in the private sphere. The emphasis on constraints of state power has meant that gender inequality has been seen as falling under development policy rather than as part of the state's affirmative human rights obligations.

Aims/Objectives- The main objective of the study are as mentioned below :

1. To analysis the psycho-socio consequences of violence, aggression and abuse in the society during lockdown, since the beginning of coronavirus in India as well as with the reference to upper class socio-economic families and lower class socio-economic families in India.
2. To examine the incidence of violence, aggression and abuse during lockdown is the prevailing situation of covid-19 of women living in urban and rural areas of India.
3. To analyze the factor that is responsible for the prevention of violence, aggression and abuse largely in metropolitan cities, as well as towns and state capitals during lockdown in India.
4. To evaluate the role of government machineries in the settlement and rehabilitation of women suffering of continuous violence, aggression and abuse during lockdown in India.

To analyse the effort of government measures provided to women suffering aggression, abuse and violence during lockdown in rural and urban areas along with comparative analysis between the two.

Hypothesis- The present study shall prove to be a milestone in the prevention of violence, aggression and abuse during prevailing situation of lockdown in India.

Methodology- Methodology of the study is deductive, observational and analytical. The approach is diagnostic in context of India. In India, violence, aggression and abuse was prevailing in upper socio-economic families, middle socio-economic families and lower socio-economic families. The cases of violence aggression and abuse against women during lockdown can be not only seen in educated families but also in uneducated families.

The study of violence, aggression and abuse against women is based mainly on Primary as well as Secondary sources. Information collected from the respondents was based upon the memory and past experience. Though, every effort was made to obtain accurate information, the possibilities of error in the study due to lack of memory and personal bias could not be ruled out completely.

Most of the suffering women from violence, aggression and abuse during the lockdown period, due to Covid-19 in India, reported the cases to various NGOs and National Commission for Women (NCW) feared that giving the information of violence, aggression and abuse during lockdown would harm them. They were made to understand that information obtained regarding violence, aggression and abuse during lockdown will be used as relief and rehabilitation measures by the Government.

Steps in Lockdown- In India, various groups had taken initiatives to face the situation of lockdown, which has emerged due to COVID -19 in the country. The Government of India along with several NGOs, State Governments, counsellors, clinical psychologists, research scholars and persons concerned with Psychology had played a positive role to prevent and minimize violence, aggression and abuse against women in society. In the steps in lockdown period, the Government of India had established complaint cells in all the states. In other words, we can say that the government had played an important role to control the situation in the states and had monitored the situation round the clock. In the measure during lockdown in India, many women response teams were directed in the society. The Women Response Teams were directed by the higher authorities in case of receiving any complaint by women to call back the women in distress immediately and provide tele-counselling and visit them if needed. The Women Response teams were also asked to provide counselling to the couple/ family involved, and rescue the women victims in case they want to go to their maternal house or shelter home. Medical examination would be done in case of physical abuse of women in society. The teams will initiate criminal proceedings in liaison with SHO, if a case is made out. The Women Response Teams were instructed to provide all the measures in the interest of suffering women during the lockdown period, emerged due to the epidemic, i.e., Coronavirus in the country. The frustrations, economic disparities, and anger in the continuous stay of menfolk at their homes, rather resulted in domestic violence. As reported by the media and the complaints cells, the violence against women had increased many times higher than compared to the incidents of violence in normal times. In other words, we can state that the Government of India has initiated a lot of positive measures to prevent and make assistance to the

suffering women during lockdown due to Covid-19 in India.

Violence against Women Is a Manifestation of Unequal Power Relations- Among the historical power relations responsible for violence against women are the economic and social forces which exploit female labour and the female body. Economically disadvantaged women are more vulnerable to harassment, trafficking and slavery. They are also employed as bonded labour and low paid labour in many economic enterprises throughout the world. As migrant workers, they often face innumerable hardships in foreign countries. Economic exploitation is an important aspect of modern female labour. In addition, a study of many societies in relation to wife beating found that economic equality was a key factor which prevented violence against women. Denying women economic power and economic independence is a major cause of violence against women because it prolongs their vulnerability and dependence. Unless economic relations in a society are more equitable towards women, the problem of violence against women will continue.

In the context of the historical power relations between men and women, women must also confront the problem that men control the knowledge systems of the world. Whether it be in the field of science, culture, religion or language, men control the accompanying discourse. Women have been excluded from the enterprise by creating symbolic systems or interpreting historical experience. It is this lack of control over knowledge systems which allows them not only to be victims of violence, but to be part of a discourse which often legitimizes or trivializes violence against women. The ability to minimize women's experience of violence ensures that no remedial action is taken by either states or individuals. Part of the campaign to eliminate violence against women must be to challenge the systems of knowledge and the discourse of individuals which trivialize women's experience of violence. Women are also denied access to knowledge because they are refused education in many parts of the world. The right to female education must therefore be the first step towards articulating a more sensitive history of violence against women.

In addition to historical power relations, the causes of violence against women are also closely linked to the question of female inequality. Violence is often used as an instrument to control female behaviour. It is for this reason that violence against women often finds expression. Harassment, trafficking, torture, all involve forms of violence, which are an assault on them. Besides history, the prevalence of ideologies which justify the subordinate position of women is another cause of violence directed against women. In many ideologies, a traditional legitimacy is given to using violence against women in certain instances. In both the developed and the developing world, there have been cultural sanctions in the past for husbands chastising or beating their wives in certain circumstances. These sanctions have been included in law codes in different cultural heritages.

Conclusion- Promoting and protecting the rights of women provides a unique opportunity to link with strategies for defence of civil and political rights. It also challenges many existing assumptions regarding women's role

in society and can lead to substantive changes in the unequal power relations between men and women.

One strategic area of work for the promotion of women's economic and social rights is that of building alliance between women's rights groups and human rights groups. In addition, it is important to support linkages between women's groups and other social movements that work in the area of economic and social justice. Trade unions, Farmer's organizations, groups working for media and cultural freedom, environmental rights groups, groups working for the rights of minority and indigenous communities should become natural allies in their work. Bringing a gender-sensitive approach to the work of these various groups, however, remains a major challenge.

The material cost of the consequences of violence is superseded by the more intangible costs relating to the quality of life, the suppression of human rights and the denial of women's potential to participate fully in their society. In other words, we can conclude that by giving honour and regards to women, we can prevent and minimize the incidents of violence, aggression and abuse against women in society. We can build a healthy society only by giving respects to women in society.

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An Understanding of the Concept of Class in Marxian and Non-Marxian Senses

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Abstract- *The term class refers to a group of people sharing the same social, economic, or occupational status. It implies a social and economic hierarchy, in which those of higher class status have greater privilege, prestige, and authority. There are so many definitions of class given by scholars. However, this paper is restricted to three major definitions of class advocated by Aristotle, Karl Marx and Max Weber. Though diverse, these definitions have been expressed in economic terms. The explication is purely economic.*

Keywords- Wealth, Middle class, Democracy, Class consciousness, Class struggle, Class situations, Privileged class.

According to Aristotle it is the concept of 'wealth' which divides society into classes. He thinks that 'in all states there are three elements: one class is very rich, another very poor, and a third is a mean.'¹ those who are neither very rich nor very poor belong to the middle class. The middle class stands between the two extremes, the poor and the rich. Aristotle talks of 'wealth' in a gross material sense, for which quantitative analysis is possible. To avoid revolution and to have peace in the state, the state should not be dominated either by very rich people or by very poor people. Neither those who are very rich nor those who are very poor 'follow rational principle.'² It is only the middle class which follows the rational principle and is less likely to act unjustly towards the rich or the poor. Aristotle rejects the two extremes, and accepts the golden mean.

In support of his view Aristotle conceives the existence of a state in which people from two extremes exist, one the class of very poor people and the other the class of very rich people. According to Aristotle such a state will not be a state of 'free men, but of masters and slaves, the one despising, the other envying.'³ the rich become 'violent and great criminals.' Therefore, such a state cannot survive. The survival of a state is possible only when it is composed of middle classes, i.e., the classes which have moderate income. Aristotle, therefore, prefers the rule of democracy. As he says:⁴

Democracies are safer and more permanent than oligarchies, because they have a middle class which is more numerous...for when there is no middle class, and the poor greatly exceed in number, troubles arise, and the state comes to an end.

If the rich are allowed to rule, the poor will naturally increase in number, for it is by exploiting the poor that the rich have more wealth.

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Aristotle is led to suggest a unique composition of his city. According to him, 'A city ought to be composed, as far as possible of similars and equals; and these are generally the middle classes.'⁵ So it is not the philosopher kings of Plato but the ordinary middle class citizens who should rule the state. According to Aristotle the best political community is formed by the middle class and those states are well administered in which the middle class is large and stronger. Reason demands moderation and, therefore, Aristotle raises the slogan of equality and rejects the two extremes.

In his own fashion Marx too stood for equality. In his Capital III Marx mentions three different classes, the owners of labour power, capital and land. In *The Class Struggles in France, 1848–1850* (1850) he mentions five different classes, and in *The Eighteenth Brumaire of Louis Bonaparte* (1852) he adds one more class, the class of landed gentry. However, he finds in the Communist Manifesto that all classes are reducible to only two classes. And these two classes are in continuous antagonism with each other. As he says:⁶

The history of all hitherto existing society is the history of class struggles. Freeman and slave, patrician and plebian, lord and serf, guild-master and journey-man, in a word oppressor and oppressed, stood in constant opposition to one another...

Supporting the views of Marx, Bukharin refers to a class struggle where slaves revolted. He refers to the Roman Gladiators: 'Rebellious slaves, led by Spartacus, fought a real civil war for their liberation; here the masses were carried away; this is class struggle.'⁷ Such class struggles are not rare but common feature of history. They occur in different forms. Referring to a class struggle under the religious flag Bukharin points out:⁸

As an example of class struggle waged under a religious flag, we may take the so - called (Protestant) Reformation, the first onslaught of certain classes on feudal rule and its expression in Western Europe, the Roman Catholic Church.

Thus, in a class struggle, the superstructure, no less than the economic base, has its role to play. The class struggle waged under 'the religious flag' appears to be rooted in the superstructure. The economic base remains hidden.

Granted that human history is nothing but a history of class struggles, the question arises, what makes an individual a member of a class? What constitutes a social class? A social class according to Marx refers to an aggregate of persons who perform the same function in the organization of production. For example, the workers in a factory form one class. They sell their labour power to the owner of the factory. Similarly, the owners of different factories form another class. They own the means of production and are in a position to buy labour power. As Carchedi says:⁹

Classes are first of all identifiable in terms of Relations into which people enter when

Participating in the material transformation
of reality, i.e., in terms of production relations:
all those people carrying the same aspects of
Production relations belong objectively to
the same class.

What is meant is that an individual belongs to the same class as other individuals if he performs the same function as other individuals in the process of production. Similar views about Marx concerning class have been expressed by Isaiah Berlin. He says:¹⁰

A class being defined as a group of persons in
a society, whose lives are determined by their
position in the productive arrangements which
determine the structure of that society ... Men
act as they do in virtue of the economic
relationships in which they stand to the other
members of their society.

Class distinction exist in every age, be it the ancient civilization or the feudalism of the middle ages or capitalism of the modern time. In ancient age slaves were used in the production process. Feudalism used serfs and capitalism depends on the wage labourers. Each successive stage exhibits some kind of progress or development. Marx uses two criteria of development, one is economic and the other is in terms of the 'degree of freedom.' The ancient mode of production does not utilize resources to the extent to which feudalism does. And capitalism is certainly an advancement over feudalism in exploiting resources. Similar is the situation of those who do not possess property and who are the real agents in the production process. Their progress is measured in terms of the 'degree of freedom' they enjoy. As Evans points out:¹¹

A serf is more free than the slave. Although he is
tied to the land, he is not a chattel and has some
kind of independent economic status. A proletarian
is wholly free legally, for capitalism requires a free
and mobile labour market.

Thus, it would be quite wrong to describe a wage labourer, be he from a city or a village, as a slave or serf. We use the terms slave, serf and wage labourer not in their technical senses. This of course does not mean that slaves and serfs do not exist in our age, for pockets of ancient mode of production and feudalism exist even today.

In considering the nature of class Marx gives fundamental importance to the conditions of class consciousness and class struggle. Not only do the members of a given class come together but they fight for their political and economic ends. Class consciousness and class struggle are two inseparable aspects of a social class. Concerning class consciousness Marx is supported by such sociologists as MacIver and Page. As they say:¹²

Whatever objective criteria we use, we do not
Have a social class unless consciousness is present.
if white collar workers, for example, do not regard

Themselves as belonging to the same class as
Industrial workers, then they do not together form
One social class.

Marx is not satisfied only with class consciousness. Class consciousness leads to class struggle. As he says, 'Individuals form a class only so far as they are engaged in a common struggle with another class.'¹³ This means that having a class struggle is a sure sign of the presence of class consciousness. When a class is only at the stage of class consciousness it is described as a 'class in itself.' When it is involved in a class struggle it is described as a 'class for itself.' Thus class in itself leads to class for itself.

Weber is supposed to be very different from Marx. Though his analysis at the initial stage is similar to that of Marx, he comes out with quite different conclusions. According to Abercrombie, Marxists 'exhibit dislike for his work.'¹⁴ It is natural for the Marxists to dislike Weber, for Weber's thesis opposes Marxism. In order to define class Weber introduces what he describes as class situations. According to him, 'The term class refers to any group of people that is found in the same class situation.'¹⁵ And class situations are reduced by him to the situations of having property and not having property. As he says, 'property and lack of property are...the basic categories of class situations.'¹⁶ But this view comes very close to the view of Marx, for Marx too distinguished those who own means of production (property) and those who sell their labour power (lack of property).

Weber further adds the market situation for the operation of class situation. As he says:¹⁷

Class situations are further differentiated: on the one
Hand, according to the kind of property that is usual for
Return; and on the other hand, according to the kind
Of services that can be offered in the market.

He distinguishes 'ownership of democratic buildings; productive establishments; warehouses...ownership of mines; cattle; men (slaves), etc.'¹⁸ He introduces a similar variety for those who lack property and who have nothing else to offer except their services. As he says:¹⁹

Those who have no property but who offer services
Are differentiated just as much according to their
Kinds of services as according to the way they make
Use of these resources, in a continuous or
Discontinuous relation to recipient.

Goods produced by the property- holders and the services rendered by those who lack property ultimately refers to the market situation. As he says:²⁰

The kind of chance in the market is the decisive
Moment which presents a common condition
For the individual's fate. Class situation is in this
Sense, ultimately market situation.

If we go into the depth of Weber's analysis then we may find that this analysis is nothing but a superstructure imposed on the Marxian analysis, for Marx whether one owns a coal mine or a cattle farm or a factory for manufacturing goods, all are owners. The means of production are in their

hands, and they earn by exploiting labour power. And the labour power is exploited, whether it is exploited in the coal field or a factory. It also does not matter much whether the labourer is temporary or permanent, technical or non – technical. What matters is only the exploitation of labourpower. In his *Class Struggle in France and the Eighteenth Brumaire* Marx, like Weber, talks about the different classes according to their having property – big bourgeoisie, petty bourgeoisie, merchant class, landed aristocracy, etc. So also those who hold no property belong to such different classes as proletariat, lumpen proletariat, landless labourers, etc. Of course Marx ultimately lumps together all kinds of property- holders into one class. Similarly, he lumps together all kinds of labourers into one class. There is nothing wrong in this lumping of different classes together.

Max Weber has not attacked the foundation of Marxism. He has simply added a few more bricks to the building constructed by Marx. Dynamic differences between Weber and Marx lie only on one issue, the issue of class struggle. Weber rejects the concept of class struggle as an essential element of history. Class struggles are rare and not the common feature of history. As Weber says:²¹

The differentiation of classes on the basis of property alone is not dynamic; that is , it does not necessarily result in class struggle or class revolutions. It is not uncommon for very strongly privileged property classes, such as slave owners, to exist side by side with such far less privileged groups as peasants or even outcastes without any class struggle.

There may even be ties of solidarity between privileged property classes and unfree elements.

By detaching the concept of class from the concept of class struggle Weber has become quite different from Marx. Weber clearly allows the co-existence of the privileged classes along with the unprivileged classes. Class struggles are rare and not a common feature of history.

The hierarchical order of the Awadh agrarian society was certainly not a class hierarchy in the Marxian sense of the term, for the six segments of society (talukdars, zamindars, under-proprietors, occupancy tenants, the tenants-at-will and agricultural labourer) mentioned by M.H. Siddiqi did not exhibit class consciousness leading to class struggle. It is perhaps for this reason that Siddiqi does not describe it as a class hierarchy. It is only after the talukdars formed their own association and the peasants started organizing their own sabhas that a preparation for class struggle started. No preparation for a class struggle is possible without class consciousness. The taluqdar Association and peasant sabhas are the signs of class consciousness. Prior to the formation of such associations and sabhas we could describe the hierarchical order of the Awadh agrarian society as a class hierarchy only in the Aristotelian and the Weberian senses, not in the Marxian sense.

In the Aristotelian sense of the term class the taluqders and big zamindars would be brought into the class of very rich people. The petty zamindar, under-proprietor and occupancy tenant would appear as

belonging to the middle class. Those who are the tenants-at-will and agricultural labourers (both free and bonded) would appear as belonging to the class of very poor people. According to Aristotle, a state which has two extremes, those of very rich people and very poor people, is a very degrading state and has hardly any chance of its survival. If we see Awadh after its annexation with Aristotle's eyes it would seem to us as a state of masters and slaves. The taluqdars were masters and the tenants-at-will and landless labourers were like slaves, though not technically slaves, for slavery was abolished by the British. If Aristotle's prophecy is accepted then Awadh has no other way but to revolt; the survival of extremes for a long time is impossible. The peasant revolt of 1920-21 in Awadh would hardly surprise an Aristotelian. The number of poor people was in excess.

And if we apply the concept of class provided by Weber then only the landless labourers would appear as non-property-holders, and hence would be distinguished from those who are property-holders. Weber forms his classes on the basis of those who hold property and those who do not hold property and render only services. Only the landless labourers hold no property, and serve one or the other landlord. The five different classes, those of the taluqdars, the zamindars, the under-proprietors, the occupancy tenants and the tenants-at-will will be placed in different classes according to their property rights.

Some clarification of Weber's views in the context of Awadh is essential. In Awadh, after annexation, no one remained the owner of land, not even the taluqdars. They were all landholders except the cultivating tenants. The cultivating tenants were not considered even the landholders. As Moreland points out:²²

A glance at chapter v of the Land Revenue Act of 1901 will show that a landholder is still substantially different from a landowner in the English sense; he can enjoy his property only while he is bound by engagement to pay the revenue, and if he refuses to engage, the property passes ... into other hands.

Thus, Weber's distinction between those who have property and those who lack property requires interpretation in the context of Awadh. Though none of the segments of the Awadh agrarian society owns land, they pay either revenue or rent on their land. A cultivating tenant, though does not own land, pays rent to a taluqdar or zamindar or contractor for the piece of land he cultivates. Similarly, though a taluqdar or zamindar does not own land, he pays revenue to the government for the estate he holds. The cultivating tenant, in this sense, is quite different from the landless labourer, for a landless labourer pays neither revenue nor rent, because he does not hold land in any sense of holding land. We can, therefore, call all those who pay either revenue or rent as those who have property and those who do not pay revenue or rent have no property. According to Weber himself those who lack property belong to the service class. So the landless labourers, free and bonded, belong purely to the service class; they have no property.

In the Weberian sense it is possible to have classes in a society where there is no class struggle. For him, as pointed out earlier, it is possible that

'strongly privileged property classes . . . exist side by side with . . . peasants or outcastes without any class struggle.' This implies that unlike Aristotle and Marx, Weber allows a state to have very rich people co-existing along with very poor people. In spite of these two extremes no class struggle occurs. Before the formation of Taluqdar Association and peasant organization, the Awadh

Agrarian society satisfied the Weberian sense of class hierarchy. The taluqdars were co-existing even with the sewaks. Most of the taluqdars belonged to the higher castes, and sewaks to the lower castes. However, this co-existence did not last long. The organizations with class-based interests started in Awadh sometimes after the second land settlement. Ultimately the class hierarchy which emerged in Awadh satisfied the Marxian notion of class.

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Status of Human Rights in Higher Education

•Bharati S. Patnaik

•• Sunil P. Gaygol

Abstract- *India is emerging as a superpower today. But at the same time, human rights abuses are rampant in India. Violations of human rights are creating new problems in the country. Illiteracy is a major factor responsible for human rights violations in India. That is why it is necessary to promote education here in order to protect human rights and expose injustice. Education is the focal point of empowerment. Education makes a person aware of his rights, responsibilities and social values. Education helps in the process of socialization. Education works to expose injustice to us. That is why it is necessary to create educational facilities in every country. According to the World Human Rights Commission, education is a fundamental right of everyone. At the same time, it is the responsibility of the state to provide quality higher education. Despite this, the politics of entry into higher education in India, donations, illiteracy, social discrimination, lack of educational resources, meager expenditure on higher education, marketing of higher education, low rate of higher education, high dropout rate, male and female higher education. That is why the research topic will be important to know the status of human rights in the field of higher education in Akola district.*

Keywords- Human Rights, Education, Social Awareness, Social Problems

Introduction - Just as human rights have a unique significance in the personal lives of individuals. Similarly, the role of human rights in the field of higher education is also important. Students, professors, parents, college administration staff and administrators are important factors in the field of Education. Therefore, it is necessary to cultivate the human rights of everyone in the field of education and to inculcate social values in everyone. Both of these things can be created through supplementary programs along with the curriculum in the college field. Professors need to introduce social values through their behaviour, teaching and personality. At the same time, students need to be aware of their rights and responsibilities. Parents also need to inculcate social values in an informal way while teaching their children. Institutionalists also need to ensure that the human rights of their college professors, administrative staff and students are not violated. The idea that college is our family must be instilled in every element of the college. College education promotes individual development, social development and alternatively national development. That is why college is an important medium for formally promoting human rights. Therefore, this research topic will be useful for the guidance of students, teachers and

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parents as well as will be the basis of this research work to find answers to various problems in the field of higher education.

Today, higher education has become an important tool for individual development, social organization, economic development as well as national unity. The overall development of man is intellectual, mental, ideological etc. It should be done with the help of education. So man will have the ability to overcome the difficulties in his life. This goal of education is important. The government has also made huge financial provisions in every budget to promote higher education. UGC also implements new developmental and social awareness schemes. But since it is a question of how much they benefit from teaching in colleges, an attempt has been made to present its scientific causation in a research topic. The Government sets the goals and programs of higher education, but in reality the task of implementing them is done through the college, that is, the teaching process. All in all, imparting information or knowledge is not the main purpose of education but the development of the minds and tendencies of the students.

Recognizing the importance of education and literacy of the individual, the Human Rights Commission in its declaration of human rights, section no. 26 states that everyone has an equal right to education. Every state should provide free primary and basic education. Also, the right to higher education will be given according to the merits and qualifications of everyone. It is the responsibility of the state to make education compulsory for all individuals and to pursue a specific basic education of course, human rights education seems to be gaining momentum. At the same time, UNO and the Human Rights Commissions of the respective countries have been seen from time to time promoting education and public awareness on human rights through various education, degrees, diplomas, certificates and research. What are the rights of teachers and students as well as parents? And what are the responsibilities and rights towards the business? This has been guided by human rights. What should be the atmosphere and amenities of the place where teachers and students teach and study in the college? How should everyone get a grade in college and fulfil the role? Guidance in all these respects can be seen in the Universal Declaration of Human Rights. Of course, education seems to be a correlation between teaching and human rights. Both the elements are motivating each other.

The basic premise of human life is education. If this education is to be valued, then it can lead to the progress of the society. One of the important values of the society is 'equality'. Human rights are working to establish this equality. Also, valuable work is done to introduce human rights through education. The concept of human rights is explained directly and indirectly through Education. Through education, a person becomes aware of human rights and is introduced to his rights. At the same time there is knowledge of social values and responsibilities in the society. If a person's rights are being trampled on, how and where should he seek redressal? And education is an important tool to remind us of the problems that come up in it and how to solve them. That is why education and human rights are two sides of the same coin. Education is an important tool for introducing, inculcating, cultivating, and appreciating violations of both social values and human rights.

Research Methodology– The researchers has planned to use descriptive and diagnostic framework while researching the presented subject. Sample selection and fact-finding scheme is planned using those frameworks. For the present research, college teachers, students and parents from 07 talukas of Akola district have been selected as required sample and their comparative study has been done from social point of view. Sample of 100 teachers, 50 students and 50 parents from colleges in 07 talukas of Akola district have been selected through lottery method of possible sample selection system. The researcher has collected the preliminary facts using field observation method using direct observation and interview-questionnaire. Published and unpublished documents were also adopted while adopting secondary sources. It uses research reports, books, journals, annual issues, current affairs papers and administrative documents related to the field of human rights and education, which has led to the acquisition of detailed facts related to research

Facts Analysis & Interpretation- Researchers has collected the facts related to the subject “Status of Human Rights in Higher Education”, its analysis and interpretation is done in a comparative manner as follows -

Table No- 01
Table about information of Human Rights

Respondents	All over information	Some information	No information	Total
Teachers	70	26	04	100
Students	30	10	10	50
Parents	10	15	25	50

Analysis of the responses- It is concluded from the above table that out of the sample chosen for the research activity, 96% teachers have total and some information of Human Rights while 80% students have information and 50% parents have information about it. “Human rights are fundamental rights which are necessary as an individual is a member of the family. The concept of human rights is associated with the human existence. That is why it is said that the rights which keep the status of human beings are called Human Rights.”¹

It is observed from the table that parents and college student's still needs awareness about human rights. Dr. Mehetre writes, “Every man has the right to live, right to social status and security. Respect of an individual's social status and quality is a base of human rights, it is a value.”²

Table No-02
Table about Information of Human Rights of the Respondents

Respondents	Yes	No	Total
Teachers	88	12	100
Students	33	17	50
Parents	25	25	50

Analysis of the responses- It is concluded from the above table that out of the sample chosen for the research activity, 88% teachers are aware of their

human rights, 66% students know that they have their rights while 50% parents are aware of the human rights given to them.

It is concluded that though human rights are necessary for an individual's progress, many students and parents are not aware of their rights. In short, "a society which is aware of its rights can only demand them. This is necessary to implement human rights and to form referendum about human rights."³

Table No - 03
Facilities Available in the Colleges

Respondents	Drinking water	Drainage	Good classrooms	Electric supply	Garden	All Above	Total
Teachers	12	03	11	02	04	68	100
Students	08	02	06	01	02	31	50
Parents	07	03	04	01	02	33	50

Analysis of the responses- It is concluded from the above table that out of the sample chosen for the research activity, 68% teachers, 62 % students and 66 % parents admit that various types of facilities like – drinking water, drainage, good classrooms, electric supply and garden, are available on the premises. "The future of Indian education depends on the facilities provided at the colleges and the quality of education that emerges out of it."⁴ However it is observed that in the colleges in Akola district these basic facilities for education are not satisfactorily provided. This has affected the quality of teaching-learning processes.

"According to Article 23 of World Charter of Human Rights, a right to have proper working facilities at the work place has been granted."⁵ In this connection N. G. Pawar says, "The school and college building should be such that the students should get pure drinking water and air so that there would be healthy environment in which diseases would not take place."⁶

Table No - 04
Table showing Various Courses available on College Campus about Human Rights

Respondents	Certificate/Diploma Course	Degree Course	P.G. Course	Ph. D. Programmes	No Courses	Total
Teachers	12	02	--	--	86	100
Students	06	02	--	--	42	50
Parents	--	--	--	--	--	50

Analysis of the responses- It is concluded from the above table that only a few colleges are running courses about human rights. According to the teachers and students, 12% courses are of certificate and diploma level only. The question does not relate to parents. However the colleges where such courses are not available should be made compulsory to start these courses.

Kofi Annan, the General Secretary of United Nations says, "Everyman needs to be imparted education in human rights, besides the formal education."⁷

Table No-05
Table showing Information Regarding Awareness of
Human Rights through Teaching

Respondents	Complete subject	Partial portion	Don't know	Total
Teachers	15	67	18	100
Students	02	35	13	50
Parents	02	31	17	50

Analysis of the responses- It is concluded from the above table that out of the sample chosen for the research activity, 82% teachers, 74% students and 66% parents admit that Human Rights are being introduced through teaching. However, Human Rights as a complete subject is not made aware of hence the scope should be widened. In this respect Dr. Krishna Kumar Sharma writes, "The information regarding human rights can be reached to the common people through the education of Human Rights."⁸

Table No-06
Table showing Violation of Human Rights

Respondents	Parents	Teachers	Friends	Administration	Political people	No violation	Total
Teachers	10	--	04	25	13	48	100
Students	05	04	02	12	07	20	50
Parents	--	03	01	13	17	16	50

Analysis of the responses- It is concluded above table that out of the sample chosen for the research activity, 52% teachers, 60% students and 68% parents state that there is violation of Human Rights. It is found that violation of human rights is taking place everywhere. Students opined that political people and administration are mostly violating human rights. Teachers opined that administration violates human rights mostly while parents feel that it is political people who violate human rights mostly. "Rising prices, unemployment, corruption, crime, religious-social strife and police are siblings of a system of exploitation; hence there is violation of human rights."⁹

Table No - 07
Table showing Information about Central and
State Human Rights Commission

Respondents	Yes	No	Total
Teachers	74	26	100
Students	22	28	50
Parents	08	42	50

Analysis of the responses- It is concluded from above table that out of the sample chosen for the research activity, 44% students know about these commissions. 74% teachers know this, however only 16% parents know

about these commissions. What are human rights? What is violation of human rights and where can we seek justice about them? These and other things must be known to all.

“In India National Human Rights Commission was founded on 27th Sept 1993.”¹⁰ Because of the, “setting up of National Human Rights Commission and State Human Rights Commission there is a growing awareness regarding human rights. Besides students, police, journalists, doctors, lawyers and teachers are coming forward to learn about human rights.”¹¹

Table No - 08
About Separate Question Paper on Human Rights

Respondents	Yes	No	Total
Teachers	94	06	100
Students	44	06	50
Parents	37	13	50

Analysis of the responses- Responses were sought as Human Rights have received international importance. It is concluded from the above table that out of the sample chosen for the research activity, 94% teachers feel that there should be separate examination of this subject. 88% students and 74 % parents agree to this. “National Human Rights Commission has recommended inclusion of the subject of Human Rights from Primary to College curriculum. Study of this subject will result in empowerment of the weaker sections of the society.”¹²

Main Conclusions of the Research:

1. From Table No -1 it is concluded that, 04% teachers in higher education in Akola district are absolutely unaware of human rights. 20% students and 50% parents also do not know about human rights. Though human rights are important, many students and parents are unaware about them.
2. From Table No- 2 makes it clear that, 12 % of teachers, 34 % of students and 50 % of parents in higher education do not know much about their human rights. Of course, ignorance of human rights allows for exploitation of the person concerned. Therefore, it is necessary to make every element of higher education aware of human rights.
3. From Table No- 3 it is concluded that, colleges in Akola district lack educational facilities. Teachers, students and parents opine that necessary educational amenities like drinking water, drainage system, well-furnished classrooms, electric supply, and garden are not available in colleges. It affects the teaching–learning process in colleges.
4. From Table No - 4 shows that, courses regarding Human Rights are very less available in colleges in Akola district. The subject is taught only for a certificate level course. Hence it is found that awareness about this course is lacking.

5. 74% students, 82% teachers and 66% parents stated that human rights are introduced through teaching; this is shown in Table-5. It is clear that education is the only medium of spread of information about human rights. This means teaching and human rights are two sides of a coin.
6. From Table No -6 it is concluded that, human rights are violated in college campuses. 52% teachers, 60% students and 68% parents have suffered due to this. Human rights are being violated at all levels. According to students, administration and political leaders violate them more. Teacher's point of view mostly the administration is violated human rights. Parents stated that political leaders violate them more.
7. From Table No - 7 makes it clear that, very few respondents know the Central and State Human Rights Commissions. 26% teachers, 56% students and 84% parents do not know these commissions at all. Hence they cannot move any agency against injustice done to them.
8. From Table- 8 shows that, the question paper of Human Rights should be separate. Almost all respondents agree to the view. It makes clear the significance of Human Rights.

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Planning and Strategic Development in Library Resources

• **Rekha S. Kalbande**

Abstract- *This paper aims elucidation of the key factors involved in the development and extension of the library services and resources in traditional and higher education libraries. It is observed that the management of library plays a key role in development of reading interest and service of the library as a resource for researchers and reader community enhancement. In this regard practice of the management in the library as well as the policy in the library management is the determining factors of resource development in the library. Strategic development furnished with genuine skill of implementation is a part of managerial tools towards improvement of library resource.*

Keywords- Library resource, management, strategic planning, extension, Inter-library.

Introduction- The strategic planning is one of those duties assigned to library managers and leaders that often get pushed to the lowest-priority list, mainly because there are few guide-lines and handbooks available in this area. Since the publication of Donald Riggs's Strategic Planning for Library Managers (1984), very little attention has been given to this important topic. Matthews in his book attempted to provide information on how to explore strategies, how to demystify false impressions about strategies, how strategies play a role in the planning and delivery of library services and development. Broad categories of library strategies are depend upon to be used and identification of new ways to communicate the impact of strategies to patrons are still on ways. In the introduction, it is an attempt to shift the focus of libraries to ensure its move from collections to encompass the arena of change itself. Finding strategies to enable operation in a fluid environment can mean the difference between relevance and irrelevance in today's competitive information marketplace.

The present paper focuses into three major sections in subject matter- one what is a strategy, and the importance of having one, second the value of and options for strategic planning and third the need to monitor and update strategies. If we go through the semantics and the need for strategies, as well as the realities and limitations of strategies to schools of strategic thought it will include the design school, the planning school, the positioning school, the entrepreneurial school, the cognitive school, the learning school, the power school, the cultural school, the environmental school, and the configuration school.

Types of strategies- Operational excellence, innovative services, customer intimacy, and the concept of options consists of and provides information on what strategic planning is, what its value is, process options

such as planning alternatives and critical success factors, and implementation. The focuses on the culture of assessment; monitoring and updating strategies; and tools available for managing the library. Two appendixes are provided: one containing sample library strategic plans, and another with a critique of a library strategic plan.

Overall, it is very straight forward and understandable, with numerous illustrations, process work-flows, and charts. It is found that the information becomes very interesting and useful, and the final section on assessment and measurement of strategic planning is essential for libraries to implement and monitor in today's marketplace. The various explanations related to schools of strategic thought were especially helpful.

Setting Objectives- One of the major factors in resource development strategies to know and find new Knowledge of the collection development section. This includes discussions on the need and purpose of the section and understands the principles and factors of the section. The section acquisition and Collection Development focuses on methodological approaches. This relates pertaining to acquisition of print and other analogue library materials, and the licensing and purchase of electronic information resources. Specialized interests include de-acquisition and weeding of library materials, collection development policies, collection development methods, techniques and practices for collection. Assessment, usage statistics, materials pricing issues, ownership vs. access issues, the "Open Access" movement, and librarians' relations with publishers and vendors. As access to materials becomes an increasingly viable alternative to ownership, the Section finds itself working more closely with the Sections on Serials and Other Continuing Resources, Document Delivery and Resource Sharing, and any advisory committees within IFLA that facilitate discussions between libraries and publishers and/or producers of electronic resources are also of concern to the section development.

Need and scope- A policy statement is a kind of framework and set of parameters within which staff and users work. It serves many functions beyond being merely a tool for selection of materials. In addition to describing current collections, it forces the staff involved to consider the aims and objectives of the organization, both long and short term, and the priorities to be attached to different activities. It assists with budgeting, serves as communication channel within a library and between the library and outside constituents, supports cooperative collection development, prevents censorship, and assists in overall collection management activities, including the handling of gifts, deselection of materials and serial cancellations.

In the section development collection process should be set up by the co-operation system of all the network of universities and college libraries rather than on single library base. Every institution library should have similar access and control over it. The objectives regarding standard bibliographical sources should have been highlighted and used in selection section for necessary information service. The internet and IT expertise specialized in the subject should be in charge of the database system. As the library resource is increasing dynamically, certain part of collection

becomes sometimes of significantly defunct and is needed to be discarded on a regular basis which should have been followed but maintaining a specific policy document displayed by and large. In order to maintain the quality of collection section and hiring expertise should be the part of objectives to be achieved in this resource development process. For all such development setting objectives through the advisory committees of the libraries becomes a vital achievement.

Conclusion- The primary task of library is to select, maintain, and provide access to relevant and representative information resources. Due to technological developments, libraries are, in the main, moving from holdings -just in case to access -just in time strategies. This implies that collecting are significantly changing and that libraries need to disseminate widely informat.Resource development is a dynamic process related to the use of specialised technology and skill skilled expertise in library personnel as managerial skill. The inter-library schemes serve the purpose of strategic development inviting majority of reader sections in the Academy.

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Effect of Six Week Pawanmuktasan Series Training On Back and Leg Flexibility of Sedentary Women

• Nibu R Krishna

Abstract- *The study was to investigate the effect of Modified Series of Pawanmuktasana in improving back and leg flexibility of sedentary women. For the study, 20 sedentary women ranging between 45 to 55 years of age, and resident of Gwalior; M.P(India) were selected randomly. These 20 participants were then divided equally into two groups i.e. experimental group and control group. Experimental group underwent the training programme for six weeks (six days/week) regularly whereas the control group did not face administration of any kind of training programmes. Pre-test were conducted for both the groups prior to the administration of training protocol. Also, post-test were conducted for both the groups after six weeks. I found no significant difference in control group in terms of leg and back flexibility. But I witnessed a significant difference in the leg and back flexibility of sedentary women in experimental group. Therefore I concluded that daily practice of modified series of pawanmuktasana was beneficial for sedentary women.*

Keywords- Pawanmuktasan series and flexibility

Introduction- Yoga teaches the way of Right Living which is intended to be incorporated in everyday schedule. Yoga tends to work on every aspects of human body as it works on the five sheaths i.e., Annamaykosha, Manomaykosha, Pranamaykosha, Vijnanmaykosha and Anandamaykosha. Yoga works on Physical, Mental, Vital, Emotional, Spiritual and Psychic aspects of human being.

The practices in yoga includes Asana, Pranayama, Mudra, Bandha, Shatkarma, Meditation which helps the body to coordinate with one another on Physical level. It works by balancing and harmonizing the body, mind and emotions. These practices balances and harmonizes the coordination of head, hand and heart which is mandatory to achieve if one has to attain union with the Higher Reality.

Physical body is where one can start to work on because when disharmony and imbalances is experienced at this level, the other systems of the body starts malfunctioning as well. The vital organs, muscles, nerves etc. starts working in opposition to one another which results in the manifestation of diseases. The aim of Yoga is to bring the functions of the whole body into perfect coordination.

Methods- 20 female candidates were selected randomly, age ranging between 45 to 55 with mean and SD 50.65 ± 2.83 respectively from Gwalior who regularly come for evening walk inside the campus of LNIPE, Gwalior. Subjects were randomly and equally divided into Control and Experimental Group i.e. 10 in each group.

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Selection of Variables- On the basis of review of literature and expert's opinion following variables were selected for the purpose of the study. Dependent variables where **Back** Flexibility, Leg Flexibility and independent variables where Modified Series of Pawanmuktasana

Criterion Measures- Digital Goniometer, a scientific instrument was used to measure the range of motion. Testing was done by placing the axis on the lateral epicondyle of the femur, and lining the stationary arm with greater trochanter of the femur. Sit and Reach Box is the another scientific equipment used in the study to measure the back flexibility. Testing was done by locking the knees flat on the floor, with the palm facing downwards, and the hands on top of each other, the subject reaches forward along the measuring line as far as possible.

Administration of Test- Subjects were called for measurement of leg and back flexibility after taking ethical consideration from Head of the department of Biomechanics. The subject's consent was taken prior- to the test. First of all, the measurement of knee flexion was taken using Digital Goniometer followed by Sit and Reach Test for back flexibility measurement. Measurements for both back and leg were taken for three times per subject ensuring that correct data was collected.

Statistical Technique- To determine the significant difference in means of leg and back flexibility between the control and experimental group. ANCOVA test was employed at 5% level of significance as control and experimental group underwent both pre-test and post-test.

Table 01
Descriptive statistics of Leg and Back Flexibility

Variables	Groups	Pre Mean \pm SD	Post Mean \pm SD	Adjusted post Mean
Leg flexibility	Experimental group	102.08 \pm 6.59	101.02 \pm 6.29	100.20
	control group	89.65 \pm 6.69	88.50 \pm 7.29	88.56
Back flexibility	Experimental group	4.00 \pm 4.08	3.85 \pm 4.24	3.40
	control group	-0.8 \pm 4.52	1.00 \pm 4.35	1.00

Table 01 : The pre mean and standard deviation, post mean and standard deviation and adjusted post mean of both the group (experimental and control group) in respect to this. The results for leg flexibility pre mean and standard deviation for experimental group was 102.08 \pm 6.59 and post mean and standard deviation was 101.02 \pm 6.29 and adjusted post mean was 100.20. For the control group pre mean and standard deviation was 89.65 \pm 6.69, post mean and standard deviation was 88.50 \pm 7.29 and adjusted post mean was 88.56.

The results for back flexibility pre mean and standard deviation for experimental group was 4.00 \pm 4.08 and post mean and standard deviation was 3.85 \pm 4.24 and adjusted post mean was 3.40. For the control group pre mean and standard deviation was -0.8 \pm 4.52 and post mean and standard deviation was 1.00 \pm 4.35 and adjusted post mean was 1.00.

Table 02
ANCOVA table for the post test data for leg flexibility

Source	Type I Sum of Squares	df	Mean Square	F	Sig.
Leg flexibility	727.899	1	727.899	5.578	.000
Group	135.07	1	135.07	34.47	0.00
Error	66.62	17	3.919		
Corrected Total	1567.05				

19

*Significant at 0.05 level $_{.05} (1, 17) = 4.54$

Table 02: The advantage of using ANCOVA is that the difference in the post testing means is compensated for the initial differences in the score. In other words, it may be said that the effect of covariate is eliminated in comparing the effectiveness of the treatment groups during post testing.

The f-value for comparing the adjusted means of the two groups (Experimental and control group) during post testing show that there was significant difference found in the effect of modified series of pawanmuktasana on leg flexibility among sedentary women. There was significant difference found in experimental group and control group in the pre test and post test as the Calculated F value i.e. 34.47 for pre test was found to be greater than the Tabulated F value i.e. 4.54 with (1,7) df at 0.05 level of significance. The results of the data revealed that practising modified pawanmuktasana did had a positive impact in improving the leg flexibility of the sedentary women.

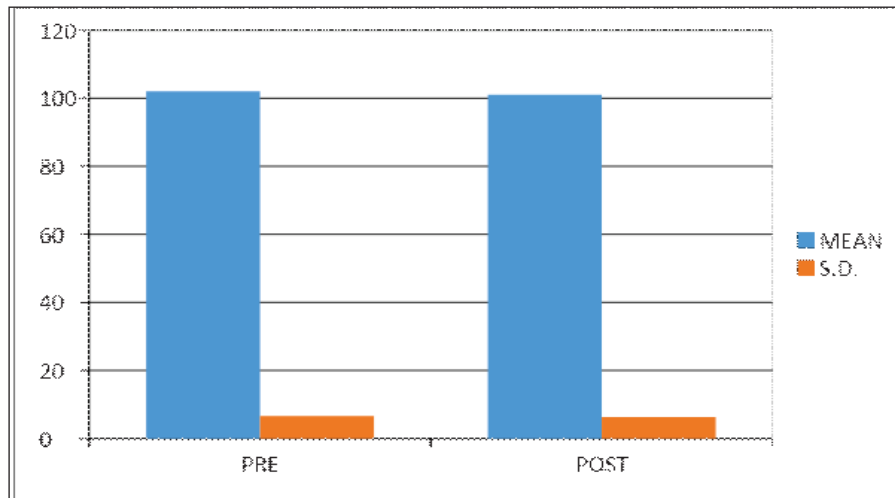


Table 03
ANCOVA table for the post test data for backflexibility

Source	Type I Sum of Squares	df	Mean Square	F	Sig.
Back flexibility	298.826	1	207.013	101.202	.000
Group	82.99	1	82.99	40.57	.000
Error	34.77	17	2.046		
Corrected Total	448.8	19			

Table 03: It shows the f-value for comparing the adjusted means of the two groups (Experimental and control group) during post testing. There was significant difference found in the effect of modified series of pawanmuktasana on back flexibility among sedentary women. There was significant difference found in experimental group and control group in the pre test and post test as the cal. F value i.e. 40.57 for pre test was found to be greater than the tabulated F value 4.54 with (1,7) df at 0.05 level of significance.



