MESSAGE

Dr. Meenu Jain
Officiating Principal
DAV College for Yamuna Nagar

Warm Greetings to all of you!

"I am for truth, no matter who tells it, I am for justice, no matter who it is for or against"
Malcom X

Malcom's words have been representing the motive of the notable bi-annual research journal National Research Journal of Social Sciences because truth has been a matter of search and re-search for the epistemological study. The importance of reliable data and facts to analyse the significance and flaws of different policies in the present era over the years, the institution has provided insights for society to understand social issues. The present era is the era of social media, simultaneously an era of information and misinformation, because social media's territory is wider than the state. Facebook, YouTube, and WhatsApp are the world's largest social media networks. Millions have been expressing their views through social media, using it according to their self-interests, and affecting people's thoughts.

Especially youth, who have been spending their maximum time on social media, have created an artificial world with the help of social media. In this world, a mad race has been starting for likes on Facebook, Instagram, Twitter, YouTube, TikTok, Snapchat, Reddit, and Pinterest. The taglines of the youth are: Comment and subscribe to my YouTube channel; follow me on Twitter and Instagram; for more details, contact me through WhatsApp; we can discuss with you later on Zoom or Google Meet, etc. Although through social media, we are able to get information very quickly. Instead, nobody bothers about the source or reliability of the particular information, as in the case of the Russia-Ukraine war, where some fake videos of attacks were responsible for the panic in the world. No doubt, the war has been affecting the global economy through financial sanctions, commodity prices, and supply-chain disruptions. This war has traumatised the world from South to North and East to West. Before that, the world had been traumatised due to the COVID-19 pandemic. In such a scenario, I believe, being a member of researchers community, the researchers should have to take responsibility to check and recheck the facts and data that are used by the various agencies around the world and sanitise the ethos related to the different perspectives of society. In this new normal, we are bringing out Vol. 8 Issues 1 and 2 of NRJOSS-2023, a refereed and peer-reviewed Journal from DAV College for Girls, Yamuna Nagar. Our sincere thanks to the members of the referee and Advisory boards who have contributed their valuable ideas. We acknowledge and appreciate the efforts of all the authors and researchers who have contributed their papers to incorporate in this journal, but at the same time, we do not own any responsibility regarding the originality or authenticity of the ideas expressed in the different research papers and articles by authors. Of course, without the unreserved support of our management, nothing like this would have been possible. Last but not least, I would like to thank the almighty for blessing me to write a few words for a notable Journal, which would be able to bring new insights for society to see the new chapters of the global world after the pandemic.

EDITOR'S NOTE

It is my pleasure to introduce Volume 8, Issue 1&2 year 2023 of National Research Journal of Social Sciences published by DAV College for Girls, Yamuna Nagar.

The Journal provides platform to the researchers, teachers and emerging scholars. The aim of the journal is to collect and unfurl the creative ideas of scholars from various disciplines. Social Science Research contributes towards the growth of knowledge of the society in general and towards the improvements in teaching and learning skills. These positive contributions enrich the social values and raise the awareness among society. I hope that every research paper of this issue will help to promote the readers' interest in social science research who in turn can work on social issues effectively.

The present volume of National Research Journal of Social Sciences has published original research papers from diverse disciplines like Human Values, Home science, Economics, Psychology, Yogic Sciences, Social attitude, Commerce and English literature

Dr Abha Khetarpal's research paper on impact of Nutrition Education on the Health Status of School Teachers highlights the significance of nutritional education. Dr Mala Sharma's research paper on the Jocose Spirit in Verse Drama of Donagh Mac Donagh is very well researched.

Dr. Kavita Singla discussed the Environmental Consciousness Religion and Romantic Poetry in English Literature. Dr Vishwa Prabha very well explained the role of Arya Samaj in Manav Nirman. Jai Chand empirically analysed the progress of microfinance under National rural livelihood mission scheme. Dr Madhusudan explored the Future Possibilities of Rise of Dr. India and China in Post Independence Era. Dr. Sumit Sheron and Mrs Parul Singh presented the Review of Literature on Academic Stress among Indian Students. Dr Suman Kumari and Mrs. Shalini Chhabra and Ms. Ashima Arora analysed the Impact of Covid-19 and its Relevant Strategies. Ms.Dolly Mehta researched on Organisational Resilience as a Tool in Successful Entrepreneurship. Ms. Neelam Devi stated the Impact of Yoga on Digestion Problems. Dr Ranjana highlighted the Impact of Pranayam on Mental Tension and provided the proper solutions. Dr Anju Bala and Ms. Shivani dabar analysed the Shifts in Social Paradise in the Post Pandermic Global Economy. Ms. Navneet Kaur sensitized regarding Global Warming and its Threat to Ecosystem. Ms. Naina Garg's social research on Social Attitude: The Case of Buying Senatory Napkins Wrapped in Newspapers reveals the mind set of Indian society.

Dr. Krishan Kumar presented life rules in his paper Life is a Game: We Should Follow Some Rules. Dr Kritika and Dr Vishal Anand did research on 'Employee Perception towards CSR and the Perceived Organizational Performance: Study of Indian Corporate Sector. Ms. Deepti Sharma's paper on Indian Freedom and Communalism provides a deep inside of the freedom struggle. Dr Anita Sharma very well analysed the relation between music and religion.

Wishing the readers and upcoming researchers a Happy reading

<div align="right">

Deputy Chief Editor
Dr. Anita Moudgil

</div>

SUMMARY OF THE ECONOMIC SURVEY 2022-23

India to witness GDP growth of 6.0 per cent to 6.8 per cent in 2023-24, depending on the trajectory of economic and political developments globally. Economic survey 2022-23 projects a baseline GDP growth of 6.5 per cent in real terms in FY24 economy is expected to grow at 7 per cent (in real terms) for the year ending march 2023, this follows an 8.7 per cent growth in the previous financial year credit growth to the micro, small, and medium enterprises (MSME) sector has been remarkably high, over 30.5 per cent, on average during Jan-Nov 2022 capital expenditure of the central government, which increased by 63.4 per cent in the first eight months of FY23, was another growth driver of the Indian economy in the current year RBI projects headline inflation at 6.8 per cent in FY23, which is outside its target range return of migrant workers to construction activities helped housing market witnessing a significant decline in inventory overhang to 33 months in Q3 of FY23 from 42 months last year surge in growth of exports in FY22 and the first half of fy23 induced a shift in the gears of the production processes from mild acceleration to cruise mode private consumption as a percentage of GDP stood at 58.4 per cent in Q2 of FY23, the highest among the second quarters of all the years since 2013-14, supported by a rebound in contact-intensive services such as trade, hotel and transport survey points to the lower forecast for growth in global trade by the world trade organisation, from 3.5 per cent in 2022 to 1.0 per cent in 2023 India to witness GDP growth of 6.0 per cent to 6.8 per cent in 2023-24, depending on the trajectory of economic and political developments globally.The Survey says, in real terms, the economy is expected to grow at 7 per cent for the year ending March 2023. This follows an 8.7 per cent growth in the previous financial year.Despite the three shocks of COVID-19, Russian-Ukraine conflict and the Central Banks across economies led by Federal Reserve responding with synchronised policy rate hikes to curb inflation, leading to appreciation of US Dollar and the widening of the Current Account Deficits (CAD) in net importing economies, agencies worldwide continue to project India as the fastest-growing major economy at 6.5-7.0 per cent in FY23.

India's Economic Resilience and Growth Drivers

The Survey points out that factors like monetary tightening by the RBI, the widening of the CAD, and the plateauing growth of exports have essentially been the outcome of geopolitical strife in Europe. As these developments posed downside risks to the growth of the Indian economy in FY23, many agencies worldwide have been revising their growth forecast of the Indian economy downwards. These forecasts, including the advance estimates released by the NSO, now broadly lie in the range of 6.5-7.0 per cent.

Service Sector Growth
Growth Rate of GVA at Basic Prices

ECONOMIC SURVEY 2022-23

- 2019-20 **6.3%**
- 2020-21* **-7.8%**
- 2021-22** **8.4%**
- 2022-23# **9.1%**

*1st Revised Estimates **Provisional Estimates #1st Advance Estimates

KBK

Fiscal Deficit
As percentage of GDP

ECONOMIC SURVEY 2022-23

- 2019-20 **4.7%**
- 2020-21 **9.2%**
- 2021-22* **6.7%**
- 2022-23** **6.4%**

*Provisional Actuals **Budget Estimates

KBK

Indian Economy A Snapshot

ECONOMIC SURVEY 2022-23

Fiscal Deficit
% of GDP
4.7 9.2 6.7 6.4
2019-20 2020-21 2021-22 2022-23
*Provisional Actuals **BE

Inflation
Average, in %
CPI 4.8 6.2 13.0 11.5
WPI 1.7 1.3 5.5 6.8
2019-20 2020-21 2021-22 2022-23
*Apr-Dec 2022

Foreign Exchange Reserves
in US $ billion, year end
478 577 607 563
2019-20 2020-21 2021-22 2022
*Dec End

GDP Growth
At constant prices, in per cent
3.7 -6.6 8.7 7.0 6.0-6.8
2019-20 2020-21 2021-22 2022-23 2023-24
*Provisional Estimates PE **1st Advance Estimates (AE) #Projected

Services
Growth Rate of GVA at Basic Prices in %
6.3 -7.8 8.4 9.1
2019-20 2020-21 2021-22 2022-23

Agriculture and Allied Activities
Growth Rate of GVA at Basic Prices in %
5.5 3.3 3.0 3.5
2019-20 2020-21 2021-22 2022-23

Industrial Growth
Growth Rate of GVA at Basic Prices in %
-1.4 -3.3 10.3 4.1
2019-20 2020-21 2021-22 2022-23

KBK

GDP Growth
At constant prices

ECONOMIC SURVEY 2022-23

- 2019-20 **3.7%**
- 2020-21* **-6.6%**
- 2021-22** **8.7%**
- 2022-23# **7.0%**
- 2023-24@ **6.0-6.8%**

*1st Revised Estimates **Provisional Estimates
#1st Advance Estimates @Projected

KBK

Highlights of Budget 2023-24

Dr. Meenu Jain* and Ms. Shailly Chauhan**

*Principal, D.A.V. College for Girls, Yamunanagar **Faculty, Department of Economics, D.A.V. College for Girls, YNR

Abstract

A budget is a detailed plan of action for future time period. It is merely a monetary interpretation of the government objectives which are to be achieved in a given period. Nirmala Sitharaman presented the Union budget on February 01, 2023, the fifth budget of Modi 2.0. The Union budget of the Fiscal year 2023-24 focuses on strengthening the economic status of the country further. This paper is based on secondary data and focuses on the changes made in budget 2023 viz. Changes in tax slabs under the new tax regime; seven pillars of Amrit Kaal; massive boost in railways, defence and health sector and changes in tax rates of various items.

