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Volume-7, Issue-1&2, Year-2022 (January-December)  
A Bi-Annual Peer Reviewed Refereed Journal

PATRON

*Dr. Abha Khetarpal*

EDITOR-IN-CHIEF

*Dr. Anita Moudgil*



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## EDITORS' DESK

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We are delighted to introduce Volume 7, Issue-1 & 2, Year-2022 of National Research Journal of Social Sciences (peer reviewed journal) published by D.A.V. College for Girls, Yamuna Nagar. Social science research contributes towards growth of knowledge of society and of the researchers, especially when the researchers belong to teaching community. It enhances the teaching and learning skills. The broader goal of social science research is to improve the social fibre, social relations and enrichment of the social values and provision of solutions to the pressing social, political and economic problems. NRJSS provides such platform to the researchers. The aim of the journal is to collect and unfurl the thoughts of scholars from varied disciplines of learning as thoughts are powerful weapons today for spreading awareness. The interaction of intellectual thoughts is highly conducive to the development of both the students and the teaching fraternity. We are sure that every research paper of this issue will take the readers to the renewal of their knowledge. The interdisciplinary nature of the journal along with relevant and insightful views will prove useful.

The current volume of NRJSS is enriched with original research papers on varied issues like social, economic, development, technology, intellectual property rights and health issues. Various health issues have been analysed by Dr. Abha Khetarpal on 'Nutritional Status of Rural College Girls' which stresses on the strategies for better nutritional health of young girls. Dr. Ranjana highlighted the role of strict daily routine as per "Swasthvir Vigyan" for a healthy life. Mrs. Neelam researched the impact of modern life style on female diseases and suggested yoga for healthy life. Dr. Deepika Ghai meticulously analysed the ancient system of useful home remedies for 21<sup>st</sup> century people. Ms. Ritu Dua highlighted that people with good exercise and healthy food habits remain disease free. Ms. Sonia Rani discussed the uses of 'Yam-Niyam' in education. Ms. Samridhi Moudgil researched the causes of workplace stress and identified the stressors and the strategies to reduce workplace stress.

Various significant issues like women empowerment, labour migration, monetary and intellectual property rights have also been researched. Mrs. Parul Singh and Mrs. Vibhuti Rana researched on the impact of Indian heritage on international fashion in terms of Indian traditional accessories and draping styles. Ms. Sandeep Reen studied the role of use of textile waste in the generation of income and employment for the weaker sections, especially for women empowerment. Dr. Parmod Kumar Aggarwal and Mr. Jagmohan researched the impact of Covid-19 on industrial sector of Punjab. Dr. Anita Moudgil analysed the impact of Covid-19 on migrant labourers and resultant problems of shortage of labourers in Haryana. Dr. Meenu Jain and Ms. Shailly Chauhan explored the challenges of crypto-currency and its future. Dr. Arti Rani analysed the process of urbanization in India and China. Ms. Varsha Rani and Ms. Gurpreet Kaur discussed National Mission and the sustainable agricultural policies. Dr. Parmod Kumar Aggarwal and Dr. Ishwani analysed the IPR reforms and its challenges in developing countries. Dr. Anju Bala and Dr. Pragati Sharma described the detailed concept and forms of IPR. Dr. Sangeeta Nagaich and Dr. Balwinder Kaur elaborated the protection of Intellectual Property Rights in India. Dr. Parmod Kumar Aggarwal discussed the issues of IPR in software industry. A case study of Hindustan Lever and its corporate social responsibility has been successfully conducted by Dr. Kritika and Dr. Vishal Anand. Ms. Sabhyata Bansal discussed the freedom of speech and expression and issues of online defamation in the era of social networking.

We express our thanks to our worthy Principal Dr. Abha Khetarpal for her support and motivation. We are thankful to all the contributors also for their valuable research papers.

*Dr. Anita Moudgil*

*Mrs. Parul Singh*