Discussion and Findings- The results shows that the experimental group is significantly higher than the control group. Therefore the data revealed that practising modified series of pawanmuktasana did had a positive impact in improving the back and leg flexibility of the sedentary men. The control group on the other hand, did not show any improvement in the leg and back flexibility. The following reasons on the basis of different literature may be attributed to the results.

Research shows that four weeks of Pawanmuktasana yogic training was effective in improving abdominal strength, back strength and flexibility of physical education students. The study was carried out by keeping the Pawanmuktasana yogic training as independent variable, and abdomen strength, back strength, flexibility as dependent variable. The study concluded that significant effect of Pawanmuktasana were seen on Abdomen strength, back strength and flexibility.(Kunvar. S et.al, 2016).

Also, with the practice of Pawanmuktasana Anti- Rheumatic Series, early Arthritis Symptoms i.e. common joint inflammation were improved. The researcher wrote about different types of Arthritis and Discomfort related to it. She also mentioned how the management of these discomforts can be done. The researcher in her work found out that Pawanmuktasana if practised under supervision can significantly help in managing the pain, disability and well-being.(KomathiSelvarajah, 2017).

The Modified Pawanmuktasana Series have been proven effective in improving the back and leg flexibility of sedentary men. The practice also

have increased the mobility of the body. The lifestyle have been changed and modified through the yogic practice for good and healthy attitude towards life.

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A Study of Academic Achievement and Adjustment in Relation to Locus of Control

• Jago Choudhary

Abstract- *“The presets empirical study was undertaken on 80 school boys and 80 schools girls of Chapra town. The main purpose of the study was to examine the effect of locus of control an academic achievement and adjustment of the respondents. For the suppose it was hypothesized that: (i) there would be significant correlation between locus of control and academic achievement. (ii) There would be significant correlation between locus of control and adjustment. Locus of control was measured using Hasnain's and Joshi's Rotters Locus of Control Scale. The pattern of Adjustment was measured using Mohsin Shamshad Bell's Adjustment Inventory (Hindi Adaptation). The academic Achievement was measured on the basis of academic records of the last two successive examinations of the respondents. Scatter diagram method of correlation was employed for the analysis of the obtained data. In the light of the results a significant and positive correlation was found between endogenous locus of control and academic achievement but insignificant correlation was reported between endogenous locus of control and overall adjustment of the respondents. Similarly, insignificant correlation was reported between exogamous locus of control and academic achievement and also between exogamous locus of control and overall adjustment of the respondents. Thus both the hypotheses were partly retained. In the light of the results it was concluded that endogenous locus of control is conductive to academic achievement on the one hand and adjustment pattern on the other whereas exogenous locus of control hinders both in cases of academic achievement and overall adjustment”.*

Keywords- Locus of control, Adjustment, Achievement

Introduction- Academic achievement is defined as the overall consistent performances of the individual in two or more successive examinations. The adjustment refers to a continuous process through which the individual tries to bring harmonious, stable and satisfying relationship with the environment by bringing changes in the environment to fit into his own demands and/or by altering his impulses and responses to fit into the demands of his environment. Hussain (1966, 1996 1999); Alam et al. (2011); Smith (1961); Symonds (1946); Fatmial (2002). Kamal (2007); Khan (2005); Kumar (2007); Supriya (2005) & Singh (2004-(5).

Locus of control refers to perceived source of control over one's behaviour. It is measured along a dimension running from high endogenous to high exogenous locus of control. A person having endogenous locus of control takes responsibility for his/her own destinies. On the other hand a person having exogenous locus control is one who tends to see control as residing elsewhere and to contribute success or failure to outside forces. It is

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to be noted that reality as such is not being measured here. The question is not whether true control derives from endogenous to exogenous source lent how the individual perceives it. So in the present context locus of control is been used as perceived source of control over academic achievement and overall adjustment of the respondents. Evans (1990):

The foregoing references clearly indicated the studied conducted in abroad and in India but without the direct reference to the variables undertaken in the study. The justifies the undertaking of the present study.

Purpose- There are two main purposes of the present study.

1. One purpose was to examine the relationship of academic achievement with locus of control in case of both boy and girl respondents.
2. Another purpose was to examine the relationship of patterns of adjustment with locus of control in case of both boy and girl respondents.

Hypothesis- The following two hypotheses were formulated for empirical verification.

1. There would be significant correlation between locus of control and academic achievement.
2. There would be significant correlation between locus of control and adjustment.

Methodology:

(a) Sample- The study was conducted on an incidental cum-purposive sample of 80 boy and 80 girl respondents of High Schools located in Chapra town. The respondents were in the age group 12-15 years in other respects they were matched as far as practicable.

(b) Research Tools:

- A personal Data Sheet prepared by the researcher himself was used to collect the necessary information relating to the respondent.
- Rotter's Locus of control Scale adapted in Hindi by Hasnain and Joshi was used for measuring endogenous and exogenous locus of control of the respondents.
- Bell's Adjustment Inventory adapted in Hindi by Mohsin and Shasmshad was used to measure the adjustment of the respondents.
- The academic records of the respondents in their last two successive examinations were taken as the measure of academic achievement.

(c) Procedure- The researcher personally approaches to the respondents and collected information about them by administering PDS, Hasnain and Joshi's Locus of Control Scale, Mohsin Shamshad adjustment Inventory Scale to them. The data were obtained as per the directions of the manuals of the scales concerned. The results based on academic records of two successive examinations were also taken as the academic achievement of the respondents.

(d) Data Analysis- Scatter diagram method of correlation was employed for the analysis of the obtained data. Te results were recorded in the following tables.

Results and Interpretation:

Table- 01
'r' Showing the relationship of locus of control with academic achievement and adjustment of the respondents

Variables	Academic Achievement		Adjustment	
	Boys N=80 df=78	Girls N=80 df=78	Boys N=80 df=78	Girls N=80 df=78
Endogenous Locus Of control	0.446*	0.409*	0.379*	0.307*
Exogenous Locus control of control	0.158(NS)	0.165(NS)	-0.144(NS)	-0.129(NS)

The results displayed in the table showed significant positive correlation between academic achievement and endogenous locus of control both in case of the boy respondents ($r=0.446$; $df=78$; $P<.01$) and girl respondent ($r=0.409$; $df=78$; $P<.01$) and also significant positive correlation between overall adjustment and endogenous locus of control in case of the boy respondents ($r=0.307$; $df=78$; $P<.05$.)

Further, the results of the same table showed insignificant correlation between academic achievement and exogenous locus of control in cases of the both boy respondents ($r=0.158$; $df=78$; $P>.05$) and girl respondents ($r=0.165$; $df=78$; $p>.05$) and also insignificant negative correlation was reported between exogenous locus of control and adjustment both in case of boy ($r= -0.144$; $df=78$; $P>.05$) and girl ($r= -0.129$; $df=78$; $P>.05$) respondents.

Discussion- The results displayed in table given above clearly showed that endogenous locus of control has significant and positive relationship leading to the final conclusion that endogenous locus of control is significantly conducive to academic achievement but significant correlation was found between academic achievement and exogenous locus of control.

The results displayed in same table clearly indicated significant and positive correlation between adjustment and endogenous locus of control but negative and insignificant correlation between adjustment and exogenous locus of control group of respondents.

The interpretation of the finding is the fact that the person having endogenous locus of control performs the given tasks consistently and in the same direction as desired.

The persons having exogenous locus of control sometimes perform the tasks properly if external forces are present and sometimes do not perform. The task properly is not performed if the external forces are not present and thus it leads to insignificant relationship between achievement as a dependent variable and exogenous locus of control as an independent variable.

Conclusions:

1. Endogenous locus of control has been found conducive to academic achievement and overall adjustment in the positive direction and to a significant extent. This means endogenous locus of control is conducive to academic achievement on the one hand and adjustment pattern on the other.

In exogenous locus of control, there is a significant hindrance both in case of academic achievement and adjustment to a significant extent. It is a

significant barrier both in cases academic achievement and adjustment.

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**Analysis of Work Values and Working Styles among
Teachers of Government and Private Schools:
Insights on Attributes of Differences**

•Jitendra Kumar Kushwaha
•Pavita Yadav

Abstract- Amid declining enrollment ratio as well as poor public perception on government schools in contrast to high enrollment ratio and improved positive public perceptions to private schools with promised quality education have demanded minute analysis of teachers roles and attitudes towards education, particularly work values and working styles having insights on spectrums of attributes. By simple random sampling 40 teachers from 10 government schools and another 40 teachers from 10 recognized private schools have been assessed using standardized psychometrics measures. From descriptive statistics differential degree of work values and working styles have been established. Analysis yielded strategic differential attributes of government and private school teachers; owing to leadership, facilities at work place, work environment, work motivation, existing governance policies, regulations, gender, pay scale and job satisfaction.

Keywords- Teachers, School, Work Values, Working Style

1.0 Introduction- Education, the essential entity of human is differently perceived. For parents education is positive force for enabling children to prosper in life, achieve respect and name in the society. In this way it operates as an instrument for upward social mobility thereby ensuring quality life with dignity and justice. The perceived notion of education through eyes of teacher its a means for creation of new man and strengthening society ultimately the nation. In the eyes of student's education is acquisition of knowledge, learning life skills and passing examinations.

The notion of education may it be formal and informal is incomplete without the conceptualization of teacher. Teacher are utmost significant. Greater responsibilities of education rest on teachers and thus they are sublime builder of society for greater good. They perform a significant role in making future generations which determine the progress of any society in various aspects like economic progress, social progress, moral and spiritual progress and also the personal progress of an individual. Dr. Apj Abdul Kalam said that "Educationist should build the capacities of the spirit of inquiry, creativity, entrepreneurial and moral leadership among students and become their role model." These few words reflect the whole idea of what it means to be a teacher. The role of a teacher can be briefly described as follows:

1. Diagnostician: finding needs and interests of the students by

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proper analysis.

2. **Planner:** plan material and methodology imparting knowledge and values.
3. **Manager:** Managing and shaping students not only in the class but for life.
4. **Informers:** reservoir of knowledge and updated information on subject matters so that inquisitiveness of students fulfilled
5. **Facilitator:** Enables students for achieving their goal and realizing their true potential. Encourages and facilitates accordingly to the needs and requirements.
6. **Counsellor:** righteous advices for lifelong learning and support to the daily upheavals
7. **Monitor:** Through acute observation monitoring the student's progress and thus safeguarding larger interest of the society.

1.1 School: A school is a subsystem of larger society and providing infrastructure and ambience for teaching and learning. The particular type of school in which a teacher is teaching can have a large impact on many dimensions of their teaching career. Two types of schools are prevailing in our society with larger goal of quality education. This are-

A- Private Schools: private schools are also known as independent schools, non-governmental schools, and non-state schools and management of these schools are private. The governance, rules and other practices are decided by governing body mostly by the single man management.

B- Government Schools: These schools are also known as public schools. These schools are universal as they can be available to everyone. They are for larger people of the society and imbibe democratic values of function. These types of schools are funded and controlled by government authorities and uniformed policies of government.

1.2 Work Value: Work values are the subset of your beliefs and ideas that are related to your occupation or job. The work values which are undertaken in this research are Achievement, Independence, Recognition, Relationship and Support. These values constitute core values needed for any profession (Messer & Greene, 2014).

1.2 Working Style: Working style is defined as the way work forces engage and maintain new and difficult information, think abstract or concrete, do their daily work and solve problems. In this research working styles given in 'working style assessment tool' (Messer, Melissa A, 2014) are taken as prototype. These styles determine the overall performance and practices of various values in professional life. The brief description of these styles are given below-

A- Drive: Individuals who are high in drive are motivated to advance in their jobs and will look for opportunities to take on additional responsibilities. They are self-assured and are comfortable in expressing their opinions in their work place.

1. **Achievement:** It sets challenging goals and works hard forward their completion goal beyond expectations.
 2. **Initiative:** It identifies opportunities to learn and advance displays willingness to engage in new activities and responsibilities.
 3. **Persistence:** See tasks through to completion despite frustrations or problems that may occur rarely leave tasks incomplete.
 4. **Confidence:** Possess self-assurance. It clearly articulates ideas and opinions, acts decisively and without a hesitation.
- B- Interpersonal Skills:** Individuals who are high in interpersonal skills value their relationships with their co-workers and are sensitive to needs of emotions of other. It comprises four working style.
1. **Leadership:** Succeed at a leading groups and managing others.
 2. **Cooperation:** Act as team player enjoys helping others, succeed, and resolve conflicts between other co-workers.
 3. **Concern to Others:** Shows care and empathy. They are sensitive to the feelings of others.
 4. **Social Orientation:** Is friendly and outgoing enjoys working in a group.
- C- Adjustment:** Individuals who are high in adjustment stay calm and composed whole working in high pressure situations. It comprises three working style:
1. **Self-controlled:** Shows patience and controls emotions, performs well despite a negative mood.
 2. **Adaptability:** Remains calm in stressful situations, accepts criticism with positive attitude.
 3. **Stress-tolerance:** Enjoys engaging in a variety of different tasks, is comfortable with the changes to the work environment.
- D- Responsibility:** Attention to detail and integrity to make up the construct responsibility. Individuals who are high on this scale strive to keep the commitment they make. It comprises four working style.
1. **Dependability:** It is punctual and responsible. They fulfil their commitments.
 2. **Attention to detail:** Is detail oriented, précised and organised, check work for errors.
 3. **Integrity:** Follow the rules that are truthful and ethical.
 4. **Conscientiousness:** Possesses self-discipline, is deliberately organised and thoughtful.
- E- Problem Solving Skills:** Individuals who are high on problem solving skill can work through complex problems in a logical manner and can prioritize multiple responsibilities. They often find a new way of doing things and are good at 'thinking outside the box.' It comprises three working style:

1. **Independence:** Remains self-reliant, makes decisions and complete tasks without supervision.
2. **Innovation:** Produce alternative solutions and new ways of doing things.
3. **Analytical thinking:** Approaches problems in a methodological manner, solves problems logically by analysing relevant information.

2.0 Review of Literature- Education system is undivided part of social system and educational institutions are primarily based on demand-supply chain where society demands educated citizens and educational institutions are providing services. Two fundamental aspects of education are teacher and students. Teachers impart education and students receive knowledge and training. Teachers are the workforce rendering services to build knowledge based society, skilled labours and responsible citizens. Whereas among teachers, tendencies of being absent from the job is alarming in public schools (Kremer et al., 2005) with varying degree of absenteeism from headmaster to lower assistant teachers. It is proven that pay is neither preventing absenteeism nor promoting absenteeism. There are other factors which promotes lethargic attitude towards job and these can be attributed to various types of leadership and commitment by the leaders in education (Aydin et al., 2013). The diluted sense of duties is also because of work environment (Ali & Waqar, 2013), low motivation (Ramachandran et al., 2005) and lacuna of infrastructure (A. Singh et al., 2014). The divide of private and public school is attributed to various psychological differences among teachers in terms of their attitude towards education which are prominently emanating from governance system of private and public schools (A. Singh et al., 2014). Now all these differences among teacher and their impact on duties are indicating towards certain lacuna in their personalities. Also raising questions towards the work values and working styles of teachers in private and public schools along with their attributes for such differences.

The education system of India is largely dependent on quality teachers however system of appointment (Sharma, 2019) is paralyzed by the compromised quality by hiring contract teacher (Béteille & Ramachandran, 2016) who are capable enough but their capabilities are compromised when they are forced to work as bonded labour with almost no rights and power (Deswal, 2017). This practice has broken their enthusiasm and innovations which is promised in national curriculum framework (Rajesh, 2002). Finally it appears that the entire education system is degraded and in place of imparting education it is taking the shape of lucrative business (Deswal, 2017). Under these circumstances, the performance of teachers is determined by various leading factors which includes the working environment (Ali & Waqar, 2013), performance motivation (Muralidharan & Sundararaman, 2011), gender sensitivity (Shobeiri et al., 2006) and job satisfaction (Hossein et al., 2014) (Mwamwenda, 1995) and managing conflicts arising from the school management and students expectations

(Alić et al., 2017). Therefore all these factors; demand much of teacher's cognitive capacities and their planning to strategic deliberations in education (Sato et al., 1993). Collectively these demands kept teachers in competence examinations of their work values and working styles amid management of residual stressors of these conflicts (Hossein et al., 2014).

Indian context teaching jobs are also based on high competition often crippled by the practice of corruption and nepotism (Corruption Penetration into the Indian Education System | Dr. V.K. Maheshwari, Ph.D, 2019) and unstable nature of jobs especially on contract (Kingdon & Sipahimalani-Rao, 2010) (Bétéille & Ramachandran, 2016) putting surmountable pressure for deserving candidates (Corruption in Education System in India, 2020). Introduction of contract teacher not only damages the quality of education and performance of teacher but it also implicitly induces undue exploitations and enslavement of teachers mentally (Atherton & Kingdon, 2010). These practices in education broke teachers psychologically. Even After becoming teacher, the students expectations" (Raina & Raina, 1971), governance expectation for quality deliberation, adherence to policies and practices of education (Sharma, 2019) along with management of class with quality content (Rajesh, 2002) further examines their work ethics and working styles (Machumu & Kaitila, 2014). — (S. Singh & Sridhar, 2002) lead a study on Government and Private school trends in enrolment and retention. This study was conducted on government and private schools in two cities of Uttar-Pardesh, Firozabad and Deoria. Findings revealed that private school has been rising but government school still score over private ones in different aspects for instance attendance rate and issues of gender sensitivity. (Saha, 2019) in Hindustan Times reported that in five years private schools gain 17 million students, government school loose 13 million. Average enrolment in government school declined from 120 to 108 students per school over 5 years. Between 2010-11 and 2015-16 students enrolment in government schools across 20 Indian states fell by 13 million while private school acquired 17.5 million new students.

The quality of education is related to the quality of teachers. A teacher who is satisfied with their job can perform their work effectively and efficiently. (Anand & Bhawna, 2018) lead an investigation on Job satisfaction among teachers of private and government school. In the study it is concluded that Job satisfaction involves the perception of people in relation to job. It is related to the fulfilment of expectations which a person is having for his or her job. Further it concluded that there exist no significant differences in the level of satisfaction of government and private teachers and not on the basis of gender which are further line of inquiry and demands fresh investigation in this issue. Therefore it is obvious to have knowledge about teachers work values and working styles and also have exploration on the differential degree because of private and public school by attributing basic differences on these schools systems and their governance (Anand & Bhawna, 2018).

3.0 Methodology

3.1 Rationale- To teach and upbringing of children are the most important

and noble respectful job. In this occupation teachers are main prototype for society. More responsibilities lie among teachers whereby their quality of teaching is determined by the work ethics. This study attempts to explore the work values and working styles of teachers in government and private school. Mushrooming of private governed schools with promise of quality education outnumbered public schools. Steadily it has taken shape that only poor people are sending their children to government school. A lot effort is also made by the government to improve the quality education in government school and bring them to the status where they can become centre for holistic development. The education being the subject matter of state list needs attention. Accelerated growth of private schools and ever declining enrolment ratio in government schools have put forward serious questions as to why these disparities are widening? It is because of the working styles or the kind of work values teachers are having? Are there any underlying pattern for differentiation in working styles and work values of private and government school? Where that problem lies? Is it a plausible problem for declining quality education in public schools? What are other patterns which have demanded relook into these pits? Therefore investigation is required to know the work values and working styles of the teachers. Working style is the way where people absorb and retain difficult information, think and concentrate, do their daily work and solve problems. Work values are the set of beliefs person adhere to perform the job and these become attitude towards job. Thus in this research focus is on investigations of work values and working styles with deeper insights and operational values among government and private school teachers.

3.2 Objectives

To explore and analyse the work values and working style of teachers

To examine the degree of differentiation in working styles and work values of private and government school teachers

3.3 Variables

3.3.1. Independent Variable: Schools: Private and Government

3.3.2 Dependent Variable: Work values and working styles

3.4 Sample and Sampling Technique- This was time bound small research endeavour and therefore for this research, 40 teachers from 10 government school and 40 teachers from 10 private schools have been randomly selected. These schools are scattered in different towns and village of district Mahendergarh, Haryana. Procedure for selection is Simple Random Sampling. These teachers are representative of different age groups, different communities and different religious faiths. They have varied field of educational specialization. Thus altogether 80 teachers are taken as sample which includes equitable representation of gender.

3.5 Method & Tools- This study have adopted survey method and predesigned questionnaire as a tool for data collection. The utilized standardized tools and their psychometric properties are given below-

A-Working Style Assessment given by Malissa A. Messer (MHS) & Heather Ureksoy, Ph.D. This measure has five domains of working style assessment which are Drive, Interpersonal Skill, Adjustment,

Responsibility and Problem-Solving Skill. Since instrument have five dimensions and in each dimension 56 statements, thus altogether there are total 280 statements. These statements are based on two point rating scale where answers are given in only two forms either Agree or Disagree. The brief description of each dimension is presented-

1. **Problem Solving Skills:** Individuals who are high on problem solving skill can work through complex problems in a logical manner and can prioritize multiple responsibilities. They often find a new way of doing things and are good at 'thinking outside the box.'
2. **Responsibility:** Attention to detail and integrity to make up the construct responsibility. Individuals who are high on this scale strive to keep the commitment they make
3. **Adjustment:** Individuals who are high in adjustment stay calm and composed whole working in high pressure situations.
4. **Drive:** Individuals who are high in drive are motivated to advance in their jobs and will look for opportunities to take on additional responsibilities. They are self-assured and are comfortable in expressing their opinions in their work place
5. **Interpersonal Skills:** Individuals who are high in interpersonal skills value their relationships with their co-workers and are sensitive to needs of emotions of other.

Scoring: Working Style Assessment tool can be self- scored or scored by a professional. This yields a score for each of **18 working style** it measures each working style is represented by two sections, labelled with a letter and ending in ".1" or '.02' (e.g. Achievement is labelled as A.1 and A.2). Items in sections ending in '.1' are worded positively; agreeing to these items counts toward the test taker total score for that working style. Items in sections ending '.2' are worded negatively and are reverse scored.

Reliability and Validity: Determining a measures reliability, several forms should be consider including internal consistency, test –retest reliability. Internal consistency coefficients were generally high, ranging from .61 to .62 across all age group. The test –retest reliability ranged from 0.71 to 0.88, with an average overall mean change in scores of 0.1 point. With regards to validity its Integrity – leadership among females inter-correlation ranged from 0.11 to 0.73 suggesting that this scale measures related but distinct working style. The strongest relationship were found between achievement and initiative ($r=0.71$), and conscientiousness and attention to detail ($r=0.71$ males, $r=0.73$ females)

B- Work Value Inventory given by Mellisa A. Messer (MHS) & Jennifer A. Greene, (MSPH). This is an inventory which measures ~~six~~ domains of the work values. It consists of 61 statements. The statements are based on four point rating scale which ranges from 'Not Valued' to 'Very Highly Valued'. The brief description of each domain is presented-

1. **Achievement:** Occupations that satisfy this work values are result oriented and allows employees to use their strongest abilities, giving

them a feeling of accomplishment.

2. **Independence:** Occupations that satisfy this work value allow employees to work on their own and make decisions on their own.
3. **Recognition:** Occupations that satisfy this work value offer advancement, potential for leadership and are often regarded as prestigious.
4. **Relationship:** Occupations that satisfy this work value allow employees to provide service to others and work with co-workers in a friendly non-competitive environment.
5. **Support:** Occupations that satisfy this work value offer supportive management that stands behind the employees.

Scoring: The Work Value Inventory (WVI) can be self-scored or scored by a professional. The WVI yields a score for each of the six constructs it measures. The subject has to choose in options the statement is NV (Not Valued), SV (Somewhat Valued), HV (Highly Valued), VHV (Very Highly Valued). Total number of statement of SV, HV and VHV are multiplied by 1, 2, 3 respectively for yielding total score of that particular dimension.

Reliability and Validity : Internal coefficient was generally high ranging from 0.81 to 0.94 across all age groups. Test retest reliability for the scales ranged from 0.8 to 0.95 with an average overall mean change in score of 0.28 points. All of the work value scales were significantly correlated with inter-correlation between the scales ranging from 0.46 to 0.72.

3.6 Data Collection- It was intended to include teachers from private and government schools and therefore data is collected from different schools. It was challenging to convince teachers to fill the questionnaire because questions were large. The researcher individually met all those teachers, has their consent and requested them to fill the questionnaire. The data was collected from ten government and ten private schools spreading across different towns & villages of Mahendergarh district, Haryana.

3.7 Data Analysis- First of all, data was collected from the various schools and then the scoring was done as per the manuals of the tools. Then data fed in the SPSS software for statistical analysis. With the help of SPSS the frequency tables and cross tabulations was done for better explanation of results. Descriptive statistics was used so that categorical comparison can be dissected through qualitative explanations. Hence the data analysis is done using SPSS.

4.0 Results and Discussion- The main aim of this research is to know the differences on working styles and work values of private and government school teachers so that a categorical and qualitative explanation to ever growing problems in public schools and reasons behind growth of private school can be schematically represented. And thus in this endeavour it is pertinent to know the demographic of sample which determines various level of analysis.

Table-01
Sample Characteristics

	Description	N (%)
	Sample	80 (100)
Sex	Male	38 (47.5)
	Female	42(52.5)
Age	20-25 years	16(20.0)
	26-30 years	22(27.5)
	31-40 years	28(35.0)
	40 and above	14(17.5)
Community	General	21(26.2)
	OBC	17(21.2)
	SC	12(15.6)
	Not Revealed	30(37.5)
Monthly income	10,000 to 30,000	28(35.0)
	30,001 to50,000	23(28.8)
	50,001 and above	29(36.2)
Religion	Hindu	78(97.5)
	Muslim	2(2.5)
Types of school	Private	40(50.0)
	Government	40(50.0)
Marital status	Single	29(36.2)
	Married	51(63.8)
Educational Qualification	UG+B.E.D	20(25.0)
	PG+B.E.D	36(45.0)
	UG	14(17.5)
	PG	10(12.5)

From the table-01 it is evident that majority teachers are of young age which constitutes 65 percent of the sample. Majority of them are married and have required essential qualification. More than 70 percent have technical degree for teaching. Interestingly in this sample representation of female is slightly higher than the male.

Table-02
Age of teachers in Government and Private Schools

Types of School	Age				Total
	20-25 Years	26-30 Years	31-40 Years	41 Years and above	
Government	2 (5.0)	9(22.5)	18(45.0)	11(27.5)	40 (50)
Private	14 (35)	13(32.5)	10(25.0)	3(7.5)	40 (50)
Total	16(20.0)	22(27.5)	28(35.0)	14(17.5)	80 (100)

From the table-02 it is clear that majority (65 percent) teachers at private schools are between the ages of 20 to 30 years whereas in public schools majority teachers (73 percent) have reached more than 30 to 40 years of their life. This age difference in private and public school can be attributed to recruitment process. In private school internal management recruits the teachers whereas in government school recruitment is done by state boards through open competitive examinations. The recruitment in government school is competition based and in India high competition prevails in every sector of jobs with skewed proportion of job availability and huge skilled

unemployment. Reality is that jobs availability is abysmally lesser than the numbers of seekers. This situation always turns into frustration, alienations and self-doubts on the budding teachers. Now this disparity and gap in the ratio of availability of jobs ends up numerous years of preparations and waiting period to become teacher and thus turning toward higher age group. The private schools recruit regularly wherever requirement arises and thus attracts so many young budding teachers who otherwise have not qualified those competitive exams of government's schools. Therefore this age disparity will certainly determines the work values and working styles differentiation in private and government schools which is obviously detrimental.

Table-03
Monthly Income of Government and Private School Teachers

Type of school	Monthly Income			Total
	Rs. 19000 to 30000	Rs. 30001 to 50000	Rs. 50001 and above	
Government school	-	13(32.5)	27(67.5)	40 (50)
Private school	28(70)	10(25)	2(5)	40 (50)
Total	28(35)	23(28)	29(36.2)	80 (100)

Monitory remuneration is the source of work motivation. It is proven that work satisfaction and work dedication can be improved through monitory increments. From the table-3 it is revealed that the pay scale of government schools are far better than what is paid to private schools teachers. It is obvious that all the government teachers are getting salary more than Rs. 30,000 and majority of them are receiving more than Rs. 50,000 per month. Whereas the pay scale at private schools are meagre and majority of them are receiving less Rs. 30000 per month. Scarcely few teachers in private come under the bracket of Rs. 50,000 per month. Now this huge gap of salary can be attributed to younger teachers in private schools and also this result into differential work ethics, dedication and deliberation of quality education. The salary structure will also determine the kinds of work values teachers are having.

In another words it may be said that private schools attract young budding teachers mostly the female teachers with lower pay scale whereas in the government schools pay scales are high with higher concentration of male teachers. These differences of demographic attributes are also pertinent to look into while analysing the differences on working style and work values of private and government school teachers.

4.1-Insights on Work Values

In order to grasp the meaning of work values raw scores have been categorized into scores ranging from 0-113 is considered as 'Questionable Work Value'. Score ranging from 114-168 is considered as 'Acceptable Work Value' and the score ranging from 169-180 is considered as 'High Work Value'.

Table-04
Proportion of Work Values

Total work value	Frequency	Percent
Questionable work value	12	15.0
Acceptable work value	66	82.5
High work value	2	2.5
Total	80	100

In general and irrespective of schools, gender, age, and salary structure it is evident that majority (83 percent) teachers are having acceptable work values. This signifies that they obey the rules of the institutions and delimits themselves in certain instances. This also suggests that they are in this profession still striving for better. Teachers are constantly trying to move ahead but many hindrances are in their way and impairing their work values. They have developed the attitude to bear with the system and let the things happens as they are happening. Least efforts are taken to improve their attitudes towards the job and this would keep them under acceptable work values.

Table-05
Comparison between type of Schools and Work Values

Type of school	Overall Work value			Total
	Questionable work value	Acceptable work value	High work value	
Government school	10(25)	28(70)	2(5)	40 (50)
Private school	2(5)	38(95)	-	40 (50)
Total	12(15)	66(82.5)	2(2.5)	80 (100)

Yet even more astonishing facts have emerged from table-5 indicating that teacher at private schools are having only acceptable work values. This means they have accepted their work as work not social services. They do not have any intentions towards the welfare of the society only they are serving to the privately managed schools and thereby following their rules. On the other hand teachers at government schools also have acceptable work values but a smaller chunk is dedicated for social services and promise for dedication, deliberation and concentration towards their work. This difference vividly speaks the existing differences of work values among private and government schools.

4.2 Insights on Working Styles

To categorize working style, the scores are divided in three range category. Score ranging from 0-148 is considered 'Low Working Style'. Scores ranging from 149-224 is considered 'Average Working Style' and scores ranging from 225-252 is considered 'High Working Style'.

Table-06
Proportion of Working Style

Total working style	Frequency	Percentage
Low working style	4	5
Average working style	62	77.5
High working style	14	17.5
Total	80	100

Again from the table-06 it is evident that overall of working style of teachers is 'Average Working Style'. This suggests that teachers are having least adjustment and poor mechanism of problems solving. Their novelty and perseverance are not recognized and therefore they have adopted the working style in such way that minimum requirements of work can be decently completely. This working style is also leaving aside the scope of enhanced responsibilities and the advanced sense of duty among teachers.

Table-07
Comparison between Working Style and Types of School

Type of school	Overall working Style			Total
	Low Working Style	Average Working Style	High Working Style	
Government school	3(7.5)	30(75)	7(17.5)	40 (50)
Private school	1(2.5)	32(80)	7(17.5)	40 (50)
Total	4(5)	62(77.5)	14(17.5)	80 (100)

With regards to school wise comparison again interesting pattern has emerged from table-07 which suggests that smaller chunk in private as well as in government school strive for excellence. They do have sense of responsibilities, right motivation and proper enthusiasm for the social service. However it is also evident that proportion of government school teachers is higher in low working style than compare to private school teachers. This suggest another dimension of government school teachers who believes that in government institutions low performance will also not hinder their academic growth. This kind of attitude towards duties is responsible for declining quality and enrolment ratio in government schools. Unlikely to say that in private schools the enrolment is determined several other factors of management and advertisement of the institution and thus even if teachers do adopt average working style their schools are booming with higher growth.

4.3 Priority Work Values in Schools and related attributes

Table-08
Percentage of overall priority for work value

Overall Priority for work value	Percentage (N=80)
Relationship	50%
Support	38.8%
Achievement	32.5%

Table-08 reveals the priority work value representation by teacher in

their respective schools. Overall in education system teachers have more inclination towards relationship, support and achievement work values. Though all these values have lower proportion and are not even beyond fifty percentages. However these still indicate towards certain significant aspects of education. These high priority values are suggesting that teachers are having the sense to provide services to the society maintain cordial relationship with fellow colleagues and continuously strive to best in the field by taking maximum support from management or the government.

Table-09
Comparison between Government and Private School on Work Values

Government School Priority Work Value	Percentage (N=40)	Private School Priority Work Value	Percentage (N=40)
Relationship	55	Relationship	45
Support	35	Recognition	42.5
Achievement	27	Support	42.5

Further deeper analysis from insightful dissection of these values results in comparison between private and government school teachers and the same is evident from table-9 clearly reflecting that degree of various work values raging from relationship, support and achievements are proportionately higher among government teacher than to the private school teachers. This difference again have proven that government teacher have freedom and democratic work environment whereby they can exercise the innovation, novelty, new experiments and pedagogical excellence. Whereas in the private schools, teacher work values are recognition and support thus they are fundamentally looking for leadership roles and appreciation from management side. They do demand for support so that better management of school can be improved so that more students can be attracted for enrolment in the schools. These differences suggest that philosophical difference exist in private and government school teachers because their working environment and professional aims are determined completely different factors. Therefore there exist prominent work values differences among the teacher of private and government schools.

4.4 Priority Working Styles among Teachers in Schools and related Attributes

Table-10
Percentage of overall priority for Working Styles

Overall Priority for Working Style	Percentage (N=80)
Innovation	81.2
Persistence	72.5
Confidence	68.7
Concern for others	67.5
Integrity	61.3
Adaptability	61.1
Dependability	60.2
Conscientiousness	60
Cooperation	57.5
Leadership	56.4
Initiative	56.2
Independence	50.1
Social orientation	50

Table-10 examined that among teachers, the emerged prominent working styles are innovation, persistence, and confidence, concern for others, the integrity, adaptability, dependability and conscientiousness. These prominent priority working style suggest that teachers irrespective of their affiliation to private or public schools attempts to have innovation in their teaching and working. Supports the values of persistence and attempts are made to have full confidence to impart education. But these priority working styles not ensure the equality among private and government teachers. Multiple factors may be held responsible for differential working styles. Therefore it is relevant to have deeper analysis in this matter.

Table-11
Comparison between Government and Private
School on Working Styles

Government school priority working styles	Percentage (N=40)	Private school priority working styles	Percentage (N=40)
Innovation	82.5	Innovation	80
Persistence	80	Confidence	62.5
Confidence	75	Attention to detail	62.5
Concern for others	72.5	Concern for others	62.5
Analytical thinking	70	Persistence	61
Integrity	67.5	Initiative	60
Conscientiousness	62.5	Cooperation	60
Adaptability	62.5	Adaptability	60
Dependability	60	Dependability	60
Leadership	57.5	Independence	60
Cooperation	55	Conscientiousness	57
Stress tolerance	55	Leadership	55

After descriptive statistical analyses from table-11 it is revealed that priority working styles of private and government teachers differ a lot. In private school the emphasis is on more of innovation, confidence building, and attention to details for problems solving and some amount of concerns for others whereas in government

Schools teacher priority working styles are characterized by innovation, persistence, confidence and work ethics with work integrity. They do have democratic setups and therefore exercising analytical thinking, conscientiousness and leadership qualities for better resolutions to the emerging problems.

Therefore from these analyses it is evident that there are strategic difference on working styles of private and government schools teachers exists subjected to school management, school governing protocols, schools work environment, pay scale integration and job security with stability at the time of period of crisis. These strategic differences can be attributed to social systems and its impact on perceptions towards the teaching and its philosophical goals. Thus structural changes of infrastructure in education system of private and publics are detrimental in differences to work values and working styles of the teachers.

5.0 Conclusion- Thus from overall analyses and emerging insights it can be reached to the conclusion that-

1. Subjected to demographic factors inclusive of contemporary demands and quality decrement due to highest competition to be qualified teachers have paved the ways for differential in work values and working styles of teachers in private and government schools. Both organizations are affected and those differences are stable.
2. The difference in work values and working styles of teachers in private schools and government schools are attributed to structural changes, infrastructural necessity cleft, working environment, predetermined attitudes towards education and circumstances of social demands. These factors are fundamental and responsible for psychological differences in work values and working style of teachers at private and government schools.
3. Implicit differences based on gender and pay scale need further line of inquiry on larger data.

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Idea of Contentment in Stress

•Hiren D. Jadav

Abstract- *The truth about stress shows two important things. Firstly, that trying to avoid it is futile. Secondly, Thanking that we can come out from stressful condition intact and unchanged is like fooling ourselves. Instead, we need to think about ways to overcome the stress. Before we start to frame our strategies to defeat and rise above it, let us try to understand it in a different way. Let us try to comprehend what happens at physical, emotional and mental levels during stressful condition and post stress situations. If we try to step out of the box and think about happiness rather than stress, we need to study our human body closely.*

Keywords- Stress, Idea of Contentment, Causes of Stress, Easy Way to Get Rid of Stress

Introduction- Human is social animals, so it is surprise that we are wired to help one another. In our complex modern society, there are many ways to give and share. Each of our effort in sharing and outreaching boosts serotonin secretion in our body. However, we should keep in mind that it is connected with our gut health also. It is highly recommended to not only eat healthy food but chew your food at least 30 times. Intimacy, trust and strong relationships are known to release of oxytocin. Avoid doubts, back biting and criticizing others. Build healthy relationship with fellow human beings for your own good.

Idea of contentment in stress- Stress disorders affect one-eighth of the total population worldwide, and have become a very important area of research interest in psychopharmacology. People with anxiety disorders can benefit from psychological treatments, pharmacotherapy or a combination of the two. Common limitations of conventional ant anxiety therapy include co-morbid psychiatric disorders and increase in dose of drugs leading to intolerable side effects. These limitations have prompted the use of traditional and alternative systems of medicine. This paper reviews the causes, and the effective and safe therapy for anxiety disorders. One can make any emotion into a creative force in their life. If your sadness reminds you that you are incomplete, it is good; make use of your sadness to grow. But, when you get sad, if you are going to get irritable and angry, and that whole world is wrong, you are a fool.

You may have to adjust your goals, or make changes to your lifestyle as a result of the economic crisis. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter. Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to

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you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.

Try to avoid the Chicken Little attitude that the sky is falling. Remember the good things you have in your life and realize that this situation will pass. Visualizing what you want, rather than worrying about what you fear, will help you craft a hopeful outlook and reduce your everyday stressors. People often learn something about themselves when going through a difficult situation such as the current economic downturn. Use crisis as a chance to grow professionally or personally. Look into groups in your community or on the Internet that can help foster your interests and expand your opportunities to put your top skills to good use.

No one can reverse what has happened. But by being resilient, you can change how you interpret and respond to events. Try looking beyond the bad news and into the future, where circumstances may be a little better and where you can take steps toward improving the situation. People often learn something about themselves when going through a difficult situation such as the current economic downturn. Use crisis as a chance to grow professionally or personally. Look into groups in your community or on the Internet that can help foster your interests and expand your opportunities to put your top skills to good use.

Sometimes dealing with stress by you can be overwhelming and frightening. If you continue to feel overwhelmed, you may want to talk with a psychologist who can assist you in managing your stressors and addressing the emotions behind your concerns.

Signs of stress can be seen in people's behaviour, especially in changes in behaviour. Acute responses to stress may be in the areas of feelings (for example, anxiety, depression, irritability, fatigue), behaviour (for example, being withdrawn, aggressive, tearful, unmotivated), thinking (for example, difficulties of concentration and problem solving) or physical symptoms (for example, palpitations, nausea, headaches). If stress persists, there are changes in neuroendocrine, cardiovascular, autonomic and immunological functioning, leading to mental and physical ill health (for example anxiety, depression, heart disease)

Situations that are likely to cause stress are those that are unpredictable or uncontrollable, uncertain, ambiguous or unfamiliar, or involving conflict, loss or performance expectations. Stress may be caused by time limited events, such as the pressures of examinations or work deadlines, or by on-going situations, such as family demands, job insecurity, or long commuting journeys.

Causes of Stress:

1. being unhappy in your job
2. Having a heavy workload or too much responsibility
3. Working long hours
4. Having poor management, unclear expectations of your work, or no say in the decision-making process
5. Working under dangerous conditions

6. Being insecure about your chance for advancement or risk of termination
7. Having to give speeches in front of colleagues
8. Facing discrimination or harassment at work, especially if your company isn't supportive
9. Divorce, thoughts, feelings, and behaviours
10. Poor time management

Easy way to get rid of Stress:

1. Identify the sources of stress in your life
2. Get moving
3. Connect to others
4. Build relationships
5. Make time for fun and relaxation
6. Manage your time better
7. Eat a healthy diet
8. Get enough sleep
9. Look at how you currently cope with stress
10. Adjusting Your Attitude
11. Accept the things you can't change
12. Take a Yoga Class
13. Deep Breathing

Conclusion- The best way of dealing with stress is viewing a stressful situation as an opportunity to improve your skills, knowledge or strengths makes it more likely that you will experience stress inoculation or stress related growth. The people who are good at stress allow themselves to be changed by the experience of stress. So just look straight into the eye of the stress and break it into small components to tackle it. Above all, strive constantly to keep the level of all the four chemicals high to keep stress at bay.

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Relative Effect of Isotonic Training on Agility of Male Athletes

• Reena Walia

Abstract- *This study aims on relative effects of isotonic training on agility of male athletes . To fulfil this aim, a total of twenty male athletes with age ranges 17 to 23 years from Lakshmibai National Institute of Physical Education, Gwalior, were selected as subject for this study. The subjects were divided into two groups randomly i.e. treatment and control group. Agility as variable was selected for the study. Agility was measured with 4x10 meter shuttle run. The training program for the treatment group was period of 30-35 minutes, three times a week for six weeks. The data was analysed by applying one way analysis of variance (ANCOVA). After the intervention, there is a significant difference was found among the treatment and the control group.*

Keywords- Isotonic training, Agility, male athletes.

Introduction- Changes and challenges are the twin laws of nature and they affect every aspect of human life. The player's performance depends on their effectiveness of training programmes, quality of surface, constructional characteristics, and weather conditions. Athletes prepare to achieve a specific goal through structured and focused training. Physical excellence should evolve through an organized and well-planned training program based on practical experience and application of scientifically supported methods (Tudor O. Bompa, 2009). Regular exercise benefits players of all ages and sexes. Every game required a considerable amount of physical fitness and mastery of skills. Regular physical activity maintained body's physiological and physical fitness. Being physically active has also been proven to help build healthy bones, joints and muscles and helps to perform better performance in competitions.