Introduction

Budget is a statement of expected annual receipts and expenditures of the government in the coming financial year. The financial year of India starts from April 1st and ends on March 31st of the next year. Budget is presented in the beginning of every year in front of Lok Sabha. It is a plan by the government of how much money is to be allocated on particular things over a particular period of time. Budget is not just a statement showing annual receipts and expenditures rather it is a much wider term. It comprises detailed plans, policies and objectives of the government.
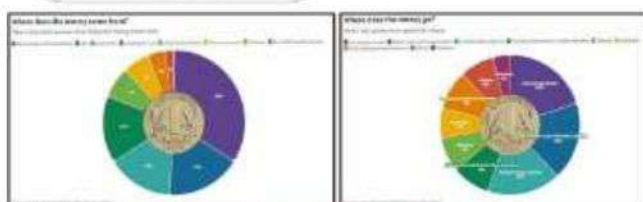
What Gets Cheaper	What Gets Costlier
Mobile phones	Cigarettes
TV Panels	Articles made out of gold bars
Lab-grown diamonds	Imported cars and EVs
Machinery for lithium ion batteries	Imported kitchen electric chimney
Raw materials for EV industry	Imitation jewellery

Amrit Kaal

- The theme of budget 2023 is **Amrit Kaal**.
- It is the best time to start any new work.
- Empowered and inclusive economy i.e. an economy that is technology- driven and knowledge based backed with potent financial sector.
- Amrit Kaal has now been transformed into seven pillars which are collectively known as '*SAPTARISHI*'.

G20

G20 comprises climate financing, inclusive, equitable and sustainable growth, energy security and global cooperation and financing.

India took over the G20 Presidency in December 2022 and will host the G20 summit in the fourth quarter of 2023 in New Delhi.

Motto 'ONE EARTH, ONE FAMILY and ONE FUTURE.'

Rs 990 crore allocated by the Government towards India's G20.

With the theme of '*Vasudhaiva Kutumbakam*', India is steering an ambitious, people-centric agenda to address global challenges, and to facilitate sustainable economic development.

Push to Health Sector

- A mission is to be launched in order to eliminate sickle cell anaemia by 2047.
- Launching of a new programme to promote research and innovation in pharmaceuticals.
- 7 crore people in the age group of 0-40 years in tribal areas will be availing universal screening through counselling and collaborative efforts.
- Rs 2845.75 crore allocated for Ayush ministry.
- Capital of Rs 89,155 crore has been allocated to health sector.
- Rs 3365 crore allocated for the Pradhan Mantri Swasthya Suraksha Yojana.

Massive boost in Railways

- 2.4 lakh crore will be allocated. This is the highest allocation for railways uptil now.
- Priority has been given to 100 critical transport projects for connectivity for coal, fertiliser and food grain sectors with an investment of Rs 75000 crore.
- More emphasis will be put on raising the number of Vande metro, a mini version of the Vande Bharat Express Trains.

Education and National Digital Library

- Expenditure has been raised to Rs 1.12 lakh crore
- Rs 68,804.85 crore for school education and Rs 44,094.62 crore for higher education
- Development of new-age courses like coding, robotics, IOT, 3D printing and drones.
- Setting up of National Digital Library & National Book Trust.
- Setting up of Eklavya Model Residential schools

Hike in Defence Budget

- Hike in expenditure by 13 per cent.
- Modernisation of military infrastructure to be self reliant in military equipment technology.
- Rs 1.62 lakh crore for purchases of new weapons, aircraft, warships and other military hardware.
- Rs 57,132 crore for the Indian Air Force

Green Growth

- Green Credit Programme
- PM PRANAM
- GOBARdhan
- MISHTI
- Amrit Dharohar

CONTENTS

IMPACT OF NUTRITION EDUCATION ON THE HEALTH STATUS OF SCHOOL TEACHERS

Abha Khetarpal

Retired Associate Professor, Dept. of Home Science, DAV College for girls, Yamunanagar

ABSTRACT

Women's health is of utmost importance as it reflects the health of the family but in some cases, conflicting demands of work in the work place and home have been shown to have adverse effects on her nutritional status .Working women compose a large proportion of the workforce today and for them to be working as a school teacher is really a challenge which leads to stress in their life. Job stress arises from the interaction of people and their jobs. The family members try to adjust their roles within the family and a change is being felt in their attitudes also. Besides this, due to better working conditions, better transportation facilities and improved technology, the stress on women professionals is reduced and their efficiency has increased. They have the support of their family and friends and are able to cope better with stress. The present study "The Impact of Nutrition Education on The Health Status of school teachers" deals with the improvement in the blood and lipid profile of women after counseling for six months. 75 women from different age groups, economic and marital status and hailing from various districts of Haryana were enrolled for the study. Nutrition education was imparted individually followed by group contacts for a period of six months through modules, lectures, demonstrations, leaflets and visual aids. The subjects showed the positive impact of counseling as a reduction in the clinical signs of malnutrition especially of vitamin B-complex and vitamin C were observed. Following counseling for six months, an increase in the Hb level of women was observed. In the corresponding groups, the haemoglobin level increased to-12.4 to 12.9 g\dl and all the subjects were in the category of non-anaemic subjects. It was deduced that the nearly normal lipid profile of the school teachers improved non-significantly after counseling for six months It was observed that increase in physical activity levels, improved dietary intake along with positive life style changes resulted in bringing about the desirable changes in the lipid parameters of women.

Key words- Health, Counseling, Haemoglobin, lipid, school teachers

INTRODUCTION

The nutritional status reflects the health of a person and is influenced not only by the diet consumed but also on the ability of the body to utilize these foods (Mehta, 1990).The counseling is used as an intervention for the promotion of health by enhancing the knowledge of the respondents about the consumption of a balanced diet. The first requirement of nutritional counseling or advice is that it should enable the woman to assess her own diet and its composition and compare it with the advice. However, the counselor should emphasize upon bringing a change in the attitudes, knowledge and behaviour of an individual (Buttriss, 1997). The present study was conducted on the school teachers belonging to Haryana state. The state was stratified into four zones and three districts were selected for carrying out the research. The selected districts were Yamunanagar, Panipat and Gurgaon. Purposive selection of the subjects was done and 75 women were selected. Eating well, drinking lots of water, consuming fresh fruits and vegetables boosts energy and water helps the body to function properly. The improved dietary habits can lead to changes in women's general health and a disease free life. It can minimize infections and chronic diseases and can reduce birth defects and health care costs. The adults with healthy life style also make good diet choices and greater knowledge and more positive attitudes, beliefs about nutrition influence these (Gates *et. al*, 1998; Ridley, 2000).

The present study aims to provide a practical and positive approach to women to improve their health and nutritional status. The objectives of the present study are:-

1 To assess the clinical signs and lipid profile in school teachers

2 To impart counseling and to evaluate its impact on the Health of school teachers

COLLECTION OF DATA:

The study on women was done in two phases. In the first phase, the field studies were done to collect the general information about the women respondents. The first phase of study was done on 75 women. In the second phase, the assessment of nutritional status of these women was done by doing clinical and biochemical assessment. For collecting the data, a questionnaire was drafted with definite, concrete and well-defined questions. Pre-testing of questionnaire was done on 30 subjects to find out the drawbacks and modify the questionnaire to ensure a clear understanding of the questions.

A meeting was arranged with the selected respondents to confirm their participation in the study and women selected for this study were assured of absolute anonymity. In the interview method, every respondent was interviewed individually and doubts if any were cleared by explaining each and every question. The respondents were requested to fill up the

questionnaires within a week. The above information was obtained by using the questionnaire cum interview method both before and after counseling for six months.

Assessment of Nutritional Status Before and After Counseling

The nutritional status of the subjects was assessed from the clinical and biochemical assessment before and after counseling for six months.

Clinical Assessment:

In women - scaly skin was noticed in 10 per cent of the subjects which reduced to 9 per cent after counseling. However no effect of counseling was evident in the number of subjects showing the clinical signs - pale conjunctiva, paleness of skin, paleness and smoothness of tongue and anorexia. The corresponding percentage of subjects showing the above signs were 5, 6, 5 and 4 per cent for each ailment which did not reduce after counseling. The subjects showed the positive impact of counseling as a reduction in the clinical signs of malnutrition especially of vitamin B-complex and vitamin C were observed. Close to the present findings, Johansson and Anderson, (1998) also noticed an improvement in the intake of nutrients and a reduction in the clinical signs of malnutrition after counseling(Table 1)

BIOCHEMICAL ASSESSMENT

a) Haemoglobin Levels of the Subjects and the Severity of Anaemia:-

Before counseling in case of women-50 per cent of the subjects had the mean haemoglobin level in the range of 11.2 to 11.8 g\dl(Table 2) and were in the category of subjects suffering from marginal anaemia according to the reference level of Hb -11to11.9 g\dl, as suggested by NIN,(1986) . However, the remaining 50 per cent of the subjects had the mean haemoglobin level between 12.4 to 12.9 g\dl and were in the category of non-anaemic subjects according to the reference level of ≥12 g\dl as suggested by NIN (1986). Following counseling for six months, an increase in the Hb level of women was observed. The haemoglobin level increased to-12.4 to 12.9 g\dl and all the subjects were in the category of non-anaemic subjects (NIN, 1986). Arora, (1997) and Kaur, (1998) also noticed an improvement in the mean Hb levels of their subjects after counseling.

LIPID PROFILE

Total Cholesterol: Before Counseling, the mean serum total cholesterol level in women was 189.02 ± 18.3 mg / dl . However, as revealed in the Table 3, all had mean cholesterol level within the normal range of < 200mg / dl (Raghuram *et al* 2000). In comparison with the present findings, Sharma, (1998) and Kaur *et. al,* (2004) had observed lower values i.e. 187.5 ± 16.14 mg / dl and 187 ± 8.09 mg/dl respectively, while Ridley,(2000) had found much higher cholesterol levels (240mg / dl) among women of nearly normal weight. However, after counseling for 6 months, a non-significant reduction in the cholesterol level of the subjects was observed and the respective decreased values of blood cholesterol in women was 187.62 ± 25.20 mg/dl. (Table 3).

High Density Lipoprotein Cholesterol (HDL-C) : In comparison to the desirable level of > 50 mg/dl (Ghafoorunissa and Krishnaswami, 1994), the mean HDL-Cholesterol level before counseling in women was 50.42 ± 10.96 respectively. The findings of the present study are in concurrence with the studies of Kaur *et. al,* (2004) who also reported a higher level of HDL-Cholesterol (47.2 ± 1.56 mg/dl) in women respondents with normal weight.After counseling, a significant increase in the HDL-C level was observed in women(50.46 ± 6.4 mg. /dl) The findings of the present study are in accordance to the findings of Ghafoorunissa and Krishnaswami, (1994) who proposed that it is desirable to have higher levels of HDL because they carry cholesterol from blood and tissues to liver to be processed for excretion.

Low Density Lipoprotein Cholesterol (LDL-C):

As observed in Table 3, the mean LDL-Cholesterol of women was 102.04 ± 11.48 mg/dl which was much lower than the upper limit of 120mg / dl. (Raghuram *et al* 2000). After counseling, the respective value decreased to 99.36 ± 20.86 mg/dl. However, the difference between the pre and post counseling values of LDL-Cholesterol was statistically non-significant. The findings of the present study reveal that counseling helped in the slight reduction in the LDL-C level of women thereby improving their health. The present findings are very close to the observations made by Krishnaswami and Ghafoorunissa (1999).