Willee says that if the muscle contracts, so that its two insertions approach one another, the muscle is said to be working concentrically, the muscle can be seen to shorten and thicken and this type of contraction is called isotonic (A.W.Willee, 1961). Muscles function by contracting in such a manner that the muscle shortens and the ends brought together, or the muscle lengthens and the ends go away from the center as in the beginning of a pull-up. Acceleration is an important part of all agility drills. As well as enhancing your performance, good agility training will also aid injury prevention, because your body will be used to quick changes of direction.

Agility plays a vital role in players to play the game because when a player participates in the game, he has to change directions and movement of various parts of the body while dribbling the ball, to change the direction quickly according to situation and in the case of the goalkeeper to save the goal in soccer and hockey. Agility ladders offer additional challenge and

opportunities for you to improve your coordination and footwork. As the name implies, this training device is a rope ladder with either a single set of rungs or a double set of plastic or PVC rungs. Units come in different sizes. (Harold M. Barrow, 1971).

The abilities to stop, rapidly change direction, and accelerate in response to an external cue are required by many sports. These abilities can be considered as agility. Agility is a complex set of interdependent skills that converge for the athlete to respond to an external stimulus with a rapid deceleration, change of direction, and reacceleration (Tudor O. Bompas, 2009).

Methodology of Study- A total of twenty (N=20) male athletes with age ranges 17 to 22 years from Lakshmbai National Institute of Physical Education, Gwalior, were selected randomly as the subjects for the study. They were volunteered to participate in the training. Pre-test and post-test randomized group design was adopted for this study as all subjects were randomly selected and divided into two groups i.e. one experimental and one control group. Agility was measured by 4x10 meter shuttle run test and measured in seconds. All the subjects were tested for agility variable. After the administration of pre-test the subjects were divided into two-groups randomly i.e. The group undergoing isotonic training as treatment group as well as one group was kept as control. The training programmed for the experimental group was a period of 30-35 minutes, conducted thrice a week, for six weeks. Tests on all selected physical and physiological variables were administered to the subjects before starting and after the completion of training programme.

In order to examine the hypothesis of the study, descriptive statistics such as mean and standard deviation was used. To relative effects of training on agility, the one way analysis of variance (F- ratio) was employed and the level of significance was set at 0.05. The SPSS statistical package was used for statistical calculations.

Results of the Study- For the analysis of data, the following results were drawn. The descriptive statistics of agility variable are shown in table-01.

Table-01
Mean and standard deviation of agility variable of female players

Treatments	Mean	Std. Deviation	N
Experimental	11.24	0.412	10
Control	11.54	0.547	10
Total	11.39	0.495	20

*significant at 0.05 level of significance

Table-01 shows the mean (adjusted post test mean) and standard deviation of the agility variable of male athletes between the experimental and control group i.e. mean and standard deviation are 11.24 and 0.412 respectively for experimental group and mean and standard deviation are 11.54 and 0.547 respectively.

Table-02
Relation of two groups by using one way analysis of
co-variance (ANCOVA)

Source	Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	4.055 ^a	2	2.02	57.31	.000
Intercept	.583	1	.583	16.48	.001
Pre agility	3.62	1	3.62	102.41	.000
gps	.771	1	.771	21.80	.000
Error	.601	17	.035		
Total	2602.03	20			
Corrected Total	4.657	19			

*significant at 0.05 level of significance

Table-02 shows that there is significant difference between the treatment group and the control group in the agility, as their P - value is 0.00 which is less than the 0.05, thus the null hypothesis of no difference among the adjusted means for the data on criterion variable in the experimental group may be rejected at 5% level.

Discussion and Findings- Findings of this study showed that there was a significant difference in the agility after the six weeks of the isotonic training program. This might be attributed due to continuous long duration of vigorous training which increases the agility of the male athletes. Similar results were also seen in the study of Sarika Pal and Michael G. Miller.

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Effect of Selected Yogaasanas Protocol on Endurance and Energy Levels of Lower Chakras of Bicyclist

• Nibu R Krishna

Abstract- *The purpose of the study was to investigate the effect of yoga Asanas on Cardiovascular endurance and energy level of lower chakras of bicyclist. Data were collected under the observation of researcher with the help of some volunteers. 5 male subjects were selected for conducting the study from L.N.I.P.E. Gwalior. Subjects were only male. There was only one group that is experimental group. Asanas were given to the subjects before collecting the post data of two dependent variables. The pre data was collected before attempting the 8 week training schedule of practice of Asanas. The data collected from the single groups before and after the experimental period was statistically examined to find out the significant improvement using the analysis of paired T-test. In all cases, the criteria for statistically significance were set at 0.05 level of confidence.*

Keywords- Endurance, Chakras and Bicyclist

Introduction- Yoga is also considered as union of Ida nerve and Pingala nerve, union of sun nerve and moon nerve, union of negative and positive, union of Shiva (spirit) with shakti (mother nature) and union of mooladhar chakra (coccyx plexus) with sahasrar chakra (thousand lotus petal plexus). Yoga is a union of prana Vayu with Apana Vayu (life current with excretion current). (Sharma Sunil Kumar, 2008, Practical Yoga)

The Movements, to perform and then to release any asana, should be very smooth and slow. The mild exercise at the joints and around the Muscles stimulates the proprioceptors, which bring about mild Stretch reflex. This not only increases the blood circulation around the joints but also improves tone of their muscles. The slow movements and the maintenance of the asana in a relaxed way require little muscular activity and therefore consume minimal energy. The heart rate and respiration rate remain in the normal range thus putting no extra burden on the cardio-Respiratory system.

In asanas like paschimottasana and Halasana the Relaxation in the final posture allows gravity to act as a stretching force and the muscles are passively stretched in asanas like vakrasana, Ardhamatsyendrasana, Matsyasana, the locks and holds help the muscles to remain moderately stretched. In Bhujangasana, Shalabhasana, Dhanurasana etc., in an effort to maintain the posture, the muscles are stretched against some resistance from the joints and the tendons. This increase the muscular tension. This is an important aspect of asana if one wants to increase muscles tone. Thus a proper selection of a set of asanas could be utilized to correct the tone in the reciprocal group of muscles in the walls of these organs, on stimulation, send sensory impulses to autonomic nervous centers, e.g. Yogamudra,

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paschimottasana, Mayurasana, Ardha-matsyendrasana, Supta-Vajrasana, Halasana, Pawan-muktasana. (M.M. Gore, 2012, Anatomy and Physiology of Yogic Practices)

Bicycling is a wonderful lifetime activity. It can be enjoyed by young and old alike and is a great family recreational pastime. Cycling offers relaxation, fitness, and occasional vacation touring or camping. The person who cycling is called cyclist. (Schmottlach Neil et.al. Physical Education Handbook)

Method and Criterion Measures- Five bicyclist were selected as the subject of this study. The subjects were selected from L.N.I.P.E. Gwalior. There was only one group that was Yogic Practice group assigned as Experimental group. No any control group was assigned in this study. The selected variables for the study were as follows: Cardio-vascular Endurance on total energy of 3 lower Chakras Mooladhara Chakra, Swadhisthana Chakra, Manipura Chakra. Variables were selected for testing the hypothesis: Cardio-vascular endurance – it was tested by Cooper 1.5 – mile (2.4 km) Run/walk test. Energy level of lower chakras: the energy level of 3 lower chakras were tested by Bio-pulsar Reflexograph.

Collection of Data- The data were collected by administering the specific tests and by taking specific measurements on same days. Test pertaining to Cardiovascular endurance was conducted in the track and field of L.N.I.P.E. Gwalior (M.P.). individual data sheet was made by Researcher. Data sheet included Age, Height, Weight and VO_2 max of individual subject. Cooper 1.5- mile Run/Walk test was used to find of VO_2 max of subjects individually by some calculations. Test pertaining to energy level of lower chakras was conducted at department of yogic science L.N.I.P.E. Gwalior (M.P.) with the help of bio-pulsar reflexograph. data were collected by own self with the help of some volunteers

Results-

Results are shown in the following below statistical table with mean and SD, descriptive statistics.

Table 01.

Paired Samples Statistics for Energy level of Lower Chakr

Table 01 shows the descriptive statistics i.e. Pre and Post mean and S.D. of energy level of lower chakras 159.40 ± 13.33 & 177.40 ± 13.10 respectively.

Table 01

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre	159.40	5	13.33	5.963
	Post	177.40	5	13.10	5.861

Table 02
Paired Samples Test

		Paired Differences			95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean					
				1.04	Lower	Upper			
Pair 1	Pre - Post	-18.00	2.34		-20.91	-15.08	-17.16	4	.000

Table 02 shows the paired sample t – test is significant as the p- value (.000) is less than 0.05. so, there is significant difference in pre and post mean of energy of lower chakras. Hence the Null hypothesis is rejected at 5% level of significance.

Result of Cardio Vascular endurance

Table 03

Paired Samples Statistics of Cardiovascular endurance

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre	109.23	5	2.34	1.04
	post	114.49	5	1.44	.645

Table 03 shows the descriptive statistics i.e. Pre and Post mean and S.D. on Cardiovascular endurance is 109.23 ± 2.34 ml/kg/min & 114.49 ± 1.44 ml/kg/min respectively.

Table 04

Paired Samples Test

		Paired Differences					t	df	Sig. (2 tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	pre post	-5.264	1.119	.500	-6.653	-3.874	-10.51	4	.000

Table 04 shows the paired sample t – test is significant as the p- value (.000) is less than 0.05. so, there is significant difference in pre and post mean on CardiovascularEndurance of cyclists. Hence, the Null hypothesis is rejected at 5% level of significance.

Discussion of Findings- In order to determine the significant difference Pre & Post mean of Energy level of lower chakras and endurance of cyclists, Biopulsarreflexograph and cooper 1.5 mile run/walk test was used. For testing Endurance, VO2 max was calculated. after collection of data, Paired T- test was used for statistical analysis. Pre and post mean and S.D. on Cardio vascular endurance increase from 109.23 ± 2.34 ml/kg/min to 114.49 ± 1.44 ml/kg/min. Further the energy level of lower chakras increase from 159.40 ± 13.33 to 177.40 ± 13.10 . The result of the study are presented in tabular form for each variables separately.

Results shown that is significant improvement in Post mean of energy level of Lower chakras as compare to Pre mean Score of cyclists. There was also significant improvement in Post mean of Endurance as compare to Pre mean Score of Cyclists. That means the yogic intervention were effective in improvement of Energy level of lower chakras and Endurance of cyclists.

D. Selvam investigate the study and he found that there was a significant difference between experimental and control group on cardiorespiratory endurance. Further the results of the study showed that there was a significant improvement on cardiorespiratory endurance due to twelve weeks of yogasanas practice. However the improvement was in favor of experimental group.(D. Selvam, 2012)

Caren Lau investigate the study and he found that there was

significant improvements in VO₂max, muscular strength, and flexibility in both men and women who practiced yoga compared to the control group. The yoga group also showed a reduction in resting HR compared to the control group in women. Further analysis comparing participants between younger and older subgroups yielded similar findings, except for the older participants in the yoga group, who failed to improve the resting HR or the curl-up test versus the control group. (Caren Lau, 2015).

Sonesh Poonia found Significant effect of training duration in all 7 chakras in her study. Result shows that Practice of chakra meditation for 8 and 4 weeks was sufficient. Chakra meditation with beej mantra was very effective as compared to colour meditation and control group. (Sonesh Poonia, 2017).

Study shows that Vo₂ max, was improved after eight week training programme. If Vo₂ max is good that means endurance ability of person is good. Maximum uptake oxygen is related to Vo₂ max. Every cyclist should have maximum value of Vo₂ max to perform better. So this study was conducted to see the effect of Asanas on Endurance, and after result it has been clear that asanas is very effective to improve cardiovascular endurance. Similarly chakras are energy channels. All 7 chakras play an important role to doing activity of human. So lower chakras play an important role to improve performance of cyclists. So after conducting the study it was also declared that asanas also improve the energy level of lower chakras.

It was concluded from the result of the study that the yoga practice showed significant improvement in Endurance and energy level of lower chakras. Regular Practice of yoga practice significantly increased the energy level of lower chakras and positive changes on Endurance. Systematic and well-planned of yoga training program significantly improve the cardiovascular endurance. 8 week yoga practice also helpful for another benefits of body. The lifestyle is being changed and modified through the yogic practices with positive and stress-free attitude.

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To study the Impact of socio-economic status on the menopausal changes on of working women

•Alka david

Abstract- *Results related to the impact of menopause of socio-economic status on the menopausal of working women .Therefore result shows that there is an impact of socio-economic status on the menopausal changes of working women.*

Keywords- Menopause, socio-economic status, Working women.

Introduction -Menopause- this itself refers to a stage when the women's reproductive life comes to an end and a woman can no longer get pregnant naturally. At this point the ovaries stop producing eggs and the menstruation cycle stops permanently/ the tow reproductive hormones- Estrogens and Progesterone production decreases permanently to low levels.

Ways of entering menopause

Natural menopause- Technically defined as a year from a woman's last period. Women who have passed this point are referred to as postmenopausal; they can no longer get pregnant.

Surgical menopause- Removal of the ovaries may be recommended as a breast cancer treatment, or to reduce breast cancer risk in women who carry a Breast cancer Gene (BRCA 1 or BRCA 2), or may accompany a hysterectomy or treatment for ovarian cancer. Menopause comes instantly when both ovaries are removed. Because estrogens levels drop suddenly, symptoms are usually immediate and more intense than those of natural menopause. Even when a woman lacks ovaries, her body can still make hormones. Her fat and adrenal glands may produce very small levels of estrogens as well as testosterone and androstenedione, which are converted by fat, muscle, and breast tissue into estrogens.

Chemical menopause- Chemotherapy often causes amenorrhea (the absence of menstruation). Whether a woman's periods return is directly linked to her age. Older women are less likely to have their periods return than are younger women. a premenopausal woman's breast cancer treatment may also include a hormone that puts her into temporary menopause by suppressing ovarian functioning and decreasing estrogens levels. The drugs most commonly used for this purpose are goserelin (brand name Zoladex), leuprolide (brand name Lupron), and triptorelin (brand name Trelstar).

Psychological Symptoms- Psychological (subscales of depression and anxiety), somatic, vasomotor and loss of interest in sex. The instrument has quantified symptoms at the population level (**Barentsen et al. 2001**),

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measured clinical effects of therapies (Chen et al., 2003; Secreto et al., 2004 van de weijer & Barentsen, 2001) and measured quality of life in oestrogen trials (Derman et al., 1995 Ulrich et al., 1997).

Categories	Symptoms
psychological	Feeling sense or nervous, attacks of panic, heart beating quickly or strongly, excitable, difficulty in sleeping, difficulties in concentrating, feeling unhappy or depressed, loss of interest in things, crying spells, feeling tired of lacking in energy.
Somatic	Pressure or tightness in head or body, muscle or joint pain, parts of body feel numb/ tingling, headaches, feeling dizzy or faint, breathing difficulties, loss of feeling in hands/feet
Vasomotor	Hot flushes, night sweats
Sexual dysfunction	Loss of interest in sex

Table 0.1 Symptom categories in the green climacteric scale (Greene, 1998)

Depression- Data indicate that women experience depression and anxiety disorders at a higher rate than do men. This disorder frequently occurs in commotion with reproductive events such as puberty, premenstrual, postpartum and menopause. Women who experience depression at menopause are more likely to have had depressive episodes during premenopause.

Anxiety- An agitated sense of anticipation, dread, or fear- is a universally experienced emotion. During the menopause transition, the various physical and psychological changes, including new stressors, may cause anxiety.

Concentration and Memory- Even among healthy people, the ability to concentrate is influenced by fatigue, mood and a variety of physical symptoms. Difficulty in concentrating is a common complaint in peri- and postmenopausal women. Concentration memory.

Sleep Disturbances- Adequate sleep is the duration and qualities of sleep needed to maintain alertness during desired working hours. One-thirds to one-half of women at the age of 40 to 54 years report sleep problems.

Dizziness- Dizziness is a non-specific term used to describe transient sensations of light-headedness. Imbalance or disorientation. Dizziness can come on when a person sits or stands up too quickly, is sick/dehydrated, or isn't eating properly. Episodes of dizziness common to menopause are often short-lived, lasting only seconds in duration. Nonetheless, these episodes can be disturbing and sometimes even debilitating.

Symptoms of menopause

Symptoms		
Immediate	Intermediate	Late (Hidden)
Decline in Fertility	Genital	Osteoporosis
Menstrual irregularities	Skin & Hair Skin Changes Hair Changes	Cardiovascular
Vasomotor Hot Flashes	Musculoskeletal	

Psychological Moods swings Depression Anxiety Concentration & Memory Sleep Disturbances	Sexual Disturbances	
Urinary complaints	Ocular	
Local	Weight Gain	

Table 0.02: symptoms of Menopause

Objectives of the Study- To study the Impact of socio-economic status on the menopausal changes on of working women.

Methodology

Independent variables –

- Menopause in working women
- socio-economic status

Dependent variables –

- menopausal changes

Control variables –

- Age (40-50 yr)
- Locale
- Test

1. **Stress scale** – By Dr. M. Singh

2. **Socio Economic status scale** – By L.N. Dubey and B. Nigam

Hypothesis: - There is no Impact of socio-economic status on the menopausal of changes working women.

Results and Analysis

Table: o.1

Impact of socio-economic status on the menopausal changes of working women.

Socio- Economic status of respondent	N	M	S.D.
Lower class	47	13.61	3.605
Lower middle class	42	6.56	3.730
Middle class	30	4.80	2.734
Upper middle class	40	5.80	3.164
Upper class	41	5.30	2.139

Table: o2

ANOVA for the impact of socio-economic status on the menopausal changes of working women.

Variable	Source of variation	Sum of squares	df	Mean square	'F' Value	Significance Value
Health changes score	Variance between groups	2276.03	4	569.01	57.285	<0.01*
	Variance with in groups	1857.45	187	9.93		

Degree of freedom = 4,187

F value at

0.05=2.37 F value at 0.01=3.32

Table (o.2a) shows that mean values of lower class in working women is 13.61 , lower middle class in working women is 6.56, middle class in working women is 4.80, upper middle class is 5.80 and upper class in working women is 5.30 are significant variance from each other . Because the calculated 'F' (57.285) values is greater than the table value of 0.01 which is 3.32. **Bhopal** Therefore result shows that there is an impact of socio-economic status on the menopausal health changes of working women.

Verification of Hypothesis- Result shows that there is an impact of socio-economic status on the menopausal health changes of working women.

Conclusion- There is an impact of socio-economic status on the menopausal changes of working women. Therefore result shows that there is an impact of socio-economic status on the menopausal health changes of working women.

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Perception: Is India Ready for E-Commerce or Not?

• Hiren D. Jadav

Abstract- *E-Commerce can change the economies of the developing nation like India. It can integrate Indian markets to the global market which in turn improves and strengthens the economic growth. However, E-Commerce in India is in its early stages and there are also major challenges that can hold back its growth despite this being the area of stupendous growth as often quoted. In fact it is still at a nascent stage with neither the market being stable nor the policies or regulation in place.*

Keywords- E-Commerce, EDI, Multi Product and Single Product of E-Commerce, Types of E-Commerce, Payments on Delivery, COD, Digital, E-Governance.

Introduction- The definition E-Commerce stands for Electronic Commerce. Dealing in goods and services through the electronic media and internet is called as E-Commerce. E-Commerce or E-Business involves carrying on a business with the help of the internet and by using information technology like Electronic Data Interchange (EDI). It relates to a website of a vendor selling or providing services directly from its portal to the customers. They use a digital shopping cart system and allow payment through credit card, debit card or electronic fund transfer payments.

The E-Commerce industry helps in reducing costs in managing orders while also interacting with a wide range of suppliers and trading partners. It also involves any form of business transaction in which the parties interact electronically rather than by physical exchanges or direct physical contact. With the evolution of technology and increase in consumerism all over India, E-Commerce is riding the high tide in online business. Easy access to internet via mobile devices coupled with increasing confidence of the customers to purchase online is leading the way. Because of this, increasing number of people are registering on E-Commerce websites and purchasing products through the use of cell phones. The online business industry is well established in India. And, everyday some or the other new player is taking a plunge. Though, a major contribution to its growth is provided by E-Commerce industry. Even so, not many understand the intricacies involved in E-Commerce Industry.

Concept of E-Commerce in India:

Multi product E-Commerce- Some E-Commerce portals provide almost all categories of goods and services under one roof, targeting customers of every possible products and services. Indian E-Commerce portals provide products like apparel and accessories for men and women, health and beauty products, books and magazines, computers and peripherals, vehicles, collectibles,

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software, consumer electronics, household appliances, jewellery, audio/video entertainment goods, gift articles, real estate and services, business and opportunities, employment, travel tickets, matrimony etc.

Single Product E-commerce- Automobiles sector portals providing selling and buying of vehicles including two wheelers, comes under this. Stocks and share market sites, also offers their services through these types of portals, with options for comparisons and research. Other major industries offering their products and services are real estate and travel and tourism. Besides these, matrimony and employment websites are a big hit across India.

Types of E-Commerce:

Business to Business (B2B)- It involves the full spectrum of online business occurring between two organizations, including purchasing and procurement, supplier management, inventory management, channel management, sales activities, payment management, and service and support.

Business to Consumer (B2C)- Business to Consumer E-Commerce refers to the exchanges between Business and Consumer. It changes the traditional way of doing business with customer by getting goods from Manufacturer/Retailer to the consumer directly.

Consumer to Consumer (C2C)- Consumer to Consumers involves transactions between and among consumers. These transactions may or may not include a third party involvement.

Consumer to Business (C2B)- Consumer to Business is relatively a new model of commerce and is a reverse of the traditional commerce models. Here, consumers provide services or goods to businesses and create value for the business.

Business to Business to Consumer (B2B2C)- This is a variant of the B2B2C model wherein there is an additional intermediary business to assist the first business transacts with the end consumer.

Is india ready for e-commerce or not? E-Commerce as a way of doing business is new concept for Indian families. People usually buy and sell on face-to-face basis. Indians want to feel and see the product that they want, negotiate on best deals face-to-face, and buy. This is type of business activity we are familiar with, which is entirely different from online way of doing it.

The idea of buying goods and services virtually is not the type of risk Indian is ready to accept easily. They are also not confident whether online merchants are trust worthy enough to deliver products and services as promised. This process of slow acceptance through small trials with "Payments on Delivery" as a unique method has taken a huge toll in its natural fast growth.

On the other hand, merchants as well are afraid to sell their products over the Internet. Considering the lack of online buying habits of the society, and because of the reason that electronic way of doing business is not well-known, they think it is a high business risk to take. They usually are not willing to invest on online ventures. Thus both these hamper the growth of E-Commerce in India. Basically, "trust" is a major issue in online business environment and because there are no E-Commerce policies and laws in

India both sellers and buyers have absolutely nowhere to go in case of disputes.

E-Commerce also requires a strong technological foundation. One of the major ones is access to the Internet. To run an online business one needs an Internet connection with stable and high connection speed. However, mostly the Internet connection is very limited and slow. Besides, the cost of possessing it is high. Another major technological facility E-Commerce needs is personal computers. Possessing computers is expensive which another major challenge for the growth of E-Commerce is. Banking is another major facility needed to do E-Commerce. And in most cases, lack of this major facility is a big barrier both for the seller and the buyer. E-Commerce can survive only if online payment systems are used as a mode of payment and not COD which is not cost effective.

The growth of E-commerce volumes in India is also attracting the attention of players around the globe. More importantly, E-Commerce creates more opportunities for business and also opens up opportunities for education and academics, which seems to have tremendous potential in the future of E-Commerce in India.

India is rapidly marching towards becoming a digitally empowered society. The push for E-Governance, the proliferation of smartphones, increasing Internet access and booming. The widespread acceptance of Digital is being seen as a catalyst for overall economic growth, and with the combination of favourable demographics and policy reforms, India presents a unique and powerful growth story.

Conclusion- Most importantly, to do E-Commerce, perfect legal system and policy is required. This is a basic requirement which gives space to both buyers and sellers. Without them it is impossible to do online business. However, India still has a long way to go before it has all the systems in place. Though the growth of E-Commerce has been at a fast pace, the government has not acted fast as a facilitator and left this vacuum of E-Commerce policy framework. The perfect co-operation of government, professionals, online merchants, banks and customers is a must to see an E-Commerce boom through trust and faith. If they can work together and collaborate, they can fully avoid all the above mentioned obstacles and can benefit the nation from the outputs of E-Commerce economy.

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Review on – Peer to Peer Lending in India

•Bharti Jethani
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Abstract- The purpose of the study is to focus on awareness among the people for Peer to Peer Lending Platforms in South Mumbai. It is a platform of financial transactions that bypasses conventional intermediaries by directly connecting borrowers and lenders. As the system of borrowing and lending of money existed since years but in a traditional way but the P2P Lending Platform it gives a new way of borrowing and lending of money through a platform where the borrower and lender meets virtually on the platform through a technology. P2P Lending Platform help to entrepreneurs to raise capital at lower cost of capital and higher returns to investors as peer to peer lending provides a low cost alternative to channeling savings to the real economy.

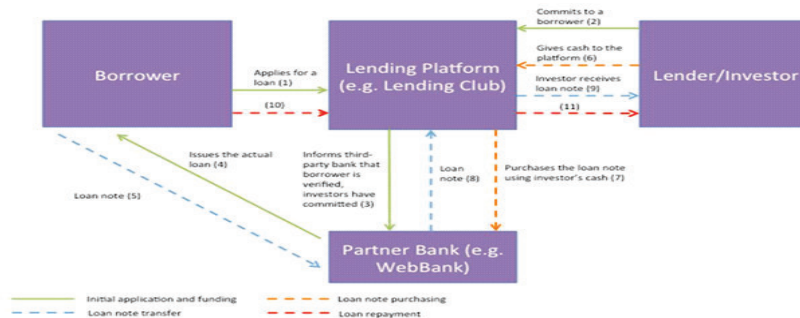
Keywords- P2P Platform, Operation of P2P Lending, Popularity

Objective of the Study

- Awareness about Peer to Peer Lending in India
- Advantages and Disadvantages of Peer to Peer Lending
- RBI Regulations regarding Peer to Peer Lending

Introduction- P2P Lending is a platform where two parties i.e. borrower and lender meet virtually interact with each other without an intervention of intermediary for loans or financial assistance of unsecured nature. P2P Lending platform facilitates lending of money to unrelated individuals or peer without going through banks or other traditional financial institutions. Lending takes place online on P2P Lending platforms with faster loan processing time of loan, easy registration, less operational cost and less cumbersome evaluation and documentation process. The following figure represents the transaction flow in a typical P2P transaction

How Peer-To-Peer Lending Works*



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The platform would process the data on registration by prospective borrower, do a prelim credit evaluation and generate a report summary for the investor's perusal and the investor relying on the platform's credit evaluation report or with additional assessment on the borrower make the decision of lending.

Both the Borrower pays a loan origination fee and the lender pays a fee for loan sourcing and processing to the platform, depending upon the terms of the platform. The interest rates are in some cases decided by the platform or could be decided mutually by the parties. The routing of the money and individual loan contracts is directly transacted between the borrower and the lender, monitored by the platform.

Benefits Of P2P Lending

1. Financial inclusion- The platforms enhance the availability of various alternative funding and investment options with greater diversity which lower the risks that the economy faces when a few banks dominate credit provision
 2. Lower cost of credit- With availability of numerous options for funding, the demand and supply factors get operational, the cost is bound to lower down.
- Further, certain benefits exclusive to the lenders and borrowers are as follows –

Benefits to Investors

Spreading Risk- A single P2P loan may be funded by a number of lenders, leading to distribution of risk among the borrowers.

Higher Earnings- The lender uses his/her own discretion to finance a loan request, so he/she decides on the interest component of the loan.

Choice of borrowers- Lenders have the full knowledge of the parties to which his/her fund goes, unlike banks where the bank lend out the funds and the individual depositors have no knowledge where their funds are invested by the bank.

Benefits to Borrowers

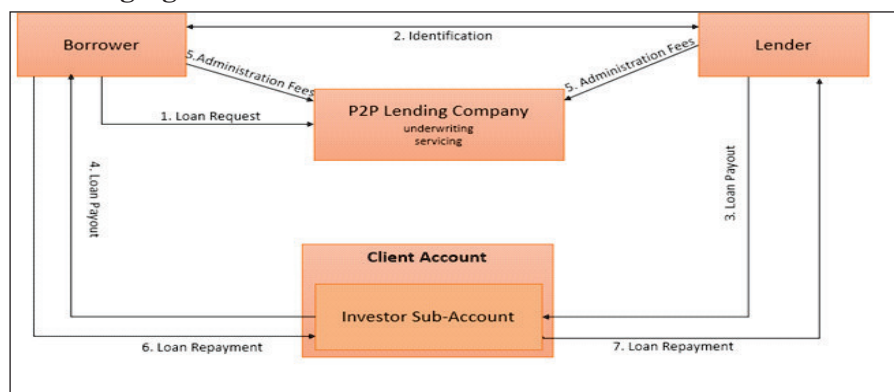
Easy Application- Application can be made on-line by putting in a few pieces of personal information.

Speed of Funding- Loans can be raised in matter of weeks, whereas the banks and other institutions takes over a months' time to sanction a loan.

Funding for all kinds of loans- P2P loans can be raised for any amount, even amount which are small/ large enough for banks to reject them.

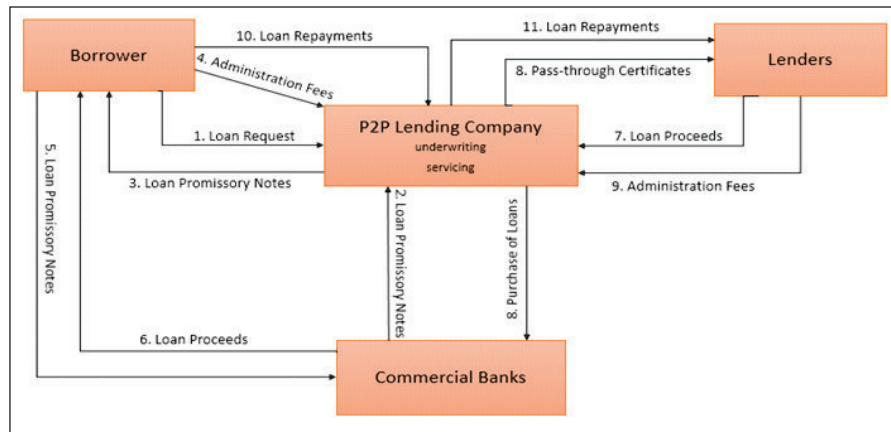
Types of P2P models

Client-Segregated account model



Segregated Account Model- Graphical Representation- This is the simplest form of P2P model, where the lenders directly interact with the borrowers and they themselves fix their counter parties.

Notary Model



(Source: <http://vinodkothari.com/blog/peer-to-peer-lending-business-models>)

This is a much complex form of P2P business, which involves a commercial bank apart from the lender or the borrower.

P2PS in India

Regulations in India

Master directions, 2017- The Reserve Bank of India issued a Master Directions – Non Banking Financial Company – Peer to Peer Lending Platform (Reserve Bank) Directions, 2017 (hereinafter referred to as “Directions”) on 4th October, 2017, which is an extensive statement outlining in detail the various rules and regulations that all existing and prospective entities carrying on or intending to carry on the business of Peer-to-Peer (P2P) lending (hereby known as NBFC-P2P) will have to comply with. These Directions shall come in force with immediate effect and shall apply to all NBFC-P2Ps, i.e. with effect from the date of issuance of the Master Directions

Eligibility Criteria- The basic eligibility criteria for carrying on the business of setting up a P2P lending platform are as follows:

1. Only a Non-Banking Financial company shall undertake the business of P2P lending platform.
2. All NBFC-P2Ps that intend to either commence or carry on the business of Peer-to-peer lending platform must obtain a Certificate of Registration (CoR) from RBI.
3. Every existing and prospective NBFC-P2P must make an application for registration to the Department of Non-Banking Regulation, Mumbai of RBI.
4. Any company seeking registration as an NBFC-P2P must have Net Owned Funds of at least Rs. 2 Crores or higher as RBI may specify.

5. The RBI has imposed the condition that the company seeking registration must be incorporated in India and must have a robust IT system in place. The management must act in public interest and the directors and promoters must be fit and proper.

While the eligibility criteria remains same for those already into business and prospective ones, however, there is a slight difference in the way the application process of these two categories will be dealt with by the RBI.

Prospective P2PS- An entity intending to set up a P2P lending platform will have to make an application for registration to the Department of Non-Banking Regulations of RBI, and at the time of making the application, it should achieve net-owned funds of Rs. 2 crores which must be parked into **Fixed Deposit-** Upon submission of the application, if the RBI is of the view that the aforesaid conditions have been fulfilled, it will grant an in-principle approval for setting up of a P2P lending platform, subject to such conditions which it may consider fit to impose.

This approval will be valid for a maximum of 12 months from the date of granting of the approval, the company must put in place the technology platform, enter into all other legal documentations required.

Once the systems are in place and the RBI is satisfied that the entity is ready to commence operations, it shall grant the Certificate of Registration as an NBFC-P2P. This high NOF (Net Owned Funds) requirements and the long gestation can deter prospective players from entering into the market.

Existing P2PS- The situation will be different for entities who are already into the business. Any entity carrying out the business of Peer-to-peer lending platform as on the effective date of these Directions, can continue to do so provided that they apply for registration as an NBFC-P2P to the RBI within 3 months from the date of effect of these Directions. This will however, not hamper their business, as the RBI allows them to carry on the business, during the pendency of the application and until the application for issuance of CoR (Certificate of Registration) is rejected. If the application is rejected, the applicant will have to wind up its business.

Scope of Activities- The Master Directions for Dos and Don'ts of the P2P lending platforms -

Do- Act only as an intermediary, Adherence to legal requirements, store and process the data, undertake due diligence of participants, credit assessment and risk profiling of the borrowers and disclose the same, documentation of loan agreements and other documents, render services for recovery of loans originated on its platforms.

Don'ts- Not raise deposits, lend on its own, not to arrange any credit enhancement or credit guarantee, not facilitate secured loan, not hold on its own balance sheet any funds received from lenders and borrowers, No cross sell products, international flow of funds is prohibited, not to release credit information

Prudential Norms- Directions issued by the RBI for NBFCs, these Directions also lay down the prudential regulations for this class of entities. They are as follows:

- 1) Leverage: The outside liabilities of a platform must not exceed 2

times of its owned funds;

- 2) Maximum that a single lender can lend across all P2P platforms – Rs. 50 lakhs, provided the same is consistent with the lender's net-worth;
- 3) Lender investing more than Rs. 10 lakhs shall produce a certificate to P2P platforms from a practicing Chartered Accountant certifying minimum net-worth of Rs. 50 lakhs.
- 4) Maximum that a single borrower can borrow across all P2P platforms – Rs. 10 lakhs;

Furnishing Information to Credit Information Companies (Cics)- An NBFC-P2P shall become member of all CICs and submit data (including historical data) to them. Further, it shall also ensure the following:

- (i) credit information is maintained by it and updated regularly on a monthly basis or at such shorter intervals as may be mutually agreed upon between the NBFC-P2P and the CICs;
- (ii) it takes all such steps which may be necessary to ensure that the credit information furnished by it is up to date, accurate and complete;
- (iii) it includes necessary consents in the agreement with the participants for providing the required credit information

Transparency- The NBFC-P2Ps must disclose to the lender details about the borrower including: personal identity required amount, interest rate sought and credit score as per the P2P's credit rating mechanism, terms and conditions of the loan, including likely return; and fees and taxes associated with the loan.

It requires the NBFC-P2Ps to make the following disclosures to the borrowers: amount of loan proposed by the lender, the interest rate offered by the lender etc.

However, it restricts the platform to give out the personal identity and contact details of the lender to the borrower.

Fund Transfer Mechanism- RBI has put a lot of focus on implementing an efficient fund transfer mechanism in order to eliminate any fears of money laundering or usage by the company for its benefit. The Directions stipulate that Fund transfer between the participants on the Peer-to-peer lending platform must take place through escrow accounts which will be operated by a trustee, who must mandatorily be promoted by the bank maintaining the escrow accounts. At least 2 escrows accounts must be maintained - one comprising funds received from lenders and pending disbursal, and the other for collection from borrowers as repayment of loans.

Fair Practices Code- NBFC-P2Ps are required to follow the usual NBFC related Fair Practices Code (FPC) with the approval of its board. They are further required to disclose the same on their website for the information of various stakeholders. The NBFC-P2Ps are prohibited from providing any assurances on the recovery of loans.

Key Industry Data- Although, this market is still in its infancy stage and it is too early for any substantial industry volume data to be available, some data is available namely:-

- 1) The monthly growth in lending is around 20% - 30%
- 2) The median age of borrowers is between 25 – 35 years

3) Professional and salaried persons have a higher probability of getting funds

4) 100% of the loans given are unsecured

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Medical Tourism: Challenges and Future Strategies for India

• Ritu Pahwa
• Kavita Bhatnagar

Abstract- *Medical tourism can be defined as the process of traveling outside your own country for the purpose of receiving medical care. Medical Tourism is not a new concept however as this practice of travelling for seeking the best healthcare was present in ancient times also. The only difference is that earlier the wealthy patients from developed countries used to travel to developed countries in order to avail most advanced medical facilities. Over the time, the scene has reversed and now the less wealthy population from developed countries are seeking expert healthcare services at most affordable rates and quick response in the developing countries*

India is well known for its tourism offerings and is now springing up as a popular medical tourism destination because of its potential to provide high quality treatment at low cost. India is unique as it offers holistic services such as yoga meditation Ayurveda, Allopathy and other systems of medicine. Medical tourism is perceived as one of the fastest growing segments in tourism industry of India. It has a very significant impact on the healthcare, hospitality and travel industry of a country. It also helps in generating employment, foreign investment and FOREX for a country.

Keywords- Medical tourism, affordable, infrastructure

Introduction- The term Medical Tourism is the act of travelling to other countries to obtain medical, dental and surgical care (Dawn & Pal 2011). Today, Medical Tourism is becoming a favored form of vacationing as it covers leisure, fun and relaxation together with healthcare. The number of Medical tourists travelling to Asian countries is increasing rapidly each year. The four main countries in this trade are Singapore, India, Thailand and Malaysia. Indian healthcare industry has recently emerged as a fancied destination for medical tourists because of government support, low cost treatment, qualitative staff, improved infrastructure, up gradation in technology and its rich cultural heritage.

Medical tourism is illustrated as a new segment in travel and healthcare business. According to Patients beyond borders, a medical travel advocacy group for consumers, in 2017 around 14 to 16 million people traveled outside their home countries to seek treatment. Medical tourism is set to be USD 40 billion industry globally.

The need for better healthcare has grown significantly in recent years, which has led to an increasing number of countries starting to promote Medical Tourism as an option to boost tourism income. As a result, the

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popularity of Medical Tourism has increased significantly in recent years.

The availability of cheaper treatment options along with better quality of care is the primary factor responsible for the preference of Medical Tourism. Patients can save from 30% to 80% of total treatment costs. The availability of additional benefits including better healthcare latest technologies, innovative medicines, modern devices, no waiting time, better hospitality and personalized care are some of the drivers of this market. Factors driving market growth constitute inadequate insurance benefits. There is increasing demand for procedures, which are not covered by insurance such as cosmetic surgery, fertility treatment, dentistry and cosmetic surgery is also driving the market.

As a part of Medical Tourism, India is recognized as the cradle for test tube babies and is popular for surrogacy services (Qadeer and John, 2009). Other than these India offers high-tech cardiac, dental, cosmetics & orthopedic surgical services, knee joint replacement, bypass surgery and cosmetic surgery etc.

Objectives- The present study aims at understanding Medical Tourism in India, presents challenges and concludes with some valuable suggestions to develop this industry in India.

Challenges for the Industry

High infrastructure cost- The most important constraint is the high cost of setting up hospitals, the long gestation period of such investment, and the relatively low returns on investment. Management of several leading corporate hospitals stated that hospitals are a very expensive business involving huge investments and very high running costs. In addition, rising operating costs further reduce margins. Thus, investment in hospitals is characterized by low returns, high capital requirement and long term commitment. This is not the most attractive combination for foreign investors who find it risky to invest in developing nations like India, where only a few can afford private treatment and insurance. It is therefore more common to see FDI through joint ventures with local partners to ensure access to qualified personnel and a better understanding of local culture and characteristics.

Visa related problems- Cost of medical visa is quite high. It is almost twice the cost of tourist visa and it is not available in some countries from where India receives patients. Even extension of visa takes time. Medical tourists often travel on tourist visa which is cheaper and readily available thus the government should reassess its medical visa policy.

Lack of initiative of government- Medical Tourism industry is facing problems which are caused by the government. Some of them are lack of rules and regulations, taxation and anomalies, bureaucratic roadblocks, lack of long term investor friendly policies and instability with respect to terrorism and communal tension

Follow up problems of international patients- In Medical Tourism, the follow up care becomes complicated, If the patient develops any issues after surgery, the follow up in his/her own country becomes difficult and even expensive. Though, the patient can get in touch with doctor through internet or telecom but sometimes, the meeting with the doctor becomes inevitable.

This reduces the demand of Medical Tourism

Language Barrier- Though Indian hospitals boast of fluent English speaking staff, and English is an international language but the non-English speaking patients face problems in communicating with doctors and hospital staff. Many Indian hospitals have started providing interpreters to the patients but the language barrier is still a challenge for the industry.

Infrastructural Problems- Many developing countries including India face problems due to poor Infrastructural support in medical services. These are the problems related to power supply, poor hygiene in hospitals including unhygienic surroundings, untidy staff & low quality food and lodging along with poor air connectivity and bad roads to support patients inflow.

Difficulties in Marketing- The countries like India also suffers from problems of promotion in Medical Tourism. There is lack of quality accreditation & regulation in the hospitals and other medical service provides. Apart from this there are no uniform pricing & standardization of services acting as a barrier in building customers trust on the services offered.

Legal Problems- One of the serious concerns of Medical Tourism industry is the difference in laws of different countries. In most of the developing countries including India there are weak laws for malpractice in medical services which leave patients with fewer options to fight from their rights in case something goes wrong during the whole process of treatment.

Differential Pricing- differential pricing is used by some hospitals for medical procedures. Whereas others have same prices for medical procedures but administer a different prices for pre and post procedure care & arrangements. NRI's & PIO who are difficult to differentiate present self as domestic patients to avail lower prices. Similarly Medical Tourists from neighboring countries also do not disclose their identity and seek price benefits posing as domestic patients.

Insurance- There is no institutional tie-up of Indian Hospitals with Insurance Co's in developed world who are offering lower premium to their clients if they agree for a procedure in a low-cost quality hospital at some other destination. There are such arrangements in Singapore hospitals for the same. This is going to be a big challenge for Indian Medical Tourism. Indian hospitals should aggressively seek such institutional tie-ups with insurance companies.

Suggestions for Attracting Medical Tourists

Investment in technology- Medical tourist get attracted by world class infrastructural facilities. India needs to invest in providing best and latest healthcare services. Hospitals should also create their user friendly apps to increase their accessibility.

Strong online presence- Online marketing is very important in medical tourism .hospitals should maintain a user friendly website and easy to understand blog. Hospitals should be active on social media like face book, LinkedIn, instagram etc.

Collaboration- Hospitals should collaborate with hotels, resorts, insurance companies, representatives of international health offices

Visa assistance- Visa invitation letter is needed for applying medical visa to India. Upon receiving the required details of patient, visa invitation letter

should be issued for prospective medical tourists. A simplified system of getting medical visas should be developed. Visas should be extended depending on the condition of the patient. The subsequent registration and visa extension procedure is complicated and time consuming. There is a need to simplify and speed up these procedures to make India a more attractive medical tourism destination.

Comfortable stay- Comfort is very important. Rooms for international patients should be spacious and have 24x 7 room service, internet, air conditioner, television and meals facility. Attendant accompanying patient should also be made comfortable.

Security service- Safety of the foreign patients cannot be compromised. Sufficient investment must be made for hiring efficient man power and using latest technology to ensure the safety of the medical tourists.

Interpretation services- For international patients, the staff hired should be fluent in speaking English. In case of non English speaking patients, translators should be hired by the hospitals.

Marketing strategy for future

- Undertake aggressive international marketing in conjunction with the tourism industry.
- Build Indian healthcare brand synonym with safety, trust and excellence.
- International marketing campaign should be developed targeting at selected countries.
- Improve service experience for customers.

Joint Ventures / Alliances- To counter increasing competition in medical tourism sector, Indian hospitals should tie-up with foreign institutions for assured supply of medical tourists. Specifically tie-ups with capacity constrained hospitals and insurance providers.

Conclusion- Medical Tourism plays a significant role in bringing an appreciable proportion of revenue to India in the recent decades. This industry promises employment, foreign exchange earnings to the country. India is in an advantageous position to tap the global opportunities in medical tourism. If Medical Tourism is given clear guidance and right direction from the government and selected industries, it can contribute towards the development of Indian economy as well as the development of the life standards of locals on other side.

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Study on Health Insurance Sector in India – Impact of COVID-19 on it and its Future Prospects

• Simran R Kalyani

Abstract- Health care sector is a diversified sector. It is core and booming sector in India. Its sub sectors are clinical trials, medical tourism, hospitals, devices, equipment, telemedicine, health insurance and education. It is growing at an incredible speed. India's healthcare sector valued over 140 billion U.S. dollars in 2016 is projected to reach up to 372 billion dollars by 2022. Like every pandemic COVID-19 has affected severely all sectors globally. Health care sector is not exception to it. The pandemic has brought forward health insurance in front seat. Pandemic period has made people to realize the significance of immunity and investment on health and life. People have understood significance of accessibility of quality health care facilities and availability of sufficient finances. This has turned into increasing demand for health insurance. In India health insurance being one of key segment of health care sector is growing sector. Role of private, public and government is making health insurance industry as one of shining sector in India. The objective of research paper is to understand the growth of health insurance industry in India, COVID-19 impact on it, Indian government role in pushing this sector and its future prospects.

Keywords- COVID-19, Health insurance.

Introduction- Health Care sector is one of largest and booming sector in India in terms of revenue and employment. It is a diversified sector comprising of various sub sectors like hospitals, medical instruments and machines, clinical trials, pharmaceutical, medical tourism and diagnostic systems. Each segment is with full of opportunities and bright prospects.

India being the second populated country is expecting to add more millions of household people into middle class group thereby increasing demand for more health care facilities. Increasing awareness on health care, Indian government spending on it, technological developments, participation of private players and many more factors are contributing to exponential growth of health care sector of India.

In 2016 India's healthcare sector was valued at 140 billion U.S. dollars, with projections to reach up to 372 billion dollars by 2022.

Health insurance is one of core segment of health care sector in India. In 2018 it was valued at about 370 billion Indian rupees with future projection of to cross over two trillion rupees by financial year 2030. Increasing income and awareness on health are contributory factors in its growth story. Government is coming up with different various health insurance schemes and same time it is encouraging the participation of population in it.

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Objective of Research paper-

- a. To understand Health care sector and its growth in India
- b. To understand Health insurance segment, its evolution and growth.
- c. To analyse the role of Government in it
- d. To analyse impact of COVID-19 pandemic on health insurance sector of India
- e. To analyse the future prospects of it.

Research Mythology- This research paper is descriptive in nature. The researcher has tried to analyse the different segment keeping in mind the objective of research paper by referring different articles, reports and research papers. This paper is based on secondary data.

Evolution of Health insurance in India- After independence, health care sector had a considerable improvement. Its history in India can be seen from Indian government initiative of launching of an Employee's state insurance scheme (ESIS) in 1948. It provides health care services through a network of dispensaries and hospitals that impaneled with ESIS.

In 1986, General Insurance Corporation (GIC) launched India's first Medici claim policy. However, in 1991, a milestone was set in health insurance sector with introduction of the new economic policy and liberalization process and privatization. Passing of bill, "The Insurance Regulatory and Development Authority (IRDA)" in the Indian parliament was another milestone in health sector which boosted the confidence for health insurance in the minds of Indian investors.

Health Insurance growth story in India- Today the health insurance sector is gaining acceptance and becoming as a one of the emerging and fastest sectors in non-life insurance segment in India. In FY 17 health insurance sector had a market share of 24 % in the Indian non-life insurance sector. Growth was observed with a strong double-digit growth of 24%. As per the published records of the financial year 2018-19, general and health insurance companies collected ₹ 44,873 crore as health insurance premium which is 21.2% above the premium collected on this head during the financial year 2017-18. During the years 2014-15 to 2018-19, the growth of health insurance premium is over 20% in each year. As per TECHSCI Research India health insurance market is projected to register a CAGR of 29% during 2021 – 2025. At present picture 52 insurance companies are operating out of which 24 in Life and 28 companies in non-life insurance segment. Non-life insurance sector in India are dominated by motor insurance with market share 43%, followed by health insurance (25%). The strong drivers for robust growth of health insurance are:

- Increasing awareness of health due to the growing healthcare costs
- Increasing income level and standard of living of Indian population
- Availability of schemes for senior citizens and children is making health insurance sector more popularized as it is catering to every segment of population.
- Wide range of products providing varied kind of health covers, customisation as per customers' needs and budget is key factor for its growth

- Medical cost is inflated at more than 15% consequently medical facilities is becoming beyond the reach of poor, needy and low-class people.

Earlier public sector health insurance had dominance over market. Now with the participation of private player the share of public health insurance players is at declining rate. The share of private sector health insurers has marginally increased from 22% in financial year 2014-15 to 24% in the financial year 2018-19. But a remarkable growth has been recorded in the business of stand-alone health insurers whose share in total market gone up from 14% in financial year 2014-15 to 24% in financial year 2018-19. Strong marketing practices of private players, claim settlement ratio, attractive schemes offered by them and increasing public confidence into private companies have contributed to growing market share of private players in health insurance sector of India.

Health Insurance during Pandemic COVID-19- Like every pandemic COVID-19 has affected severely all sectors globally. Health care sector is not exception to it. Despite India is facing various challenges, there are prospects and opportunities to be exploited, and the sector has come into limelight from policymakers. 'Healthy India' is one of the key policies under India's Vision 2030 as the government attempts to cater healthcare needs of the general public and also make it a driver of economic growth.

COVID-19 pandemic has made people to realize the significance of health and investment on it, showing change in mind set of people. During this period, we can see people investing money and time on exercises, meditation, healthy diet, investment planning on life and health insurance policies. With realization of current challenges in health care sector in India, people now have importance for good infrastructure in terms of hospitalization, clinics, well equipped and advanced diagnostic systems and quality health care services. They have begun to invest in individual life and health insurance than depending upon their employers.

The Health insurance industry has seen positive change over the last few months. Firstly, almost 30-40% growth was found in the acceptance in health insurance adoption across industry players. There has been major shift towards digitalisation. During the pandemic period from April to September 2020 large amount of premiums was collected making health insurance a key and valuable segment in non-life insurance sector. According to the General Industry Council, an industry body, in the total premiums collected by non-life insurance in first six months of financial 2020-21, the health insurance sector's share was almost 29.7% and motor insurance came in a close second, with 29% of premiums. In 2014-15, the share of premium collections of health insurance was 23.4% and motor 44.4%. It shows the strong demand and growth of health insurance over the period of time and making it the second-highest growth among these 10 segments of overall health sector of India.

Government Role in Health Insurance Sector in India- Every government has an accountability towards its citizens to provide inexpensive and reachable healthcare. For achieving it, governments unveil

different health insurance services for every common citizen of country. Likewise, the Indian government has also hurred a diversity of health insurance schemes with low premiums and a significant sum insured to make every Indian accessible healthcare facility in India. Introduction of various government health insurance schemes is adding to growth story of insurance sector in India.

In September 2018 the launch of National Health Protection Scheme under Ayushman Bharat, by Central Government was a significant step for a health insurance sector. The objective of scheme is to provide coverage of up to INR 500,000 (USD 7,723) to more than 100 million vulnerable families. This has resulted in increased penetration of health insurance in India, from nearly 34% to 50%. In 2017-18 about 47.9 million farmers benefitted under Pradhan Mantri Fasal Bima Yojana (PMFBY). Till now almost sixteen government schemes has been infused in economy.

The Road Ahead- In the financial year 2019 almost 472 million people were protected under health insurance schemes comprising the highest number of people covered under government sponsored schemes and low number of people were of individual policies. Urban and rural health insurance coverage stood as 18 per cent and 14.1 per cent of respective population. Overall, the [demand of health insurance](#) in India was at just round 35 percent in financial year 2018. This indicates untapping of market and true protentional of growth of this sector in India. This pandemic has kept it on front sear and one of key economic driver but with some challenges. Digitalisation of whole process is one them. Introducing more varied and innovatively designed products in market to cater to every segment and type of customers is the task for private and public players in this sector. Simplification of procedure and terminologies is need of hour to access the health insurance products in far remote and rural areas of India. Insurance companies have challenge of capitalising this pandemic opportunity over the long run of time.

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Weaving and dress designing in ancient India

• Reena Pathak

Abstract- *History generally deals with the exploits of the kings and their achievements in the field of administration, the rise and fall of states, and the social and economic conditions of the people. But such history cannot be regarded as complete. It should present the story of the people and their life, thought and culture. It should record the characteristics as well as reactions of the people to physical and economic condition. It should contain an account of their social institutions, beliefs and forms. The central purpose of a history should, therefore, be to investigate and unfold the values which age after age have inspired the inhabitants of a country. It is, therefore, necessary to deal with the history of Costume, Coiffure and Ornament, which would reveal, besides their social and economic condition from age to age, their aesthetic qualities, their love for beauty and refinement, and their influences, internal and external, bearing on the material life of the people.*

Keywords- Administration, Culture, Social and Economic conditions

Weaving and Dress Designing- Textile industry has a glorious history in ancient India. From the very commencement of the history of Indian civilization people, here had attained a high degree of proficiency in spinning and weaving fine textiles. Manu alludes to a practically self sufficient rural society and to an economy based on agriculture and hereditary handicrafts.

All kinds of arts and crafts were practised in ancient times spinning and weaving were the most important functions of the house ladies. Frequent references of cotton, silken, woollen cloth clearly indicate to the knowledge of weaving among the people. A weaver who has received ten parts of the thread shall return cloth weighing one pala more. He who acts differently shall be made to play a fine of twelve panas. According to Nandana, the weaver is to pay the king, the profit of each eleventh piece of work which he performs. Not only weaving but sewing or tailoring was also known to people in ancient times. Men and women both wore stitched garments. The profession of a tailor is this period.

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All kinds of arts and crafts were practised in ancient times spinning and weaving were the most important functions of the house ladies. Frequent references of cotton, silken, woollen cloth clearly indicate to the knowledge of weaving among the people. A weaver who has received ten parts of the thread shall return cloth weighing one pala more. He who acts differently shall be made to play a fine of twelve panas. According to Nandana, the weaver is to pay to the king, the profit of each eleventh piece of work which he performs. Not only weaving but sewing or tailoring was also known to

people in ancient times. Men and women both were stitched garments. The profession of a tailor is referred in this period.

Kautilya prescribed who manufactures fibrous clothes raiments, silk, cotton, woollen. One of the largest single industry of India, is her textile industry. India is considered to be the third biggest producer in the world in the factory made cotton yarns and fabrics and in the consumption of cotton, her position comes second. The industry contributes a major share to the country's earning in the foreign exchange. Netting on an average a hundred of rupees per annum. Credit to their achievements should be given to the women workers employed in the craft as to their male counterparts. Indian textile industry has always been very prosperous. It would therefore be interesting to learn as to what extent ancient Indian women contributed towards that prosperity. From the early days of the Indus valley civilization, weaving appears to be a largely followed occupation. The shawl of trifoil pattern wrapped around the bust of a bearded human figure, and the microscopic specimen of a cotton cloth scrap sticking to a silver vase given an idea of the materials were upon in weaving in those days. The types of dresses represented on the terracottas and these sculptures ascribed to the Mauryan period associated with N.B.P. and later wares show that the people must have been well skilled in the art of weaving and stitching much before the Mauryan period. The terracottas of the period are of special value in reconstructing the nature of the male garments during the Mauryan period because there is difference of opinion as regards the date of the earliest stone sculptures.

Thirteen percent of the world's India is one of the foremost producers of cotton textile. Like many other industries, the cotton textile industry was most rooted in the country. The muslins or mulmulhas of Dacca, Chintzes of the Masulipatnam, Calicoes of Calicut and weaving came as a serious turn in the history of the industry. Cotton textile is the oldest organised industry in India, the lines of the cotton manufacture consist of yarn woven goods including grey and bleached piece goods, coloured piece goods history, cotton goods and goods mixed with wool silk and synthetic clothes. The availability of the market, more than raw material, which prompted the rise of the industry in Lancashire and subsequently in India, conditioned by customs and Traditions the demand of cotton goods differ from region to region, providing a sizeable market and incentive for the industry to survive even in areas like West Bengal, Kerala and Orissa. Where there is no cotton is grown since cotton weaving was a traditional cottage industry chiefly concentrated in the cotton tracts of the country cheap skilled labour was easily available in such areas. As ports were the collection centres, for the export of raw cotton and yarn and the distribution centres of imported cotton goods for the whole country, they emerged as centres of cotton textile industry, when the local enterprise took the initiative to establish the industry in India. The cotton textile industry is one of the most widely distributed industries in the country.

Maharashtra and Gujarat are the foremost cotton textile manufacturing states together contributing about 68 percent of total installed looms and 47 percent of total installed spindles in the country. Tamil Nadu and Andhra

pradesh are important in spindle age capacity and Uttar Pradesh, Madhya Pradesh, West Bengal and Karnataka in both spindle age and loomage capacities.

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A Study of Non-Farm Sector in Rural Development

• **Rekha Kumari**

Abstract- Farm activity means agricultural activity and non-farm activity is used as non-agricultural activity. Rural non-farm refers to those economic activities which include household and non-household manufacturing, handicrafts, processing, trade, education transport communication repairs, construction, mining and quarrying, community and personnel services etc. In many rural areas agriculture alone can't provide sufficient livelihood opportunities. Migration from rural areas to urban area is not a permanent solution for livelihood. Rural non-farm employment can play a potentially significant role in reducing rural poverty. According to one report the share of non-farm sector in rural employment in developing countries varies from 20% to 50%. Thus the rural non-farm activities play an important role to provide supplementary employment to small and marginal farm house holds. Reduce income inequalities and rural urban migration. In that region where importance of agriculture contribution in the economy is decline, rural non-farm sector will need to become more and more a major provider of employment and income to many rural sectors. It should be noted that rural non-farm employment are not a substitute for employment in agriculture but rather as a supplementary measure. Agricultural development is still important and should be pursued as a necessary precondition. The promotion of rural non-farm employment also should be undertaken within the broader context of rural development.

Keywords- Non-Farm, Rural development, Employment, Income

Introduction- The non-farm refers to those activities that are not primary agriculture, forestry or fisheries. Non-farm does include trade or processing of agricultural products. Thus, farm activity means agricultural products. Thus, Farm activity means agricultural activity and non-farm activity is used as non-agricultural activity. Rural-Non- Farm-Sector (RNFS) includes all economic activities viz., household and non-household manufacturing, handicrafts, processing, repairs, construction, mining and quarrying, transport, trade, communication, community and personal services etc. in rural areas. Rural Non-Farm-Activities (RNFAs), thus, play an important role to provide supplementary employment to small and marginal farm households, reduce income inequalities and rule-urban migration. Though, agricultural sector has played a very significant role of generation of rural employment in the Asia and Pacific region. Also, development of various non-farm-activities can be effectively be for further economic growth offering rural communities better employment prospects on a sustainable basis.

Rural non-farm economy, in recent times is considered as an effectual strategy for decentralization of economic activities to rural India. The economic census if India estimates that around 41.80 million rural

people are employed in non-agricultural establishments which registered a growth rate of 4.56% during 1998-2005. However, the sector has been contending with a number of factors like inadequate rural infrastructure, particularly roads, electricity and communication facilities, lack of sufficient skilled labour and adequate access to credit, information and training facilities etc.

In many rural areas, agriculture alone can't provide sufficient livelihood opportunities. Migration is not an option for everyone. Policy makers may in any case prefer to limit the worst excess of urbanization with its associated social and environmental problems. Rural non-farm employment can play a potentially significant role in reducing rural poverty. According to one report the share of the non-farm sector in rural employment in developing countries varies from 20% to 50%.

Structural and Growth of Rural Non-Farm Sector- The RNFS (Rural non-farm sector) in India is too diverse in respect of activities, unit size and geographic dispersal. Further, it does not consist of a homogeneous set of activities in terms of income and productivity levels. The RNFS is classified into three major sub-sectors (Saxena, 2004).

- The First sub-sector consists of enterprises that are run on more or less stable basis target on the surplus generation and growth employing labour and certain degree of technical also.
- The Second sub-sector consists of products or activities, which are often seasonal, run solely with the help of unpaid family labour, using primitive technology and catering mostly to the local market.
- The third sub-sector consists of paid workers characterized by low earning and a dis-integrated market with respect to labour supply.
- The third sub-sector consists of paid workers characterized by low earning and a dis-integrated market with respect to labour supply.

As Per the Economic Census 2005, 19.83 million non-agricultural establishments located in the rural area, 13.26 million (66.89%) were own-account establishments and remaining 6.56 million (33.11%) were establishments with hired workers. Non-agricultural and agricultural establishments registered a growth rate of 4.56 and 8.62% respectively during 1998-2005. The data suggests that with the major share of non-agricultural activities, the growing rural labour force can successfully be absorbed as RNFS worked generation supplementary income for better economic growth of the rural community. The distribution of major Non-agricultural establishments in rural India during 2005 according to the economic census all-India report, government of India Ministry of statistics and programme Implementation are as follows

Retail trade 39%, Manufacturing 26%, Community, social & personnel services 8%, Hotels & restaurants 4% Transport, storage 4%, post & communication 2%, Financial intermediation 1%, Real estate, renting & business services 2%, Public administration defense & social security 2%, Education 5%, Health & social work 2%, other activities 0.01%, Mining & quarrying 0.3%, Electricity, gas & water supply 0.2%, Construction 1%,

Sale, Main & repaired of motor vehicles 1%, Whole sale trade 2%

Trends of Non-Farm Employment and Income- Rural non-farm economy in recent times is being considered an effectual strategy for decentralization of economic activities to rural Indian and giving a halt to the migration of people to urban centers. Around 41.89 million persons worked in rural non-agricultural establishments of rural areas which constitute 46.55% of the total employment in non-agricultural sectors including both rural and urban areas. Of these, 17.30% million persons (41.30%) were employed in own account establishments and the remaining 24.59 million (58.70%) in establishments which hire workers. Female workers (nearly 10 million) constituted 21.96% of total employment in rural non-farm sectors and proportion of female employment was found comparatively higher (24.32%) in establishments which hire workers than own-account establishment (18.59%). There were 1.03 million child workers, which constituted 2.45% of total employment in non-agricultural establishment in rural areas and the proportion was more in establishments with hired workers (2.85%) than in own account establishments (1.89%). Retail trade, manufacturing and other community, social and personal service activities were the three most important activity groups which attracted the largest number of own account establishment. However, the percentage of other categories including social and person service activities was much less compared to that of retail trade and manufacturing. Employment in retail trade (7.5 million) constituted 43.12% of the total employment in the own account establishments in the rural area following by manufacturing engaging 5.4 million workers (31.01%) and other community including social and personal service activities 1.3 million workers (7.67%) percentage of share of employment was found negative in the sectors like mining and quarrying, electricity, gas and water supply, financial intermediation other activities. The trend of percentage share follows the same pattern as that of establishments with hired workers. The non-agriculture-sectors where employment growth during the 90's was positive and higher were manufacturing, construction, trade, transport, and business services whereas negative in mining and quarrying, utilities and community services.

Various studies have estimated that the earnings of regular workers in the RNFS' were 2.4 time higher than that of agricultural workers. Casual laborers earn higher wages in non-agricultural activities than in agricultural. For male laborers wages are 40% higher. For female the difference is just over 20%. According to National Sample Survey, only 10% of male rural workers and 5% of female workers were regularly employed. A trend of a shift from self-employment. A trend of a shift from self-employed in agricultural to higher paid casual work non-agricultural activities has also been painted out by some independent studies.

Non-farm employment can broadly be classified into three categories: regular employment, self-employment and casual employment. A trend in employment status of rural labour in India is presented in Figure 3.27 million people were employment in organized sector in 2003. The

Employment in this sector has been decreasing since 1998 when It was 28.1 million. Estimates suggest that 92%of Indian labours are engaged in the unorganized sector while organized segment constitutes the remaining 8%. Further, it can be noted that 95%of female worker and 89%of male labours are engaged in the unorganized segment in Indian. The informal nature of farm and non-farm activities in rural areas drives this trend of overwhelming presence of unorganized sector in Indian. Though, the informal nature of farm activities in rural areas has been documented to some extent, non-agricultural activities appear to be extremely unorganized in Indian

Labour Force Growth and Employment Requirements- To provide employment for additional labour force which is estimated to grow at the rate of 2.51% per annum during the Tenth plan period (2002-2007), besides reducing the backlog of unemployment accumulated from the past, is a daunting challenge for India. Despite an expected reduction in the growth rate of population to 1.63% per annum by 2002-2007 the labour force growth reached 2.51% par annum. This is attributed to change in the age group of 15-59 (Table 1 and 2). Growth or decline in the labour force participation rates (LFPRs) depends on certain factors. With the increasing thrust on education, LFPRs in the age group 15-19 years will decline. On the other hand, with improved health and longevity, LFPRs in the older age groups, particularly 50+years will increase by 7.9-8.9% during the Eleventh plan period (Table1).The labour force projected to increase by 40.02 million in special group and 55.82 million in working age group (15+) during the period of 2007-12 implies the need for an increase in the pace of creation of additional work opportunities commensurate with the growth of labour force (Table3).

Table 01
Age structure of population (% population in millions)

Age group	2001	2006	2011	2016
0-14	35.6	32.5	29.7	27.1
15-59	58.2	60.4	62.5	64.0
60+	6.3	7.0	7.9	8.9
All age groups	100.0	100.0	100.0	100.0
Population	1,027.0	1,113.7	1,194.4	1,267.5

Source: Planning Commission, Govt. of India, Tenth five year plan 2002-07

Table 02
Growth in population labour force projection by age group

Population labour force	2002-2007	2007-2012	2012-2017
Population (all age group)	1.63	1.41	1.20
Population (15-59 years)	2.41	2.08	1.70
Labour force (15-59)	2.42	2.15	1.78
Population(15+)	2.51	2.26	1.93
Labour force (15+)	2.51	2.25	1.92

Note: 1) Data for respective year are par cent per annum 2) Labour force projections here are on basis of labour force participation rate for each age group remaining unchanged, i.e. the changes in labour force growth in relation to population are due to changes in the age composition of the

population . (Source : planning commission , Govt. of India , Tenth five year plan 2002-07)

Table 03
Increase in labour force and working age population

Basis of scenario	2002	2007
Increase in labour force (Specific group)	35.29	40.02
Increase in working age population (15+)	55.25	55.82

Source: Report of planning Commission Special Group on creation of 10 million employment opportunities, per year since 2002 .

Note : Data for respective five-year block in million

Unemployment is estimated at 21.15 million 5.11% of the total population (Table 4) To achieve full employment by 2011-12, it is estimated that employment should grow at 2.7% per annum based on the proposed policy and programmes in the Tenth plan . This would require GDP to grow at 8% per annum. It is observed that the proportion of person –days of the usually employed, utilized for work , is lower for females as compared to the males throughout the period 1987-88 to 1999-2000. During 1999_2000 , this proportion was estimated at about 68 per cent for females as against 90 percent for males in rural India.

Table 04
Labour force, employment and unemployment

Parameter	1999-2000	2001-2002	2006-2007	2011-2012	%Per annum
Labour force	363.33	378.21	413.50	453.52	1.80
Employed	336.75	343.36	392.35	451.53	2.70
Unemployed	26.58	34.85	21.15	1.99	-9.50
Unemployed rate (%)	7.32	9.21	5.11	0.44	

Note: 1) data for respective years in million 2) Special group estimates on CDS basis.

Source: Planning commission, Govt. of India, Tenth five year plan 2002-07

Importance of Rural Non-Farm Sector-The rural non-farm sector, is being recognition in recent years for the following reasons:

- First, employment growth in the sector has not been similar with employment growth in general.
- Second, a planned strategy of rural non-farm development may prevent many rural people from migrating to urban industrial and commercial centers.
- Third, when the economic base of the rural economy extends beyond agricultural, rural-urban economic gaps become narrower along with other many aspects associated with the life.
- Fourth, rural industries are generally less capital-intensive and more labour intensive.
- Fifth, rural industrialization has significant spin-offs for agricultural development as well.
- Lastly, rural income distribution is much less unequal in that areas where a wide

- Network of non-farm employment exists.

Strength and Weakness of Non-Farm Sector- The strength and weakness of rural non-farm sector in India as highlighted by Mukherjee and Zhang (2005) have been discussed below.

Strengths-

Intuitional basis for rural non-farm sector- In India, the instructions underlying the development of the rural non-farm sector are Very strong. These include secure property rights; a well-developed financial system with preferential access to credit for the sector; supporting institutions such as the KVIC, state Khadi Board, NHHDC, Small Industries Development Bank of India (SIDBI), State industrial corporations; policies and programs promotion linkages with agriculture, especially agro-industries; domestic marketing channels for rural nonfarm production; as well as. Government support in export promotion.

Decentralization process- Over the last two decades the State government in India have been able to exercise far more independence in decision: making than in the pre-1980 period. Regional parties are an integral part in coalition government at the Center. In turn, they have negotiated economic autonomy in the formation of state specific policies for development. Moreover, with the opening up of the economy in 1991, foreign direct investment (FDI) has come to play 'an important role in the overall policy environment. State government are in competition with one another to attract higher FDI levels both in manufacturing and infrastructure. In some ways, it mirrors the path followed by China. On the positive side, however, this creates an opportunity for higher levels of investment in the future.

Weakness-

Infrastructure- The most significant bottleneck in generating higher levels of rural nonfarm activity in India is the quantity, quality and reliability of Infrastructure. For example, the World Bank Investment Climate Survey for India indicates that power outages were one of the most serious obstacles to the development of the non-farm sector (Economist, 2005; World Bank 2005). Although corrective steps are now being taken, increased infrastructure remains the most important priority for the future. To achieve a sustained growth rate of 8-9 percent, the investment rate has to be stepped up from the current level of 24 percent to nearly 35 percent over the next decade, with investment directed at the rural sector (Planning Commission, 2000).

Regulatory restrictions on small- scale sector: Regulation of the small-scale sector constitutes an important aspect of non-farm development policy in India. In the initial stages, capital investment restrictions were imposed to protect the small-scale sector, especially in rural areas, from predation by large industry. At the end of the 1990s, however, these very policies have become detrimental to the dynamism of the small-scale sector, especially in the rural areas. Capital investment limits have discouraged economies of scale, and concessions offered to small industry have created adverse incentives against re-investment.

Quality of manpower- High levels of illiteracy in rural India has hampered the growth of the rural non-farm sector. Education has both intrinsic and instrumental value. In the rural areas, lack of education leads to labor being stagnant in agriculture, or moving to casual work occupations in the non-form sector, and not to salaried employment with higher wages and benefits. Together with lack of technical skills, there is little incentive for rural firms to investing technology, leading to low levels of labor productivity in the rural manufacturing sector compared to urban manufacturing (Chadha, 2003).

Forward and backward linkages: Absence of appropriate forward and backward integration greatly affects performance of non-farm activities in rural areas. Forward linkages of the RNF sector demands the output sector. Also, in backward linkages the RNF sector demand the outputs of other sector. However, gaps in the integration of the production linkages brought about by poor infrastructure, low accessibility of market, support service weakness and intervention of middle men have constrained the development of non-farm enterprises in India.

Conclusion- The rural-non farm sector is increasingly playing an important role in the development of rural areas in Asia and the Pacific region. Specially, as agriculture in the region declines in importance in terms of its contribution to the economy, the rural non-farm sector will need to become more and more major provider of employment and income to many rural sector. It should be noted, however, that rural non-farm employment are not a substitute for employment in agriculture but rather than as supplementary measure. Agricultural development is still important and should be pursued as a necessary precondition. The promotion of rural non-farm employment also should be undertaken within the broader context of rural development.

Efforts are needed to institute appropriate an effective institutional vehicles for development of non-farm sector policy and interventions for creating employment opportunities. Many strategies and programs to promote rural non-farm employment have been formulated in various countries. China's labour-intensive township and village enterprise (TVEs), for example, often described as the "engine of growth" behind that country's remarkable growth during the past decades represents the vanguard in China's new capitalism. The TVEs are hybrid institutions generally unusual alliances between TVE entrepreneurs and local government officials (acting in capacity of "owners" of TVE enterprises). In the regard, the role of government is crucial, especially in the provision of necessary infrastructure and other support services in the country. It is also vital improve the marketing links between the village entrepreneurs and the larger business firms located in the town slash city. Strategic alliances or partnership can contribute to the sustainability of small village and tiny enterprises in the rural areas. Other important consideration that need to be focused on may include human resources development, financial credit facilities, research and development and women's participation with a view to making the activities self-sustaining in the changing competitive environment.

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E-Commerce in India: Experiments and Consequences

• Hiren D. Jadav

Abstract- *E-Commerce stands for Electronic Commerce. E-Commerce is doing business online and electronically. E-Commerce is anything that involves an online transaction. E-Commerce provides multiple benefits to the consumers in form of availability of goods at lower cost, wider choice and saves time. The general category of E-Commerce can be broken down into two parts: E-Merchandise and E-Finance. E-Commerce involves conducting business using modern communication instruments: telephone, fax, e-payment, money transfer systems, e-data interchange and the Internet. Online businesses like financial services, travel, entertainment, and groceries are all likely to grow. Forces influencing the distribution of global E-Commerce and its forms include economic factors, political factors, cultural factors and supranational institutions. This paper attempts to highlight the different challenges faced by E-Commerce in India and to understand the essential growth factors required for E-Commerce. This paper describes the different services and opportunities offered by E-Commerce to business, Producers, Distributors and Customers.*

Keywords- E-Commerce, Experiments, Consequences, Elements for Development.

Introduction- E-Commerce as anything that involves an online transaction. This can range from ordering online, through online delivery of paid content, to financial transactions such as movement of money between bank accounts. This paper has analyzed some of the challenges and opportunities of e-commerce. Elizabeth Goldsmith and others (2000) reported that the general category of E-Commerce can be broken down into two parts:

(A) E-Merchandise- The selling goods and services electronically and moving items through distribution channels, for example through Internet shopping for groceries, tickets, music, clothes, hardware, travel, books, flowers or gifts.

(B) E-Finance- The banking, debit cards, smart cards, banking machines, telephone and Internet banking, insurance, financial services and mortgages on-line(Elizabeth Goldsmith and others,2000). Electronic Commerce (E-Commerce) includes a core Purchase and sale of business processes, Goods, services and data Internet. Electronic Commerce refers to a wide online business activities category Products and services.

Electronic Commerce comprises core business processes of buying and selling, goods, services and information over the internet. Electronic Commerce refers to wide range of online business activities for products and services. E-Commerce is the use of electronic communications and digital information processing technology in business transactions to create,

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transform and redefine relationships for value creation between organizations and individuals. E-Commerce provides platform by which retailer's sales and advertise their product and share information on the internet using the information technology like EDI (Electronic Data Interchange) by which more and more customers can attract get to it. E-Commerce relates to website of the vendor, who sells products or services directly to the customer from portal using digital shopping cart E-mail is one example of how people collaborate to exchange information and work on solution. Today

E-Commerce is a backbone in Indian society and it has become integral part of our society life. The first e-commerce site in India was rediff.com E-Commerce allows different payment through debit card, credit card or EFT (Electronic Fund Transfer) payments. E-Commerce provides multiple benefits to the customers in form of availability of goods at lower cost, wider choice and saves time.

Objectives of the Study- The paper has the following objectives:

- 1) To illuminate the concept of E-Commerce.
- 2) To Study the chance of E-Commerce in India
- 3) To Study the various challenges faced by E-Commerce in India.
- 4) To study the necessary elements for the development of E-Commerce India

E-commerce consequences in India- There are some essential factors which will significantly contribute to the boom of E-Commerce industry in India i.e. Legal requirement of generating invoices for online transactions, multiple payment option, replacement guarantee, quick service, the product quality and dedicated 24/7 customer care centre should be there. E-Commerce also provides various types of opportunities for Manufacturers/Producers, Wholesalers/Distributors, Retailers and People.

(A) Service area for Manufacturers/Producers- Producers can take advantage of E-Commerce by linking themselves with online, by giving better information about their product to the other links in the business chain and by having brand identity. Producers can sell their goods directly to the consumers and retailers. A provider has easy potential for communication and they can no longer rely on the customer to be forced to communicate with them by sending leaflets or through advertisements.

(B) Service area for Wholesalers/Distributors- Wholesalers can take advantage of E-Commerce who is capable of establishing contractors with reputed producers and linking their business with the on-line. E-Commerce decreases the cost of creating, processing, distributing, storing and retrieving information by digitizing the process.

(C) Service area for Retailers- A Retailer can save his existence by linking his business with the on-line distribution. They can make available much additional information about various things to the consumers, meet electronic orders and be in touch with the consumers all the time. Retailer put the information of their product on such web site which is heavily visited by user like yahoo.com. When their product advertisement is seen by many people, more customers will get attracted and thus merchant can get more orders.

(D) Service area for People- People can buy with a click of mouse button without moving out of their house or office, online services such as banking , ticketing including airlines ,bus, railways, hotel booking etc. have been tremendous benefit for the customers. E-Commerce allows consumers to interact in electronic communities and to exchange ideas and compare experiences.

E-commerce experiments in India- There are some barriers responsible for slow growth of E-Commerce in India. Hamilton (2002) indicate some barrier in using E-Commerce including security problems, lack of skills, cost etc. Customer resistance to changing from a real to virtual store. People do not yet sufficiently trust paperless, faceless transactions. For the growth of E-Business in India it needs a focus and should to make country in the lines of E-Business.

(A) Safety Problems- Fear of making online payment is a universal psychological factor of Indian customers. 60% of the users do not trust the web as payment channel. Web transaction takes place with credit card, but credit card itself is not safe. Anyone who can transfer the data of credit card on the web is not sure about the salesman identity. Buyer is also not sure that card is not used for malicious purpose which also causes big challenge for E-Commerce in banking also.

(B) Customer Acquisition Services- Successful E-Commerce interaction between markets should be strong. Issues related to lack of supply chain integration, high charges for products, delay in delivery and lack of proper courier services in some areas also make customers frustrated and one of challenge faced by e-Commerce. To get people to come on E-Commerce site and make purchase involves heavy cost due to advertisement and marketing which is biggest problem that early stage of E-Commerce start-up will face.

(C) Product Objective- More companies flood the marketplace with new products; target marketing is becoming an increasingly important tool of differentiation. Product which is not satisfactory for the customers tend to get replaced or returned. Some products take long delivery time to reach customers home. Delivery time of products may range from days to month .This is major issue which leads into overall loss in revenue, loss of shipment costs and reputation. The average Indian customer poses great trust issues for E-Commerce transactions.

(D) Less Awareness- Indian customers are more comfortable in buying products comfortable. They tend to choose the product by touching the product directly. Majority of Indian rural population are unaware of internet and it uses. When it comes to ratio of internet consumers, scenario is not so admirable one. Very few are aware of the online corruption and fraud and thus darkness still exists. A reliable survey reveals that 50% of Indian online users are unaware of solution of online security.

(E) Cash on Delivery- E-commerce companies are offering COD as one of mode of payment for the buyers. It is seen that majority of the customers denied to make the payment at the time of delivery of the product. 30%-50% of buyers are also taking advantage of this while purchase of any product and service over internet. COD has been introduced to counter the payment security issues of online transaction but this mode has been proving expensive to companies

Essential elements for development of e-commerce in India- There are

few online giants for shopping and travelling like flipkart.com, Snapdeal.com, Makemytrip.com who have overcome the challenges and represents the perfect growth trends of e-commerce in India. "E-Commerce space is a booming space as internet audience are likely to double in next two-three years and this industry will require talent from various sectors like technology, product, analytics, sourcing, general management talent, merchandising and marketing".

(A) Customer Nearness- Providing cash on delivery option service to the customers. A replacement guarantee should be there which offers 30 days replacement guarantee to their customers. The convenience of collecting orders post work while returning should be there. Low cost shipment should be there.

(B) Adoption of Multi-Channel Investments- Multi-Channel E-Commerce business is an environment in which company can sell through two or more online channels. Cross channel Investments are highly aggressive in augmenting both online and offline buying strategies.

(C) Unique or Transparent- Establishing a reputation and brand for quality products always drives demand. Booming rate of online credit card fraud, online shoppers only want to shop with secure, reputable online retailers. You must be upfront and transparent about your business. Giving insight into you and your business will help build trust with shoppers and lend you an air of authenticity.

(D) Locality Based Facilities- Getting the right content and targeting customers with crisp and relevant information is of utmost importance to users on the move. A dedicated 24/7 customer care centre should be there. Customers these days are always as on the move, promoting the right product at the right time and location become an integral aspect.

(E) Multiple Payment Option- Standard credit cards, debit cards and bank payment options should be there. Low credit card access and low trust in online transactions has led to cash on delivery being the preferred payment choice also offered by E-Commerce. Mind-set of the consumer's that majority of customers does not know how to use internet they prefer traditional approach of buying and selling.

Conclusion- In this paper we discuss, E-Commerce provides various services to wholesalers who can take advantage of E-Commerce and capable of establishing contractors with reputed producers and linking their business with the on-line. Also Retailers meet electronic orders and should be in touch with consumers all the time with E-Commerce. Nowadays, E-Commerce is the extensive use of computer network with internet. In this paper, we review there are various segments that would grow in the future like: Travel and Tourism, electronic appliances, hardware product and apparel. E-Commerce offers benefits like cost effectiveness, quick comparison shopping, better customer service, information saving and knowledge market development.

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The Eco-city Transforming and Planning dimensions for sustainable development: A geographical study of Banda (U.P.)

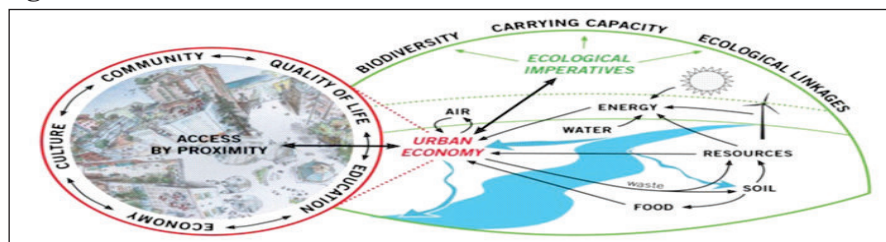
• Dinesh Baboo

Abstract- Making existing city and new urban development more ecologically based and livable is an urgent priority in the global push for sustainability. This paper discusses some critical responses to this issue and summarizes them in a simple conceptual model that places the nexus between transport and urban form at the heart of developing an eco-city. This involves compact, mixed-use urban form, well-defined higher-density, human-oriented centers, priority to the development of superior public transport systems and conditions for non-motorized modes, with minimal road capacity increases, and protection of the Banda city natural areas and food-producing capacity. These factors form the framework in which everything else is embedded and must operate, and if they are not addressed only marginal changes in Banda urban sustainability can be made. Within this framework, environmental technologies need to be extensively applied. Economic growth needs to emphasize creativity and innovation and to strengthen the environmental, social and cultural amenities of the Banda city. The public realm throughout the city needs to be of a high quality, and sustainable urban design principles need to be applied in Banda urban development. All these dimensions need to operate within two key processes involving vision-oriented and reformist thinking and a strong, community-oriented, democratic sustainability framework for decision-making.

Keywords- Eco-city, public realm, sustainable transport, Urban Form, urban design

Introduction: Eco-city is "a human settlement modeled on the self-sustaining resilient structure and function of natural ecosystems", as defined by the Eco-city Builders (a non-profit organization started by Richard Register who first coined the term). Simply put, an eco-city is an ecologically healthy city. The World Bank defines eco-cities as "cities that enhance the well-being of citizens and society through integrated urban planning and management that harness the benefits of ecological systems and protect and nurture these assets for future generations". Although there is no universally accepted definition of an 'eco-city', among available definitions, there is some consensus on the basic features of an eco-city.

Figure 1.



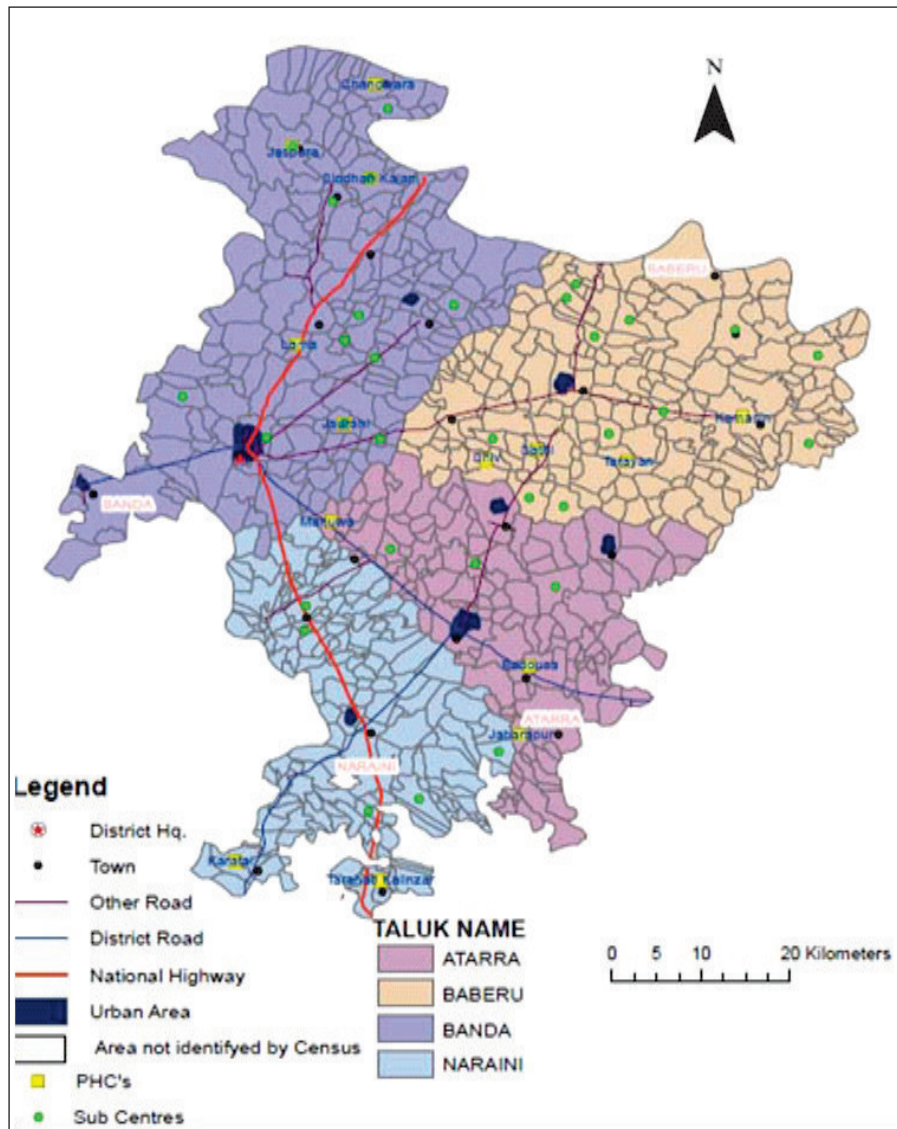
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Changing Banda urban development from its present unsustainable forms and patterns is a very challenging process. Not only do urban form, trans-potations systems and water and waste have to change, but the value systems and underlying processes of urban govern-ance and planning need to be reformed to reflect a sustainability agenda. Some would argue that we do not have much time left to make these changes before the ecological processes that underpin all of humanity's activities on earth become so severely threatened that the situation against Banda city in a struggle to access the remaining ecological services and resources that support life. This paper sets out some critical responses to the challenge of changing the nature of urban development to a more ecological, sustainable model. These dimensions have at their core the issue of urban transport systems and their relationship to urban form, and therefore focus primarily on the problems of reducing automobile dependence in cities, building more sustainable urban form and creating more livable places. The paper is of particular relevance to Banda city. These some dimensions are not comprehensive. For example, they do not deal with issues of poverty and inequality, nor do they cover politics and power or the many varied interests in urban decision-making processes. Nor are these some transport, planning and design-oriented dimensions of sustainable Banda city development exactly, but there are significant overlaps and they drawing heavily on my observations and comparative studies of Banda (U.P).