Very Low Density Lipoprotein Cholesterol (Vldl-C):

Due to nearly normal weight, the VLDL-C level of women was considerably lower than the desirable limit of < 30mg / dl (Raghuram *et. al.,* 2000). The mean VLDL-C value for the corresponding subjects was 23.74 ± 11.67 mg/dl. However, after counseling, the respective values decreased to 23.71 ± 11.64 mg/dl but the decrease was non-significant. Further, statistical analysis of the VLDL-C values did not point out any significant variation in the VLDL-C value of housewives either in the beginning or at the end of the study. The findings are also very close to the observations made by Krishnaswami and Ghafoorunissa, (1999).

Triglycerides:

Before counseling, the mean total triglyceride (TG) level in housewives was 138.60 ± 38.62 mg/dl which was much lower than the reference standard of 150 mg/dl for a normal healthy adult (Raghuram *et. al.*,2000). After counseling, the respective values reduced to 138.65 ± 38.58 mg/dl. The findings of the current study are in accordance to the observations made by Sharma, (1998), who reported a lower triglyceride level (139.25 ± 25.55 mg/dl) in women with normal weight.

FINDINGS

It was deduced from the above results obtained before and after counseling that the nearly normal lipid profile of the women improved non-significantly after counseling for six months (Table 3).In the current study, all the subjects had total cholesterol, HDL-C, LDL-C, VDL-C levels and TG level within the normal range according to the reference standard of Raghuram *et.al.,* (2000). The findings of the present study are close to the observations made by Krishnaswami and Ghafoorunissa, (1999); Grover, (2006) and very close to the findings of Ranjan *et. al.,* (2006) and Lindstrom *et. al.,* (2005) who observed that increase in physical activity levels, improving dietary intake along with positive life style changes resulted in bringing about the desirable changes in the lipid parameters of women. The counseling is used as an intervention for the promotion of health by enhancing the knowledge of the respondents about the consumption of a balanced diet.Women are becoming more and more career conscious. They want to take up challenging roles for growth and development, so wherever they are performing stereotyped roles, they face stress. The adults with healthy life style also make good diet choices and greater knowledge and more positive attitudes, beliefs about nutrition influence these Eating well, drinking lots of water, consuming fresh fruits and vegetables boosts energy and water helps the body to function properly. The improved dietary habits can lead to changes in women's general health and a disease free life. It can minimize infections and chronic diseases and can reduce birth defects and health care costs. Women's health is of utmost importance as it reflects the health of the family but in some cases, dual stress of manual labour and conflicting demands of work in and outside the home have been shown to have adverse effects on her nutritional status. However, if they want to be accepted as efficient homemakers as well as employees, they have to consume a nutritionally balanced diet and do moderate exercise. This will not only improve their health and nutritional status but will also reduce their weight. Since health and nutritional status of an individual depends on the food she eats, the components of the diet must be chosen judiciously, to provide all the nutrients needed in adequate amounts and proportions. The nutritional status reflects the health of a person and is influenced not only by the diet consumed but also on the ability of the body to utilize these foods .

REFERENCES

1   Arora, S., (1997) Impact of energy balance and iron status on the physical work capacity of farm women belonging to middle income group. M.Sc. Thesis submitted to Punjab Agricultural University, Ludhiana, India.

2   Butriss, J. L., (1997) Food and Nutrition-Attitudes, Beliefs, Knowledge in the United Kingdom. *Am. J. Clin. Nutr.*, 65:(1985)-(1995), American Society for Clinical Nutrition, Stanford University, High Wire Press.

3   Gates, G.E. Delucia, B.A., (1998) Influences of Lifestyle patterns on diet. *Comm.Nut. Med. Nut* 9:43.Guilford Publications, N. York.

4   Ghafoorunissa and Krishnaswamy, K., (1994) Diet and Heart Disease. Published by National Institute of Nutrition and ICMR. Pp 43

5   Grover, K., (2006) A comparative study on nutritional profile of vegetarian and non-vegetarian Punjabi males. Abst XXXVIII presented at the annual meeting, Nutr. Soc. Ind. Kolkata. Pp 44.

6   Jain, H. and Singh, N., (2003) A study on the nutritional status of women in the age group of 25-50 years working in sedentary job in Jaipur city. *The Ind. J. Nutr. Dietet.* 40 :91-98. Published by Avinashlingam institute, Coimbatore.

7   Jha, Jainendra K., (2001) Encyclopedia of teaching of Home-Science 1 & 2:67-68; 212-213,Anmol Publications.

8   Johansson, L., Anderson, F. L., (1998) Intake of fruits and vegetables among Norwegians in relation to gender and lifestyle, Research and Personal Briefs. *J. Am. Dietetic. Ass.*, 120, Riverside Plaza. U.S.A.   Pp.689-691.

9   Kaur, R., Gulati, T. and Verma, S., (2004) Nutritional Status and blood profile of working and non working hypertensive women. J.*Appl. Nut.* 29(1&2):1-7.

10   Krishnaswamy and Ghafoorunissa, K., (1999) Diet and Heart Disease. Published by National Institute of Nutrition and ICMR.Pp 46

11   Lindstrom, J., Peltonen, M. and Tuomilehto, J., (2005) Lifestyle strategies for weight control: experience from the Diabetes Prevention Study. *Proc. Nutr. Soc.* 64: 81-88.

12   Mehta, A. S. and Dodd, N. S., (1990) Assessment of health and nutritional status of working women. Nutrition Society of India. Silver Jubilee Celebration, National Institute of Nutrition. Pp 57

13   Ranjan, S., Passi, S.J. and Bijlani, R.L., (2006) Impact of yoga and lifestyle modification in the prevention of chronic degenerative disorders (CDD). Abstract presented at the annual Meeting, Nutr. Soc. Ind, Kolkata. Pp 50.

14   Sharma, G., (1998) Impact of nutrition education on the nutritional profile of obese women. Master's dissertation submitted to Punjab Agricultural University, Ludhiana.

Table 1: Clinical signs before and after counseling.

	Clinical signs	Women (N=75)			
		BC		AC	
		N*	%	N*	%
1.	Pale Conjunctiva	4	5	4	5
2.	Paleness of skin	5	6	5	6
3.	Paleness and smoothness of tongue	4	5	4	5
4.	Flat Nails	--	--	--	--
5.	Koilynchia	--	--	--	--
6.	Scaly skin	8	10	7	9
7.	Angnular Stomatitis	--	--	--	--
8.	Cheilosis	--	1	--	1
9.	Glossitis	--	1	--	1
10.	Anorexia	3	4	4	4
11.	Bleeding of gums	--	1	--	--
12.	Dark circles under the eyes.	--	1	--	--

*Multiple response

Table 2: Haemoglobin level and severity of anaemia before and after counseling

	Women (n=10)	
Haemoglobin Level	Before Counseling	After Counseling
Severe anaemic (≤ 7)	--	--
Moderate anaemic (8.0 - 9.9)	--	--
Mild anaemic (10 - 10.9)	--	--
Marginally anaemic (11 - 11.9)	5(50)	--
Non – anaemic (≥ 12)	5(50)	10(100)

*Classification according to NIN, (1986) ,**Figures in paren theses in dicates percentage

Table 3:Lipid profile before and after counseling

Lipids		Women(n=10)	
		Before Counseling	After Counseling
Total Cholesterol (mg/dl)	< 200*	187.02 ± 18.3	187.62 ± 25.20
HDL Cholesterol** (mg/dl)	> 50*	50.42 ± 10.96	50.46 ± 6.4
LDL Choesterol (mg/dl)	120*	102.04 ± 11.48	99.36 ± 20.86
VLDL Cholesterol (mg / dl)	30*	23.74 ± 11.67	23.71 ± 11.64
Total triglyceride (mg/dl)	< 150*	138.60 ± 38.62	138.55 ± 38.58
t-test		NS	NS

* Raghuram *et. al.*,(2000)

** Significant at (p≤0.01)

THE JOCOSE SPIRIT IN VERSE DRAMA OF DONAGH MAC DONAGH

Dr. Mala Sharma

Assistant Professor, M.L.N. College Radaur, Distt. Yamuna Nagar, (Haryana)

ABSTRACT

MOST modern verse plays are plays with a serious purpose. Even when the form of comedy has been adopted by the poets, it is often as a mere concession to the tastes of modern audiences who do not seem to feel at case in witnessing scenes of tragic intensity; moreover, these comedies have always had a serious message. But verse, besides its capacity to meet its objective to help us to comprehend and appreciate the profound and the imponderable, has also a lesser function, which is to add point to wit in an epigrammatic statement by its form, to create a tone of light-heartedness by its blithesome jingling rhyme, and to lead us to discard our disbelief at the out-of-the-way, the fantastic, the macabre or the grotesque by its rhythm. And when it comes of a talented versifier, this light verse can be very effective in plays whose main purpose is to provide amusement and entertainment. Such plays are more appreciated by a larger audience as compared to the serious plays because they are neither portentous nor pretentious, and do not make the audience feel uncomfortable by posing disconcerting problems of conduct. Indeed, it might be said that a certain kind of play, witty, light-hearted and meant merely to amuse, gains by being written in verse. Nor can it be a matter for surprise that such plays are commonly written by Irish writers, for these qualities have always distinguished the work of Irish dramatists throughout the history of English drama. One of the ablest writers of plays of this genre is Donagh MacDonagh, the Irish poet.

Keywords : Comic, Verse Drama, Genesis, Plot, Humour, Amusement, Delight, Dialogue, Poetry

Donagh MacDonagh won recognition as a poet-playwright with a egregious comedy Happy as Larry in 1946. It was nearly ten years before he wrote his next play, a rollicking farce, Step-in-the-Hollow. He followed this with a fantastic ballad opera, *God's Gentry* (which reminds one of John *Gay's Beggars'* Opera) and a satirical re-interpretation of one of Ireland's most famous legends, that of Deirdre, called *Lady Spider*. Let us peruse some of the admired plays of Donagh MacDonagh such as *Happy as Larry* which had its English premiere at the Mercury Theatre, London, in 1947; *Step-in-the-Hollow* which was produced at the Gaiety Theatre, Dublin in 1957 and *Lady Spider* which was produced at the Gas Co. Theatre, Dublin. *God's Gentry* has been staged so far only by amateur societies. All the plays, however, have been acclaimed by theatre-enthusiasts everywhere, for MacDonagh has a fine sense of the theatre, besides being blessed with bubbling humour and a lively imagination.