Methodology- Direct observation and structured questionnaires designed on the principle and pattern described by two sets of questionnaires were designed for the study to obtain responses on the causes of and methods of resolving conflicts the Banda City. The first set of questionnaire was targeted at the Municipal area of Banda city while the second set was whole Banda district.. This put the total questionnaire used for Banda city. Forty questionnaires were administered to the Banda most especially those in Banda city protection and sustainable development. Other staffs were randomly selected from other Departments of the Banda. Personal interview were conducted for heads of Department and field staff and city around the Banda. Secondary data were obtained through records of published and non published novel, newspaper, and Books .Computer analysis with statistical package for the test and calculation of observed information was carried out. Descriptive statistics of the data collected were also represented in tables and charts.

Study Area- The Banda city situates itself from 24°53' to 25°55' North Latitudes and 80°07' to 81° 34' East Longitudes. As per the census of 2011, Banda urban agglomeration has a population of 88,370 out of which males are 75,103 and females are 33,534. The literacy rate is 82.05%. Sex ratio is 881 which is much lower than the national average of 943 Banda is a city and a municipal board in Banda district in the state of Uttar Pradesh, India. Banda lies south of the Yamuna River in the Bundelkhand region. It is the administrative headquarters of Banda district .The city is well connected to major cities with railways and state highways. Banda city is near the right bank of the river Ken, 95 km south-west Allahabad. Agriculture, animal husbandry, bio-gas plants and small-scale industries moulds the economic map of Banda.

Sustainable Development in Banda City



- The city has a compact, mixed-use urban form that uses land efficiently and protects the natural environment, biodiversity and food-producing areas. The natural environment permeates the city's spaces and embraces the city, while the city and its hinterland provide a major proportion of its food needs.
- Freeway and road infrastructure are de-emphasized in favor of transit, walking and cycling infrastructure, with a special emphasis on rail. Car and motorcycle use are minimized.
- There is extensive use of environmental technologies for water, energy and waste management – the city's life support systems become closed loop systems.

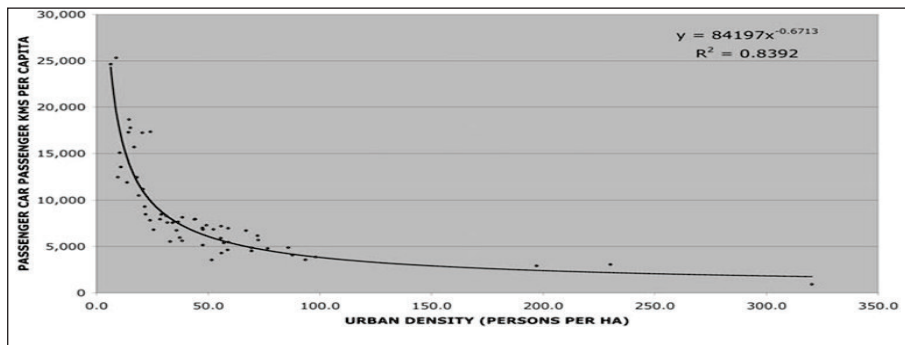
- The Banda city and sub-centers within the city are human centers that emphasize access and circulation by modes of transport other than the automobile, and absorb a high proportion of employment and residential growth.
- The Banda city has some high-quality public realm throughout that expresses a public culture, community, and equity and good governance. The public realm includes the entire transit system and all the environments associated with it.
- The economic performance of the Banda city and employment creation can be maximized through innovation, creativity and the uniqueness of the local environment, culture and history, as well as the high environmental and social quality of the Banda city public environments.
- Planning for the future of the Banda city is a visionary “debate and decide” process, not a “predict and provide”, computer-driven process.
- All decision-making is sustainability-based, integrating social, economic, environmental and cultural considerations as well as compact, transit-oriented urban form principles. Such decision-making processes are democratic, inclusive, empowering and engendering of hope. Some factors are discussed with reference to a set of national comparative urban data. The some dimensions are drawn together into simple conceptual model organized around some core “Sustainable Urban Form and Transport “four dimensions sustainable technologies, Economics and Urban Design” factors and two “Overarching Processes” for sustainable city development.

Some key dimensions for sustainable development in Banda city-

A. The city has a compact, mixed-use urban form that uses land efficiently and protects the natural environment, biodiversity and food-producing areas- Banda city requires to house its people and accommodate its economic activities is critical in determining its sustainability, especially its transport patterns and impacts. The shape and form of Banda city sets the basic framework within which everything else about the city has to operate. This urban form factors are especially important in how the city relates to its bio-region, whether it consumes it for urban development or whether the urban area is able to draw much of its food, materials and water requirements from within its own boundaries or surroundings, thus minimizing the city's ecological footprint.

Urban form, as measured by urban density and the centralization of jobs, is found to have a very strong relationship with transport patterns, especially the level of car dependence and the effectiveness of public transport. For example, if we correlate urban density with private ceruse, urban density explains 84 per cent of the variance in car travel.

Urban density versus private car travel in 58 higher-income Banda city, 2017
Figure 2.



The negative consequences of low-density urban development are at the heart of many serious critiques of automobile cities and the environmental impacts of Banda city. The strong relationship revealed by many studies between more compact, mixed-use urban form and reduced car use is reflected in efforts around the world to reduce urban sprawl and create more transit-oriented communities. These efforts to achieve more compact, people-scale, walkable development patterns are also associated with a need to build more effective community in cities and to create a much higher quality urban public realm that has a real sense of place and meaning for people. Overall, the positive effects on urban transport patterns of higher density and more centralized land use are clear, and are further elaborated in subsequent sections. Higher densities can bring greater protection of the natural environment and food growing areas in and around Banda city.

B. The natural environment permeates the city spaces and embraces the city, while the city and its hinterland provide a major proportion of its food needs- A city that is striving to be more ecologically sound will inevitably be concerned about access to green space and food security. The city for many people will remain an object of ambivalence unless it can be seen that cities can be genuinely “green”. The potential for “green living” in the Banda city depends significantly on different views about the merits of low- versus high-density living and the best way of “restoring the commons”. This is discussed in terms of a “rural commons” view, which has its origins in strong anti-urban sentiments that are opposed to “density”, and an “urban commons” view, which is pro-urban and values the city. Both views are striving for sustainable settlements based on respect for “the commons” – land held in common trust for the use and benefit of all. “The commons” in reality extends to the air, the water and the natural landscapes that permeate our city and natural areas. Some view suggests that growing one's own food, practicing perm culture, recycling liquid and solid wastes, using decentralized energy and water supplies, and generally “living green” is only possible in a low-density rural or semi-rural context. The Banda city is seen as needing to be broken down into smaller settlements that will bring rural qualities and values back to the city. However, this view ignores the fact that Banda city, by their nature, are concentrations of people and diversity, and spreading out activities

will exacerbate many serious problems, particularly automobile dependence. The some views are less concerned with self-sufficiency than with the integrity of the urban system. It suggests that creating higher-density development will mean less land devoted to sprawl and more land for open space, gardens, urban agriculture, forestry and horticulture. Greater emphasis on community spaces should also mean more opportunity for locally managed systems for waste, energy and water. The “urban commons” approach promotes a city that is “greener” in its overall functioning through more use of green transport modes, traffic calming to promote greener, safer streets, less energy use and less environmental impact.

C. There is extensive use of environmental technologies for water, energy and waste management – the Banda city's life-support systems become closed loop systems: Banda City is consumers of natural capital such as water, energy and other resources, and producers of large quantities of wastes, which must be absorbed by the natural systems upon which cities depend. There is now well-documented view that cities are “parasitic organisms”. It has been shown that the ecological footprint of prosperous cities already extends many times beyond the areas of land that they actually occupy, while innumerable other less resource-consuming, though fast-growing, Banda city in lower-income nations are increasing their impacts at an alarming rate. If Banda city is to become sustainable, they must reduce their use of all resources and decrease their waste outputs. At the same time, they must increase their livability in terms of health, employment, income, education, housing, leisure activities, accessibility, urban design quality and sense of community and neighborhood. This argument has been systematized in terms of an “extended metabolism” model of human settlements. One response to the issues described above is deployment of regional-scale, decentralized environmental technologies, as opposed to large-scale, highly centralized systems that are managed by government authorities or, increasingly, corporatized entities with a public charter given by government. Water can be harvested and stored at a local level to provide a significant proportion of drinking and other needs. The overall aims of environmental technologies are to maximize the possibility that Banda city can meet their needs from the natural capital of their own bio-regions in a renewable way and to move to closed loop infra-structure systems that recycle and re-use their own wastes, so that the absorptive capacities of natural systems are not overwhelmed with the waste loads from urban areas.

Table 01

Private mobility and private transport infrastructure in a global sample of Banda city, 2017

Travel	
Car passenger kilometers per ward	814
Motor cycle passenger kilometers per ward	289
Non-motorized modes (% daily trips)	65
Motorized public modes (% daily trips)	19
Infrastructure	
Length of freeway per person (meters/1,000 persons)	3
Parking spaces per 1,000 CBD jobs	17

Table 02
Public transport supply and service in a global
sample of Banda city, 2017

Total public transport seat kilometers of service per ward	1,171
Percentage public transport seat kilometers on rail public transport (km/h)	4
Average speed of buses (km/h)	14
Average speed of rail (km/h)	N/A
Ratio of public versus private transport speeds	0.73

D. The Banda and sub-centers within the city are human centre that emphasize access and circulation by modes of transport other than the automobile, and absorb a high proportion of employment and residential growth: Among the most important parts of any city are its central business district and sub-centre's. The greatest concentration of jobs in Banda city remains in the central city, despite the suburbanization of work and the falling percentage of people employed in city centre. The high and generally increasing number of jobs and amount of floor space mean that the central city still significantly shapes transport patterns. Public transport systems, especially rail, are focused on Banda central city, and congestion on radial routes is widespread. The high profile status of the Banda city and intense traffic pressure mean that this area is almost always the focal point for new rail systems, and is the first to adopt such sustainable transport and planning policies as urban design and streetscape improvements, traffic-calming schemes, control over parking provision, road-pricing schemes to reduce traffic, and residential revitalization. Many schemes to control the automobile in Banda city has also aimed to improve economic performance. There is now considerable information showing that Banda city with strong traffic restraint are better-off economically than those with generous parking. It is also increasingly clear that attractive, human-scale centre with good public transport systems and diverse cultural and entertainment attractions are preferred sites for globally mobile jobs linked to the new information economy.

E. The physical structure and urban design of the Banda city, especially its public environments, are highly legible, permeable, robust, varied, rich, visually appropriate and personalized for human needs: Banda city has developing a host of measurable design qualities that need to be incorporated into urban development, as follows:

Permeability – places that are permeable provide access and a number of alternative routes through an area, a choice of how to get to places and have a clear definition between public and private places.

Variety – variety is concerned with the range of uses available to people. The Banda city have variety offer experiential choice, but only if they can be accessed, and Banda city attract a variety of people at various times for varied reasons.

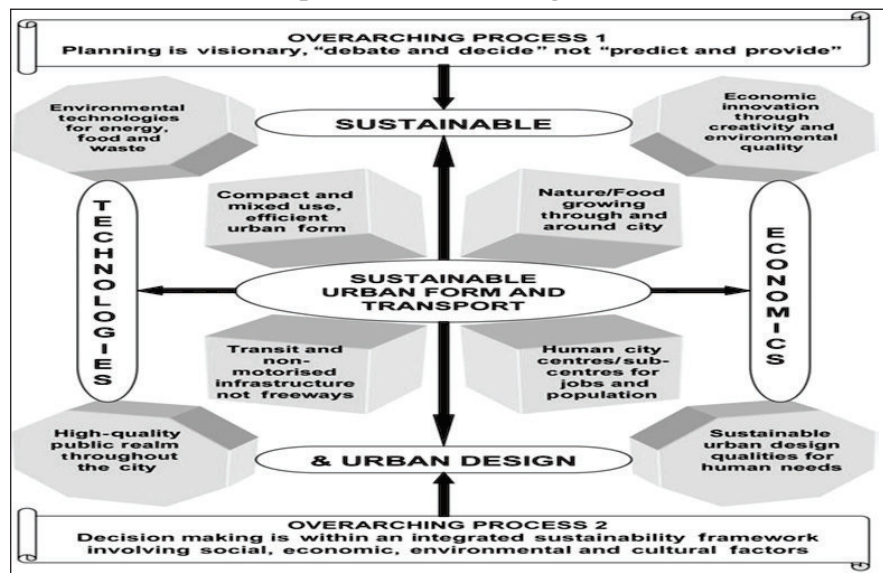
Legibility – legibility is about how easily people can understand places, and how quickly they can interpret what goes on there. Legible places enable an understanding of how to negotiate an area. Legibility can be

achieved through street function, landmarks and different land uses.

Conclusion- The findings of this paper can be summarized in which conceptualizes and organizes the some key dimensions into some critical “Sustain-able Urban Form and Transport” factors, some essential factors under the heading of “Sustainable Technologies, Economics and Urban Design” and two “Overarching Process” dimensions related to planning and decision-making for sustainable cities. This “Research paper” suggests that sustainable urban form and transport are at the core of developing Banda eco-city. Compact, mixed-use urban form is critical, along with ensuring that the city protects and enhances its green spaces, including natural areas and food-producing areas. The Banda city should be strongly centralized around well-defined higher-density centers linked to the public transport system. These must be the focal points for population and employment growth. Priority must be given to the development of first-class public transport systems; walking and cycling environments must be of exemplary quality; and road capacity increases should be minimal in order to curb automobile dependence. Within this Paper there are some key things that need to occur. Environmental technologies, ideally closed loop systems, need to be applied. Economic growth needs to emphasize creativity and innovation and to contribute to, and feed off, the growing environmental, social and cultural amenities. The public realm throughout the Banda city needs to be high quality, and sustainable urban design principles need to be applied.

FIGURE 3.

**A conceptual model for eco-cities based on urban planning,
Urban transport and urban design considerations,**



Finally, all these dimensions need to operate within two key processes that involve vision-oriented, reformist thinking (debate and decide) rather than extrapolation of existing trends (predict and provide), and a strong, community-oriented sustainability framework for decision-making.

This paper makes no claim to have addressed everything that is important within the intense complexity of urban systems, but it suggests that ignoring these dimensions will thwart any efforts to develop sustainable Banda eco-city.

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***Finding History of the Historyless: Visualizing the 'Silent'
and 'Unseen' in 'the Edge of the Map' and 'One Step
Forward, Two Steps Back'***

• Anirban Guha Thakurta

Abstract- *Though yet to be recognized as 'serious' artefacts of considerable literary merit and worthy of critical academic attention comics in India has indeed developed as a dominant forum of social studies. Recently published Indian Graphic fictions and non-fictions often prove to be serious commentaries on various significant social issues like child-abuse or casteism. They do not merely serve as declared imaginative emplotments of or non-fictional takes on statistical data, personal memoirs or local histories but also serve as probing graphic histories that utilize the characteristic multimodality of comics to the fullest in order to ensure a more polyphonic imaginative emplotment of historical pasts concerning people that are not regularly given adequate space in regular academic history-writing. They adequately pronounce the plight of the marginalized seeing past from the below and narrating the same by the inter-linkage of alphabetic text and visual imagery moving beyond the regular 'heroic' content in history textbooks. The visual metaphors communicate the unspoken as well as the unspeakable highlighting how graphic histories transcend the representational limitations of alphabet-centric prose in regular history textbooks. In voicing the unvoiced they often move beyond a typical anthropocentric outlook and thereby voices concern against anthropogenic ecological disaster. The present article is a study of 'The Edge of the Map' by Ishita Sharma and Priyanka Kumar that appears as graphic documentary and 'One Step Forward, Two Steps Back' by Dhvani Shah which is part of the list of graphic commentaries available in First Hand Volume 1, edited by Orijit Sen and Vidyun Sabhaney highlighting aforementioned issues.*

Keywords- Graphic History, Unspoken Past, Unspeakable Past, Anthropocentrism, Hero, Marginalization

The year 1994 marks an important moment in the history of Indian comics and graphic literature with the publication of Orijit Sen's *The River of Stories*. Whether it is to be considered the 'first' Indian graphic novel or not does not concern the argument that this paper wishes to highlight. However, it is certainly the 'first' glaring departure as 'graphic history'¹ that defamiliarises the dominant hero-worship accentuated and normalized by the *Amar Chitra Katha* (hereafter *ACK*) historical titles. Conceived as fiction while being based on real events and issues involving the Narmada Bachao Andolan that to Guha appeared as one of the prominent examples of environmentalism of the poor² *The River of Stories* deals fairly with the less 'heroic', historyless --- the human and non-human victims of large-scale developmental projects. The present paper is a study of two graphic narratives available in *First Hand* Volume 1,

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edited by Orijit Sen and Vidyun Sabhaney. In the same volume devoted to graphic non-fiction from India, 'The Edge of the Map' by Ishita Sharma and Priyanka Kumar appears as graphic documentary, while 'One Step Forward, Two Steps Back' by Dhvani Shah is part of the list of graphic commentaries. Both the texts seem to 'write' about and voice the unvoiced, unspeakable stories about/of the silent or muted historyless. The present paper discusses who and what these artists and commentators define as 'historyless', what keeps them muted, how they narrate their histories and how such narrations provide an alternative view of history as well as human society.

Though it is not useful to compartmentalize, we must begin from who and what can be defined as historyless. Rivera and Issa G Shivji discuss the presence of the 'historyless' people in regular academic historiography: We face the problem that the history presented as ours is only part of our history What of the history of the 'historyless', the anonymous people who, in their collective acts, their work, daily lives, and fellowship, have forged our society through the centuries? We would end with the singularly useless 'history', celebrating individuals, narrating their biographies and heroic acts or, at the most, erecting monuments for valiant tribes. These would leave large mass of our people out of history, without history. (Quoted in Bhattacharya 3)

It is important to note that what appears in the eyes of Rivera and Shivji as 'useless' is indeed a sanctioned approach to looking back at the past as per the 'Great Men' theory of historical writings. To Carlyle:

Universal History, the history of what man has accomplished in this world, is at bottom the History of the Great Men who have worked here. They were the leaders of men, these great ones; the modellers, patterns, and in a wide sense creators, of whatsoever the general mass of men contrived to do or to attain; all things that we see standing accomplished in the world are properly the outer material result, the practical realization and embodiment, of Thoughts that dwelt in the Great Men sent into the world: the soul of the whole world's history, it may justly be considered, were the history of these. (Carlyle 21)

The undeclared imaginative emplotment of the past that the academic historian passes as authentic historical narrative rather than stating the fact that such a body of knowledge is far from being absolute or sacrosanct and based completely on the provisional nature of the narrative constructed often appears to be similar to that of a literary emplotment. As Hayden White mentions in 'The Historical Text As Literary Artefact', in orthodox historical writing:

The events are made into a story by the suppression of certain of them and the highlighting of others, by characterization, motific repetition, variation of tone and point of view, alternative descriptive strategies, and the like --- in short, all of the techniques that we would normally expect to find in the emplotment of a novel or a play. For example, no historical event is intrinsically *tragic*; it can only be conceived as such from a particular point of view (White 84)

Thus, in such imaginative emplotments of the past like the literary plot the agency of the 'hero' is often made a narrative spine; and such

narrative structuring of the past thus fashions itself as 'heroic' history-telling where all tectonic shifts or developments of the historical past appear to be brought upon by exceptional individuals and their sturdy heroism. When *ACK* began its journey it aspired to become a truly Indian brand of comics that would ensure children's growth and rootedness to Indian culture and value system. *ACK* abandoned the concept of comic book superheroes; in their place came stories from Indian mythology and histories. However, while the typical western superheroes or their Indian counterparts were absent and while *ACK* never came out with any brand of fictitious Indian superhero it did not abandon the idea of super-heroism. *ACK* retold the classic stories of India's famous mythological and historical heroes and heroines and out of a gross interpellation of the mythical and historical³, sacred and secular appeared to have renarrated an Indian past (both mythical and historical) that presents a plot (or many such plots) where a heroic individual, like Tilak or Gandhi appears to be the sole historical agency. While this methodology does reflect an ideological subscription in favour of the Great Men theory, this overtly 'heroic' narration of historical past and this literary-imaginative emplotment also satisfy the demand of heroes and heroic struggles in comic books. After all as literary materials *ACK* was supposed to have its literary emplotment of the historical fact and past as an inseparable tool and through this it narrated the heroes of the past who were personification of imitable ideals before the children. This definitely brings us to the essential question about who remains outside *ACK* graphic historiography. What happens to those that do not appear to be hagiographed or heroic! *The River of Stories* presents no such heroes in its fictional graphic retelling of Narmada Bachao Andolan. The likes of migrant labourers like Relku or the tribes fighting against the construction of the dam are largely fictional and far from being 'heroic'. They represent the historyless and thereby their narrative outrageously rejects and deglamourizes the 'heroic' narration of past available in *ACK*.

When this paper discusses 'historyless' it does not only define men/women/the bottom-of-the-heap mass as historyless. It also includes the non-human world. To Collingwood 'history is the science of resgestae, the attempt to answer questions about human actions done in the past' and is primarily meant 'for the sake of human self knowledge' (Collingwood 9 & 11). History as an academic discipline very rarely moves beyond the strain of anthropocentrism. This dominant anthropocentrism is a reflection of the greater human society where the non-human world is coloured as ontologically inferior and is objectified. Animal historian Joshua Specht says in 'Round Table: Animal History in a Time of Crisis' that:

Ongoing close contact between humans and nonhuman animals characterized most, if not all, past societies. But animals cannot speak for themselves, and as a result are often at the archival margins. This means that animals were everywhere in history, but almost invisible in historiography (446). The non-human world too largely remains historyless. Only a more accommodative non-heroic and ecocentric worldview and historiography can truly narrate these histories from the below and the same can widen the

scope of history itself.

Like *The River of Stories*, 'The Edge of the Map' by Ishita Sharma and Priyanka Kumar and 'One Step Forward, Two Steps Back' by Dhvani Shah do voice the history of the historyless and are critiques of industrial capitalism and profit-driven government-sanctioned large-scale industrial projects that indiscriminately creates a crowd of project-affected or project-displaced victims that are human as well as non-human. These graphic non-fictions provide macro and micro histories concerning the Other side of 'development'. The title splash (Fig. 1) of 'The Edge of the Map' graphically narrates a scene of an overcrowded canoe that appears to be a leaf. The leaf is a symbol for the habitat from that the anonymous members of the society get displaced. The crowd seems to outweigh the weight that the leaf can carry or sustain. The crowd seems to periodically slip off the leaf because of the gravitational pull like morning dewdrops or drops of water after the rainfall slowly falling off the leaves. The leaf thus appears to be a graphic symbol for the habitat turned to industrial plant site from which people get displaced. The interpellation of the project-affected displaced mob with the water drops falling off the leaves is a visual symbolic indicator of the cyclical regularity of such displacements.

As the narrative mentions 'The story by which some spaces grow is also simultaneously the story of how other spaces disappear' (293). Thus, the arrival of the urbancentric developmental projects ascertains the removal of the age-old traditions, customs of the marginalized human beings and the muted non-human entities. The people fearing displacement as appearing in the title page splash are kept minimalistic and faceless. Their facelessness is a visual metaphor representing the plight of their kind and also represents a streak of universality since these unknown historyless figures appear to be voiceless and while their stories are irrevocably connected to the saga of 'development' they remain unspoken. As the visual documentation proceeds the readers

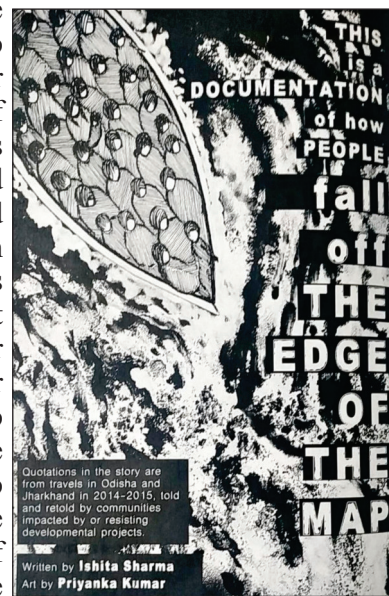


Fig. 1

are exposed to another splash page where images that are representations of the official map of India appear. Quite significantly two or many strands of narratives involving one geological entity are narrated simultaneously. One official map of India appears in regular structuring presenting the distribution of forest cover and cropland in India while the other map presented in visual inversion traces the density of minerals that the industries search and the search for which indiscriminately disseminates the forest cover (Fig 2).

Thus, what unfolds is a site of anthropogenic ecological disorder which pushes the people to fall off the edge of the map as non-human entities

since in the saga of development does not entertain the narration of the out-of-tune voices from the margins. The page also presents a box containing the alphabetically written story concerning the anonymous historyless mob affected by the developmental projects and mining. The caption reads:

I had full-grown mango trees, banana trees, palm and coconut, date palm and mohua trees on my land. We were told how much money we would get for each tree that they would cut down. Somewhere around 100-600 rupees each, depending on the type of tree. (293)

The ontological inferiority of the trees as well as the marginalized citizens is narrated by the sight of their stories falling off the map in the visual as the narrative concerning meagre compensation package and the displeasure it generates in the people who get displaced by industrialization appear as an unceremonious rectangular inset/ caption-box without a regular visually identifiable human being allotted a speech balloon. It is also highlighted how the objectification of the human kind coincides with that of the non-human world where deforestation is compensated by meagre amount of money without considering the impact of anthropogenic climate change that such deforestation creates or how such activity endangers biospherical egalitarianism.

As the narrative further probes deep into the metamorphosis of the forestland into the industrial site the narrative concerning lost cultures due to such massive transformation appear in the form of oral unrecorded statements of the sufferers. The narrative simultaneously places these stories like how 'Drinking used to be sacred in our culture, but with the influx of money that came with the company, people have no work and just sit and drink' and how sacred drinking 'has lost all sacredness' as parallel statistical data involving millions of people forced to migrate because of such projects (296). For these 'cultural traditions disappear, ethnicity and identity become homogenous, families and communities break up', 'the informal sector swallows and swells, holding together 92 per cent of the national economy'. Such narratives of human misery coinciding with the statistical survey presents the regular continuity of struggle that remains largely unmentioned in academic history textbooks also coincide with the narratives concerning the absolute unsympathetic profit-driven objectification of the non-human living and non-living entities since due to such projects, 'Rivers turn into water for factories', 'Fish into food for Europe', 'minerals into metals', 'trees into timber', 'families into production units', 'adivasis into migrant labourers',



Fig. 2

'women into poorly paid domestic workers', 'children into caricatures of childhood' (297). The visual narrative presents the hollowness of the compensation of such disruptively subverting enterprises received by the people who fall off the edge of the maps. The hollowness of the flow of money and its impact on the erstwhile uncomplicated lives of the people living in the forests in harmony with other species following the rules of biospherical egalitarianism is narrated with a page lay-out imaging a nocturnal scene with a defined tree with its branches of flowers and leaves and the small bird sitting on its branches broken into several frames (Fig 3). Frames divided by gutters present sequentiality in comics and are indicators of temporal shift. It is also a grid formed out of individual cages signifying fragments of a narrative. However, this sudden arrival of democratic panels seems to be signalling a vision of outside nature visualized from within a cage or nature divided or cut into several pieces as per the requirement or greed of the human kind. After all the tree also represents the non-human world sacrificed for human 'progress'. As the narrative prose reads describing the many forms of 'money' in 'real' terms flowing out of the industries broken into separate panels and reaches its final twelfth panel the trunk of the tree appears unrealistically whitened in order to state the 'imaginary' form of money. In the next splash page appear other non-human entities like the squirrel, the snake and the nocturnally wandering fox that are all going to be displaced just like the human beings that are united with them (303). The tree stands metonymically for the forest cover. The forest cover is endangered. With it are endangered ancient civilizations and ecologies that are dependent of the forest. The human beings, traditions, homes, habitats, forests, families, various species break up and are consumed by the great sway of the flood of money and all their stories lie unrepresented and buried as they remain historyless. This fact is imaginatively plotted out in a splash page where under the visible trunk of the tree that is to be sacrificed appear the roots that is a visual inversion of the branches of the tree. The roots are touched by the affected tribes as they appear silhouetted by the halo of hagiographed developmental projects that had uprooted them (Fig 4).

The graphic microhistorical framework of 'One Step Forward, Two Steps Back' by Dhwani Shah unifies the narratives of marginalized and displaced human beings and the non-human world that large-scale developmental projects affect disastrously. The title-splash page (Fig 5) is partly a realistic and photographic extreme-



Fig. 3



Fig. 4

longshot of the narrator helplessly wandering among the beheaded leafless trees. The other longer part is an expressionist probing into the unspeakable narrative of loss and disarray that the displaced human and non-human world suffers. The ecological imbalance that such urban-centric and techno-centric development unleashes is adequately humanized. The exposed lifeless beheaded trunks of the tree, a visual symbol for deforestation as well as the muted agony of the natural world as it suffers because of human beings' unsympathetic objectification of non-human entities, appear as the aorta and superior vena cava of a human heart formed out of the roots. As the trees no longer breathe and are now devoid of photosynthesis there is a sense of claustrophobia presented in the dominant black colour. Suffocation is felt as the beheaded trunks reach the roots buried. All things appear confined as the mechanical excavator is seen performing its deeds. Human bodies are seen falling off the pulmonary artery into the right ventricle to heighten the sense of death of both human and natural traditions. All these stand as visual metaphors for the unceremonious closure of life force in the marginalized human and non-human worlds.

Having been 'born in peaceful times' (268), the narrator wonders whether the present techno-centric turn in human civilization and the lust for profit makes the world a 'land of hope' or one of 'despair' (268). A half-page splash presents a past memory of lush green trees and the sweet-sounding birds (269) and in the present a metamorphosis has forced out the bird as well as the dwellers of Pissurlem which according to local legends was made a home of the local deity, Piso Dev (270-71). What remains of the heavenly abode is only the heap of fragments of lost cultures symbolized by the fallen feather of the departed bird. The falling of the feather is again trans-realistically narrated in sequence through separated insets or frames that appear to disturb a linear process of reading for finding added visual accentuation that duly highlights the ecological fallouts of industrial mining projects (270). The human world of villagers has suffered because of the 'arrival of a higher power' (272). The might of this 'higher power' is visually narrated by the huge mechanical excavator before which the eco-sensitive narrator is just a miniature figure. The mighty claws of the excavator appear as a ferocious carnivore ready to engulf the voiceless (Fig 6).

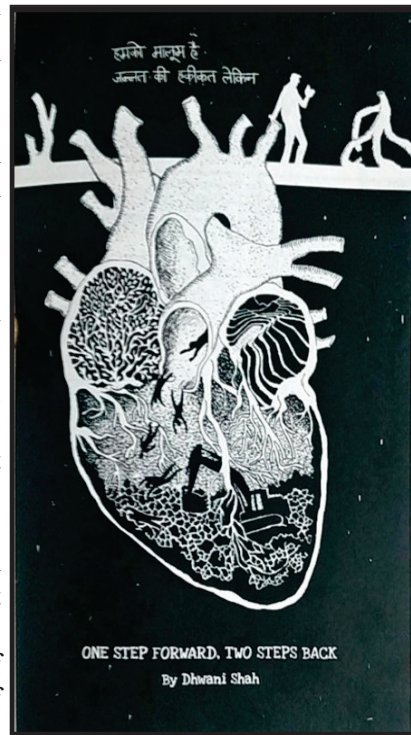


Fig. 5

The 'New Gods', symbolized by the excavator 'hungrily devoured everything in sight. As they continued digging beyond permitted depths, the village well began to run dry while lakes choked with silt overflowed and flooded during the monsoons, affecting many traditional means of livelihood' and with it the same devoured 'one of the top bio-diversity hot spots of the country' (272). The human misery coupled with its voicelessness is echoed in anthropogenic ecocide. What remains is a vast emptiness though it guarantees profit in material terms. The

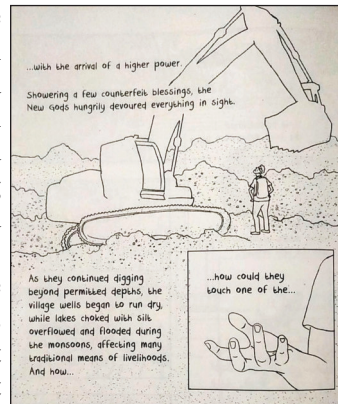


Fig. 6

The narrative proceeds through visualizing the unspeakable trauma that the narrator experiences while witnessing the unspoken stories of ecocide. As he stumbles and falls while wondering whether he should judge the choice that the state has made in permitting the mining or the villagers have made to chase their dreams by sacrificing their lands and traditions and sits up to pick up 'new pieces of confusion' (274-75) a panel presents a low-angle shot of a sunny sky that is mocked by the silhouetted lifeless trunks of trees (Fig 7). What this industrial site has made of the village and bio-diversity hot spot is a spread of devaluation and defilement of the past and nature. A two-page spread presents the spectacle of the 'bottomless pit of greed consuming one village after another, turning them into pockmarked craters' (276-77) where the narrator is seen standing helplessly alone in the midst of emptiness and craters. Distant trees in the horizon present the vanished past (Fig 8).



Fig. 7

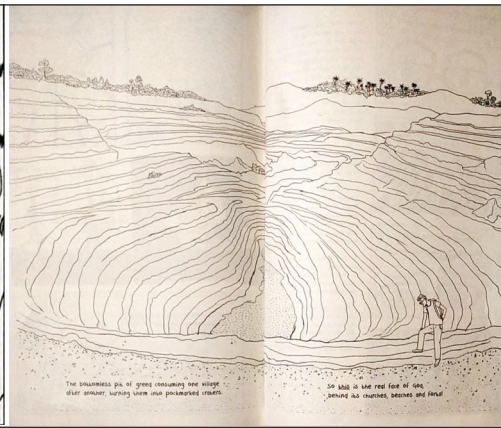


Fig. 8

These graphic non-fictional narratives, documentaries or commentaries as graphic histories, develop a unique sense of 'seamless optic experience' (Harvey 8) that duly departs from the 'heroic' celebration of Great Men in history and voice the voiceless that is invariably and often strategically left out of regularised historiography. These graphic narrations push the boundaries of history-writing by moving beyond the dominant alphabet-centrism and anthropocentrism. They humanize pasts and at the

same time humanize lifeless data involving those that are left at the margins. In moving beyond such defined limits they seem to rewrite the suppressed and muted pasts of the historyless --- human and non-human. In doing so they do not merely elaborate on the representational restrictedness of dominant academic historical writings but as aesthetic re-visualizing of the unaddressed stories involving the marginalized and muted and their pasts they redefine history in general by showing how imaginative telling and retelling of the past in graphic language can voice effectively the voiceless. Histories shape our future and these graphic tales by making the invisible visible and the unspoken and unspeakable spoken that inspire us to rethink about our pasts only to further inspire us to reshape our present and future for common good and true sustainable development.

Endnotes:

¹ I am using the phrase accepting and elaborating on P.K. Nayar's ideas (Nayar 13-47). Comics are often treated as un-artistic, defined as sub-literary and is believed to be meant for children. Not much of academic recognition is offered to comics as they appear to be defined as largely non-serious enterprises. However, comic book histories or graphic histories present declared imaginative emplotment of historical past like those literary texts that deal with historical past. At the same time its multimodality enables a deeper analysis of the past and ensures a polyphonic narration of historical pasts utilizing various means by which it humanizes history (Lander 113-125) and also makes us aware of multiple historical agencies (Clark 489-508) through its unique rhetoric achieved out of various components of painting, photographic, alphabetical writing, literary prose and film. They are imaginative literatures that enable us to have a fresh look at how pasts can be narrated and they also transcend the representational limitations of alphabet-centric regular academic history-writing.

² While discussing about environmentalism and environmental movements across the globe Ramachandra Guha cites 'Narmada Bachao Andolan' as a major instance of 'the environmentalism of the poor' (138-39). As Guha discusses, 'Environmental struggles in Brazil and India have revolved around a shared set of issues: forests, dams, pollution, biodiversity. This is no "elitist" environmentalism but a movement that has taken into its fold communities at the bottom of the heap' (Guha 154). Orijit Sen's *The River of Stories* celebrates the vitality of the worldview of the adivasis and duly promotes their ecocentric ethos, uniting the historical and the mythological worlds concerning these communities. The narrative is not about the regular heroes that populate history textbooks. It is about the displaced or ready-to-be-displaced communities that are hardly represented in mainstream academic histories. At the same time it is also about the non-human world and adivasi's cultural and emotive link with the same.

³ McLain mentions that in *ACK* 'Just as Hindu gods can descend to take on human incarnations like Rama and Krishna, so too can humans like Shivaji and Subhas Chandra Bose be elevated to take on godly aspects. Darsan, therefore, is not limited to "auspicious sight" of gods and goddesses alone, but encompasses a range of Indian leaders as well' (McLain 18). It is to be noted here as a matter of importance that *ACK* mostly produced graphic historical biographies celebrating mostly national heroes in its historical titles as men possessing superhuman traits. These men appear to personify mesmeric and messianic potentials. Not many graphic hagiographies of Muslim rulers appear in *ACK*. Not many free-thinking reformist women do appear to be hagiographed as well. While figures like Samudra Gupta or Shivaji would signify military masculinity the likes of Vivekananda or Dayananda would personify the ideals of spiritual masculinity. They are placed as imitable heroes and studying them shall benefit children. This superhumanization and mythification of the flesh and blood historical may appear to be unscientific. However, as comics literature meant for the children it

duly projects these historical figures as a visual and philosophical replacement of the western comic book superhero figure. In this way ACK managed to celebrate Indianness and indigenous traditions. However, it is also to be noted that in doing so it definitely sanitized, overtly glamorized or deglamourized these figures according to its own ideological subscription.

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A Comprehensive Study of Gender Selective Nature (women education) of science

• Mahima Srivastava

Abstract- *Woman in science seems to have a long road when it comes to fit in with professional networks, to get heard and recognized, to identify role models who could show the way forward, and perhaps even to identify with the scientific community, especially STEM. On the flip side, by just being there and doing the work, today women have been able to act as both a pioneer and a role model for others. Having to blaze your own trail is hard, but it also allows you a lot of freedom and creativity in your work. Knowing that all your efforts to open the door will one day also benefit others makes your personal achievements even more satisfying. But the picture was not coloured with the same shades in the past as we see it today.*

Keywords- Scientific Community STEM, pioneer.

Latin word *scientia* is the original word for the term Science. It is described as an enterprise that builds and organizes knowledge in the form of explanations and predictions about the natural world which can be tested. However, it is quite obvious that science by definition is objective and it has got nothing to do with the sex of the student. But, reality has a different story to narrate. Science is considered a MALE preserve. Physical sciences have been strongly masculine; however biological sciences appear to be relatively less so. And obviously it is for this reason that women are under-represented in science.

Across the world, there are more men who are active in science, technology, engineering, and medicine (STEM) than women. Research shows that when men and women apply for jobs — be in the labour market or in places where high level qualifications are demanded, men candidates engage in self-promotion, and are boastful while equally qualified women are more 'modest' and 'undersell' themselves. Even in groups and situations where men and women are present as colleagues, the views of women are either ignored or listened to less seriously than those of men. As a result, women tend to underestimate their ability relative to men, especially in public settings, and negotiate less successfully. Science and especially, technology, has been considered 'masculine' for a long time and gender gap in science has been observed in most societies.

History of Women Education in India- By the 1880s universities started admitting women for modern pattern of education; Calcutta in 1877-78 and Bombay in 1883. Until 1921, progress of women education was extremely slow. The literacy of females moved at a slow rate from 0.2 per cent in 1881 to 1.8 per cent in 1921. However, Independence brought a relatively quicker

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pace of female education and other spheres of education. In 1959, the National Committee on Women's Education submitted a report in which it expressed great dissatisfaction at the slow progress of women's education in the first decade of independence¹. The First Plan (1951-56) of the Government gave some attention to women and the Second to Fifth Plans (1956-79) continued to reflect the very same approach. The Sixth Plan (1980-85) shifted the approach towards 'development' of women education. Science and technology in India witnessed expansion in the post-Independence era². In 1964, a Committee on Differentiation of Curricula for Boys and Girls was also established. Subjects in which women's enrolment increased significantly during the decade of 1970-1980 are commerce (3% to 16%); Science (18% to 28%) and Education (36% to 48%).

The Indian society is characterized by a patriarchal family structure, which gives precedence to men over women and it has been the determining factor behind women's lives including educational access and preferences. Inhibitions and oppositions can, however, be seen in case of women scientists in India. Women were, for example, denied entry to C.V. Raman's laboratory³. Scientific institutions in India carry essentially masculine ethos and exhibit vertical as well as hierarchical segregation in gender. Only a few women could make it to senior decision-making positions⁴. There is gender differentiation in Indian scientific institutions also. Organizational hurdles outweigh so called family constraints⁵; unequal treatment and subtle discrimination against women scientist and engineers in the behavioural and interpersonal relations also prevail⁶; and the cultural and social context in which science is learned and practiced contributes to the gendering of science⁷ and; discrimination component is much higher in scientific and technical fields in India than among social sciences and other fields⁸. The prevailing socio-cultural systems in India result in a 'triple burden' for women in academic and scientific careers⁹. Women in all professions perform a double role of managing job and domestic responsibilities, which has been commonly referred to as a 'dual burden'. In science, the dual burden is combined with various problems that are specific to scientific profession¹⁰.

The social norms, societal structure, relationship between family and work, and the organizational processes of scientific institutions, have created a series of interrelated problems for women in science. This situation is more prominent in India and the reason to this is three – fold.

1. Genetic Differences- It has been reported through various studies that males are superior in visual – spatial skills while females excel in verbal skills. Science is a subject that involves visual content and extra – curricular activities help in application of its knowledge. Since boys are better performers in these areas hence they give good results. Physical sciences are based on mathematical abilities of an individual. Males and females have different processes of brain development. Mathematical thinking uses neurons that assemble differently in both. Configuration of neural assembly is dedicated to mathematical understanding in males and thus they have a superior reasoning for the subject.

2. Social Differences- Society operates differently for males and females. It teaches science to be masculine and a difficult subject for girls to understand especially physical sciences. Hence, females tend to develop a fear of success in choosing science. Science – oriented careers are more prevalent in boys than girls. Male dominated society of India discourages women from pursuing science. There are various hindrances in girls' science education in India like paucity of money, engagement in household activities, lack of female role models, early marriage etc.

3. Cultural Differences- Science curriculum, textbooks, teaching – learning – evaluation styles are mostly male dominated. In classrooms also interaction with boys is more due to their outspoken temperament hence girls feel neglected. Another valid reason for girls to flee from science is its rigorous, competitive, and costly nature. Successful career in science is usually a problem for women with children and thus many girls, who anticipate such problems, do not study science, or do not opt for a career in science.

Statistical Data- This condition of women in education is when it is most apt subject for women as it is compatible with other responsibilities of women as mother and wife. Of the 866 Nobel winners so far, only 53 have gone to women. And even in life sciences and medicine, of the over 400 Lasker awards, only 33 have gone to women. When we turn to research recognition and honours received by Indian scientists, the science academies have hardly 10% women, The Shanti Swarup Bhatnagar Prize has gone to 18 women out of a total of 548 so far, and the Infosys Prize to 16 out of a total of 52. Interestingly, there are no (or a minute percentage of women experts) women in each of these juries. The latest available data reveals that in all, there are 61,050 women employed in R&D establishments, which is 15.6% of the total manpower employed in the country¹¹. By the nature of activity, 12% women are primarily engaged in R&D activities, 11.5% in auxiliary activities and 17.4% in administrative activities. 84% of the total women were employed in the institutional sector. Most of them were engaged in administrative activities¹². Women, either drop out of the rat race or learn to compromise on their ambitions. Women scientists also seem to cluster in Life Sciences and Chemistry and are not necessarily found in Earth Sciences or Physics and Mathematics.

Required Reformations- Such a scenario is not favourable for a holistic development. However, at this point, research has not completely accepted the biological suitability of men for science and more work needs to be conducted in this area. But remedy for social and cultural aspects should be proposed so that more and more girls are sensitized for the subject. Confidence and self – efficacy can be promoted in girls by counselling at school level. Training programmes for science and mathematics teachers should be conducted. Curriculum of science needs to be reframed so that it contains topics/activities of interest of both the genders. Lastly and most importantly parent counselling should be an integral part of education

programmes. This will facilitate women balancing family responsibilities and careers in science.

My advice to early-career women scientists is to believe in yourself and believe that what you do matters for science and for society. Strive to create the networks and find the peer support and mentoring that you need. Be open and outspoken about the challenges that you face to help others find better ways to support you. But you also need to be realistic, as not everyone will be able to see things from a new perspective or change their ways.

It may thus be concluded that gender plays an important role in shaping of scientific careers in India. Major multidimensional changes in the structure and procedures of Indian science, are probably required. In recent years, however, the Government of India (DST and UGC) is giving enormous attention to the importance of women education and is making serious attempts at imparting various skills to women. Special incentives, in the form of scholarships and awards, have been started to attract students in general and women, to the science and technology stream. However, the road to an equal destination for men and women seems to be quite long.

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Anxiety, stress and depression in orphans with special reference to intervention effect Of bhagwat gita

•Surabhi Mishra

Abstract- *An epitome of all the scriptures, the life breath heart and image of lord itself, the Bhagwat Gita is considered an unfathmovable ocean of wisdom. It is a dialogue between two individuals, Lord Krishna and his disciple Arjun in the battle field where there was a war between Kauravas and Pandavas for control of Hastinapur Kingdom. Gita contains more the subject matter for personality development and behaviour modification rather than a religious book. It contains 19 chapters with about 701 Shlokas narrating different levels of human mind and its processes. Different chapters critically deal with the various forms of anxiety, stress and depression of human beings and also management of stress and rectification of behaviour through CBT, person centred approach, psychoanalysis etc. Anxiety is a mental health disorder characterised by feeling of worry, from threat etc., strong enough to interfere with one's daily activities. Stress may be defined as one's body's reaction to challenge or demand, it may be both positive and negative i.e. any feeling of emotion or physical tension. A mood disorder characterised by low mood, feeling of sadness and a general loss of interest in things may be termed as depression. A child is considered an orphan if he/she is deprived of parent's love and care (Whether due to their demise separation or abandoning the child soon after birth). The child living with such unfortunate fate is vulnerable to situations of anxiety, stress and depression in any and almost every phase of life. The present study is an effort to compute the above mentioned behavioural disorders in orphan children and also to measure if there is any change in the behaviour after administering the intervention effect of recitation and reading sessions of Bhagwat Gita for at least 3 months.*

A sample of 100 students was chosen from the orphanage of Kanpur City. A consolidated test on Anxiety, Stress and depression (ADSS) constructed by Dr. Pallavi Bhatnagar was used as the tool, within group (pre and post design) was applied for the study. A pilot study of 100 students was conducted after screening 60 students who ranked high in anxiety, stress and depression were chosen for the study. After applying the intervention effect the sample was again tested, the effect of intervention effect was that the level of anxiety lowered stress and depression took place also showed some positive symptoms.

Bhagwat Gita blends the two paths together – God realization and self realization and focuses on action, worship and knowledge altogether; its ability to interact with the environment by one's intellect (buddhi) explains state of enlightenment and thus helps maintain the positivity of mind, speech and body.

Keywords- Stress, Scriptures, Wisdom

Introduction - Ever since society and institution of family came into

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existence parent child relationship has been observed, and to large extent, researched. Parents are those supportive aids who apart from catering every wish also help a child lead a secure, meaningful and contented life. **(Lehmann, S. Haivik, O. E., Haivik T. & Heirvang, E.R. 2003)** Losing a parent or both and the bereavement that follows, is difficult to cope, as the loss is irreparable. Living with such deprivation lifelong has numerous adverse effects upon the personality of the child and may give rise to manifold behavioural and emotional problems. **(Suldo, S.M. & Shaffer, E.J. (2008)**

Children not only miss the physical presence of their parents but also their love care and other blessing showered upon them. In their absence they are exposed to the harsh and tough realities of “not so good” world. They fall prey to abuse, exploitation, rejection, lack of social support, etc. They may also face various traumas due to unavoidable life situations resulting in nightmares followed by PTSD. **(Rahman, W., Mullick, M. S., Pathan, M. A. (2012)**

Anxiety and insecurity occurring due to threatening future life situation may be stressful leading to depression in adolescents. **(Fawzy, N. and Fouad, A. (2010)**

Studies also show that orphan adolescent undergo various psycho somatic disorders such as tension headaches, irritable bowel syndrome (IBS) sleeplessness, raised blood pressure or pulse rate at times. Moreover other behavioural problems such as eating disorders, aggression, taking up fights for trivial things, telling lies, stealing, insecurity borne problems such as stammering, bed wetting etc. may also be apparent. **(Kaur, S. and Rani, C. (2016)**

Anxiety is a natural and usually short lived reaction to a stressful situation, associated with feeling of tension, worried thoughts, state of inner turmoil accompanied by nervous behaviour and chronic fear persisting in the absence of any direct threat. **(Macleod, C. (1999)** Recurring intrusive thoughts and concerns with no clear justification may give rise to physical changes like increased blood pressure, muscular tension, restlessness, fatigue, problems of sleep, memory and concentration. **(Shri, R. 2010)**

According to Ross, anxiety is a serious symptom arising from adaptation to life strains and stresses. It is unpleasant emotional state associated with psycho physiological changes in response to intra psychic conflict or state of apprehension arising out of anticipation of such danger that is largely unknown.

The probability of its occurrence increases in new, unfamiliar and challenging situations as a form of over reaction in an attempt to meet difficult situations.

Biopsychology of anxiety -

Some individuals are extra sensitive to stimulation and stress than others since birth. People born with such temperament are more prone to pathological levels of anxiety.

Common anxiety situations faced day to day may be:

- a) Environmental and social anxiety including child abuse, poverty, rejection by family or society, unequal treatment etc.
- b) **Somatic** - Use of drugs including caffeine, alcohol, smoking etc.

- c) **Existential anxiety** - which generally includes nihilistic feelings and lowered self esteem and actualization.

Stress hormones released in this state have an impact on bowel function and may contribute to IBS including abdominal pain, bloating, gas, constipation; diarrhea etc. Upsetting the function of digestion and respiration, tension headache may also contribute to stage of severe anxiety.

Though anxiety in nature may be genetic or chemically induced, psychology of mind and attitude play an important role too medication clubbed with counselling can help relieve the panic by giving support to the concept but the metabolic pathways causing anxiety are unknown and may be quite complex. The term stress describes physical emotional, cognitive and behavioural response to events that are appraised as threatening and challenging and the demands of the situation go beyond one's coping resources.

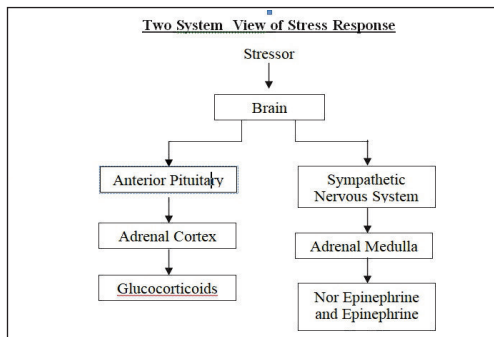
Stress producing events may be both positive (eustress), negative (distress) or mixed. From trivial matters to serious life changing decisions, stress may be born out of anything or everything. **(Fink, G. (2010)** When the body or mind is exposed to harm or threat, the result is the cluster of physiological changes generally referred to as the stress response or just stress **(Ray, William J. (2015)**

The degree, intensity and the effect of stress may vary. Stress can show itself in many ways such as physical problem include unusual fatigue sleeping problems, frequent colds, chest pain nausea etc.

Psychological stress may include different or bizarre behaviour such as eating too much or too little, crying a lot, smoking, drinking, pacing, throwing tantrums, fear, frustration irritability, cognitive deviations such as lack of concentration, lowered memory and decision making power and above all people after loss hope, resilience and their sense of humour **(Sahoo, S; Khess, C.R. (2010)**

Biopsychology of stress- Hans Selye (1950) attributed the stress response to the activation of anterior pituitary to the adrenal cortex system. Stressors acting on neural circuits stimulate the release of adrenocorticotrophic hormone (ACTH) from the anterior pituitary. ACTH in turn triggers the release of glucocorticoids from the adrenal cortex which produce many component of stress response. The level of circulating of glucocorticoid is the most commonly employed physiological measures of the stress. Stress activates the sympathetic nervous system by increasing the amount of epinephrine/nor epinephrine released from adrenal medulla.

Stressors produce psychological reactions that participate in body's inflammatory process and it also has disruptive effect on the immune system causing fever inflammation etc. (Wahab, S.; Rahman, F.N.A.; Hasan, W.; Hafiz, W.M.; Tamani, Intan, Z. and Arbaei, N. C. (2013).



Stress negatively effects and also disrupts the performance tasks depending upon the hippocampus as it reduces its dendrite branches and modifies the structure of hippocampus synapse (Kim Pellman and Pariante, 2015)

Stress responses are complex and varied, with the exact response depending on the stressor, its timings, the nature of the stressed person, and how the stressed person reacts to stressors. Simply Stating Depression or anhedonia is (loss of capacity to experience pleasure) often for no apparent reason. When the condition lasts for more than two weeks it is termed as clinical depression.

This type of depression may be diagnosed in children, adolescents and adults. In adults it is generally comorbid (The tendency of two health conditions, both physical and mental, occurring together in same individual for eg. anxiety disorder clubbed with diabetes or CHD etc.) Laurance, J.; Sawyer, M. and Ainley, J. 2015.

Self blame, guilt, helplessness, shame etc. irrationally arises when bad, negative or unfavourable things happen, and these can lead to depression.

Depression can take on many forms. It may be situational or reactive (death of loved ones, separation, rejection, any other major loss peripartum of postpartum depression). It may be endogenous (depression with no apparent reason especially occurring due to feeling of meaninglessness in life). Long term depression or dysthymia i.e. diseased mood, or under severe conditions, it may be termed as major depression involving SAD, PTSD etc. Cohen, S.; Janicki – Deverts, D. and Miller, G. E. (2007)

Depressed people continuously suffer from negative and self defeating thoughts. Their tendency of hopelessness leads to learned helplessness with lowered self confidence and shattered self esteem. Sometimes sick fabrication of society provides way to depression such as poverty, inequality exploitation on the basis of caste, creed religion, spoilt law and order conditions etc.

Biopsychology of depression

Studies proved that chronic illness and regular or long term use of drugs (including tobacco and alcohol) may lead to depressed mood.

Drugs used to treat depression and mania typically affect the levels of the three neurotransmitters (serotonin, nor epinephrine and dopamine) either alone or in combination (Cohen, 1997; Cummings & Coffey, 1994; Ruhe et al. 2007).

Depressed individuals show greater loss in amygdale and hippocampus (Goodkind, et al. 2015). Researches have also observed that genes play a vital role in the occurrence of unipolar or bipolar depression (Hyman & Cohen, 2013; Mc Mohata et al. 2010)

Neuroplasticity theory of depression also states that a decrease of neuroplastic processes in various brain structures (eg. the hippocampus) leads to neuron loss and other neural pathways. (Castren and Hen, 2013; Miller and Hen, 2015)

Bhagwat Geeta is said to be the most beautiful, perhaps the only true

philosophical song existing in any known tongue. It is an epitome of all the scriptures and conveys lessons on philosophy, religion and ethics.

Apart from being the most influential work in Indian thought, the message of deliverance by holy Geeta is simple and practical. The Very God descended into humanity (Krishna) is supposed to address (Arjun) the representative man, at a great crises in his life.

Arjun, at the last moment, in the battle field shrinks from his duty and typifies the struggling individual who feels the burden and the mystery of world. Arjun displays the mood of despair, despondency and intense inward agony, depression borne out of acute anxiety and situational stress leaves Arjun with a sense of escapist tendency and learned helplessness. The 18 chapters and 700 shlokas accordingly deal with the inner conflict Arjun goes through and the counselling process by the Almighty ultimately leading towards the path of enlightenment and salvation.

Bhagwat Geeta contains divine words. As a scripture, Geeta embodies the supreme spiritual mystery and secret. It contains the essence of all the four Vedas.

Since ages, it has exhibited a new facet of thoughts everyday and thus it remains eternally new. (Goyandka, J. 2015) It supercedes the holy ganga in the way that he who bathes in Ganga attains liberation himself but he who dives in Geeta not only him, but he also attains the power to liberate others. (Rao, A. Venkoba and Parvathi Devi, S.)

An unfathomable ocean of wisdom and an infinite store of knowledge, Geeta is believed to be at par to god himself. It is the very life, breath, heart and the verbal image of god. No sacrifice, charity, austerity, religion, pilgrimage, self restraint, fasting, stand in comparison to Geeta. (Balodhi, J. P., 1984)

Geeta Teaches the lesson of applying the spiritual truth in practical life. The individual (Sadhak) could attain the path of god realization through three principles -

- a) Action, b) Worship, c) Knowledge.

Modern man is in need of the message of Bhagwat Geeta, if he is to find freedom from the tensions and anxiety brought into his life by the scientific and technological development of today. It also high lights the different component of emotional intelligence (Ramchandra Rao, S. K. 1983; Govindswamy, M.V.).

The 18 chapter of Bhagwat Gita may be broadly divided into 3 main yogas or paths. Yoga trains body and mind to avoid weakness, depression, distress, dejection and engage in effective karmas.

Chapters 1-6 Karma Yoga

1. Arjuna Vishad Yoda
2. Sankhya Yoga
3. Karma Yoga
4. Jnana Yoga
5. Karma Vairagya Yoga
6. Abhyasa (Atma Sanyam Yoga)

Karma yoga upholds and emphasizes the necessity of action. When man attains proper knowledge it leads a path of selfless action. (Tilak, B. 2017)

Chapters 7-12 Bhagti Yoga

7. Paramahansa Vijnana Yoga
8. Aksara – Parabrahman Yoga
9. Raja – Vidya - Guhya Yoga
10. Vibhuti Vistara Yoga
11. Visvarupa Darsana Yoga
12. Bhakti Yoga

Bhakti Yoga or the path of devotion inculcates in the devotee or the sadhak the attitude of loving devotion and service as an instrument of supreme spirit. Surrender, trust adoration and ultimate faith upon the Supreme Power enlightens one with right knowledge and righteous action. (Verma, D. 2016; Prabhupada, A. (2015)

Chapters 13-18 Jnana Yoga

13. Ksetra – Ksetrajna Vibhaga Yoga
14. Gunatraya Vibhaga Yoga
15. Purusuttama Yoga
16. Daivasura – Samvad – Vibhaga Yoga
17. Sraddhatraya Vibhaga Yoga
18. Moksha Upadesa Yoga

Jnana Yoga or the path of knowledge, wisdom and direct realization of self drives the individuals consciousness to achieve the ultimate goal for which he had been striving. (Gupta. B. (2001)

Bhagwat Gita as a counselling Process -

The opening chapter shows great insight into the heart of man (Arjuna as the patient) its conflicts of motives, dejection, aversion to worldly enjoyments, faint heartedness and fear of loss of friends and relatives. The chapter is addressed as “Yoga of dejection of Arjun or Arjun Vishad Yoga. (Das, S. (2015)

The second chapter projects (Lord Krishna as the therapist) who guides, teaches and preaches the confused and dejected Arjun. He works upon clearing the negativities of mind which prevent him from performing righteous action according to dharma or justice.

Chapter 3 onwards the therapeutic sessions start where Arjun is instructed by Lord Krishna to Shrug off the feeling of attachment and perform his duty. Illumination and self realization are instrumental for execution of such action. (Carl Rogers, C. 1977)

In the following chapters, self devaluated Arjun is directed and re-educated to surrender himself to the supreme power and focus only on his needful actions without caring about the consequences. Here the weakness and turmoils of common man are portrayed too. The pressures individual focus in his day to day life and the anxiety stress and depression he undergoes. When one surrender all his worries, desires and egos to the supreme power and focuses only on his present moment and actions they only he leads a life with balanced mind and body. (Vajpayee, B. 2014)

Gradually as the individual enters into the 3rd phase i.e. the Jnana Yoga he attains the knowledge of Karma Bhakti, righteousness, critical analysis and conceptual clarity of thoughts and facts. He uplifts his self above all the joys, sorrows, grief, attachments for material things and attains divine qualities. This is the stage where he achieves the liberation of soul or Moksha. **(Prashupada, A. 2016) (Jeste D.V. Vahia IV 2008)**

The Bhagwat Gita embodies finest psychological principles. In the battle field it is the treatise to guide and resolve conflicts, get clarification and assurance based on Karma Yoga and enlighten the individual to achieve adequate ego strength.

It helps one establish and practice self control, peace and harmony at interpersonal and social level and to judiciously perform right action at right time. It also educates the society to fight for its rights instead of exhibiting denial and escapism. Same way it teaches to be aware of, and readily perform one's duties too, towards his loved ones, community and mankind as a whole. **(Gandhi, M. 2009)**

Solution focussed directive counselling and cognitive restructuring along with dealing with transpersonal aspects projects close relation of Bhagwat Gita with psychology. Apart from being a spiritual scripture, it is a best book for personality development and tool for resolving day to day problems of man. **(Trivedi, D. (2017) (Rao, A.; Venkoba, Parvathidevi, S. (1974)**

Methodology

Objectives -

- 1) To assess the pre and post anxiety level of orphans by administering the intervention effect of Bhagwat Gita.
- 2) To compute the pre and post stress level of orphans by administering the intervention effect of Bhagwat Gita.
- 3) To find out the pre post depression level of orphans by administering the intervention effect of Bhagwat Gita.

Hypothesis :-

- 1) There would be significant difference between pre and post anxiety level of orphans on administering the intervention effect of Bhagwat Gita.
- 2) There would be significant difference between pre and post stress level of orphans on administering the intervention effect of Bhagwat Gita.
- 3) Significant difference would be found between pre and post depression level of orphans by administering the intervention effect of Bhagwat Gita.

Variables -

Sample selection and intervention procedure :

IV	Intervention effect of Bhagwat Gita.
DV	Anxiety, Stress and depression levels.
Control	Age (12 To 18 Years) Pre and post orphans adolescents

Initially 100 orphans (irrespective of gender) were randomly chosen

for pre test. After assessing the anxiety, stress and depression levels, 20/20 adolescents categorized under above average or higher levels of anxiety, stress and depression were selected for intervention process. Intervention effect on Bhagwat Gita was administered for a duration of 3 months.

A group of interventionists interacted with the orphan adolescents for 1 hour every day. The procedure was initiated with the induction of importance of Bhagwat Gita, its impact on the overall personality for 1st 15 minutes, next 15 minutes were devoted in conceptual clarity of each chapter and its psychological implication.

Last 30 minutes, the concluding part included in it the spiritual growth, therapeutic value, healing power and striving towards general well being followed by interaction with the sample, clearing their doubts and helping them cope with adversities of life and thus manage their anxiety, stress and depression effectively.

Tools - A consolidated test on Anxiety, Stress and Depression (ADSS) Constructed by Dr.Pallavi Bhatnagar, Megha Singh et al. (Lucknow University) was used as the tool. It contained 48 items divided into 3 sub-scales.

- a) Anxiety sub scale (containing 19 items)
- b) Stress sub scale (containing 14 items)
- c) Depression sub scale (containing 15 items)

Response were to be given in terms of “Yes” and “No”. Scale can be administered in individual as well as group setting and both by self or by the examiner. It was beneficial for use in both clinical and non-clinical samples ranging from 14 to 70 years.

Research design - Pre and post within group designs was opted for the study.

Analytical Strategy - The obtained data were analyzed by computing mean, standard deviation and t-test.

Scoring and Interpretation - Keeping in view the present study, the obtained data was analyzed using t-test.

Table – 1

Table showing anxiety level on two conditions.

Conditions	Mean	SD	T. Value
Pre test (Prior to intervention)	11.75	1.55	2.96**
Pre test (After intervention)	6.45	2.66	

** Significant at 0.01 level.

Table – 2

Table showing stress level on two conditions.

Conditions	Mean	SD	T. Value
Pre test (Before to intervention)	11.25	1.58	1.70*
Pre test (After intervention)	6.95	2.18	

* Not significant at any of the two levels.

Table – 3
Table showing depression level on two conditions

Conditions	Mean	SD	T. Value
Pre test (Before to intervention)	10.9	1.83	3.32**
Pre test (After intervention)	6.05	2.99	

** Significant at 0.01 level.

Interpretation of results - As stated earlier, being an orphan is such self devaluating feeling which leaves a child a loner in this deceptive and selfish world. This in the long run counts as predisposing factor and makes person victim to raised anxiety, stress and depressive symptoms.

Table 1 displayed that anxiety level of orphans was found to be reduced at a significant level after the intervention of Bhagwat Gita for 3 months and observing its effect. Mean and SD values for pre test were 11.75 and 1.55 respectively and that of post test were 6.45 and 2.66 attaining the 't' value as 2.96 which was significant at 0.01 level of significance.

Anxiety level of orphans was reduced to a significant level after administering the intervention effect of Bhagwat Gita for 3 months. Gita works as a therapeutic aid to overcome feeling of anxiety (especially separated anxiety). They learn to re-educate and reconcile themselves with adverse life situations. Understanding and imbibing to the subject matter of Gita also helps one control negative feeling of insecurity, nervousness and fear from uncertainty of future. Thus hypothesis number 1 has been proved.

As for as the factor of stress is concerned table 2 shows the mean value as 11.25 and 6.95 for pre and post intervention conditions. The values obtained for SD and 1.58 and 2.18 whereas the 't' value obtained is 1.70 which is not significant at any of the two levels (i.e. 0.05 and 0.01 levels).

The result obtained rejects hypothesis Number 2. The reason for no significant effect found after the intervention given to the sample and thus. The stress not reduced largely, shows that the sample chosen for the study of stress level was less suggestible, tenacious, with more of self blaming attitude. It was hard to counsel them towards positive and solution focussed theory of life. Their sense of rejection and denial towards their real life situations made them sufferers to chronic stress which could not be helped and reduced to a significant level by interacting with intellectualism. They may be suggested to other behaviour modification techniques and supportive therapies to manage stressfulness of mind.

Table 3 displayed the level of depression on two conditions. Table displayed the mean values of 10.9 and 6.05 (pre and post intervention and conditions). Similarly SD 1.83 and 2.99 was computed. 't' value obtained was 3.32 which was found significant at 0.01 level of significance. The value thus obtained proves hypothesis no. 3.

Impending threat and uncertainty of insecure future life situations is liable to make any individual (especially orphan youth) subject to depression. One may face mild/moderate or severe depressive stages

swinging between unipolar to bipolar stages of depression. The intervention effect given on account of Bhagwat Gita helps one rationalize impulsiveness of behaviour. One's adverse and less beneficial life situations positively and focuses on one's positive actions to make life conditions more meaningful rather than brooding over destiny and deprivations. Meichembaun's self instruction therapy may help them re-educate and reconstruct life situations and crisis and overcome sense of lowered self esteem, rejection feeling of negligence etc. Overcoming depression helps them to introspect within and mark out that life they are bestowed with, is full of blessings and positivities. It is not a fractured one and if by any chance it is, they are certainly capable to fix it.

Conclusion- The results obtained hence proved helpful to a large extent in discussing and interpreting that how much adverse, challenging or deprived the conditions of life may be, intervention effect of Bhagwat Gita is an effective tool with unfailing positive powers to heal any individual mentally and physically. Significant fall in the levels of anxiety and depression after pre and post intervention sessions establish the importance of this ocean of spiritual knowledge and personality growth. The existence and importance of Bhagwat Gita and its teachings would never fade, no matter how many decades and times change.

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Promoting Social Entrepreneurship is the Key to Improving Societal Development in the Country

• Ramesh Kumar Gupta

Abstract- *This research paper will attempt to provide a detailed and more accurate overview of the concept of social entrepreneurship and its importance in improving the overall functional societal development. In recent years, there has been a significant increase in the number of people actively contributing to society through their businesses, startups, and other forms of an organization, leveraging technology and traditional knowledge to overcome social, cultural, and environmental problems such businesses are still scarce. This paper will facilitate a broader look at how the Indian society can benefit from promoting social entrepreneurship and will also suggest an efficiently designed process through which both the entrepreneurs and the society will benefit.*

Keywords- Social Entrepreneurship, Societal Development.

Introduction- Social entrepreneurship can be perceived as a way of earning profits by creating innovative solutions for community-based problems. This entire concept has recently become a trend in the Indian economy; however, it is more than just a trend and has tremendous potential as a development driver for the Indian communities. Additionally, this also helps in encouraging technological innovation at the core level. Several economists, globally, believe that societal development is necessary for the growth of every individual.

This paper suggests that the core issue is that societal problems are perceived as something that is the responsibility of the government or the people in power or the society as a whole; however, these problems are faced by every individual and so, it is the responsibility of the individuals to create solutions to such problems and help in eradicating these issues. There has been a steady increase in the number of social businesses and this is really appreciable, but in a country like India, where the population stands at 1.3 billion, and where the problems of the individuals are not limited to poverty or malnutrition; there is a need for more social businesses.

The need for social entrepreneurship in the Indian context is also critical, as most goods and services are targeted at higher-end consumers, leaving people with minimal resources without access to their basic needs. Social entrepreneurship looks after this underserved segment of the market by providing products and services on their terms.

Challenges- Unlike commercial businesses, there are fewer pieces of evidence of social changes that social entrepreneurs have pioneered. People move from one position to another often for a variety of reasons, making those changes difficult to monitor. Since social entrepreneurs are so

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concerned with changes in society and people's upliftment, they often take a less ethical approach to their market. This challenge is very rarely visible and still exists in some extreme cases in India. The ethical parameter changes from society to society.

The important challenge in social entrepreneurship is the consistent definition and communication of principles. Usually, what happens is that the value of such solutions is different for different societies and varies on the basis of their exclusive needs. But social entrepreneurs ought to set shared principles that can be readily expressed.

Suggestions- There is a lot that can be done in the field of social entrepreneurship and one of the basic things that need to change is the mindset of the general public; they need to realize the importance of such businesses so that more and more individuals can come forward and contribute to the society. The government can also play a major role in promoting such organizations, for instance, offering dedicated financial assistance to potential projects, and offering subsidies or earning opportunities to these businesses. Recognition and appreciation is something that will go a long way in fostering the growth of this trend, and will also increase the overall participation. The government can also showcase the innovation brought forward by the social entrepreneurs and can leverage it to bring international funding for such projects.

Conclusion- Social entrepreneurship will transform the shape of society in India, there have been several such examples and ventures under the umbrella of social entrepreneurship that have proven to be life-changing for people in the vicinity. In India, social entrepreneurship, in particular, has better chances, as social issues are in full swing here. Social entrepreneurship is a rare blend of corporate and philanthropic characteristics. In the field of social entrepreneurship, goods and services are planned to have full social impact and to make significant profits for the company. Here, the job field of the company is usually the area/region, which is commonly overlooked by the big business of economic entrepreneurship. In a sense that the product and service products of social entrepreneurship are very distinctive and higher than the economic requirements of society. This is the exact condition of the entrepreneurship characteristics that are being applied with a social cause/problem. Other than that, all the core elements of entrepreneurship are identical to their parent entrepreneurship.

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The Current E-commerce Landscape in India

• Ramesh Kumar Gupta

Abstract- *E-commerce is a booming segment in the country, and it is also a new revenue source for sellers who have moved on from traditional selling and trading methods. This paper attempts to analyze the current trends and opportunities in the market, particularly focusing on the consumer behavior towards the e-commerce segment, new technological solutions, and other market trends. This paper will also provide suggestions on how traditional sellers and online sellers can incorporate these trends and maximize revenue. Additionally, the impact of Covid 19 on the Indian e-commerce industry will also be provided.*

Keywords- E-commerce, Consumer behavior, Industry

Introduction- E-commerce has entirely changed the face of the Indian business segment. It is being predicated by various market experts that the market is will grow to \$200 billion by 2026 from \$38.5 billion as of 2017. For the most part, this growth is being driven by an increase in internet consumption, and that the reach of the sellers has been broadened by e-commerce.

Increased Smartphone penetration is a significant growth driver, and with the launch of 4G networks and increased spending capacity, it is being predicted that the market will grow up to \$200 billion by 2026. Additionally, online retail sales are also expected to grow in the near future, and Flipkart, Amazon India, and Paytm Mall are expected to be at the forefront.

A research study conducted by Alvarez & Marsal India and the CII Institute of Logistics predicted that the online retail segment in India would surpass \$100 billion by 2024. However, another research and analytics firm, GlobalData, believes that the \$100 billion figure will be achieved by 2023.

Market Landscape- The current market landscape is quite advantageous for the market players and promotes new revenue opportunities for the sellers. Some of the core advantages include government policies, such as 100% FDI in B2B e-commerce, increasing investments in the sector, more funding opportunities, increased sales in several e-commerce segments, including online grocery, social commerce, and e-pharmacy, and increased consumer demand for smart phones.

Some of the key trends that are influencing the market are discussed below:

- The increased consumer demand for smart phones and other electronic devices has significantly influenced the growth of the e-commerce market in India.
- Additionally, with the increase in social media consumption, sellers are now utilizing social media advertising's power while employing social media influencers to create new targeted audience groups.

- One of the latest innovative trends in the industry is the use of AR and VR, augmented reality, and virtual reality technology is being used for customer interaction and product showcasing. For instance, Lens kart, an online retailer, recently introduced a new trying-out feature, wherein the users can try eyewear virtually on the website with the help of VR, and the website also uses AI for suggesting eyewear to users based on their facial features.
- A combination of impactful engagement tactics, brand messaging, and accurate PR approaches will work wonders in e-commerce companies. The sector is still in need of innovative people, with an awareness of the e-commerce industry and the needs of consumers. According to Onboard, "Building an audience is more profitable than direct sales to more than 70% of brand managers."
- Another booming trend that has been observed throughout the year was the shift to everyday items; for long now, shopping gadgets, accessories, or clothes online has been common for people, but in the last year, people chose e-commerce for their everyday essentials.
- With state-of-the-art technology finding its way into almost every business feature of the e-commerce industry, players in the sector are expected to provide impeccable user service by leveraging AI/ML-based systems like chatbots, online support systems, virtual trial rooms.
- Another theme that has been prominent and is expected to dominate the market demand is sustainability. There has been an increase in market perception about eco-friendliness and sustainability, and they would undoubtedly favor companies that promote environmentally conscious goods and sustainability. These products will see a major rise in their customer base over the next year.

Suggestions- Several market experts believe that the B2B e-commerce segment will be the highlight of the next year, with many mom-and-pop shops being converted as larger marketplaces work on updating them. Data shows that users prefer to use just a couple of games, even though they download two dozen of them. Unless the brand is incredibly powerful, it does not draw the requisite mind space, and so brands will have no choice but to affiliate with other applications or platforms.

Sellers will have to create bespoke strategies designed according to the taste of their target audiences; for instance, some sellers will have to focus more on providing local items if that is what their audiences prefer; however, if convenience and affordability are more important for their consumers, then they will have to adjust accordingly. Overall, brands can no longer rely on one selling channel or a single selling strategy; they will have to keep updating their game plan regularly.

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Need for sustainable land resource management In jharkhand: a case study of ranchi city

•Shiv Kumar

Abstract- *The study is based on secondary data obtained from Ranchi Municipal Corporation and Master Plan of Ranchi city. The land use change analysis over time for the entire study areas provides an overall picture of the change trends. A comparative analysis of the growth in population and land use has been done. Smart City projects are coming up in the Ranchi city for which sustainable management of land resources is essential otherwise it would result in adverse environmental changes such as drought and desertification.*

Keywords- Land Use, Ranchi, Urbanisation, Population, Development, Planning

Introduction - Land is considered as the most important of all the natural resources. Land is essential for the habitation of human being and other living creatures. Land is required for agricultural operation, development of industries, growth of forests, building roads and rail transportation system on its surface. It is not only the size of the geographical area but also its nature and fertility that determines the land endowment of a country (Dhar, 2013). Land use is characterised by the arrangements, activities and inputs people undertake in a certain land cover type to produce, change or maintain it (FAO, 2000). A more inclusive definition of land-use is often used in practice. 'Land use' actually includes any given area of land is usually used to satisfy multiple objectives or purposes. Land use is a product of interactions between cultural backgrounds, state and physical needs of the society with the natural potential of land (Karwariya, S., and Goyal, S., 2011). Land use of any region expresses the interaction of the operation of the whole range of environmental factors modified by the socio-economic and historical elements (Narkhed, D.S. & Gatade D.G., 2010). The increase in land prices due to enhanced income of some sections, future need of prime land and returns from other than agricultural uses seem to be the driving force for change in land use (Bhupal, 2012).

In the sense of surface area land is fixed, but in the sense of its contributions, it is not fixed; it is highly dynamic. The land area may remain constant but its resource function or its contribution changes constantly. It changes in response to changing human attitudes and actions (Guha and Chattoraj, 2002). The existing patterns of land utilization in India are the result of continued interplay of physical elements like topography, climate and soils and human effort guided by a host of socio-economic conditions (Sharma and Coutinho, 1997). In a dynamic world, certain modification can occur in the existing pattern of land utilization (Lekhi and Singh, 2011).

Scientific research community called for substantive study of land use

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changes during the 1972 Stockholm Conference on the Human Environment, and again 20 years later, at the 1992 United Nations Conference on Environment and Development (UNCED). At the same time, International Geosphere and Biosphere Programme (IGBP) and International Human Dimension Programme (IHDP) co-organized a working group to set up research agenda and promote research activity for land use and land cover (LULC) changes. This is because it was realized that land use and land cover (LULC) change is a major issue of global environmental changes (Prakasam, 2010). Recently, empirical land use models have relied on variations of the area-base approach, which describes the proportions of land in different use categories within defined geographic areas, usually countries, as a function of socioeconomic and land characteristics variables (Alig 1986, Alig and Healy 1987, Cropper *et al.*, 1999, Hardie and Parks 1997, Lichtenberg 1989, Parks and Murray 1994, Plantinga 1996, Stavins and Jaffe 1990, White and Fleming 1980).

Objective of the study- The main objective of the study is to highlight the Need for Sustainable Land Resource Management in Jharkhand with special reference to Ranchi City.

Database and Methodology- The research depends heavily on secondary data which have been obtained particularly from (the City Development Plan for Ranchi) office of the Ranchi Municipal Corporation, Ranchi and The Master Plan related data has been obtained from Master Plan of Ranchi City, 1983 and 2037. Some relevant data meant for the purpose have also been obtained from previous years publications of (GoJ) Government of Jharkhand.

Study Area - Ranchi is a district of the landlocked state of Jharkhand which is endowed with heterogeneous landscape, huge natural resources, dominance of aboriginal habitat and culture. Presently, Ranchi is urban agglomeration of Ranchi Municipal Corporation (RMC) and Kanke Town (C.T.). The district of Ranchi is situated between 20°21' and 23°43' North latitude and between 85°00' and 85°54' East longitude. It extends over 7,574.17 sq. km with a population of 29,12,022 (males 14,93,376 and females 14,18,646) as per census figures of 2011. The city is bounded on the north by the towns of Kanke and Patratu (Ramgarh district); on south by the town of Nagri and Namkum; on eastern side by Angara, Ormanjhi and on the western side by Ratu settlement. Ranchi is located in the heart of a geological belt, rich in minerals. Presently, the city is fast growing as an industrial hub of the region.

Results and Discussion

Table 1
Jharkhand: Land Cover and Land Use

S. No	Category	Area in Lakh Hectare	Areas in Percentage
1.	Cultivable Area	29.74	37.30
2.	Forest Area	23.92	30.00
3.	Water bodies	1.59	2.00
4.	Waste Land	7.17	9.00
5.	Scrub Land	4.38	5.50
6.	Builtup Area	3.99	5.00
7.	Other	8.93	11.20
Total		79.72	100.00

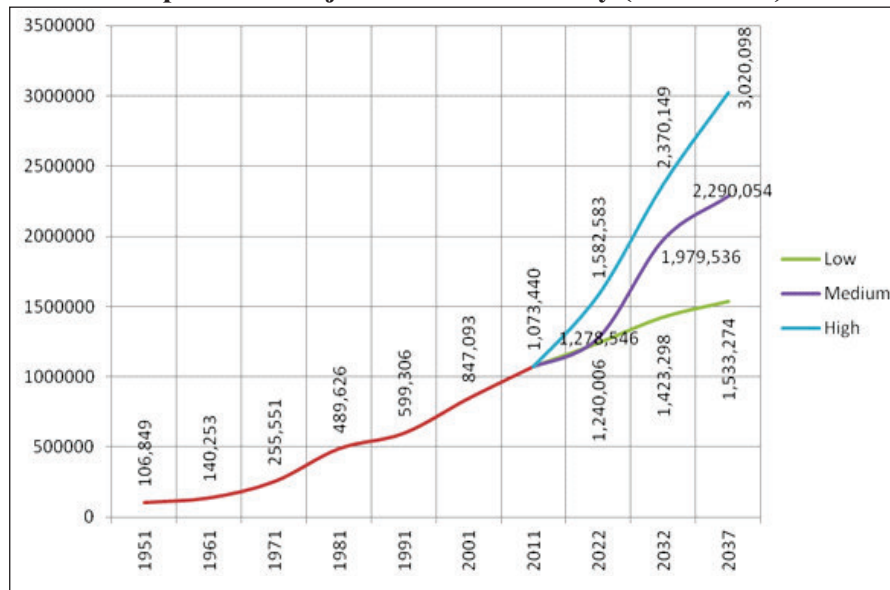
Source: http://wrджharkhand.nic.in/land_Pattern_State.html 21/06/2017

According to Transaction Advisory on Ranchi Water Supply PPP Project, Interim Report-

- **Land use in 1985:** About 75 % of the total area was agricultural (cropland/fallow-land and open space), and about 21% of the total area was built-up comprising high medium and low density areas. City showed spatial growth and physical development in circular form, west and northwest of the city. During this period, the population increased by 4 lakh and the rate of growth exceeded 90%.
- **Land use in 2004:** During 1985 to 2004, built-up land showed an increase from 21% to 34 %. This 20 years period indicated exploration of the growth potential of the city with population growing up to 8.5 lakhs in 2001. Agriculture and fallow-land decreased to 53% with utilization of agricultural and fallow-land for settlements and commercial purposes. Most of the growth took place towards north and north-west in circular form.
- **Land use in 2011:** During 2001 to 2011, built-up land has grown from 34 % to 42 %. Population has grown to 10.56 lakhs in the jurisdictional area and a number of settlements are now noted in the nearby fringe areas. Most of the development has taken place towards north, north-west and in the west direction. The high density of residential development is found in old parts of city like Upper Bazar, Hindpiri, Lower Bazar, Naya Toli, Kanta Toli, Bhau Bazar, Church Road, Doranda, Siromtoli, etc., The density is low in the area especially in Bariatu, Kokar, Namkum, Dhurwa, Tipudana, Hesal, Dibdhi, Singh More. The main areas for Public Use are open spaces, parks and play grounds, recreational spaces, hospital, schools, government office buildings and airport, etc.

Fig. 1

Population Projection of Ranchi City (RMC Area)



Residential Area- Residential use covers an area of 6,915.51 hectares in the Planning Area constituting 58.49 % and 10.60 % of the Developed Area and Planning Area respectively. The area has an average gross residential density of 129 PPH (Person Per Hectare) for the Developed Area, which indicates congested growth of the city including outgrowth. Ranchi (City + Rural) lacks planned residential colonies and the organic growth has resulted in urban sprawl and inefficient utilization of land. Physical thresholds have played dominant role for shaping the urban structure of city but the density has been primarily shaped by the infrastructural facilities. Although city has existed since long time, the urbanization has been taking place in haphazard manner.

Commercial Area- Commercial land occupies about 2.85 % of the developed area of Ranchi Municipal Area and 1.25 % of the total Planning Area. Large portion of land in the city, which is under commercial land use, is because of the administrative nature of the city. Most of the commercial development is adjacent to the major streets or traffic corridors however, most of the commercial activities are concentrated in the Central Business District (CBD) of the city. The city generally lacks planned commercial areas and there is no hierarchy of commercial centers existing in it. In fact, all the existing commercial development has come up in linear fashion. Mixed Land Use characterizes most of the areas with commercial activities being carried out in the ground floor.

Industrial Area- Industrial development is playing an important role in the economic activity of the Ranchi area. Total area under industrial use is 694.02 hectare, which is 1.06 % of the total Planning Area. Major industrial areas include Namkum Industrial Estate, Tatisilwai Industrial area, Tupudana Industrial developed by RIADA. One of the largest industrial areas is HEC area.

Transport and Communication- Road network and related infrastructure is the most important sector for urban health. Roads act as arteries for the flow of goods and services and dissemination of urban influences. Efficient connectivity and improved linkages help in developing linkages between the market and the produce. Traffic and transportation infrastructure accounts for about 9.86 % of Developed Area and 1.79 % of the total Planning Area of Ranchi. The percentage area under traffic and transportation seems to be adequate though most of the roads including arterials are characterized by two lane undivided configuration only. The problem of inefficient road network is particularly more severe in the older and core parts of the urban area wherein the existing streets are highly narrow and winding wearing poor and dilapidated physical outlook. The pedestrian movement generally squats the carriageways resulting in further reduction of the effective road width as no pedestrian facilities exist in the entire city. The existing traffic characteristics reveal a chaotic picture predominantly because of lack of basic road infrastructure, pedestrian facilities, non-segregation of vehicular and non-vehicular traffic, inadequate parking areas etc.

Public and Semi-Public- Land under educational institutions, medical facilities, police stations and police lines, religious, graveyards and other

community facilities which is grouped under public and semi-public use constitutes about 16.76 % of the Developed Area and 3.04 % of the total Planning Area. Out of the total 4148.05 hectares under public and semi-public land use, four major micro-level uses are defence (strategic), government, education and medical facilities.

Recreation- Parks, play fields, historical monuments have been grouped as recreational land use and constitute about 289.27 hectare, which is 2.45 % of the Developed Area and 0.44 % of the total Planning Area. Major recreational facilities include Krishna Park, Rock Garden, Cricket Stadium at Dhurwa, Khelgaon, Ranchi Museum, Aqua World etc. The land under recreational use is insignificant keeping in view the population and historical nature of the city. Uniformly distributed and well-planned parks and playfields are grossly lacking. Old city lacks both in active as well as passive recreational spaces. In absence of sufficient developed area for recreational purposes, the open spaces of schools and college and other unorganized open spaces are used as playfield, recreational areas by the local inhabitants.