MacDonagh's avowed intention is similar to that of Eliot in his later plays, that is, to attract the poetry-fonded public by writing plays which are pre-eminently plays of entertainment. His plays are full of exaggerated comedy, wit and clowning; the audience, their attention completely taken up by these digressive amusing features, do not at first realise that they are being regaled with large quantities of verse. Any suspicion they might have is propitiated by the fact that the verse, though fundamentally based on the traditional blank verse, does not adhere rigidly to familiar metrical patterns, and very often is only lively prose cropped up into lines of equal length. But it is in rhythmical and imaginative indentured prose of the Irish peasant or the Dubliner which has a poetry of its own. We have MacDonagh's own account of the genesis (or Guinnesses) of Larry':

"The story goes back to 1941, when poetic drama was a dirty word. I thought it might be possible, by using the technique of the Marx Brothers and the circus, to lure the unsuspecting public into the theatre and then land dollops of verse in their laps.. "

These plays do not deal with any profound theme; nor do they have a strong message. They are merely entertaining stories containing somewhat unusual and sometimes fantastic situations told in a humorous vein by an imaginative mind. There is no denying that the plays are definitely interesting and pleasing works of art, but hardly they have any lasting value. Mostly they have a sordid background but are lifted above the level of the ordinary by the poetic talent of the author, who fills his lines with a prodigally pleasing and occasionally startling images.

In each of his plays comes a central situation is what Pamela Hansford Johnson would call a 'strange situation';' and that justifies the use of verse in its telling. *Happy as Larry* tells the story of Larry's poisoning by an apothecary who is in love with his wife. Larry is resurrected in time to realise his wife's faithlessness and the apothecary's villainy. The poet dramatist plays with time in the drama and turns everything topsy-turvy. Larry's grandson and his friends living on earth many years after the incident are transported by the Fate into the past and actually contribute to Larry's resurrection. It is

the verse which enables the poet to carry a modern audience through such swift transpositions in time and yet keep them grounded on earth all the time.

Step-in-the-Hollow has an equally fantastic plot. A villainous old judge, who has been delivering justice according to his own will and pleasure in a remote Irish village happens to meet a very strict Inspector of the Law Courts, and, in the presence of this inquisitor, is obliged to try a case in which a young man is charged with breaking into a young woman's room and trying to grab her attentions. The humour of the situation comes when we find the fact that the young man is innocent and the real culprit is the wicked old judge himself. His vain attempts to keep the truth veiled and the trick he performs in the end by which the credulous and simple-minded Inspector himself compromises to agree to write a favourable report on the judge provides enough room for the basis of comedy in this pejorative farce. It must be admitted, however, that for a poet's play, *Step-in-the-Hollow* seems with hollow meaning.

God's Gentry tells an even more unusual story. Balor, the fire-god of old pagan Ireland, comes back to power when the tinsman reaffirm their faith in him, and grants them one year's absolute rule over Ireland. The amoral, nonchalant tinkers spend the year in rollicking riotous living. And when the stocks of liquor are exhausted, Balor advises them to work. This bitter advice makes them lose their faith in him, and he disappears leaving them once again homeless vagrants at the clemency of gombeens and guards. Woven into this is the parallel story of a lusty young tinsman fascination for the carefully brought up daughter of an old pious money-bag. The tinsman' zest for life, their joyous abandon, their appreciation of the beauties of nature and their possession of an unexpected strain of romance and sentiment are well portrayed by the poet in this rollicking, comic opera.

In *Lady Spider* the comic genius of MacDonagh provides a neat, ironic twist to one of the most famous stories in Irish legend, that of Deirdre, the ill-fated princess, and Naoise, her youthful lover. In the poet's scoffing attitude to these two long- cherished idols of Irish legend we come across one of the aspects of the Irish temperament which is complimentary to the better known strain of love of the heroic and romantic.

MacDonagh handling of a theme sacred to the Irish mind reflects his feverish feeling with the solemn portentousness of much modern verse drama. He portrays Naoise purposefully as a rude, callous fighting-man who never takes his love affair with Deirdre to be serious. After marrying her and having two children by her, he still finds time and inclination for extra-marital diversions. Deirdre, in the play, also is also characterised in somewhat disparaged role up to the traditional heroic standard. When her husband is slain, she does not, as in the original version, kill herself, but, infact has a craving for the good things of life which she has missed during the many years of her enforced life in the woods and settles down by marrying the old king Conor, with some idea of taking a tenous revenge on the treacherous man.

MacDonagh treatment to traditional romantic or reverent subjects, as well as over the poet's attitude to the function of verse in drama, in the last fifty years, has been stable since then no man's attitude to these subjects changed. The treatment of the same Deirdre Legend by Yeats or Synge, also offers no change in attitude when it comes to their romantic appreciation of the age old legend inspite of their differing temperaments and the different media of expression they use in their plays - the story of immortal young love, an old jealous king's treachery and the young woman's noble sacrifice of her life. In Yeats's moving verse, as compared to Synge's carefully contrived Irish prose-poetry, the story is a strangely-moving lyric tragedy. Out of this material MacDonagh has fashioned a slightly comical, satirical allegory of love in modern times by providing a sudden, non-tragic ending after adhering in his tale to three-quarters of the old prophecy in the legend.

The old legend is translated into modern terms in deliberation. The beautiful princess (because of whom the weasels cry on a lonely wall where there are queens and armies and red gold'). becomes the Lady Spider, a female cannibal who devours her foolish partner. Naoise is also not portrayed as ardent, romantic and noble lover of the legend, rather a commonplace hero of modern times, say an Army or Air Force officer, brave but stupid and implausible. He is caught up in the spider's web and forced into a marriage for which he does not much care by the 'huntress' who is a masterful, scheming and quite an earthy creature and reveals her true nature in her shrewish nagging when she discovers that Naoise has been seeking variations of marital pleasure with a Scottish siren. The perfect heaven of lovers' happiness ending in high tragedy in the original yields place in MacDonagh's version to infidelity, boredom and a final, ironic dénouement in which Deirdre deviates from the time-honoured code for heroines of romantic tragedy and decides to marry the old king. She will suck the marrow from the old man's brittle bones and haunt him with the memory of Naoise's virility. She foresees and seeks preference to the soft and comfortable living at the palace which she will get through this marriage. By portraying one of the characters in this story, Fergus, as the romantic idealist that he is in the old legend, MacDonagh has succeeded in throwing practicality into sharp relief the cynicism of these down-to-earth realists.

Light-heartedness is the dominant note in MacDonagh's plays. In *Happy as Larry* even the Fates are represented as dancing, singing, in different preludes and making love to the tailors. The tailors are demented, like the tinkers in *God's Gentry*, of an easy nonchalance which enables them to meet the most incredible situations with easy aplomb and irreverence. The juxtaposition of serious incident and a wholly opposed mood of raillery gives rise to freaky turns of phrase that are breath-taking in their unexpectedness. The amorous Fates sing of their longing for mortal love in words like these :

'At heart I'm a simple young maiden,

maiden, maiden,

At heart I'm a simple young maiden,

Though they call me a Fate worse than Death,

Though they call me a Fate worse than Death.'

and not unnaturally, evoke the following comment from one of the tailors:

'Well; Imagine these three young ones

Being in charge of all creation,

Controlling the electrons

And every complication

Of living and dying

And of, even, incubation;

No wonder that we see such signs

Of the time's degeneration

It has been observed that the modern poet in search of a language, which should remain close to contemporary speech and yet be capable of appealing to the poetic sensibility, should give up the suburban ectopian speech of the city which is a language deprived of all beauty and vitality, and should have recourse to a speech which is still instinct with poetry and vigour and at the same time, is quite familiar to him because he belongs to the group of people who use it. For example Norman Nicholson's language gains in force and vigour because it is the language of the original Methodist preachers and is still in use in Cumberland, which has by its fortunate geographical position escaped the unifying, standardizing, soul-destroying influence of the over centralised culture which is spread over the southern and the middle regions of England. MacDonagh is lucky in that he can draw on the still undefiled Dublin local parlance familiarised throughout the world by the novels and plays of Irish writers with its peculiar blend of poetry, wit and lusty vigour. The prose speech of the Dubliner, though varied many respects from the peasant speech of Galway or Sligo, is infect one with in its abundance of lively imagery and a well-defined rhythmic cadence. It has a rough poetry of its own; and when metre and occasional rhyme are added to it, it makes a lively and pleasing verse which appears to be aptest language for the kind of grotesque story that MacDonagh's genius enjoys to celebrate in his plays.

In a determined effort to break down the solemn and reverent mood in which modern audiences make it a point to listen to high-brow verse plays, MacDonagh has incorporated in his plays various devices from the music-hall, pantomime and the clowning of the Marx Brothers. Songs and dances, and direct addresses to the audience by various characters in the play compels the audience to participate in the action of the play, and help to produce a warm sympathetic mood of appreciation and a spirit of enjoyment. In *Happy as Larry* for instance, the doctor's friend exchanges confidence with the audience, the grave-digger invites them to the dawn and the widow calls upon them

Send for the guards and coroner

To investigate their death;

Send for the crime reporter,

Let him rewrite Macbeth.

The Comic Spirit in Verse Drama

MacDonagh's use of the chorus in his plays indicates the complexities involved in the path of a poet who would like to write a play in verse in these days. Over some decades a particular impression has been built up in the mind of the people of what a verse play should be like and the poet feels to a greater extent under a necessity to cast his play in a form the public seem to expect. In *Happy as Larry* and *God's Gentry,* MacDonagh has introduced chorus, but the chorus serves no particular purpose in either play. However, MacDonagh takes the credit to integrate the Chorus with play skillfully by making take active participation in the action of the play. Writing of the former play he has said:

'I can't remember why I planned to have a chorus except that it seemed to be a standard device in verse plays. After a time it began to be a bore, so I brought it right into the play which was a good thing.'

The chorus in ***Happy as Larry*** is made up of six tailors, who, however, seldom speak or sing together. At the beginning of the play the second tailor is telling his friends the story of his grandfather Larry; as he comes to the part when Larry met a widow by her husband's grave, the inner curtains open and the story is taken up and played by the protagonists themselves, namely Larry and the widow. When at the end of a few minutes Larry leads the widow away, the inner curtains are drawn, the tailors comment upon the action and the second tailor continues with his narration until he reaches a stage in the story, when, the curtains opening, the story is continued by the actors in it. It is in the Second Act that the tailors who have been only commentators up till now are suddenly thrust into the action. At the beginning of the Act they are idly wondering how fine it would be if they could go back fifty years and be present at the wake before Larry's funeral. No sooner said than done, for the Fates take them at their word, appear before them, and transport them to back through time half-a-century and leave them before the door of Larry's house. The tailors mingle with the mourners, watch the little drama of the doctor's attempts to prevail upon the widow of an hour to marry him, and thwart his plan by poisoning the doctor. At the end of the play the second tailor speaks the epilogue and tells the audience :

> 'My wish for you all when you marry
>
> Is that you may be as Happy as Larry'

In short the chorus is sometimes the Announcer or Narrator giving the audience necessary information which will enable them to follow the action on the stage; more often the members of the chorus act as clowns, popping up at unexpected times to make witty comments and raise a laugh.

In the only other play in which MacDonagh uses a chorus, ***God's Gentry*** where the chorus is purely conventional. The group of tinkers often break out into a lively song about their riotous and care-free life:

> 'Laughing, chewing, dancing, drinking
>
> Breaking windows, cursing, winking,
>
> Always happy, never thinking
>
> From now to Easter Sunday'.

Viewing this, the chorus cannot be said to serve any particular or necessary purpose in the play.

The romantic lust for life which the tinkers have symbolised in the writings of many Irish poets and dramatists, expresses itself most aptly in bubbling verse which reveals its full potency in vituperation. Examples of invective repetitive abuse are recurrent in MacDonagh's plays and in this respect he invites a comparison with Christopher Fry alone among contemporary dramatists. This is the old miser, in ***God's Gentry*** talking to the improvident and fast multiplying tinkers who, even if they were allowed to copulate one day in the year,

> .... would have litters of whey-headed, tow-headed
>
> Hay-headed, straw-headed, red-headed brats'

This is but one instance of the peculiar gift of the Irish dramatists, their poetry and potential, which they bring to the English stage periodically to resurrect English drama whenever it seems to be in danger of debilitated condition owing to the lack of vitality in the work of English writers. The power of language which is actually a reflection of the vigour of life which engenders, is best seen in MacDonagh's rich, lively, hyperbolic ranting and fulmination as well as delightful sentiment. The verse flows forth in an unending stream of audacious imagery which startles one by its unexpectedness and strange vigour. Thus the doctor in ***Happy as Larry*** to the second tailor:

'I'll poison you, I'll shoot you,

I'll carve you into goblets;

Your flesh will melt like water,

Your liver turn to stone,

Seamus will kick your heads like balls

From here to Ballyferriter...

The spirit of comedy pervades the play and infects the speech of everyone of the characters. The gay, carefree, irresponsible attitude is well elucidated in the tinker's account of the tragic end of St. John who was totally opposed to tinker morals, especially as regards their attitude to love of woman:

Saint John was a man with a mission,

He advised young men of the country

To avoid anything feminine,

Now there was a young one called Salome,

A devil to dance and sing

And she took a great liking to Saint John And she went to her father, the king, "If I dance, will you give me a present?

Says she, and the old lad agrees,

So she started to dance like an angel And the king sitting back at his ease

> "Very nice", says your man, when she's winded

Critical Essays on English Literature

Very nice, and now what'll you have?"

"Oh, Daddy," says she, "give me Saint John,

That lovely young man for my slave."

"Fair enough", says the king, "You can have him."

But Saint John, being a Saint, said, "no fear."

So Salome was mad, and her father

Said, "Right, you can cut off his ear."

"No, no," says Salome, "His head please."

> So she danced with the head round the Court,
>
> And bonfires on John's Eve remind us...
>
> That dancing is dangerous sport.?

The plays are full of topical satire. *Step-in-the Hollow* makes delightful fun of the small-town judge, and *God's Gentry* has a scathing attack on the pomposity of judge, guard and Member of Parliament. The dramatic personae sometimes make a joke at their own expense. The fire-god Balor in *God's Gentry*, occupied with how he was driven out of men's faith by St. Patrick who converted the pagans in Ireland, can ask the tinkers who have called him into being again : 'Who is it rouses Balor from the footnotes of mythology?

Equally amusing in a rather more unexpected manner are the references which these characters make to the audience and to the business in the theatre, and the way in which such comments are woven up with their legitimate dialogue which the dramatic situation necessitates. An apt example are the words off Marks the tinker in *God's Gentry* telling Nora whom he is kissing as the curtain descends:

> 'Here's a kiss for the shop, and here's one for the pence.
>
> Here's a kiss for the future, and one for the past.
>
> Here's one for the curtain-cue. This one will last.'

On another occasion when goes to her house to serenade her and take her away from the house to the fields, he says offering a ladder to hand :-

> "And thanks to the stage-hand who left this ladder Ready here for what's to do"

Similarly Larry in *Happy as Larry*, astounded at his wife's faithlessness and the doctor's perfidy, tells the audience:

"Come and tell us that this story

Is neither strange nor glory,.

That poison's drunk like tea

And that what happened to me

Wouldn't even make the action of a play?"

Inspite of this serious episode, the audience are made to feel as at a musical or revue,   quite at home. No character is too sacred to escape the poet's scathing satire. Rhyme and   the Irish epigrammatic tone of verse add point and force to his wit:

> "I remember my father's dying injunction
>
> If you drink fuel-oil you need extreme unction."

While the essentially Irish vein pervades plot, character and dialogue in these Falstaffian fantasies, another equally strong trait in the Irish temperament, namely a vein of deep sentiment and love of the beauty of nature, keeps percolating unexpectedly on various occasions. Marks in *God's Gentry* reveals all the amoral gaiety and inadvertent nature of a tinker youth, but at the same time his capability of tender poetry as, for instance, when he comes to meet Nora at dusk and breaks out into a rhapsody on the bewitching moonlight:

"Day entertains the birds for a last fling,

Presses the last drink, the road drink, on its guests,

Urges that birds on one wing never flew.

Soon the dusk will soften all, will smudge

The hill-line, swarm within the trees, and soon

> The perches, footlights, floats of fire will grow
>
> Undimmed, and amber sports of turf-fire flow,
>
> Here in the thickening darkness I will wait
>
> A signal from the oldest god of all."

Happy as Larry is the most at par creation of MacDonagh's plays and it is the one in which the use of verse is most justified. In this rollicking comedy, the introduction of the Fates and the journey backwards through time provide the poet an opportunity to insinuate mysterious processes in Nature and awful possibilities girdling human life. Its verse with its overtones, creates a special awareness in which thoughts of the beyond appear plausible if not natural. Such thoughts fill our mind when the second tailor, calls upon to poison the doctor in the play, spells a momentary doubt which all the audience no doubt must share:

> "We're the future, and I'm doubtful
>
> That we can meddle in the past,
>
> This play is fifty years of age
>
> And we're not even in the cast.
>
> But may be what is happening now
>
> Did happen fifty years ago,
>
> And may be if we take a part
>
> We can assure our future too."

Unprofessional drama has always had a hearing in Dublin. The lovers of drama there have, fortunately, a band of devoted souls who are dedicated to bring not merely good but also great theatre accessible to the public. The Irish as a people have always loved the music of the words, and verse plays are regularly produced in Dublin. Many of the conditions, artistic as well as financial, that stand in the way of producing such plays in Shaftesbury Avenue or Broadway do not exist in the Irish reserves. Dublin has many small theatres and many actors and writers who can always relies upon of extremely ingenious producers and designers who seem to be able to create marvellous effects on small stages at small expense. Even the conditions in which these plays are staged seem to point to the Dubliners' fervent desire to make the poetry of the theatre an integral part of their daily life and not leave it as an aesthetic fad for the chosen few. To state an instance, *Lady Spider* had its world premiere in 1959 at the Gas Company Theatre, a small hall with a tiny stage on the first floor of a little building, which houses a shop selling gas stoves and cookers on the ground floor. And so while with the on - going cookery demonstrations all the day in the premises, but in the evening the little hall is packed with theatre-lovers who attend the plays appreciatively and follow critically the intoxicating words spoken by the actors on the stage.

To sum up, a little effort of imagination is required to enter MacDonagh's fantastic world, but once followed, the experience of what can be effected by real poetic talent, and a genius for comedy is eminently worthwhile. Such plays are

certainly not on the heights of Paeon andas such the human mind always grasped as comfortable though they may not be so ennobling. Such plays as MacDonagh's have an honoured place though at a lower ebb where the human mind is more at home. There is no doubt that more plays in this genre will help the poets in their attempt to attract the drama enthusiasts multitudes to verse drama.

REFERENCES

1. Bastos , B.K.X. (2011). *Dramatizing Deirdre.* ABEI Journal : The Brazilian Journal of Irish Studies .

2. Banerjee ,Sumanta. (1998). *The Parlour And The Streets: Elite and Popular Culture In Nineteenth Century.* Seagull. Calcutta .

3. Hogan, Robert. (1967). *After the Irish Renaissance* , University of Minnesota Press .

4. MacDonagh, Donagh. (1958). *Oxford Book Of Irish Verse 17th -20th Century,* London .

5. MacDonagh, Donagh. (1967). *Happy As Larry : A Play In Four Scenes,* Hourglass Books.

6. Rodop, Brill. (2014). *Theatricalty In Verse: MacDonagh Donagh's Happy As Larry And The Lyric Theatre* , http://dx.doi.org/10.1163/9789401212014_009.

7. Sheridan, Niall (1968). *A Warning to Conquerors (MacDonagh, Donagh- Poetry),* The Dolmen Press, Dublin.

8. Zarrilli Philip, Mcconachie Brucce, Williams Gary Jay, Sorgenfrei Carol Fisher.(2006). *Theatre Histories: An Introduction,* Routledge.

ENVIRONMENTAL CONSCIOUSNESS, RELIGION AND ROMANTIC POETRY IN ENGLISH LITERATURE

Dr. Kavita Singla

Associate Professor, Head, Department of English, S. A. Jain (P.G) College, Ambala City, Haryana, India

ABSTRACT

Man and nature have always shared a close bonding with each other all over the world. In Indian culture and philosophy, all living creatures have existed in perfect harmony with each other. The objects of nature have been worshiped from ancient times and the tradition goes on even in the 21st century. When we celebrate varied cultural festivals in India, we offer our salutations and reverence to Mother Earth and other elements of nature. Our religious customs and rituals are linked to the rivers. mountains. sun, moon and plants, But we cannot deny the modern man's carelessness towards nature too. He has become completely oblivious to the bounties and beauty of nature chasing his materialistic goals. From time to time, Literature has attempted to nudge the wayward man by showing him the righteous path. This paper offers a nuanced study of nature, religion and romantic poetry in general. Selective poetry of William Wordsworth, S T Coleridge and John Keats presents an interesting spectrum. The Key theme addressed in this paper includes the relationship between man and nature and how this bond could be cemented further through creative writing. One may find a panacea to many ecological problems through literature in the present age.

Keywords: Environmental consciousness, religion, Romantic poetry, nature

INTRODUCTION

The COVID-19 came, danced around viciously, halting the movement of man all around the world. Its psychological and emotional impact on human beings was palpable. The virus affected not only human health but also the socio-economic environment around the world. The pandemic pointed out the repercussions of disturbed ecological balance.The destruction of natural habitats and the wildlife trade have been suggested as factors that may have played a role in the emergence of the virus. Albeit, with lockdowns and travel restrictions, nature heaved a sigh of relief. Mountains, rivers , waterfalls, air and other objects of nature replenished themselves, erasing the scars left by men.

We are at a critical juncture today. Our forests are depleting fast with growing urbanisation. Nature has been created for men. In ancient times, Men and nature were living in perfect harmony. The objects of nature were worshipped. "Bhumi suktah" and "prithvi suktah" were written by our rishis. In Indian philosophy, body is considered made of panch tattvas and so is the universe. The message is clear and that is to live in harmony. Mother is nature. So this kind of holistic and integrated view of living is in the interest of everyone. There are instances in our Upanishads how did men suffer when they hurt nature even unknowingly. In Valmiki Ramayana, there is a reference as to how once Ram shot a bird separating it from its wife. This resulted in his separation from Sita. Birds and animals like Garud, monkeys, and squirrels live in tandem with men in our epics. Even stones coming to life in these stories   proved that even the smallest element of nature deserves our attention. From ancient times, nature and men have lived in harmony.