Undeveloped Land Use- About 79.32 % (51729.74 hectares) of the total Planning Area constitutes the undeveloped landuse, which is under agriculture, plantation, water bodies, hillocks and vacant land. Majority of land in the undeveloped landuse category consists of land under cultivation, which is predominantly under paddy fields. Out of the total, water bodies constitute about 3.59 % of the total Planning Area. Large percentage of undeveloped land use in the Planning Area is primarily because of the inclusion of large areas of rural character in addition to the existing city area.

Existing Land Use Inconsistency- It is observed that there are certain activities in the city, which are not in consistence with the existing land use. It is proposed to shift such activities out of the city within the planning area to protect environment and the inhabitants of the Ranchi city. In addition to this, there are some activities, which are not in sufficient numbers or over utilized due to shortage of land. The details of inconsistency and over-utilized activities distributed in the town are given in Table 2 below.

Table 2
Inconsistence and over-utilized land Use of the Ranchi City

S. No	Landuse	location	Problems/Remarks
(a) Inconsistence landuse			
1	Vendors activities on footpaths	Along road from Kutchery chowk - Saheed Chowk - Firayalal Chowk	Traffic Congestion
2	Vendors activities on Parking space	Along road from Firayalal Chowk to Sujata Chowk	Traffic Congestion and noise pollution
3	Vendors activities on footpaths	Along road from Firayalal Chowk to Lalpur chowk	Traffic Congestion
4	Parking Space	Along road from Firayalal Chowk to Sujata Chowk	Parking problem and traffic congestion

5	Parking Space	Uppar Bazaar area	Parking problem and traffic congestion
6	Traffic congestion at different road intersection	Kantatoli chowk, Sujata chowk, Patel chowk , Bahu Bazaar chowk and Ratu road area	Traffic Congestion, lack of parking area
(b) Over utilized landuse			
7	Khadgada Bus stand	On Kantatoli- bahu bazaar road in ward no. 13	Lack of Space and traffic congestion due to vending activities and lack of parking space
8	Govt. Bus stand	Near Station Road	Insufficient space for bus parking and visitor's vehicles and unorganized shops caused traffic congestion, parking problem and road jams during peak hours.
9	Over utilized open spaces	St. Xavier's college, Sadar Hospital, upper bazaar, Kutchery	Due to lack of open space these locations are used as parking, Daily market and unauthorized shops.

Growth Constraints

a. Tribal lands inside the city area are in abundance, which is non-transferable outside the Tribal community to any non-Tribal agency as per the Chotanagpur Tenancy Act (CNT).

This restricts the city to grow on the underutilized land in the city domain, this land is therefore inaccessible for any planned growth.

b. The vertical growth of the existing city cannot be ignored in the near future, as the land transfers, acquisition are in progress, thus resulting in a few high rise buildings of 20-25 stories height. The constraints to the vertical growth are the poor infrastructure conditions, as the roads are narrow and overcrowded with the present population itself.

c. The cantonment area in the vicinity, on north-east and east-south-east edge of the city restricts the city growth beyond its limits by pushing it physiologically to a far off place from the heart of the city. Any growth beyond these bounds is likely to be treated as a sub-city. This sub-city must be self-sustainable in terms of economic, commercial, institutional and housing needs.

Conclusion - There are many issues that merit further investigation; one of them is to find or explore the possibilities of Sustainable Land Resource Management in Ranchi City. Another major issue is to study the multi-dimensional consequences of haphazard spatial growth with increasing population on urban sprawl of Ranchi city.

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Rural markets: potential pivots of rural Tourism in Jharkhand

• Shiv Kumar

Abstract- *The present study was undertaken to investigate the potential of rural markets for rural tourism in Jharkhand. The State of Jharkhand is blessed with immense bio-diversity, moderate climate, rich cultural and historical heritage, religious places of worship and ethnic aspects to make the State the ultimate destination for tourists. Rural area in Jharkhand is also very rich ethnically, culturally and environmentally. Rural tourism focuses on participating in a rural lifestyle. Rural tourism allows the creation of an alternative source of income in the non-agricultural sector for rural dwellers. The present research paper argues and concludes by way of recommendations that if rural-tourism is properly developed through rural markets it can not only attract tourists from far and near, but can also generate more revenue for the inhabitants of the region and for the state.*

Keywords- Tourism, Economy, Rural, Culture, Jharkhand

Introduction - Any form of tourism that showcases: the rural life, art, culture and heritage at rural locations, thereby benefitting the local community economically; and socially as well; as enabling interaction between the tourists and the locals for a more enriching tourism experience can be termed as Rural Tourism. Rural tourism is essentially an activity which takes place in the countryside. It is multi-faceted and may entail farm/agricultural tourism, cultural tourism, nature tourism, adventure tourism, and eco-tourism. As against conventional tourism, rural tourism has certain typical characteristics like; it is experience oriented, the locations are sparsely populated, it is predominantly in natural environment, it meshes with seasonally and local events and is based on preservation of culture, heritage and traditions.

Most of the studies relating to tourism emphasize the economic dimensions at International and National levels (Gray, 1970; EIU, 1973), while very few have investigated local levels (Henderson, 1975; Chopra, 1991)

D'Hautserre (2005) recommends alternative or soft tourism as a path to sustainability since conventional tourism is unable to resolve challenges of sustainability. Alternative tourism which is with different labels and names are suggested to replace the existing conventional tourism and ensure sustainability (Weaver, 2006). This led the rural areas to embrace alternative tourism for nurturing sustainable development.

Tribe et al. (2000) identify the rural area as an unchanged and natural place which still remains with certain societal values, national identity and heritage unfounded in urban settings. Rural area is besieged with poorly developed agrarian-based life, below the average living standard, but

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unspoiled atmosphere, filled with diverse natural and built environment. Such population is content with simple traditional rural lifestyle.

Study Area - The total geographical area of the State is 79,714 Sq. Kms. with the spatial extent of approximately 21° 55' to 25° 18' North Latitude and 83° 20' to 87° 57' East Longitude. The state is land locked and it shares its boundary with Orissa on the southeast, Chattisgarh on the southwest, Bihar on the north, West Bengal on the east and Uttar Pradesh on the northwest (Kumar, 2015). It comprises of the Chotanagpur Plateau, which forms a part of Deccan bio-geographic province. It is a hilly undulating plateau characterized by predominantly tropical forests and tribal settlements. This State is endowed with natural resources that need to be conserved and utilized in a sustainable manner for all-round development of the state in general and the marginalized tribal population in particular. The State of Jharkhand consists of 24 districts, 33 subdivisions, 211 blocks and 3759 panchayats and 32620 villages. According to the Census of India 2011, total population of the state is 32,966,238 with a sex ratio of 947 and density of population is 414 persons per sq. km. It has an intermingling population from various ethnic, linguistic and religious backgrounds.

Objectives of the study - The study aims at analysing the following-

1. To study rural markets as potential pivot of rural tourism in Jharkhand.
2. To analyse the socio-cultural and economic aspects of rural markets.
3. To suggest the measures for development of rural markets as rural tourism in Jharkhand.

Data base and Methodology

The study is mainly based on secondary data. Tourist arrival trend vary significantly at regional scales and studies are very limited for the Jharkhand region. The reference year for the secondary data is 2011, which have been obtained particularly from census publications and occasional papers published by the office of the Registrar General and Census Commissioner, India, New Delhi. Some relevant data meant for the purpose have also been obtained from previous years publications [Domestic and International trends of Tourist arrival in Jharkhand (2000-2016)] of the Jharkhand Tourism Development Corporation, Ranchi.

Result and Discussion- Tourism growth potential can be harnessed as a strategy for Rural Development. The development of a strong platform around the concept of Rural Tourism is definitely useful for a state like Jharkhand, where almost 76% of the population resides in rural areas (Table 1). Across the world the trends of industrialization and development have had an urban centric approach. Alongside, the stresses of urban lifestyles have led to "counter-urbanization" syndrome. This has led to growing interest in the rural areas.

Table 1
Jharkhand: Rural Urban Population

Description	Rural	Urban
Population (%)	75.95 %	24.05 %
Total Population	25,055,073	7,933,061

Male Population	12,776,486	4,153,829
Female Population	12,278,587	3,779,232
Population Growth	19.58 %	32.36 %
Sex Ratio	961	910
Child Sex Ratio (0-6)	957	908
Child Population (0-6)	4,367,507	1,021,988
Child Percentage (0-6)	17.43 %	12.88 %
Literates	12,643,078	5,684,991
Average Literacy	61.11 %	82.26 %
Male Literacy	72.86 %	88.44 %
Female Literacy	46.62 %	67.76 %

Source: <http://www.census2011.co.in/census/state/jharkhand.html>

Tourist Arrival in Jharkhand

Tourists from all over the world come to Jharkhand. (Table 2)

Table 2
Tourist Arrival in Jharkhand [2000-2016(Jan-Dec)]

Period	National	International
2001	450447	3111
2005	2164483	5766
2010	6822881	9110
2011	14580387	87521
2016	33386286	169442

Source: Tourist Office, Ranchi

Jharkhand registered more than 177% increase in foreign tourist visits between 2011 and 2014. Merely 3, 111 foreign tourists had visited Jharkhand in 2001. That number rose to 1.54 lakh in 2014. Similarly, arrival of domestic tourists also increased 73 times in the last 15 years. Around 4.50 lakh domestic tourists visited Jharkhand in 2001, which increased to 3.30 Crore in 2014 and the figure is increasing rapidly. The future of Jharkhand tourism seems to be bright.

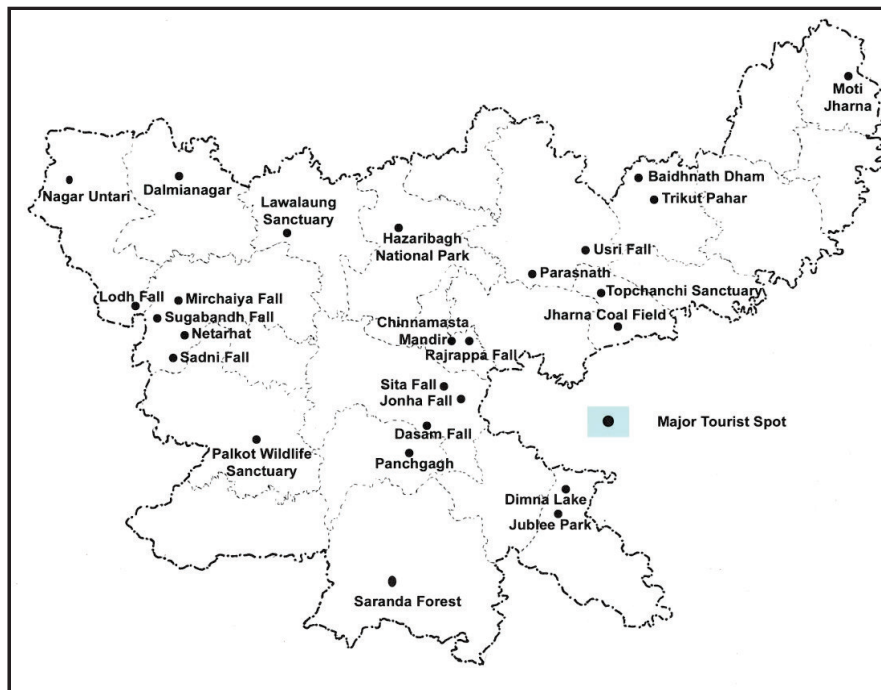
Jharkhand has huge potential in tourism sector. The tourism potential of the state has been exploited little less and at the same time tourist spots lack in being highlighted at national and international level.

The yearly domestic and international trends of Tourist arrival in Jharkhand (2000-2016) show a very distinct increase of tourist arrival every year. However, there are possibilities to increase the trend further by creating awareness about tribal tourism of Jharkhand globally as it is still untapped (Kumar, 2010).

Table 3
Month-wise Tourist Arrival in Jharkhand [2016]

Month	National	National (%)	International	International (%)
January	3357471	10	19679	12
February	3360964	10	17319	10
March	1958310	6	12009	7
April	2057555	6	14591	9
May	2245069	7	17057	10
June	2195424	7	4068	2
July	3959783	12	13126	8
August	5604931	17	18598	11
September	2464946	7	14582	8
October	1302328	4	14602	9
November	2132463	6	10116	6
December	2747042	8	13695	8
Total	33386286	100	169442	100

Fig 1
Jharkhand: Major Tourist Spot



Source: Kumar, S. (2015) General Geography of Jharkhand, p219

Rural Tourism Sites

Tribes in Jharkhand are closer to nature, a perfect slice of paradise on earth. The true beauty of the state lies in its lush forests and the pristine tribal communities that dwell in those lands. As many as 30 visibly distinct tribal ethnic groups reside in the State.

- Uguburu Ghantabari situated near TTPS Lalpania a small village of

“Santhalis” a group of Tribal, about 16 kilometer far from Gomia Block is the pride of Santhal community since the period of civilization called Sosnok Jug in Hor-dishom. Luguburu Ghantabari Dharamgarh was re-established in the year 2000. Then the every year religious gathering is held at Darbar Chatani under foot hill of Luguburu in the lap of famous Lugu hill series (The second highest hill series of Jharkhand) and surrounded with Jharkhand's famous river Damodar and small hilly rivers Katail and Sadabahar, situated in the north side of Tenughat Dam. On Kartik Purnima a famous Mela of Santhalies is organized here & Santhal tribal of all over India use to come here to offer prayer to their lord Lugu Baba.

- Amadubi: Amadubi is a village located under the Dhalbhumgar block of the district of East Singhbhum, Jharkhand. The main economy of the village is Hawking and very few practice agriculture and animal husbandry due to barren and undulated land and lack of grazing fields. However, the village is also very famous for its rich heritage art & culture and reflects a glimpse of ancient India, of a life forgotten in the glare of urbanization. Amadubi is the home to the ancient Pyatkar art. Tales of Garur Puran (scriptures on a mythical Bird God who is the bearer of Lord Vishnu) form the very essence of these paintings.
- In January-February: *Makar Sankranti* and *Tusu Parb* a truly joyous and lively festival.
- In February- March: *Sarhul* festival that men and women celebrate with the delicate flowers of the Sal tree (Baa) to mark the splendor of nature in season.
- In September-October: *Jomnamah* when the first crop is ready for harvesting
- In October -November: Festival called *Dansai* is celebrated by the Santhal tribe dancing away the day to the accompaniment of their own musical instruments called the Bhuang and Kansar- Ghanta. It happens just before the initial days of Durga Puja.
- In November-December: on new moon day the tribals celebrate *Sohrai* in which they worship cattle.
- Mc Cluskieganj: On the Chhotanagpur Plateau, barely 60 kms from Ranchi, lies the idyllic hamlet of Mc Cluskieganj. Once a bastion of the Anglo-Indian community, the place is known as Lapra or Ganj among the residents. It is at an altitude of 450 m. the weather is ideal for a brief gateway, in this hamlet, particularly in the sweltering summers. Even in the peak of summer, the mercury seldom crosses 37 degrees Celsius. The humidity too is very low.
- Deuridih: Located in the Kharsawan block, 54 kms from Jamshedpur, the village is a part of the silk hub of the state. Jharkhand today, is the highest producer of Tassar silk in the country. There are rows of Arjun and Asan plants, where the silk worms are reared. About 8 kms from the village is the Govt run reeling and

spinning training institute of silk. About 30 women belonging from the Ho community are being trained in the art, The Tassar-cocoon pilot project is also close by, in between Deuridih and Amda. To add to the above, the village is also trying to revive the Kharsawan form of Chhau, from extinction.

Table 2
Some Widely Accepted Traditional Stereotypical Differences
drawn between Urban and Rural Populations

S. No.	Dimension	Urban	Rural
1.	Economy	Dominated by secondary and tertiary activities	Predominantly primary industry and activities supporting it.
2.	Occupational Structure	Manufacturing, construction, administration and service activities	Agriculture and other primary industry occupations
3.	Education Levels and Provision	Higher than national averages	Lower than national averages
4.	Accessibility to Services	High	Low
5.	Accessibility to Information	High	Low
6.	Demography	Low fertility and mortality	High fertility and mortality
7.	Politics	Greater representation of liberal and radical elements	Conservative, resistance to change
8.	Ethnicity	Varied	More homogeneous

Source: Hugo, 1987

The different dimensions of the rural areas studied have a huge impact on the various features of a rural market as present in Table 2. The impacts are listed below-

1. Due to the dominance of primary industries in the rural areas the various products sold in the rural markets are usually rope, soap, candle, incense sticks, honey, handicrafts, hand woven clothes, bamboo baskets, mats, broom, wooden comb, many decorative items made of bamboo.
2. As agriculture is the primary occupation of the rural areas it is seen that during harvesting seasons agricultural products dominate the sale in the rural markets. In accordance to this, the purchasing power of the people increases during this season.
3. The educational level in the people inhabiting the rural areas is wanting. Due to low educational level there is lack of awareness among rural people, so it is seen that there is no proper hygiene maintained in these markets. A lot of superstitious beliefs are practiced.
4. Accessibility to rural regions is still difficult due to which the development of the rural market has not taken place with time. Transporting of goods and commuting is very difficult during rainy season. Thus in the rainy season the duration of markets during market days is reduced.
5. As the accessibility to information is low in the rural regions, rural markets here play a significant role in the dissemination of

information. It is seen in these markets that the NGO's and different governmental agencies through loudspeakers, distribution of pamphlets, establishment of temporary camps and posters generate awareness among people.

6. As it is seen that the fertility and child mortality rate is very high in the rural areas the rural markets serves as a place for spreading awareness for family planning programmes (by NGO's and various government agencies). Information about proper health and sanitation is also given by government medical practitioners in the rural markets.
7. Rural markets also serve as a place for campaigning by various political parties. So, it is helpful for the rural people to actively participate in the democratic system of the country. This will enable them to improve their conservative mindset.

The composition of the population in the rural areas is homogenous that is primarily inhabited by the tribes. So, the goods sold in the rural markets cater mostly to their needs, however, there are observations of introduction of new items/goods. This is a positive change for the sustenance of rural markets in the present times.

Functions of a rural market:

1. **Economic:** Locus for sale- Purchase, barter (exchange of produce with produce)
2. **Social:** Space for meeting kins or marriage negotiation (intra-tribe), giving party to kins/villagers/friends (inter-tribe, and tribe and non-tribe e.g. 'Sadari'), gift exchange (intra-tribe, inter-tribe, tribe and non-tribe), ceremony exchange (intra-tribe), labour exchange, discussion about social issues.
3. **Cultural :** space for discourse in specific dialect (intra-tribe), discourse in common language (Sadari/Hindi, inter-tribe, tribe and non-tribe), cock-fighting, monkey dance
4. **Political-Govt.-** Space for political publicity and mobilization, political assembly/rally, purchase of tribal produce by govt. agents.

Source: Sharma, 2006

Markets are sites with social, economic, cultural and other reference marks, where there are a number of buyers and sellers, where the price offered and paid by each is affected by the decisions of the others. (Belshaw, 1969; Kashyap, 2006)

Suggestions:

- Improvement of the surroundings of the village. This would include activities like landscaping, development of parks, fencing, compound wall etc.
- Improvements of roads within the Panchayat limits. This shall not include major road which connects the village.
- Illumination in the village.
- For improvement in solid waste management and sewerage management.

- Procurement of equipments directly related to tourism, like Water Sports, Adventure Sports, Eco-friendly modes of transport for moving within the tourism zone.
- Reception
- Other work/activities directly related to tourism.
- It is suggested that Ministry of Tourism, Government of India first conducts a viability study before developing a destination for rural tourism, as it will provide an indication of whether the rural tourism project will be successful or not.
- State Government involvement should be present from the start of the project. State Government involvement is also very essential in the maintenance and sustenance of the project.
- Adequate funds should be provided for each project component to be properly implemented. Fund flow should be smooth so that the implementation work doesn't get hampered in-between due to inadequacy of funds
- Connectivity to the rural tourism destination should be adequate for an average rural tourism enthusiast to reach the desired destination
- Tourist accommodation should be provided or constructed and at such a location in the destination that the tourist doesn't have to travel great distance to reach the rural tourism project
- Basic amenities like water, sanitation, electricity, restaurants of home kitchens should be an essential part of the project so that the tourist visiting the rural tourism destination doesn't have to travel to the nearby town for lack of such amenities
- Rural destinations which are not susceptible to breakdown in law and order situations, should be chosen for the project
- Extensive advertisement through all forms of media should be an integral part of the rural tourism development program.
- Regular checks should be carried out to ensure timely implementation and maintenance of all components sanctioned.

Conclusion- Rural markets play a significant role in the lives of the rural people as it brings business and trade from the town to the peripheral rural regions. Thus, enriching their cultural and socio-economic conditions. This study was done to draw the global attention towards the development of rural markets which is the life line of the rural people. The upliftment of the rural markets will enable the tribal people predominately inhabiting the peripheral rural areas to connect themselves with the mainstream society.

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Dr. Ambedkar's Philosophy of Social Justice in the Indian Perspective

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Abstract- *Ambedkar's social and political philosophy is a very tough job even though the researcher would like to make an attempt of his idea of Social Justice as an Indian perspective. The social and political philosophy of Dr Ambedkar is based on the concept of Social Justice. The idea of Social Justice is a western philosophy. The roots of Social Justice lie in the thought process of enlightenment. Social Justice as a concept and as a socially cherished goal or value, came into prominence during the French Revolution, 1789 as far as Europe is concerned. However, Dr BR Ambedkar visualized his idea of Social Justice in the Indian perspective for the social emancipation and the establishment of a just social order and a casteless society. Ambedkar Social Justice is based on the concept of social democracy which consists of the trinity concepts of justice namely liberty, equality and fraternity. Dr Ambedkar wanted to construct a just society in India and, therefore, his philosophy of reconstruction of the Indian society is based on Social Justice. The Indian society based on caste system, was devoid of Social Justice. Since ancient time, the Hindu social system based on caste system following the principle of graded inequality has proclaimed a social order which was the main cause of injustice in Indian society. Downtrodden sections of the society called shudras and untouchables were denied access to the natural resources, education, property, livelihood and worship. These practices excluded them from mainstream of the society and polity. Later, their leader Ambedkar, the great social reformer addressed these issues in a different way during the national movement and post independence period and thereafter Ambedkar's leadership provided social justice to SC and ST. Ambedkar's idea of Social Justice is enshrined in the Indian Constitution under various provisions. The present paper analyzes and focuses Ambedkar's vision on Social Justice in the Indian perspective.*

Keywords- Social Justice, inequality, social democracy, caste system, Hindu social order, Liberty, equal, fraternity.

Introduction - Dr. BR Ambedkar is one of the illustrious social and political philosophers of India, the chief architect of the Indian constitution and social revolutionaries that India has produced. Dr. Ambedkar is remembered as the father of social justice in India. As a social reformer, Ambedkar always advocated against gender discrimination, untouchability, labour exploitation, landlord-ism – led exploitation, Caste based Hindu social order, Hindu religion based on the principle of inequality so that just social order or society could be established in India. Hence, socio-cultural and political

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values of Dr. Ambedkar incorporated in the Indian constitution are immense to attain higher goals, i.e., emancipation of millions of depressed classes or Dalits which needed a complete annihilation Of caste and finally an egalitarian society in India and social democracy. Dr. Ambedkar, born in the family of Mahar, an untouchable cast in Maharashtra, had to face all the indignities and discrimination that an untouchable was destined to face, challenged the existing social order which stood up on caste, creed and class and where the contradiction of caste and class enjoyed a prominent role through centuries and hence he tried to plant the seed of social justice by advocating various issues and problems related to plight of caste system and untouchability, human rights, women rights, labourers and above all the Indian politics.

Dr. Ambedkar faced atrocities, exploitation, inequalities and injustice and humiliation throughout his life, hence he arose out of all these operation and discrimination and stood for the establishment of such a society that is based on socio economic and political justice as his whole life itself is a perennial source of saga of social justice. Ambedkar's philosophy of social justice is based upon trinity concepts of "Liberty, equality and fraternity" where every individual residing is capable of getting equal opportunities together with theory of annihilation Of caste system and transformation of Hindu social order based on the principle of inequality and discrimination which promoted in humanities and degradation in the Indian society throughout the history that impeded the social and political development in India. Dr. Ambedkar, the pioneer of social democracy propounded the concept of social justice in the Indian context and provided justice to downtrodden masses of India that is a contribution to nation building and making modern India.

Concept of Social Justice- Ambedkar's perspective of social justice is based on social democracy which consists of three concepts of justice namely Liberty, equality and fraternity. The concept of social justice is an essential part of the broader concept of justice. The term justice is very comprehensive and it is not easy to define it and can be captured in a formula once and for all as Dias says¹. To Krishnamurthy opine that "In spite of best efforts it has not been possible to clearly define justice"². However, today justice is interpreted as protector of legal rights. Greeks³ used it as equivalent to virtue while in modern times it is used as getting one's due. In contemporary times, it also refers to distribution of resources, as stated by Miller. To Miller, "Justice is *suum cuique*, to each his due".

The term 'Social Justice' is a value oriented term. The concept of social justice is inextricably linked with equality, freedom and the concept of ideology. It is also linked with socialism. While equality is a value, differentiation in rewards as related to effort and ability seems to be essential for the organization of social life.⁴ Values are socially embedded. The aim of socialism is to give greater freedom to the individual and groups, without freedom, equality is worthless and meaningless. In society, social justice cannot be established without equality and individual freedom. Only within a democratic framework can freedom, equality and social justice find their

fullest expression while ideology serves not only as a goal setter and an inspiration behind movements of social actions.⁵ The roots of social justice lie in the thought process of enlightenment. Social justice, both as a concept and as a socially cherished goal, came into limelight and prominence during the French Revolution, 1789. As far as Europe is concerned social justice is concerned with the distribution of benefits and burden throughout the society, as it results from the major social institutions property systems, public organisations, etc. However, it is generally explained in terms of liberty, equality and fraternity. Its twigs of justice which derivatives from concept of ethical morality. Thus, the idea of social justice postulates that if the question of merit deserves attention, the demand of the need of the oppressed class cannot be ignored. The justification behind meeting the needs of the oppressed is that they arise out of deprivation and exploitation of the system. The oppressed themselves are not responsible for their disabilities, backwardness and vulnerability⁶.

Thus, the basic premise of social justice is emancipation of the underprivileged, exploited and oppressed sections of society. Its main aim is to liberate mankind from traditional bondage of social and economic exploitation and discrimination⁷. It postulates a social order which can guarantee freedom, mobility and equal rights to all sections of society. However, in sociological terms, justice has different meanings in relation to the nature of political systems, viz, capitalist, socialist and democratic structure of the government. Kelson opines that social justice is that what does it really mean to say that a social order is just? It means that this order regulated the behavior of man in a way satisfactory to all men so that all men find their happiness in it. In fact, social justice is social and community happiness and this happiness is guaranteed by a just and egalitarian social order. Just social order seeks to remove social disability by birth resulting in social and economic inequality. Social justice means equal social opportunity shall be available to each individual irrespective of caste, creed, class, sex, etc to develop one's personality that is associated with equality and human rights.

Ambedkar's Social Justice and Criticism of Hindu Social Order-

Ambedkar's social justice is based on social democracy and democratic socialism which consists of three French Revolution, 1789 words liberty, equality and fraternity which are itself concerned with the idea of three concepts of justice. Dr. Ambedkar's idea of justice, the criticism of Hindu social order of India and the French Revolution, 1789 inspired him to evolve the concept of social justice in the Indian context. According to Ambedkar these principles are fundamental rocks of just society which are inseparable. The fundamental basis of social justice of Dr Ambedkar means a way of life which recognizes liberty, equality and fraternity as the principles of life. Dr Ambedkar strived for a balanced thought and action and endeavoured to maintain earnestly. To Dr Ambedkar, political democracy cannot last unless there lies the base of social democracy.

Dr Ambedkar's ideas on Social justice in the Indian context was very clear that without annihilation of caste and destruction of Hindu social

religious order, the establishment of social justice and the egalitarian society in India is not possible. Dr Ambedkar opines that the Indian society based on caste system was devoid of Social Justice. Dr Ambedkar in his writings and speeches had dealt exhaustively and pointedly with the events of the caste system. The Hindu social order is based on the principle of inequality. The principle of graded inequality was the basis for determining the terms of associated life as between the four varnas of Indo-Aryan. According to him, the Aryan Samajists have done a great mischief in making the Hindu society a stationary society by preaching that the Vedas are eternal, without beginning, without end and infallible. The Hindu society denied by granting special privileges to brahmins and the other cast and denying the shudras and untouchables the right to own property, educate and protect themselves. They did not have liberty to read and write, to enter temples and worship, to pursue a vocation and own property outside the pale of the varna system. In the absence of freedom and equality, the Hindu social order encouraged confinement and compartmentalization. As a result there was complete absence of fraternity and harmony, besides liberty and equality. Dr Ambedkar said that the major discriminatory characteristics of casteism are: hierarchy, social immobility, responsible for disruptive tendencies, excommunication, endogamy and antisocial spirit. Hence, to Ambedkar the Hindu caste structure has been primarily responsible for communicating all kinds of atrocities on the various sections of the society, the weaker sections and Scheduled Caste and Scheduled Tribes. Hence he was against the Manu Smriti as it gives a blank cheque to the brahmins to commit all sorts of exploitation on SC and ST and justify their evil designs. Dr. Ambedkar held responsibility for the brahmanical Hindu Social system for dividing the society into various classes, i.e., the lower caste and the higher caste. According to him, brahminism believes in the following principles- graded inequality between the different classes; complete disagreement of the shudras and the untouchables; complete prohibition of education for shudras and the untouchables; ban on the shudras and the untouchables in occupying places of power and authority; and complete subjugation and suppression of women. Hence to Ambedkar, the root cause of social injustice to the shudras is the caste system in the Hindu society. Ambedkar, therefore, to ensure social justice persuaded the Constituent Assembly to incorporate certain provisions in the constitution itself. Accordingly, under Article 14-18, the right to equality, untouchability be declared an offence.

Obviously, in the Indian context justice as seen was an important social value in terms of the strict observance of Dharma on the enforcement of social order based on the varna Ashram vyavastha reflected in an elaborate caste system. This established order according to Ambedkar was based on graded inequality and was legitimized by Hindu law, which completely negated equality, liberty, fraternity, justice, dignity and human rights¹⁰. Ambedkar was also of the view that the system of graded inequality was not national but legal and penal¹¹, as it entailed strict enforcement of Hindu law, which means different things to different castes and people and contained no notion of equal treatment to all.

The above facts reveal that such conceptualization of Justice was characterized by a pattern, which gave preference to hierarchy, rather than equality, underlined the importance of respecting traditional rights and performing traditional duties and did not contain any idea of equal treatment to all men. This also meant that the functions of justice were to preserve the existing hierarchy rather than providing scope and criterion for social reforms. This concept of justice was used by the higher castes to deny equality to the deprived sections and to validate the societal stratification perpetuate casteism. Therefore, Ambedkar was convinced that for ensuring social justice the Hindu social system must be demolished. To Ambedkar “The caste has destroyed the sense of public charity, virtue had become caste-ridden, and morality had become caste-bound, hence my ideal would be a society based on liberty, equality and fraternity. An ideal society must be mobile and social and endosmosis. This was fraternity which is only another name of democracy. Democracy is not merely a form of government, it is primarily a mode of associated living, of conjoining communicated experience. It is essentially an attitude of respect and reverence towards fellow men”.¹²

Ambedkar held that Brahmanism and democracy were opposed to each other. If democracy is needed, then the chaturvarna system must be ended. He said, “the root cause of untouchability in the Indian society is the caste system, the root of the caste system is religion attached to varna and ashram; and the root of varnashrama is brahmanical religion; and the root of the brahmanical religion is authoritarianism or political power based on principle of inequalities”¹³. Therefore, Ambedkar advocated the principle of protective discrimination and reservation to enable those who stand low by birth and lack education, property and family tradition to compete with others. Ambedkar also castigated Manu for upholding the principle of gradation and rank in Hindu society. According to him, inequality in the caste system is a permanent inequality in social relationships among the classes to be observed, to be enforced at all times in all places and for all purposes¹⁴. And such kind of injustice prevailed in India for centuries¹⁵.

Conclusion- In this way Ambedkar's vision of Social Justice in the Indian context as much as his philosophical thought had grown and developed through intellectual craving and an eternal search for knowledge, while action follows his incredible industry and unflinching aim for individual development and social emancipation. Therefore, efforts should be made to improve further, the socio-economic status of the downtrodden people if we want to establish a casteless society and just social order. To conclude, India today needs a resolute social reformer like Dr BR Ambedkar who can revolutionize the conditions of the downtrodden and awaken Indian society to put an end forever to the poverty, atrocities, plight, and inhuman conditions in which this community has been living for centuries. The reservation policy and positive discrimination envisaged by Dr. Ambedkar, is regarded as an effective tool for achievement of Social Justice of SC and ST and other backward classes. Ambedkar realized affirmative action is only way to the improvement of Dalit community which safeguards through

legal institutions. Therefore, Ambedkar's vision of Social Justice is relevant in contemporary Indian society to accomplishing just society within framework of constitutional and legal methods. Certainly these credits go to Ambedkar's relentless fight for granting socio- economic justice to these people and, therefore, he will be remembered in Indian society forever.

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Dr Ambedkar's Ideas on Social Reconstruction: Social and Political Philosophy Perspectives

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Abstract- *Dr. Ambedkar's social and political philosophy is a vital role in the social reconstruction and transformation of the Indian society. Dr. Ambedkar is generally regarded as the chief architect of the Indian constitution but he is also known as the modern Manu of Indian society. Dr. Ambedkar's role of social transformation in India is great and par excellence. The concept of social reconstruction in the context of Indian society is based on Ambedkar's social and political philosophy. The very idea of social reconstruction is based on Social justice and the theory of annihilation of caste. Dr Ambedkar's aim of philosophy is to establish a casteless and just society. Dr Ambedkar not only bitterly criticized the existing Indian social order but also came up with an alternative vision and alternative model of Social order based on Trinity French Revolution words of liberty, equality and fraternity together with justice, annihilation of caste and constitutionalism. Ambedkar was convinced that a good social order in a society would have passed through various processes, measures, tests, principles of social reconstruction envisaged by him. The objective of this paper is to analyse Dr. Ambedkar's social and political philosophies with respect to Indian society. In this paper best efforts have been made to discuss and analyse various aspects of Ambedkar ideas and principles with respect to social transformation. The idea of social reconstruction is relevant in today's context because the incidence or process of social exclusion and casteism are persistent even today after 73 years of independence. Dr Ambedkar's ideas of social reconstruction are very relevant even today.*

Keywords- social reconstruction, social justice, social inclusion, liberty, equality, fraternity, dignity, annihilation of caste, social development.

Introduction - Dr BR Ambedkar is regarded as a great social philosopher, reformer, political thinker, Nationalist and revolutionary and profile writer with provisions and new ideas. In the Round Table Conferences, Dr. Ambedkar emerged as the champion of the downtrodden section of the people. History produces few people who leave such an indelible mark on this society and human beings that their life comes to be seen as a metaphor for liberty, as an icon for progress and change one such person who was a rare combination of immense knowledge, exceptional political powers and then unwavering commitment to social change and social reconstruction, was, Dr. BR Ambedkar.

Dr Ambedkar's contribution in India is not confined to the making of the constitution of India but mainly in the domain of social change and social

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reconstruction and attaining this objective he demonstrated a rare crusading spirit. Dr Ambedkar dedicated his entire life to challenge the inhuman, unjust and unequal social order and its wrongly idealized social relations that treated the human existence of Dalits as Subhuman. Ambedkar vision on society and nation was foresighted i.e., The development of society and the country, social change and reconstruction of the society as a whole and at various levels.

The present scenario of social change and social development and dilution of casteism in India is an alternate of Dr. Ambedkar's ideas of social justice, social democracy and social inclusion as incorporated in the Indian constitution. The notion of social, political and economic development of the society in India is very inclusive. Historically, the downtrodden section of the society and backward classes were excluded from the mainstream of the society. The mission of his life was the attainment of social justice and establishment of just society, which for him, was essentially also a casteless society. Dr. Ambedkar not only ruthlessly criticized the existing Hindu social order based on caste and Varna hierarchy but also came up with an alternative vision and alternative model of social system based on justice, liberty, equality, fraternity, dignity of human being, human rights and annihilation of caste as incorporated in the articles of 38 and 39 of the Indian constitution. These articles direct the union government and state government to formulate public policies and laws so that welfare and just society could be established based on social and economic justice.

Ambedkar is of the opinion that a good social order on society and good life has to pass through two tests namely 'The test of justice' and 'The test of utility'. His judgment analysis of the cost based Hindu social order was based on these two tests.

Dr. Ambedkar was convinced that social transformation and reconstruction is inevitable for the establishment of justice and ideal social order based on social justice. Dr. Ambedkar contributed his whole life for social reconstruction and nation building. Dr. Ambedkar did not want merely the upliftment of the so called Dalit class to which he belonged, but his ideas were broad and fully filled with national interest, as he wanted the total reconstruction of Indian society, thereby establishing the true democratic nation based on justice, liberty, equality and fraternity. It is wrongly assumed that Dr. Ambedkar was sectarian and his works and activities were mainly concerned with Dalit class or untouchables. In fact, Ambedkar was much more concerned with the labour class, women and other deprived and exploited classes of the society than any other social reformers during his period. Dr. Ambedkar gave more importance to social democracy than political democracy and the Indian society lacked democracy in the society. So Dr. Ambedkar associated himself with Marxists for real development and progress of these downtrodden sections of the society either untouchables or women or backward class people.

Social Justice and Social Reconstruction- Dr. BR Ambedkar's ideas of social reconstruction in India is mainly based on the principle of social justice and annihilation of caste. Dr. Ambedkar's social philosophy rotates

on the pioneer idea of liberty, equality and fraternity. The concept of social justice is an essential and vital component of this broader concept of justice. Without the establishment of social justice in the Indian society, social reconstruction is not possible. There are so many means of social reconstruction such as democracy, education, annihilation of caste, state socialism, social and political democracy, rule of law, legal and constitutional means, peaceful coexistence, secularism reservation policy etc. through which social justice can be brought in the Indian society.

The basic premise of social justice remains to be emancipation of the underprivileged, exploited and oppressed section of the society. Its main aim is to liberate mankind from traditional bondages of social, economic and educational exploitation and discrimination. It postulates a social system which can guarantee freedom, mobility and equal rights to all sections of society. Social justice is concerned with the distribution of benefits and burdens throughout a society, as it results from the major social institutions – property systems, public organisations, etc. The development of scientific and rational viewpoint led to corresponding changes in the social thought process which in turn, initiated radical changes in the social and political structures of Europe, especially during the Renaissance. The underlying thesis of the thinking process of the renaissance was that man was born free with equal rights and dignity. Hence, all sorts of bondages imposed on him by society on the basis of birth, color, creed or sex must not exist. This led the masses to organize and struggle for the establishment of a just social order. Dr. Ambedkar is of the opinion that this premise is applicable to Indian society.

In contemporary context, this concept of social justice has come to be closely linked with human rights as envisaged by the United Nation in its 1948 declaration and fundamental rights as incorporated in the constitution of India but they are not synonymous. Fundamental rights, i.e., the right to freedom and equality, the right against exploitation, and to constitutional remedies, etc are essential for human, social and political development and hence are the backbone of a just social order and if D. Tocqueville rightly says that – “The principle of Association is the first law of democracy, then social justice is the first virtue of democracy, for it is the habit of putting the principle of Association into daily practice”. Thus one definition of justice is “Giving to each what he or she deserves”. It is the prerequisite of social transformation in India.

As the Marxist theory of social transformation is based on the economic structure of the society whereas Ambedkar's theory of social transformation is based on the caste structure of the society has prevailed in the Indian. Dr. Ambedkar, no doubt, associated himself with ideology of Marx for real development and upliftment of oppressed section of the society. But when the Marxists were restricted to their viewpoints that caste system was the superstructure of the economic structure rejecting outrightly the sociocultural realities, he parted from them as Ambedkar rightly was dissatisfied with the principle of Marxists that the eradication of poverty would automatically eradicate the caste. Dr. Ambedkar was very keen on complete eradication of caste like social evils which were imposed on

women under the umbrella of Hindu social order for which being a law minister, he proposed the Hindu code bill in 1984 which, however, was not passed due to the exponent of the so called modern power excellence- Nehru and his cabinet.

Social Reconstruction and Annihilation of Caste- According to Ambedkar, The Hindu social order and Hinduism are the root causes of the various social evils perpetuated in various forms in the Indian society. For him Hinduism is responsible for abominable conditions of the downtrodden, especially of lower castes and Women. Ambedkar is of the opinion that Hinduism is based on the principle of inequality for which it has established a caste system with hierarchy. As with regard to occupation of shudra, Manu says 5(a)I (91) one occupation only the Lord prescribed to the shudra is to serve meekly even these other three castes. Manu also alienated shudra and women from studying the veda. According to the rule of Manu that twice born must never read the veda in the presence of the shudras, and women have no business with the text of the veda. According to Ambedkar, in Hinduism inequality is a religious doctrine adopted and preached as a sacred dogma. Indeed inequality is the soul of Hinduism and brahmin is the superman.

Coming to the contemporary crisis created by the Hindu religion, Ambedkar pointed out that the caste system was not only poisonous to certain sections of the society, but directly and indirectly it affects the whole nation due to the various features. Firstly, the caste system is not merely division of labour, it is also a division of labourers. Secondly, caste dissociates work from interest. Thirdly, caste disconnects intelligence from manual labour. Fourthly, caste devalues a man and it prevents mobilization and social progress. Fifthly, caste gave rise to untouchability and inhumanity.

Hence for complete transformation of the Indian society the caste system must be eradicated completely. The roots of his philosophy were not in politics but in religion his philosophy was such as would facilitate the social revolution in India

Social Reconstruction and Social Democracy- According to Dr. Ambedkar parliamentary democracy is an essential condition for the reconstruction of Indian Society. To Ambedkar, the aim of democracy is essentially the practical interests of society as a whole and not of any class group or community. He regards democracy as the sense that the people include all members of society. Real democracy for him, was opposed to the suppression of minorities and the downtrodden section of the society. The suppression and the exploitation of minorities in any form is the negation of democracy and humanism. To Ambedkar ``democracy is not merely a form of government, it is primarily a mode of associated living, of conjoined communicated experience. It is essentially an attitude of respect and reverence towards following''. Dr. Ambedkar focused the relevance of social democracy to political democracy. He firmly believed that social and political progress would be impossible without a reformed and enlightened society. Ambedkar argued that the fight for political democracy should be extended to the achievement of democracy at the society and grass root level, for society could be even more oppressive than government. Further

his views of life wants people to cultivate democracy as a state of mind, a style of social life, which may assume them work And security, proper facilities for education and human rights for all. To him rights are processed not by the law but by the “social and moral conscience of society.” Ambedkar believed that democracy was inconsistent with the presence of suppressed classes in society. In the traditional Hindu social order, access to knowledge, arms, power and wealth was not open to all. Shudras and other downtrodden sections of society were denied liberty, equality and dignity.

Hence his ultimate goal of life was to establish a real social democracy. To him, “A democratic form of government presupposes a democratic form of society. The formal framework of democracy is of no value and would indeed be a misfit if there was no social democracy. The political leaders never realize that democracy was not only a form of a government it was essentially a form of society”. His concept of social democracy includes human treatment and human rights to all. He wants democracy to be harmonized with social aims and political objectives. To him social democracy includes two things - the first thing is an attitude of mind, an attitude of respect and equality towards their fellow. The second is a social organization free from rigid social barriers. Hence the concept of social democracy is the most powerful instrument for social reconstruction in India. Ambedkar believed that people should share the political power in democratic government. Without sharing such power the fate of community may not be bright and social transformation would not be possible. Political liberty means political power to capture the machinery of government. In his opinion, the downtrodden communities cannot make any progress without sharing political power. Ambedkar holds that the political power and sharing of politics is the key to all social changes and progress.