In Mahabharat, there is a reference to 'Khandavaprastha', a forest

land which is given to Pandavas in lieu of their share in ancestral land. When this forest was cleared and burnt in order to build a palace for Pandavas, countless birds, insects and animals lost their natural habitat in the process, thereby bringing a curse to the Kauravas. This ecological disturbance created a lot of chaos. The message is loud and clear that whenever the ecological balance is disturbed, it is bound to bring disaster for men. C Rajagopalachari writes in his famous book "Mahabharata", chapter xviii "The Saranga Birds":

"In the stories narrated in the Puranas. Birds and beasts speak like men, and sometimes they give sound advice and even teach sound wisdom. But the natural qualities of those creatures are adroitly made to peep through this human veil."(80)

Later, Guru Nanak wrote - Pawan guru, pani pita, mata dharat mahat, meaning thereby that Air is our teacher, water is our father and the great sacred earth is our mother. He also says - Balihari kudrat vasaya, tera ant naa jae lakhya. It means that God lives in nature and this fact cannot be written or described in words. In classical literature in East or West, nature and human nature reflect each other's realities and consciousness.

So the question is - how have we gone wrong paving the way for our destruction? Man is slowly losing his reverence for nature. With the growth of Industrialisation, urbanisation and modernisation, he has indulged himself in expanding, developing and building concrete structures, violating nature on a colossal level. In his greed, he has disturbed eco-sustainability inviting serious interrogation.

In English literature, the romantic poets in the early nineteenth century felt this loss to a great extent. With industrialisation in England, people's love and care for nature diminished to a great extent. Exodus towards cities, materialism, the widening gulf between the rich and poor, and capitalism marked the sensibilities of the times. Then the sensitive poets like William Wordsworth, Coleridge, Keats, and Shelley took the cudgels in their hands and beckoned people back to nature. They wrote in simple day-to-day language so that people could connect with their poetry.. Nature, imagination, dream element, and lyricism were the common characteristics of this new poetry. The prominent poets of the Romantic age sought an escape through nature. The treatment of nature may be different in each poet of this Age but nature finds a prominent role in the poetry of all of these poets

The publication of "Lyrical Ballads" in 1798 blasted the classical notions of writing poetry. Wordsworth and Coleridge were hailed as the two great poets ushering in a fresh whiff of air. Wordsworth was a great lover of nature from his childhood. His love for nature passed through different stages as he grew up. Earlier it was a simple boy's love of nature, the one who would dress up in colourful worn-out clothes, go to the orchards and fill his pockets with fruits. Then this simple boy's love turned into a sensuous love of nature. To quote from the anthology "Fifteen Poets," he writes in his famous poem "Tintern Abbey":

> The sounding cataract
>
> Haunted me like a passion: the tall rock,
>
> The mountain, and the deep and gloomy wood. . .
>
> Their colours and their forms, were then to me
>
> An appetite; (237)

Gradually in the third phase of his journey, he learned to look at nature in maturer way as he realised :

> The still sad music of humanity
>
> Nor harsh nor grating, though of ample power
>
> To chasten and subdue. . .(237)

Wordsworth believed that there is a soul in nature:

> I have felt
>
> A presence that disturbs me with the joy
>
> Of elevated thoughts; a sense sublime. (237)

Wordsworth strongly felt that nature did never betray the heart that loved her. We definitely feel recharged after a brief sojourn in nature after a hectic mundane, monotonous routine of life. His concern for insensitive man resonates with us in 21st century when he writes in the poem "The world is too much with us":

> The world is too much with us; late and soon,
>
> Getting and spending, we lay waste our powers;
>
> Little we see in Nature that is ours;
>
> We have given our hearts away, a sordid boon! (239)

Who can forget the spectacle of thousands of daffodils flashing upon his inward eyes in the moment of solitude? For this and for everything , we have become out of tune giving way to an array of physical and mental diseases in our life. Disgusted with the prevalent corruption in church in England, the poet preferred to be called a pagan:

> Great God! I'd rather be
>
> A Pagan suckled in a creed outworn; (240)

Doesn't this frustration and anxiety resonate with us in the present times of religious fanaticism in the world? It would not be an exaggeration to say that Nature seems to be the answer to all the maladies of the world to the poet then, and to us now.

Samuel Taylor Coleridge creates a willing suspension of disbelief in nature through his poetry. His vivid description of supernatural elements in nature. In his long and famous poem "The Rime of the Ancient Mariner", he creates a ghostly eeriness in the atmosphere that is palpable. Comparing the enormity of the sea and smallness of man, he writes :

> Water, water, everywhere,
>
> And all the boards did shrink
>
> Water, water, everywhere,
>
> Nor any drop to drink. (260)

He also has a message to pass on to the modern men:

> He prayeth best, who loveth best
>
> All things both great and small;
>
> For the dear God who loveth us,
>
> He made and loveth all. (275)

The fact that we have to show our love and reverence to all living creatures , whether big or small, is a great instruction for the present generation living in the times of disturbed ecological symmetries. In "Kubla Khan", the joy is visible that one derives from the company of nature:

> It was a miracle of rare device,
>
> A sunny pleasure- dome with caves of ice!   (276)

John Keats was another prominent poet of this age who had a profound love for nature, and this is evident in his poetry. He believed that nature was the ultimate source of beauty In "Endymion", he writes:

> A thing of beauty is a joy forever:
>
> Its loveliness increases; it will never
>
> Pass into nothingness; but still will keep
>
> A bower quiet for us, and a sleep
>
> Full of sweet dreams, and health, and quiet breathing. (364)

This sensuousness gave way to a maturer understanding of nature when John Keats started believing in negative capability. He admitted that Autumn can be as beautiful as Spring. Life is not full of beauty and laughter ever. It is made of all shades. Through the metaphor of nature. Poet makes peace with his otherwise, tumultuous life.   In the ode "To Autumn", he describes the season thus:

> Season of mists and mellow fruitfulness,
>
> Close bosom-friend of the maturing sun;
>
> Conspiring with him how to load and bless
>
> With fruit the vines that round the thatch-eaves run. (363)

Instead of asking for the songs of spring, he learns to listen to the autumn's music too. As Shakespeare says - Ripeness is all. Readiness is all. It was the maturity of mind which compelled the poet to take things in his stride with patience and calmness. This perspective dawned on him through all shades of nature.

In "Ode to A Nightingale", he seeks an escape from harsh realities of his life through nature:

> O, for a draught of vintage! that hath been
>
> Cool'd a long age in the deep-delved earth,
>
> Tasting of Flora and the country-green,
>
> Dance, and Provencal song, and sunburnt mirth   (360)

The poet was afflicted with incurable tuberculosis which was running in the family. His beloved Fanny Browne had not reciprocated his love. His calibre as a poet was not taken seriously by the critics. All that the poet craved for himself was the company of nature, books, fruit, French wine, fine weather and a little music out of doors, played by somebody he did not know. So nature came as a saviour to him. Isn't this earnest longing seem to appeal to the modern young heart wearied by the mundane struggles of life? Therefore, nature may offer succour to man in any age or time. It is a perennial source of joy.

Keats believed in nature's ability to evoke emotions that inspire creativity. He reminds us of the importance of connecting with nature and the impact it can have on our life..The gentle call of streams and the whispering of leaves soothe him.

In fact, the world of nature is full of magic, we only need to sharpen our senses mindfully to appreciate the grandeur of mountains, listen to the melodious music of waterfalls and absorb the beauty of starry sky. Nature is always there for us, giving away her positivity and energy. It is only us who have become oblivious of this age old companion. The beauty of nature is nothing if there is no one to appreciate it. W H Davies in "Leisure" writes beautifully:

> What is this life if, full of care,
>
> We have no time to stand and stare?—
>
>
> No time to stand beneath the boughs,
>
> And stare as long as sheep and cows:
>
>
> No time to see, when woods we pass,
>
> Where squirrels hide their nuts in grass: (26)

In a letter to his beloved, Fanny Brawne in 1819, John Keats wrote:

"I almost wish we were butterflies and liv'd but three summer days—three such days with you I could fill with more delight than fifty common years could ever contain."

(311)

CONCLUSION

One may say that literature shows us the way to live a meaningful life. It is a powerful tool for promoting ecological awareness among the masses. Nature refreshes us even today. Nature is not just something to be admired from afar, but its magic can be experienced and enjoyed on a personal level. By spending time in nature, we find peace, inspiration, and a renewed sense of wonder, just as these poets did. With climate change, pollution, and deforestation, we are in danger of losing some of the most beautiful aspects of nature.. Nature poetry reminds us of the importance of preserving sensitivity to nature. This bond of affinity has suffered a huge setback that needs to be revived. We have to return to our roots to get peace and balance. Religious texts and literature have a humongous power to inspire man through poetry and storytelling. These creative and emotive tools may go a long way to arouse environmental consciousness.

REFERENCES

1. Abrams, M. H. (1993). "Natural Supernaturalism: Tradition and Revolution in

2. Romantic Literature." W.W. Norton & Company.

3. Ashfield, A. (2018). "Wordsworth's 'Tintern Abbey' and the Ecology of Mind." The

4. Wordsworth Circle, 49(2), 83-89.

5. Brantley, R. (2019). "Romantic Ecologies and the Politics of Nature." ELH, 86(4), 1093-1113.

6. Davies, W. H. (1911). Leisure. In Foliage: Poems (pp. 25-26). London, UK: A.C. Fifield.

7. Fifteen poets. (1988). (9th ed.). Oxford University Press.

8. Keats, J. (1819, July 3). Letter to Fanny Brawne. In H. E. Rollins (Ed.), The letters of

9. John Keats, 1814-1821 (Vol. 2, pp. 310-313). Cambridge, MA: Harvard University Press.

10. Murphy, M. (2012). "The Sense of Place in the Ecological Poetry of the Romantic

11. Era." Interdisciplinary Studies in Literature and Environment, 19(1), 71-85.

12. Rajagopalachari, C. (1951). Mahabharata. Bombay, India: Bharatiya Vidya Bhavan.

13. Serres, M. (2018). "Romanticism and Ecology: In the Midst of Living Things."

14. European Romantic Review, 29(1), 1-12.

15. Shah, S. (2016). "Mythology and the Environment: Ecocriticism and Indian

16. Mythological Texts." Journal of Human Values, 22(2), 121-130.

ANALYSIS OF THE PROGRESS OF MICROFINANCE UNDER NATIONAL RURAL LIVELIHOOD MISSION (NRLM) SCHEME IN SELECTED PUBLIC SECTOR COMMERCIAL BANKS IN INDIA

Jai Chand

Assistant Professor, Department of Commerce, M.L.N. College Radaur Yamuna Nagar (Haryana)

ABSTRACT

The National Rural Livelihood Mission (NRLM) Scheme increase the livelihood level, income level, generate self employment, women financial empowerment and eliminate the poverty from the rural area. The National rural livelihood mission is a programme which promoted by Govt. of India (GoI) for reduce the poverty and make them self reliant. The main objective of the paper is to examine the Savings Progress of Self Help Groups (SHGs) and loan disbursed to Self Help Groups (SHGs) by the Public Sector Commercial Banks under NRLM scheme in India. The statistical tools like Compound Annual Growth Rate (CAGR) is used for analyze the data. The findings of the study indicated that the selected Public Sector Commercial Banks play an important role in National Rural Livelihood Mission (NRLM) scheme for the development of the rural area through the Self Help Groups (SHGs). The Public Sector Commercial Banks held the largest share of loan disbursed in NRLM scheme in India.