Dr. Ambedkar as Social Reformer- Dr. Ambedkar is considered the champion of social reformer in India. Without social reforms the Indian society cannot be reconstructed. Social philosophy of Dr. Ambedkar was, par excellence, a spokesman of the ignored humanity the workers, woman, small peasants and landless labourers. Ambedkar dedicated his whole life for reform of Hindu society and to the cause of removal of untouchability and completely identified himself with the socially segregated section of Indian society. He rejected social reforms as charity and accommodations. He wanted social reforms as of right. He was not so much for peripheral social reforms in the Hindu society like widow remarriage and abolition of child marriage. He was for a total reorganization and reconstruction of the Hindu society on two main principle – equality and absence of casteism, i.e., annihilation of the caste as the idea mentioned in his work – “Annihilation of caste”. Ambedkar Was totally committed to the annihilation of the caste system in India. The greatly cherished idea of “fraternity, liberty and equality” were the cement with which he wanted to bind together a totally cohesion society and nation. Ambedkar's philosophy was that self-respect and human dignity were of paramount importance in a free republic. Dr. Ambedkar's principle and philosophy was not to fight against the particular persons who created a frustrating situation for him and his fellow suffers. Dr.

Ambedkar's argues that the cause of situation was not the individuals of upper caste Hindu but the social philosophy, which supports a social system of. His long range response was a direct attack against the root cause.

Ambedkar's vision did not end at the horizon of Dalit power, rather he envisaged an India liberated from caste consciousness, a futuristic society no longer trapped in the feudal binaries of master and slave, privilege and privation.

Social Reconstruction and Judiciary- Ambedkar's dreams offer society based on socio-economic justice, human dignity, equality and equal human rights of men and women irrespective of caste, creed, religion, sex, race and birth place and as such equality is yet to be realized in true sense. Dr. Ambedkar constitution, laws, judiciary are important tools for transforming and reconstructing the Indian society. Judiciary is not only the guardian of the constitution but it is also guardian of fundamental rights, such as equality and liberty. The big role of reconstruction of the society cannot be ignored. The Indian judiciary has played an important role regarding this matter. So we cannot stop with Baba Saheb Ambedkar and his program of social reform. We have to go beyond Dr. Ambedkar in our struggle to establish an egalitarian society. The methodology he used is very scientific and empirical rather than speculative. Dr. Ambedkar was influenced by the assumptions of modernity and constitutionalism.

Ambedkar's philosophy is a search to words the theories of social reconstruction of Indian society. Ambedkar strongly believed that, if India was to be free, the Hindu social order must be overhauled, with its root and branch. Ambedkar warns that Indian society is rooted in caste contradictions. A politically free India should first root out its social contradictions and superstitions. Because Dr. Ambedkar was not a speculative and idealistic philosopher, in the conventional sense like Plato and Aristotle but realistic.

The Role of Education in Social Reconstruction- Dr. Ambedkar is of the opinion that education to all is the most powerful weapon of transforming India. Regarding Indian society, Ambedkar often said that if you give education to all especially to the lower strata of Indian society which is interested in blowing up the caste system, the caste system will be blown up and the society would be modern. To him, it is very necessary to educate the poor masses and develop in them a genuine sense of political consciousness and constitutional and of human rights temper. Their education means the maintenance of democracy and political order and social order in peace and justice. To Ambedkar, education can play an important role in killing the germs of social discrimination and social evils rooted in the Indian society. Social discrimination and social boycott are the enemies of his concept of democratic socialism, because his socialism lays stress on the need of equal behavior an individual liberty, dignity and respect.

Dr. Ambedkar's representation of depressed classes and other backward classes in various democratic institutions and public administration or services are essential for the establishment of egalitarian society and social reconstruction of the Indian society and the policy of

reservation can play a vital role in this regard. Dr. Ambedkar demanded representation for the depressed classes in proportion to their population in the Round Table Conference and Simon's Commission.

Conclusion- Concludingly, views on social reconstruction are very vital. His methodology of social reconstruction is scientific and empirical through which total transformation of the Indian society is possible for the betterment of social solidarity and national unity. A strong opposition, education, state socialism, equality before law, social democracy, annihilation of caste, the concept of social justice, continuation of reservation policy, a strong and active moral sense in society and presence of public conscience are prerequisites of social reconstruction. Dr. Ambedkar exhorted the people to give hero worship which was a strong feature of Indian politics. Ambedkar wanted the people should develop a sense of social and national solidarity. The social and political philosophy of Dr. Ambedkar no doubt, has played an important role in the path of social reconstruction and social transformation of the Indian society. Ambedkar's methods and solutions for the social problems and the advancements of depressed classes and other backward classes, through legal, constitutional, democratic and state socialism measures move in tune with the realities of Indian social system to change the caste based Hindus. Today's Hindu society is different from medieval or the British period Hindu society. People of India are Indians and they believe in democratic, socialist and secular state. Dr. Ambedkar displays a strong faith in the principle of secularism and deep respect for religious freedom. Bill of Rights in the Indian constitution has played a vital role in social transformation. Dr. Ambedkar's philosophy has played a vital role to bring the Indian society to a concrete form to an extent. However, in accordance with the social and political principles of Dr. Ambedkar, the social reconstruction and social change in India is in progress. No doubt, Ambedkar's social and political philosophies have paved the way for social development and the making of modern society in India.

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A Relationship among Adjustment, Life Style and Life Satisfaction of Educated Unemployed Youth of Gujarat

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Abstract- *After the completed research every researcher found something in the study. This findings help to society or particular group of the people to improve in person or society. Here in the research researcher found that Significant Differences is existed between Male and Female in Adjustment during the Unemployed Condition, Here the male and female has to try to adjustment in each and every aspect of life during the unemployment condition, so that the restlessness can decrease up to certain level. Further thing are that to be Significant Differences is existed between Urban and Rural People in Adjustment during the Unemployed Condition, as said above in implication that Urban and Rural people get training for getting employment so that the adjustment level with every part life can make possible. Further implication of the study is that Significant Differences is found between Types of gender and different ages of people in Life Satisfaction during the Unemployed Condition. In the male and female there are absolutely the differences come in the life satisfaction level because of employment; when person are unemployed than definitely life satisfaction level decrease, so that people has to earn and save some amount of money which can be used in the unemployment condition, and the level of life satisfaction level can be sustained. These are some of implication can be maintain and balance in the society so that these Adjustment, Life Style and Life Satisfaction level can be uphold, problems like adjustment, anger, anxiety, depressions, emotional problems, crime rate increasing, mental health problems, stress, suicides, blaming themselves, cardiovascular decease increasing, family support decreasing, isolation etc. can be decreased.*

Keywords- Life Style, Life Satisfaction, Youth

Introduction - The main aim of the present study is to find out difference in level of adjustment, life style and life satisfaction of educated unemployed people. Second purpose is to find out difference in level of adjustment, life style and life satisfaction of with male and female people. Another aim is to find out difference in level of adjustment, life style and life satisfaction among rural and urban people. Further intended is to find out difference in level of adjustment, life style and life satisfaction among different ages of people. One more purpose is to find out difference in level of adjustment, life style and life satisfaction of with its interaction effect on male and female, rural and urban and different ages of people.

Adjustment is the process by which a living organism maintains

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balance between his needs and the circumstances that influence the satisfaction of his needs. Adjustment is the interaction between a person and his environment. How one adjusts in a particular situation depends upon one's personal characteristics as also the circumstances of the situation. In other words, both personal and environmental factors work side by side in adjustment. An individual is adjusted if he is adjusted to himself and to his environment.

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive effect, and negative effect. Life satisfaction is a multi-dimensional concept. As noted above, the notion of quality of life and the consideration of several areas of life broaden the narrower focus on income and material conditions which prevails in other approaches. Multi-dimensionality not only requires the description of several life areas, but emphasizes the interplay between domains as this contributes to quality of life.

This early definition of 'lifestyle' recognizes the contextual element of choice and how choice may be limited by factors out of the control of the individual but does not specify which behaviors are considered to be Important in terms of maintaining health and preventing disease. Indeed the WHO states: 'it is one of the WHO's responsibilities to ensure that the lifestyle concept is not used as a blanket explanation in which the victim is always blamed'.

The sample for the study comprised of 480 randomly selected out of 500 samples. The Adjustment Neurotism Dimensional Inventory, The questionnaire developed by R N Singh and Mahesh Bhargava. This inventory consists 105 items in three response alternatives and measures seven dimensions—Self-Esteem-Self Inferiority, Happiness-Depression, calmness-anxiety, neutrality obsessiveness, independence-dependence, feeling of being healthy-hypochondria sis, innocence-guilt feeling. It can be used on both the sexes from age group 17 to 60 years. Norms are available in form of Mean & S.D. and Stenine Norms and life satisfaction questionnaire developed by Q G Alam& R Shrivastva. It contains 69 Yes/No type items which yield a total score covering six areas — health, personal, economic, marital, social and job, Standardized on 875 adults aging between 18 to 40 years. Life Style Scale developed by S. K. Bawa and S. Kaur, the scale consists 60 items into 6 Dimension like Health Conscious Life Style, Academic Oriented Life Style, Career Oriented Life Style, Socially Oriented Life Style, Trend Seeking Life Style, and Family Oriented Life Style. Data analysis of questionnaire and demographic details were subjected through SPSS for t test, Interaction Effect and Correlation.

Aims and Objectives of Present Investigation

1. To study of Adjustment, Life satisfaction and Life Style of male and female Educated Unemployed Youth.
2. To obtain information about life style of unemployed Educated Unemployed Youth.

3. To study of Adjustment, Life satisfaction and Life Style of among rural and urban Educated Unemployed Youth.
4. To study of Adjustment, Life satisfaction and Life Style of among different ages of Educated Unemployed Youth.
5. To study interaction effect of Adjustment, Life satisfaction and Life Style among Gender, Live in Area and among different age's Educated Unemployed Youth.

Variables under Study- A variable is something that can be changed, such as a characteristic or value. Variables are generally used in psychology experiments to determine if changes to one thing result in changes to another. The variable is a trait of thing or living being which can be measured e.g. Light, Cold, Heat, Noise, the dampness in atmosphere, the spread of talking, pronunciation age, intelligence, height, weight, fatigue, boredom, color, size etc. are called variables. In the present research following variables are contained.

Independent and Dependent Variable of Table

Sr. No	Name of Variable	Nature of Variable	Levels of Variable	Name of Variable Level	
1	Types of Gender	Independent Variables	2	1	Male
				2	Female
2	Age	Independent Variables	3	1	18 to 25 Year
				2	26 to 33 Year
				3	34 and Above
3	Live in Area	Independent Variables	2	1	Urban
				2	Rural
4	Adjustment	Dependent Variables	7	Scores of Various Levels of Adjustment	
5	Life Style	Dependent Variables	6	Scores of Various Levels of Life Style	
6	Life Satisfaction	Dependent Variables	6	Scores of Various Levels of Life Satisfaction	

Control Variable-

1. The subjects as a male and female chosen in the three age range of 18 to 25 years, 26 – 33 years, and 34 – and above years only were included in the Sample.
2. Researcher was trained before the actual study was conducted
3. Rapport was established with every subject, so that honest and frank responses could be got from them.
4. Confidentiality was ensured to the subjects by the researcher for the information given by them.

Hypothesis of Adjustment-

1. There Is No Significant Mean Difference between Level of Adjustment of Male and Female Educated Unemployed Youth.
2. There Is No Significant Mean Difference between Level of Adjustment of Urban and Rural Educated Unemployed Youth.
3. There Is No Significant Mean Difference between Levels of Adjustment Among Different Ages of Educated Unemployed Youth.
4. There Is No an Interactive Effect of Level of Adjustment of Male and Female & Among Different Ages of Educated Unemployed Youth.

5. There Is No an Interactive Effect of Level of Adjustment of Male and Female & Urban and Rural Educated Unemployed Youth.
6. There Is No an Interactive Effect of Levels of Adjustment among Different Ages of Educated Unemployed Youth & Urban and Rural Educated Unemployed Youth.
7. There Is No an Interactive Effect of Level of Adjustment among Male and Female with Different Ages of Educated Unemployed Youth of Urban and Rural Area.

Hypothesis of Life Style-

8. There Is No Significant Mean Difference between Level of Life Style of Male and Female Educated Unemployed Youth.
9. There Is No Significant Mean Difference between Level of Life Style of Urban and Rural Educated Unemployed Youth.
10. There Is No Significant Mean Difference between Levels of Life Style Among Different Ages of Educated Unemployed Youth.
11. There Is No an Interactive Effect of Level of Life Style of Male and Female & Among Different Ages of Educated Unemployed Youth.
12. There Is No an Interactive Effect of Level of Life Style of Male and Female & Urban and Rural Educated Unemployed Youth.
13. There Is No an Interactive Effect of Levels of Life Style among Different Ages of Educated Unemployed Youth & Urban and Rural Educated Unemployed Youth.
14. There Is No an Interactive Effect of Level of Life Style among Male and Female with Different Ages of Educated Unemployed Youth of Urban and Rural Area.

Hypothesis of Life Satisfaction-

15. There Is No Significant Mean Difference between Level of Life Satisfaction of Male and Female Educated Unemployed Youth.
16. There Is No Significant Mean Difference between Level of Life Satisfaction of Urban and Rural Educated Unemployed Youth.
17. There Is No Significant Mean Difference between Levels of Life Satisfaction Among Different Ages of Educated Unemployed Youth.
18. There Is No an Interactive Effect of Level of Life Satisfaction of Male and Female & Among Different Ages of Educated Unemployed Youth.
19. There Is No an Interactive Effect of Level of Life Satisfaction of Male and Female & Urban and Rural Educated Unemployed Youth.
20. There Is No an Interactive Effect of Levels of Life Satisfaction among Different Ages of Educated Unemployed Youth & Urban and Rural Educated Unemployed Youth.
21. There Is No an Interactive Effect of Level of Life Satisfaction among Male and Female with Different Ages of Educated Unemployed Youth of Urban and Rural Area.

Population & Sample of the study- The researcher was collected data from the Vadodara, Ahmadabad, Anand cities of Gujarat state. Data was collected from the Employment Exchange, face to face meet to the subject, NGO, Recruitment Fair, ITI Job Fair, etc. Places. For these researches 480 youths of above mention cities were chosen, whose age between 18 years to 35 and above years was taken and the sample was randomly selected, which are educated unemployed. The data was collected personally. The sample was drawn from three categories. 1:- Male & Female, 2:- Urban and Rural Area and, 3:- Age differences Among Unemployed.

Adjustment Neurotism Dimensional Inventory- The Adjustment Neurotism Dimensional Inventory questionnaire developed by R N Singh and Mahesh Bhargava (1999). This inventory consists 105 items in three response alternatives and measures seven dimensions—Self-Esteem – Self Inferiority, Happiness – Depression, Calmness – Anxiety, Neutrality – Obsessiveness, Independence – Dependence, Feeling of Being Healthy – Hypochondriasis, Innocence – GuiltFeeling. It can be used on both the sexes from age group 17 to 60 years. Norms are available in form of Mean & S.D. and Stenine Norms.

Reliability and Validity – Retesting Reliability co-efficient have been ascertained for total scores and scores in each primary dimension. Retesting was done after an interval of three weeks. These co-efficient are presented as below – their values (0.65 to 0.89) are quite satisfactory.

Life style Scale:- Life Style Scale developed by S. K. Bawa and SumanpreetKaur (2010), the scale consists 60 items into 6 Dimension like

1. Health Conscious Life Style,
2. Academic Oriented Life Style,
3. Career Oriented Life Style,
4. Socially Oriented Life Style,
5. Trend Seeking Life Style,
6. Family Oriented Life Style.

Life Satisfaction Scale:- By Q. G. Alam & Ramji Shrivastva (2001)

It contains 69 Yes/No type items which yield a total score covering six areas —

- Personal,
- Health,
- Economic.
- Marital,
- Social and
- Job.

Standardized on 875 adults aging between **18 to 60 years**

The life satisfaction scale comprises of sixty items related to six areas of life, that is Health, Personal, Economical, Marital, Social, and Job. The responses are to be given in YES/NO. Yes responses indicate satisfaction, whereas No indicate dissatisfaction. There is no time limit yet it takes 20 minutes to complete the test. It is paper pencil questionnaires which can be administered on an individual or a group of individual.

Procedure of Data Collection- The researcher was collected data from the Vadodara, Ahmadabad, Anand cities of Gujarat state. Data was collected from the Employment Exchange, face to face meet to the subject, NGO, Recruitment Fair, ITI Job Fair, etc. Places. For these researches 480 youths of above mention cities were chosen, whose age between 18 years to 40 years was taken and the sample was randomly selected, which are educated unemployed. The data was collected personally. The sample was drawn from three categories. 1:- Male & Female, 2:- Urban and Rural Area and, 3:- Age differences Among Unemployed.

Research Design- This research was be adopted $2 \times 2 \times 3$ factorial design with 2 types of gender (male and female), 2 types of habitat taken (Urban and Rural), and 3 type of different age of people taken (18 to 25 Year, 26 to 33 Year and 34 and Above) so that here factorial design taken by researcher.

Gender		Male		Female		Total
Habitat		Urban	Rural	Urban	Rural	
Age	20 to 26 Years	40	40	40	40	160
	27 to 33 Years	40	40	40	40	160
	34 and Above Years	40	40	40	40	160
Total		120	120	120	120	480

Statistical analysis- The Obtained data of 480 subjects were analysed with adequate statistical methods of ANOVA, And in order to examine significant differences between two specific mean of sub groups of variable the result obtained through such statistical analysis have been presented in details in the main body of the thesis. Qualitative Analysis: - which included descriptive statistics, frequency distribution, and ratio analysis of the response given by the sample.

Qualitative Analysis- was included descriptive statistics, frequency distribution, and percentage analysis of the response given by the respondent.

Stage 1: Mean and Standard Deviation, Median

Stage 2: One Way ANOVA

Stage 3: Correlation

Limitation of the study

1. All age was taken as sample 18 to 34 and above years.
2. Only Vadodara, Ahmedabad and Anand cities included for this research.
3. Part time job working people was not included.

Result and Discussion- The obtained score was analysed and represented in various table and graphs. Based on this data framed hypothesis was tested and rejection and accepted of different hypothesis was also be unified in the thesis.

Result and Discussion of Correlation of Adjustment Life Style and Life Satisfaction

Correlations of Adjustment, Life Satisfaction and Life Style				
Factors		Adjustment	Life Satisfaction	Lifestyle
Adjustment	Pearson Correlation	1		
	Sig. (2-tailed)			
	N	480		
Life Satisfaction	Pearson Correlation	-.015	1	
	Sig. (2-tailed)	.747		
	N	475	475	
Lifestyle	Pearson Correlation	-.147**	.419**	1
	Sig. (2-tailed)	.001	.000	
	N	480	475	480

** . Correlation is Significant at the 0.01 level (2-tailed).

There is Negative Significant Correlation between Adjustment and Life Satisfaction, ($r=-0.015$, $P>0.01$) which indicate that adjustment level of unemployed of Educated Unemployed Youth is not affected life satisfaction. This is Negative Significant at 0.747 it is Indicate that there is no relationship between Adjustment and life satisfaction of educated unemployed youth. Educated unemployed of Educated Unemployed Youth can adjustment and satisfied with their life.

There is Negative Significant Correlation between Adjustment and Life Style, ($r=-0.147$, $P>0.01$) which indicate that adjustment level of unemployed of Educated Unemployed Youth is affected their life style. This is Negative Significant at 0.01 it is Indicate that there is no relationship between Adjustment and life style of educated unemployed youth. Educated unemployed of Educated Unemployed Youth can adjustment with their life. Life Style is Negatively Change and Adjustment of Educated Unemployed Youth is also doesn't change due to unemployment.

There is Positive Correlation between Life Satisfaction and Life Style, ($r=.419$, $P>0.00$) which indicate that Life Satisfaction level of unemployed of Educated Unemployed Youth is affected their life style of Unemployed of Educated Unemployed Youth . This is Positive Significant at 0.00 it is Indicate that there is relationship between Life Satisfaction and life style of educated unemployed youth. Educated unemployed of Educated Unemployed Youth can't satisfy with their life. Life Style is Change and Life Satisfaction with the of Educated Unemployed Youth is also change due to unemployment.

Result and Discussion of Correlation Components of Adjustment

Correlations of Adjustment Components							
Factor	Self Esteem – Self Inferiority	Happiness – Depression	Calmness – Anxiety	Naturality – Obsessiveness	Independence – Dependence	Feeling of Being Healthy – Hypochondriasis	Innocence – Guilt Feeling
Self Esteem-Self Inferiority	1						

Happiness – Depression	.487**	1					
Calmness – Anxiety	.436**	.506**	1				
Naturality – Obsessiveness	.167**	.197**	.225**	1			
Independence – Dependence	.354**	.345**	.329**	.263**	1		
Feeling of Being Healthy – Hypochondriasis	.449**	.494**	.580**	.181**	.393**	1	
Innocence – Guilt Feeling	.515**	.440**	.547**	.125**	.370**	.539**	1
**. Correlation is significant at the 0.01 level (2-tailed).							
*. Correlation is significant at the 0.05 level (2-tailed).							

There is Positive Significant Correlation between Self Esteem – Self Inferiority and Happiness – Depression, ($r=0.487$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Happiness – Depression. It means when the person is unemployed than his/her self – Inferiority and depression is increase but at the same time if he/she is employed than his/her Self Esteem and happiness is increase. It is clearly shown that status of employment is affect Self Esteem – Self Inferiority and Happiness – Depression.

There is Positive Significant Correlation between Self Esteem – Self Inferiority and Calmness – Anxiety, ($r=0.436$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Calmness – Anxiety. It means when the person is unemployed than his/her self – Inferiority and Anxiety is increase but at the same time if he/she is employed than his/her Self Esteem and calmness is increase. It is clearly indicated that status of employment is affect Self Esteem – Self Inferiority and Calmness – Anxiety.

There is Positive Significant Correlation between Happiness – Depression and Calmness – Anxiety, ($r=0.506$, $P>0.01$) which indicate that Happiness – Depression of unemployed of Educated Unemployed Youth is affected their Calmness – Anxiety. It means when the person is unemployed than his/her Depression and Anxiety is increase but at the same time if he/she is employed than his/her Happiness and calmness is increase. It is clearly indicated that status of employment is affect Happiness – Depression and Calmness – Anxiety.

There is Positive Significant Correlation between Self Esteem – Self Inferiority and Naturality – Obsessiveness, ($r=0.167$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Naturality – Obsessiveness. It means when the person is unemployed than his/her self- Inferiority and Obsessiveness is increase but at the same time if he/she is employed than his/her Self Esteem and Naturality is increase. It is clearly indicated that status of employment is affect Self Esteem – Self Inferiority and Naturality – Obsessiveness.

There is Positive Significant Correlation between Happiness – Depression and Naturality – Obsessiveness, ($r=0.197$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Happiness – Depression. It means when the person is unemployed than his/her Depression and Obsessiveness is increase but at the same time if he/she is employed than his/her Happiness and Naturality is increase. It is clearly indicated that status of employment is affect Happiness – Depression and Naturality – Obsessiveness.

There is Positive Significant Correlation between Calmness – Anxiety and Naturality – Obsessiveness, ($r=0.225$, $P>0.01$) which indicate that Calmness – Anxiety of unemployed of Educated Unemployed Youth is affected their Naturality – Obsessiveness. It means when the person is unemployed than his/her Anxiety and Obsessiveness is increase but at the same time if he/she is employed than his/her Calmness and Obsessiveness is increase. It is clearly indicated that status of employment is affect Calmness – Anxiety and Naturality – Obsessiveness.

There is Positive Significant Correlation between Self Esteem – Self Inferiority and Independence – Dependence, ($r=0.354$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Independence – Dependence. It means when the person is unemployed than his/her Self Inferiority and Dependence is increase but at the same time if he/she is employed than his/her Self Esteem – Independence is increase. It is clearly indicated that status of employment is affect Self Esteem – Self Inferiority and Independence – Dependence.

There is Positive Significant Correlation between Happiness – Depression and Independence – Dependence, ($r=0.345$, $P>0.01$) which indicate that Happiness – Depression of unemployed of Educated Unemployed Youth is affected their Independence – Dependence. It means when the person is unemployed than his/her Depression and Dependence is increase but at the same time if he/she is employed than his/her Happiness – Independence is increase. It is clearly indicated that status of employment is affect Happiness – Depression and Independence – Dependence.

There is Positive Significant Correlation between Calmness – Anxiety and Independence – Dependence, ($r=0.329$, $P>0.01$) which indicate that Calmness – Anxiety of unemployed of Educated Unemployed Youth is affected their Independence – Dependence. It means when the person is unemployed than his/her Anxiety and Dependence is increase but at the same time if he/she is employed than his/her Calmness – Independence is increase. It is clearly indicated that status of employment is affect Calmness – Anxiety and Independence – Dependence.

There is Positive Significant Correlation between Naturality – Obsessiveness and Independence – Dependence, ($r=0.263$, $P>0.01$) which indicate that Naturality – Obsessiveness of unemployed of Educated Unemployed Youth is affected their Independence – Dependence. It means when the person is unemployed than his/her Obsessiveness and Dependence is increase but at the same time if he/she is employed than his/her Naturality – Independence is increase. It is clearly indicated that status of employment is

affect Naturality – Obsessiveness and Independence – Dependence.

There is Positive Significant Correlation between Self Esteem – Self Inferiority and Feeling of Being Healthy – Hypochondriasis, ($r=0.449$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Feeling of Being Healthy – Hypochondriasis. It means when the person is unemployed than his/her Self Inferiority and Hypochondriasis is increase but at the same time if he/she is employed than his/her Self Esteem – Feeling of Being Healthy is increase. It is clearly indicated that employment status is affect Self Esteem – Self Inferiority and Feeling of Being Healthy – Hypochondriasis.

There is Positive Significant Correlation between Happiness – Depression and Feeling of Being Healthy – Hypochondriasis, ($r=0.494$, $P>0.01$) which indicate that Happiness – Depression of unemployed of Educated Unemployed Youth is affected their Feeling of Being Healthy – Hypochondriasis. It means when the person is unemployed than his/her Depression and Hypochondriasis is increase but at the same time if he/she is employed than his/her Happiness – Feeling of Being Healthy is increase. It is clearly indicated that status of employment is affect Happiness – Depression and Feeling of Being Healthy – Hypochondriasis.

There is Positive Significant Correlation between Calmness – Anxiety and Feeling of Being Healthy – Hypochondriasis, ($r=0.580$, $P>0.01$) which indicate that Calmness – Anxiety of unemployed of Educated Unemployed Youth is affected their Feeling of Being Healthy – Hypochondriasis. It means when the person is unemployed than his/her Anxiety and Hypochondriasis is increase but at the same time if he/she is employed than his/her Calmness – Feeling of Being Healthy is increase. It is clearly indicated that status of employment is affect Calmness – Anxiety and Feeling of Being Healthy – Hypochondriasis.

There is Positive Significant Correlation between Naturality – Obsessiveness and Feeling of Being Healthy – Hypochondriasis, ($r=0.181$, $P>0.01$) which indicate that Naturality – Obsessiveness of unemployed of Educated Unemployed Youth is affected their Feeling of Being Healthy – Hypochondriasis. It means when the person is unemployed than his/her Obsessiveness and Hypochondriasis is increase but at the same time if he/she is employed than his/her Naturality – Feeling of Being Healthy is increase. It is clearly indicated that status of employment is affect Naturality – Obsessiveness and Feeling of Being Healthy – Hypochondriasis.

There is Positive Significant Correlation between Independence – Dependence and Feeling of Being Healthy – Hypochondriasis, ($r=0.393$, $P>0.01$) which indicate that Independence – Dependence of unemployed of Educated Unemployed Youth is affected their Feeling of Being Healthy – Hypochondriasis. It means when the person is unemployed than his/her Dependence Obsessiveness and Hypochondriasis is increase but at the same time if he/she is employed than his/her Independence – Feeling of Being Healthy is increase. It is clearly indicated that status of employment is affect Independence – Dependence and Feeling of Being Healthy – Hypochondriasis.

There is Positive Significant Correlation between Self Esteem – Self

Inferiority and Innocence – Guilt Feeling, ($r=0.515$, $P>0.01$) which indicate that Self Esteem – Self Inferiority of unemployed of Educated Unemployed Youth is affected their Innocence - Guilt Feeling. It means when the person is unemployed than his/her Self Inferiority and Guilt Feeling is increase but at the same time if he/she is employed than his/her Self Esteem – Innocence is increase. It is clearly indicated that status of employment is affect Self Esteem – Self Inferiority and Innocence – Guilt Feeling.

There is Positive Significant Correlation between Happiness – Depression and Innocence – Guilt Feeling, ($r=0.440$, $P>0.01$) which indicate that Happiness – Depression of unemployed of Educated Unemployed Youth is affected their Innocence – Guilt Feeling. It means when the person is unemployed than his/her Depression and Guilt Feeling is increase but at the same time if he/she is employed than his/her Happiness – Innocence is increase. It is clearly indicated that status of employment is affect Happiness – Depression and Innocence – Guilt Feeling.

There is Positive Significant Correlation between Calmness – Anxiety and Innocence – Guilt Feeling, ($r=0.547$, $P>0.01$) which indicate that Calmness – Anxiety of unemployed of Educated Unemployed Youth is affected their Innocence – Guilt Feeling. It means when the person is unemployed than his/her Anxiety and Guilt Feeling is increase but at the same time if he/she is employed than his/her Calmness – Innocence is increase. It is clearly indicated that status of employment is affect Calmness – Anxiety and Innocence – Guilt Feeling.

There is Positive Significant Correlation between Naturality – Obsessiveness and Innocence – Guilt Feeling, ($r=0.125$, $P>0.01$) which indicate that Naturality – Obsessiveness of unemployed of Educated Unemployed Youth is affected their Innocence – Guilt Feeling. It means when the person is unemployed than his/her Obsessiveness and Guilt Feeling is increase but at the same time if he/she is employed than his/her Naturality – Innocence is increase. It is clearly indicated that status of employment is affect Naturality – Obsessiveness and Innocence - Guilt Feeling.

There is Positive Significant Correlation between Independence – Dependence and Innocence – Guilt Feeling, ($r=0.370$, $P>0.01$) which indicate that Independence – Dependence of unemployed of Educated Unemployed Youth is affected their Innocence – Guilt Feeling. It means when the person is unemployed than his/her Dependence and Guilt Feeling is increase but at the same time if he/she is employed than his/her Independence – Innocence is increase. It is clearly indicated that status of employment is affect Independence – Dependence and Innocence – Guilt Feeling.

There is Positive Significant Correlation between Feeling of Being Healthy – Hypochondriasis and Innocence – Guilt Feeling, ($r=0.539$, $P>0.01$) which indicate that Feeling of Being Healthy – Hypochondriasis of unemployed of Educated Unemployed Youth is affected their Innocence – Guilt Feeling. It means when the person is unemployed than his/her Hypochondriasis and Guilt Feeling is increase but at the same time if he/she is employed than his/her Feeling of Being Healthy – Innocence is increase. It is clearly indicated that status of employment is affect Feeling of Being

Healthy – Hypochondriasis and Innocence – Guilt Feeling.

Correlation of Adjustment, Life Style and Life Satisfaction- There is Negative Correlation Found between Adjustment and Life Satisfaction of Educated Unemployed People. It is indicate that adjustment level of unemployed people is not affected life satisfaction. Educated unemployed people can adjustment and satisfied with their life.

There is Negative Correlation Found between Adjustment and Life Style of Educated Unemployed People. It indicates that adjustment level of unemployed people doesn't affect their life style. Life Style is Negatively Change and Adjustment with the people also doesn't change due to unemployment.

There is Positive Correlation between Life Satisfaction and Life Style of Educated Unemployed People. Life Style is Change and Life Satisfaction with the people is also change due to unemployment.

Implication of the Research- After the completed research every researcher found something in the study. This findings help to society or particular group of the people to improve in person or society. Here in the research researcher found that Significant Differences is existed between Male and Female in Adjustment during the Unemployed Condition, Here the male and female has to try to adjustment in each and every aspect of life during the unemployment condition, so that the restlessness can decrease up to certain level. Further thing are that to be Significant Differences is existed between Urban and Rural People in Adjustment during the Unemployed Condition, as said above in implication that Urban and Rural people get training for getting employment so that the adjustment level with every part life can make possible.

Further implication of the study is that Significant Differences is found between Types of gender and different ages of people in Life Satisfaction during the Unemployed Condition. In the male and female there are absolutely the differences come in the life satisfaction level because of employment; when person are unemployed than definitely life satisfaction level decrease, so that people has to earn and save some amount of money which can be used in the unemployment condition, and the level of life satisfaction level can be sustained.

These are some of implication can be maintain and balance in the society so that these Adjustment, Life Style and Life Satisfaction level can be uphold, problems like adjustment, anger, anxiety, depressions, emotional problems, crime rate increasing, mental health problems, stress, suicides, blaming themselves, cardiovascular decease increasing, family support decreasing, isolation etc. can be decreased.

Suggestion

1. The Study Can Be conducted from the point of view of Caste, Religious and etc. of Variable with Gender, Live in Area and Ages.
2. The Study Can Be conduct According to the Family Income and social economic status wise with above Variable with Gender, Live in Area and Ages.
3. The Study Can Be conducted from the point of view of Time

Duration of Unemployment with above Variable of Gender, Live in Area and Ages.

4. The Study Can Be conducted from the point of view of Monthly Income and Family Expenditure in Month wise with above Variable of Gender, Live in Area and Ages.
5. The Study Can Be conducted from the point of others such variable which was not covered in my research like Anxiety, Stress, Depression Etc.

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Impact of Covid 19 on the resilient workforce: Special reference to the Anganwadi workers in Gwalior city

• Mallika Gaur

Abstract- *The frontline workers i.e. ASHA (accredited social health activist) ANM (auxiliary nurse midwife) NSS volunteers, AWW (Anganwadi workers) and AWH (Anganwadi helpers) in headlines for their selfless participation in the world's first worst pandemic of 21st century. This paper is dedicated to all those AWW and their helpers who played their duties with courage during the time people locked inside their homes. The content for this paper collected while working in close association with them, that giving the kaleidoscopic vision about the indomitable courage they have. This includes how they are performing their covid duties, along with their caregiver roles, impacts on their lives, the challenges they are facing, maintaining the work – home balance. Lastly, how they rehearsing to deal with mental and physical abuse, all forms of social stress and emerge stronger. Nevertheless against all odds, they are heading with a one single hope that “this too shall pass”.*

Keywords- ASHA, Pandemic, Sociological impact

Objective- This paper is written with an objective to decipher the sociological impact on the lives of AWW with the onset of covid 19. Moreover, to know whether they are exposed to any form of abuse and stress while maintaining the work life balance.

Research methodology- As stated earlier, the idea to write this paper evolved while working with AWW in tandem. Observation method is used which is began with identifying the objective, observing, proceed with taking notes, recording of facts and end up with analyzing and drawing inferences. Non structured interview of some AWW were also being conducted for vivid picture. To gain some more insight on the status of frontline worker, secondary review of current news articles also being done.

Role of Anganwadi workers in covid 19- The term “[frontline workers](#)” often conjures images of doctors in PPE kits and soldiers in uniform. But during the [corona virus outbreak](#), workers across a vast array of industries have found themselves essential parts of the machine that keeps the world in motion, required to do their jobs despite great risk—whether sanitization staff or [bus drivers](#), health personnel or [police officers](#), ASHA, ANM, NSS volunteers or Anganwadi workers and their helpers.

Anganwadi is a government-sponsored child-care and mother-care development programmes in India. It caters to children in the 0-6 age group. They were started by the Indian government in 1975 as part of the Integrated Child Development Services program to combat child hunger and malnutrition. An Anganwadi centre provides basic health care facilities. It

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includes contraceptive counseling and supply, nutrition education and supplementation, as well as pre-school activities. It is a part of the Indian public health-care system.

Carrying the dual job responsibilities- "In India, the anganwadi system serves as the backbone of the country's fight against under nutrition - and now against COVID-19. During the corona virus pandemic too, these women have formed a formidable front against its spread in community along with other members of the health workforce - the local ASHA and (ANM). Although the *anganwadi* centers are closed, the *anganwadi* worker's critical duties must continue. Babies are still being born, pregnant women still need regular health check-ups, and new mothers still need to be supported with breastfeeding and feeding young children. Ministry of women and child development come up with the campaign #take home ration (THR) to not keep the social distance measures at bay therefore continue to distribute rations of rice and dal (pulses) - and in some states eggs - to pregnant and nursing mothers and young children, to ensure that they receive their regular supply of nutrients during these critical periods of their life.¹ In the Gwalior district of MP, AWW distributed packets of dalia, khichdi and ration packets under renowned POSHAN abhiyan to the vulnerable families and in most cases demand also raise for tasting these dalias among lactating and pregnant females of well off families. Collecting forms of ladli laxmi yojana, matritva vandana yojana, tracking their records, examining and coordinating ANMs for measuring weights of new born, immunisation are among the other tasks they do. Nevertheless, their work as corona warrior is much more painstaking than their original work, without them it would be impossible to track, monitor and test covid 19 patients. "A doctor's job begins only after we have monitored every person in our community and identified people with symptoms," stated by ASHA worker.² Trained ASHA workers will be deployed for the survey to know the causes and sources of corona virus. 3 lakh ASHA workers have been trained for it in Madhya Pradesh.³

The government is focusing on making them frontline healthcare workers by imparting training. Essentially, they are the primary caregivers for financially weak women and their children. On the other hand, ASHA is the local implementation point of the National Rural Health Mission (NRHM). They are the first point of contact for the impoverished masses. AWW at the outset of covid, visit their respective wards in urban area and janpad panchayats in rural area to monitor the symptomatic patients and conduct door-to-door surveys of between 30-60 households a day to check for symptoms, especially among older persons, those with heart conditions and respiratory issues, tuberculosis patients, pregnant women and other high-risk populations and report positive cases to the AWW supervisor who further reports to incident commanders of their zone. There were 5 rounds of ILI /SARI survey and KILL CORONA survey conducted by district administration in Gwalior under which they were provided pulse oximeter to check the blood oxygen levels and digital infrared thermometer to gauge temperature.

Besides this, they are given the charge of surveying the containment zones for which they were given the due permission for their entry. C- Zones that covered positive patient place and adjacent area in 1 km radius constitutes 20 to 50 houses on average surveyed by AWW for any symptoms and health issues. The details of which given to RRT(rapid response team) set by district authorities.

To recognize their work mp government announced that they will employ a female family member of anganwadi workers or assistants who succumb to Covid-19 after contracting the infection on duty and has given status of Corona warriors to the Anganwadi workers. Also announced the family members and next of kin of anyone drafted into Covid-19 duty who succumbs to the infection would be eligible for the ex-gratia assistance of Rs 50 lakh.

Social impacts on the lives of AWW while being into Covid 19 duties

Educational impact: Become tech friendly – Training is imparted to them at the onset of covid 19. WCD ministry conducting series of interactive awareness sessions using digital platforms to ensure that these frontline workers given first hand information from experts to safeguard themselves and spread awareness among masses. These sessions include introduction on virus, preventive measures to be taken and the psycho social impact on the well being of women and children.⁴

Although they were given training earlier too but this time at par with other health care workers like ANM, they have to execute this in real time, provided digital devices and the most important part of their surveys that they should made their records online, given login id and password, surveyor code of that area, feed data on site in front of those who is surveyed rather to use registers for entry. Needless to say, a tectonic shift in their lives as they learn, execute and educate their sahayikas for operating smart phones .they are given smart phones made available by their families for their work, made their whatsapp account which earlier they had no access to ,this truly digitally empowering them in body and spirit.

Health Awareness- Awareness plays a key role in our approach to improving access to healthcare more at the times when world is struggling in pandemic. They seek to empower communities, medical professionals and patients with appropriate tools, information and skills so that they can make high-quality, informed decisions on prevention, diagnosis, treatment, care, and support. This pandemic changed their attitude towards health entirely not only for them but for their social milieu. They become more cautious about hand hygiene, routine checkups, nutrition rich diet, cleanliness at homes and care for elderly and children has shown significant improvement as they are more vulnerable to this spread. out of all the AWW on average 50 percent (including their relatives) become symptomatic and follows quarantine, get recovered and back to their duties with more vigour.

Emotional impact: Managing the social stress inside out- The lives of the AWW is brimming with unmanageable social stress occur due to financial insecurity, job loss of their partners and children as some of them staying home without work, children of them out of school, making an in endurable pressure for their demands that can't be realized during this time. Hard earned

leisure time to chit chat with neighbours and friends, healthy talks with children and partners which is the only means to ventilate also done away with, in a morose environment all around in which all hope of getting back to life is a distant dream. They start prioritizing their work to avoid any untoward situation of abuse within family to some extent in most cases. As the violence within four walls always underreported. This because they got targeted for mismanagement of their work and home duties, not fulfilling the demands of their partners, elder in laws and children. They stated that the reason only that staying home is something that males cannot bear they become frustrated and expecting them to fulfill their needs in first place. Apart from this they are frequently targeted verbally by the people whom they surveyed regularly for disturbing them in day slumber. Yelled over them, chase them away to not visit nearby next time. As the pandemic rages, there are fears of an impending mental health crisis due to the mental anxiety and physical exhaustion suffered by AWW, early signs of which are already visible. Discrimination and stigma they face from their neighbours and extended families due to their community contact is causing a lot of mental agony. They are likely to carry corona as they are moving in containment zones.

On the contrary most of them get healthy support from their kins and partners while doing this duty as they got recognition from everyone or from neighbourhood they are residing in. Their partners or sons dropping them on their sites bought them a Smartphone and seeing them working in harsh atmosphere some respondents during survey distributed them mask, sanitizer, asking them for tea and water too.

Psychologically speaking these are most trying time for them, disturbed with gloomy atmosphere everywhere, fear of getting contracted and safeguarding family too become a priority, available time is given to their kins and slight morale support is suffice for them to work with full energy next day. All this turn them into resilient personality. To withstand any abuse in the line of duty, handling an offensive respondents using their rights to keep their attitude down and becoming more rational in making decisions. Speaking to one worker, she was being told to conduct the survey of containment by the time its 5 o'clock in the evening, leaving her 3 year daughter along with her father in a park nearby in scorching June as Anganwadi centres kept closed during this time and its her husband who take her to the sites when no transport is available, completed it within deadline.

Conclusion- The purpose of this paper is to unlocking the stories of caregiver turned to covid 19 warriors. It is not something they are keep working in the hard times outside their homes without minimal safety gear always complain for protective equipments which is not providing to them but carrying the multiple responsibilities with them. Managing all form of stress social, mental and financial. The state government must **acknowledge the role of ASHAs and AWW for their efforts in the pandemic.** Just giving them the status of corona warrior is not that enough to compensate the mental agony they are going through. Conversely, this pandemic impacted their lives too in a progressive manner which made them more tech friendly, empowering them to rationalize their views towards healthy lifestyle, stand

for the community and their families like a firewall to arrest the outbreak, adapting the new normal with mask, face covering, sanitizer and distancing more effectively with that maintaining the work home balance as well to avoid any mismanagement and quarrel within homes. Just like we need a strong foundation for a building, we also need it for our society. And in our country, millions of Anganwadi and ASHA workers are helping build it. They play a critical role in promoting healthy practices, providing on-ground support, and spreading awareness about various health programmes of the Government of India, they must have been imparted best training, further education and no less important than anything else is the recognition for what they are doing.

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