Key Words: Savings, Self Employment, Livelihood Level, Income Level and Poverty eliminate.

INTRODUCTION

In the year 1999 the Ministry of Rural Development (MoRD) set up a Swarnajayanti Grameen Swarojgar Yojna (SGSY) the main objective of the SGSY scheme to promote the self employment raise income level for rural poor people. Under this programe established a small enterprise in rural area for the development and providing a loans and subsidy to the poor people for generate self employment. In Swarnajayanti Grameen Swarojgar Yojna (SGSY) the amount of subsidy is 30 percent of the cost of individual enterprise but the maximum limit is 75000 thousand and 50 percent for Self Help Groups (SHGs) but maximum limit for SHGs is 1.25 lakh so that self employemt can be generated by providing financial services to poor people. Later the name of this scheme was changed to National Rural Livelihood Mission (NRLM).

National Rural Livelihood Mission (NRLM) is a very effective scheme for poverty elimination to rural people. The NRLM scheme launched during the year 2011 under the Ministry of Rural Development (MoRD) with the budget of 5.1 billion US dollar by the Government of India. The NRLM is the flagship scheme of the Ministry of Rural Development for rural people. This scheme was promoted by the World Bank. National Rural Livelihood Mission is the world largest programe which improve the livelihood status of the rural poor people. The NRLM provided the microfinance to the Self Help Groups for the women financial empowerment, development and raises the standard of living of the rural people. So that enabling them to uplift their household income level through effective financial services. This programe will reduce the gap between poor and Banks. Public sector commercial banks provide microfinance to the Self Help Groups under the National Rural Livelihood Mission for eliminate the poverty from rural areas. In the year 2019-20 the status of the Banks loan disbursement towards 20.49 lakh SHGs was 52184 crore as against its status in 2018-19 was loan disbursed 33398 crore to 16.5 lakh SHGs in NRLM under microfinace. The saving position of Banks in National Rural Livelihood Mission (NRLM) under microfinance in the year 2019-20 was 14313 with 57.89 lakh SHGs as compared to its position in 2018-19 was 12867 crore to 55.80 lakh SHGs. (Bharat Microfinance Report 2020).

Components of National Rural Livelihood Mission (NRLM)

- ✓ Development the institutional and human capacity.
- ✓ Support livelihood.
- ✓ Support innovation and partnership.
- ✓ Support project implementation.

Microfinance means a financial service provide to the poor people for increase the income level, create a self employment among the members of the Self Help Groups (SHGs) and make them self reliance. Microfinance is a very effective programe which fight for global poverty. The microfinance financial services mostly collateral free.

SELF HELP GROUP (SHGs)

Self Help Group is a small informal group of 10 to 20 people which together from same economic and social background collects their savings and providing this amount to the poor people and members of the SHGs at a lower rate of interest.

REVIEW OF LITRATURE

Kumar Das (2020) analyzed the role of NRLM of cost of living of standard of the schedule cast communities at Dhemaji and Lakhimpur District of Assam. The objective of this to study the socio economic condition of the respondent , to study the Self Help Group impact on schedule cast communities, to study the different factor affect the working of the schedule cast members of the Self Help Groups. The present study based on primary as well as secondary data. The statistical tool simple average method used for analysis the data. The finding of the study indicated that the functioning of the Self Help Group improve the food security and cost of standard of living of the schedule cast member of the self Help Groups in a district.

Yoshoda (2015) evaluvated the empowerment of women members of Self Help Group of Cuddalore District, Tamil Nadu through a National Rural Livelihood Mission (NRLM). The present study based on primary as well as secondary data. The study used 120 members of NRLM through a convenience random method. The statistical tools like; mean, standard Deviation and ANOVA test used for analysis the data. The finding of the study indicated that the positive impact of the NRLM programe on the socio-economic condition of the beneficiaries.

Shankar Chatterjee (2016) analyzed activities of Self Help Group under DAY-NRLM at Kolar district of Karnatka. This study based on secondary data. The finding of the study indicated that the DAY-NRLM started before some time with two Self Help Groups formed under DAY-NRLM at kolar district, Maharastra. It was also observed that these two Self Help Groups matured enough and earning increased of SHGs.

Javaid Mir (2017) identified the impact on the women rural SHGs of UMEED scheme (NRLM). The National Rural Livelihood Mission (NRLM) known as UMEED scheme in J&K. The study based on primary data. The study used 100 women Self Help Group randomly selected and data collected through interview. The finding of the study indicated that the 92% poor rural women taken loan from UMEED scheme and uplifts the livelihood level of 80% poor women under the UMEED scheme.

Sangami & kamili (2016) analyzed the impact of microfinance on SHGs in developing countries in special reference to India. The study based on primary as well as secondary data. The used a 301 SHGs those were selected through probability sampling method. The statistical tools like; percentage, average and scaling technique were used for analyzed the data. The finding of the study indicated that the positive impact of microfinance on the microfinance beneficiaries in context of poverty reduction.

Gupta, Sharma & Singh at.el. (2017) analyzed the impact of the income of Self Help Groups (SHGs) beneficiaries of Swarnajayanti Gram Swarozgar Yojna (SGSY) a case study of Etawah district of U.P. The Etawah district involved total 8 blocks out of 1 block selected. In this block only 27 villages covered under SGSY out of 5 villages selected through random sampling for the present study. The present study based on primary data. The statistical tools like; percentage, mean and standard deviation for analysis the data. The finding of the study revealed that the positive impact of the SGSY programe on increase the income level of SHGs beneficiaries.

STATEMENT OF THE RESEARCH PROBLEM

In the present paper, the researcher reviewed many studies which were related to my study but not similar. Therefore we identified the research gap from these studies and made a research problem for the present study. Under the National Rural Livelihood Mission (NRLM) scheme, poor households are connected with Self Help Groups (SHGs). SHGs borrowed the microfinance from the various Public sector Commercial Banks.

RESEARCH METHODOLOGY

The present study used a Compound Annual Growth Rate (CAGR) for analyses the data and infers the results.The time period of the study for last five years which ranging from 2016-17 to 2020-21.The present study based on the secondary data which collected from NABARD and Bharat Microfinance Report.The present study used only 6 Public Sector Commercial Banks which are collected on the basis of convenience random sampling method.

OBJECTIVES OF THE STUDY

- ✓ To analyse the savings progress of SHGs with the Selected Public Sector Commercial Banks under NRLM Scheme in India.

- ✓ To study the status of loan disbured to SHGs by Selected Public Sector Commercial Banks under NRLM Scheme in India.

The Compound Annual Growth Rate (CAGR) is a very effective tool in measuring the growth rate over the year. The Compound Annual Growth Rate (CAGR) is a mathematical tool which represents the growth rate in the form of percentage.

$$CAGR = (EV / BV) \ 1 \ /n-1$$

EV. = Ending Value, B.V. = Beginning Value   n = Number of period

ANALYSIS AND INTERPRETATION OF DATA

In this section, analysis the data is done on the basis of the two important parameters like; Loan disbursement to SHGs by Banks under NRLM scheme and Savings of the SHGs with the Public Sector Commercial Banks under NRLM scheme.

Progress of microfinance under NRLM Scheme in Public Sector Commercial Banks in India.

Table 1 State Bank of India

Year	Loan disbursed to SHGs in NRLM scheme		Savings of SHGs with Bank in NRLM scheme	
	No. of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	46987 (17.49%)	105469 (5.80%)	314861 (38.15%)	93359 (48.51%)
2017-18	96025 (71.83%)	244118 (84.34%)	562706 (58.35%)	139484 (40.35%)
2018-19	147629 (43.22%)	345543 (34.92%)	685703 (19.86%)	166882 (18.02%)
2019-20	439210 (109.57%)	1791077 (165.3%)	823047 (18.34%)	310964 (62.54%)
2020-21	135859 (-117.92%)	271411 (-189.63%)	997643 (21.21%)	348558 (11.46%)

Source: www.nabard.org

Table 1 depicts about the progress under microfinance in NRLM scheme from 2016 -17 to 2020-21. In 2018-19 the Bank disbursement 345543 lakh against to 147629 SHGs has been increased as compared to loan disbursed 244118 lakh over the previous year. The savings of the State Bank of India under microfinance in NRLM scheme in year 2019-20 310964 lakh with 823047 SHGs which increased over the previous year.

Table 2 Bank of Baroda

Year	Loan disbursed to SHGs in NRLM scheme		Savings of SHGs with Bank in NRLM scheme	
	No. of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	1753 (-31.17%)	1306 (-74.35%)	42418 (81.37%)	7922 (57.84%)
2017-18	16506 (841.5%)	11924 (813%)	155285 (266%)	33718 (325.6%)
2018-19	11981 (-27.41%)	13923 (16.76%)	250203 (61.12%)	50039 (48.40%)
2019-20	5600 (-53.25%)	6778 (-51.31%)	214447 (-14.29%)	56444 (12.8%)
2020-21	92911 (1559.12%)	147752 (2079.87%)	530106 (147.19%)	116604 (106.58%)

Source: www.nabard.org

As per table 2 the Compound Annual Growth Rate (CAGR) under microfinance in NRLM scheme of Bank of Baroda during the last five years. In the year 2016-17 and 2019-20 the status of Growth Rate in loan disbursed was negative due to the demonetisation and COVID-19 but in the next year the growth rate was positive. During the year 2016-17 the Growth Rate in saving was 57.84% increased over the previous year.

Table 3 Bank of India

Year	Loan disbursed to SHGs in NRLM scheme		Savings of SHGs with Bank in NRLM scheme	
	No. of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	15454 (-31.47%)	18224 (-68.27%)	119018 (-16.11%)	18131 (-19.40%)
2017-18	28529 (84.6%)	31688 (73.88%)	124824 (4.87%)	31968 (76.31%)
2018-19	27821	20353	134968 (8.12%)	22830

	(-2.48%)	(-35.77%)		(-28.58%)
2019-20	32119 (15.44%)	37236 (82.95%)	164048 (21.54%)	25811 (13.05%)
2020-21	29135 (-9.29%)	27660 (-25.71%)	190922 (16.38%)	29905 (15.86%)

Source: www.nabard.org

Table 3 displayed the progress under microfinance in NRLM scheme of Bank of India from 2016-17 to 2020-21. In year 2019-20 saving position of 25811 lakh with 164048 SHGs as against its position in was 22830 lakh with 134968 SHGs over the previous year. During the year 2019-20 the loan disbursement was ` 37236 lakh to 32119 SHGs whereas in 2017-18 loan disbursed was 31688 lakh to 28529 SHGs.

Table 4 Bank of Maharastra

| Year | Loan disbursed to SHGs in NRLM scheme | | Savings of SHGs with Bank in NRLM scheme | |
	No of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	2237 (0 %)	2446 (0%)	87585 (4%)	7538 (52.25%)
2017-18	3439 (53.7%)	3634 (48.56%)	7460 (-91.4%)	1323 (-82.44%)
2018-19	5792 (68.42%)	7032 (93.5%)	8239 (10.44%)	1624 (22.75%)
2019-20	11917 (105.7%)	14894 (111.8%)	8712 (5.74%)	2477 (52.5%)
2020-21	7313 (-38.63%)	8380 (-43.73%)	13388 (53.67%)	3405 (37.46%)

Source: www.nabard.org

Table 4 described the overall progress under microfinance in NRLM scheme of Bank of Maharastra in the last five years. The loan disbursed by Bank towards SHGs was increased from year to year. In the year 2018-19 the saving position was increased by 1624 lakh with 8239 SHGs over the previous year.

Table 5 Canara Bank

| Year | Loan disbursed to SHGs in NRLM scheme | | Savings of SHGs with Bank in NRLM scheme | |
	No. of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	13717 (-11.7%)	43488 (142.8%)	26691 (-14.28%)	12793 (-43.57%)
2017-18	20812 (51.72%)	48810 (12.23%)	86933 (225.7%)	42858 (235%)
2018-19	46131 (121.2%)	132860 (172.19	110359 (26.94%)	41291 (-3.65%)
2019-20	44965 (-2.5%)	138263 (4.06%)	127084 (15.15%)	34133 (-17.33%)
2020-21	82049 (82.47%)	199732 (44.45%)	156824 (23.40%)	69189 (102.7%)

Source www.nabard.org

Table 5 exhibits the loan disbursed by Bank to SHGs, Savings of SHGs with Bank under microfinance in NRLM scheme over the specified time period. The Bank loan disbursed of 199732 lakh in the year 2020-21 which was the highest among the five years of the study period. The Saving of SHGs with Bank of 69189 lakh in the year 2020-21 which was the highest during the five years.

Table 6 Central Bank of India

| Year | Loan disbursed to SHGs in NRLM scheme | | Savings of SHGs with Bank in NRLM scheme | |
	No. of SHGs	Amount (In lakh)	No. of SHGs	Amount (In lakh)
2016-17	21222 (32.7%)	17326 (48.9%)	28755 (59.06%)	8798 (122%)
2017-18	22993 (8.34%)	18863 (8.8%)	29971 (4.22%)	9321 (5.94%)
2018-19	13002 (-43.45%)	13463 (-28.6%)	18693 (-37.6%)	5745 (-38.36%)
2019-20	12541 (-3.54%)	16470 (22.33%)	19039 (1.85%)	7163 (24.68%)
2020-21	14630 (16.65%)	17922 (8.81%)	19075 (0.18%)	8446 (17.91%)

Source: www.nabard.org

Table 6 show the progress under microfinance in NRLM scheme of Central Bank of India in the last five years. In the year 2019-20 the condition of the loan disbursement towards SHGs was 16470 lakh as against in 2016-17 which was 17326

lakh to SHGs. The savings position of the Central Bank of India in the year 2019-20 was 7163 lakh with 19039 SHGs as compared to in 2016-17 was 8798 lakh with 28755 SHGs.

MAJOR FINDINGS OF THE STUDY

✓ The loan disbursed by Public Sector Commercial Banks to Self Help Groups (SHGs) under NRLM scheme significantly increase year on year. But in the year 2020-21 the loan disbursed was declined due to the covid-19. The Growth Rate of loan disbursed by banks to SHGs was 29 % during the time period of study. The Public Sector Commercial Banks held the largest share of loan disbursed in NRLM scheme in India.

✓ The Savings of Self Help Groups (SHGs) with the Public sector Commercial Banks under microfinance in National Rural Livelihood Mission (NRLM) scheme was positively increase during the time period of study. The Growth Rate of saving of SHGs with banks was 31.13% in the last five years.

✓ Overall progress of microfinance under NRLM in selected Public Sector Commercial Banks. In the year 2020-21 the position of Public Sector Commercial Banks in loan disbursement was of 672857 lakh towards 361897 SHGs as against in 2016-17 was loan disbursed of `188259 lakh to 101370 SHGs. In 2020-21 the Growth Rate of Banks in loan disbursed was declined over the previous year due to the effect of COVID-19. The saving status of the selected Public Sector Commercial Banks under microfinance in the year 2016-17 was 148541 lakh with 619328 SHGs as compared to in the year 2020-21 was 576107 lakh with 1907958 SHGs .

CONCLUSION

We may be concluding that the NRLM scheme is a wave in the microfinance sector of the country. The National Rural Livelihood Mission (NRLM) programe will prove to be a milestone for India in the coming few years. The programe will be very helpful to achieve the objective of the microfinance through the progress of Self Help Groups (SHGs).

REFERENCES

1. Chatterjee, s. (2016). Self-help group (shgs) activities under day-nrlm at kolar district of karnataka. Social sciences, 5(03), 2016.

2. Das, D. K. (2020). Role of national rural livelihood mission (nrlm) on cost of living standard of the scheduled caste communities at Dhemaji and Lakhimpur district of assam. International journal of research-granthaalayah, 8(4), 119-126.

3. Gupta, p. K., sharma, m. K., & singh, r. P. (2019). Impact on income of shg beneficiaries of swarna jayanti gram swarojgar yojana (sgsy): A case of Etawah district of uttar pradesh. Technology.

4. Jagadeeswari, B. Y. (2015). Empowerment of shg women members in Cuddalore district through aajeevika-nrlm scheme by mahalir thittam. International journal of business and administration research review, 2(9), 126-135.

5. Kamili, S. J. I. (2016). Impact of microfinance on self help groups in developing countries with special reference to india. International journal of business and social science, 7(10), 2219-1933

6. Mir, J A. (2017). Impact assessment of umeed (NRLM) on rural shg women. American journal of rural development, 5(5), 121-122.

7. Status of microfinance in India Nabard report www.nabard.org

8. Bharat Microfinance Report

RISE OF INDIA AND CHINA IN POST INDEPENDENCE ERA: THE WAY FORWARD

Madhusudan

Assistant Professor, Government College Baund Kalan

ABSTRACT

India and China both have almost same size of population and both have significant stake in global economy. There is huge difference between the sizes of economy these two countries have. India is far behind than China if we look at the total exports, services, manufacturing, etc. On the basis of available data it can be said that it is the planning and execution part which has made this journey of China possible to achieve the status of a developed country whereas India is still struggling for its industrial revolution. Though development has many perspectives but economic development is one of the major issues. Lack of political will, diversity, traditional education, etc. are the factors which need a serious discussion and workout to achieve the development which the policy makers and the citizens also have in their mind. This paper attempts to find out the challenges and way out of the problems in path for India's development. The study is based on secondary sources and best has been tried to put forward a solution for the challenges.

Key Words: Development, Economy, India, China, Planning, Poverty

INTRODUCTION

After many sacrifices and priceless efforts, India got freedom from British rule in the hope that that native people will govern the country in the best possible way to secure the socio-economic and political development. Seventy years have passed when we got the control of the country but till date we don't have much too proud of, as we have largest number of poor people in the world (UNDP,2022). One common excuse for this less developed scenario of the country is the large population size and social diversity. The neighboring country China does have large size of population but from last three decades they have established many milestones as far as economic development is concerned. China has executed its development plans in a very effective way and this is the area where India has failed to do much. We have our own issues such as corruption, agricultural based society, social issues, regional diversity, etc. All these issues need proper attention of the government as well as the stake holders so that India can cover the milestones it has contemplated. Gandhi ji believed if village perishes, India will also perish and this fact remains true in present scenario also. The road map of development in India has not remained constant through all regions and sectors. At the time of independence we were nowhere as far as self-sustainability was concerned. In big towns and cities many industries have started but the rural India is still dependent on agriculture. This is the reason we still have 45.6 percent workforce engaged in agriculture which accounts for only 18.29 percent in gross value added in the country on the other hand industry and service sector accounts for more than 80 percent gross value addition by engaging 54.4 percent workforce of the country (Chand and Jaspal 2022). Though the direction of change in workforce is towards industry and service sector but the pace at which this is happening is very alarming. China has reduced its agricultural workforce to 25 percent in 2019 from 60 percent in 1991. Most of the developed countries such as United States, England, France, Germany, etc. have less than 3 Percent workforce engaged in agriculture.

OBJECTIVES AND METHODOLOGY

This paper attempts to find out the challenges and way out of the problems in path for India's development. The study is based on secondary sources and best has been tried to put forward a solution for the challenges.

ANALYSIS AND DISCUSSIONS

India and China both have big population size but china has become a developed country whereas India is still a developing country. In early 1950s Chinese leadership from Communist Party of China understood that they have to focus on three core areas for developing their country; these areas were modern economy, national defense and foreign intervention (Moak & Miles, 2015). Chinese leadership with communist influence took strong steps in all these areas and laid a roadmap for its development. They took idea of five year plans from Russia to give boost to industrialization. But citing the pros and cons of these plans the government abandoned these five year plans and started working on new policy named "walking on two legs." This policy focused on industries and agriculture equally. But this plan too failed and the leadership of the country wanted the desired change. It was in the year 1979 when the Chinese leadership initiated the economic reforms. Under these reforms government reduced its control on industries, gave free hand to market to develop its principles and also started trade and investment with western countries. On the one side the government supported business entities to buy technology from western developed countries, on the other hand the Chinese hackers and agents stole new ideas and technology from the research houses. They started focusing on exports for developing their economy

instead of consumer demand and self-sustainability. All this was brain child of Chinese leader Deng Xiaoping, the architect of China's economic reforms (Wayne, 2019).

BEGINNING OF ECONOMIC REFORMS

In the year 1979 the Chinese government launched its economic reforms by focusing on agriculture as well on industrialization. This time the vision was different from earlier efforts as it opened the market for insiders as well as outsiders to trade according to the market forces and reduced central control on market and trade. These reforms included incentives for farmers and business entities, establishment of four special economic zones to boost industries, inviting foreign investment, technology import, etc. States were given more authority to attract investment and control the market. Coastal areas were focused more as they were doors for technology import and goods export. States were even the power to set tax incentives for foreign investment. With all this those sectors were identified which can give better returns, accordingly the resources were allocated in a way to boost more efficient sectors. These reforms were executed in latter and spirit just because of the true intention of leadership to develop the country with check on corruption. These reforms didn't end here but time to time necessary amendments and policy changes were done to remove the hurdles in the path of development and which generally was phrased as "crossing the river by touching the stones" by Den Xiaoping. All this made it possible that China's economy grew at the rate of 9.5 percent from 1979 to 2018. This can be summarized as, large domestic and foreign investment along with large production initiatives which included selection of efficient industries and service sectors, moved the China's economy up to this point.

SCENARIO OF DEVELOPMENT IN INDIA

India has always remained the center of attraction for trade and business due to its market size and rich natural resources but it was the European countries which for the first time brought and established modern large scale industries, technology, skills and management. After independence it was the year 1951 when India started working on its own development plan in the form of five year plans. These five year plans laid roadmap for the development activities which were to be conducted in respective five years. Though the strategy was to focus on certain areas in the five year term so that the needed boost can be given to the Indian economy. In the starting the focus was on agriculture and industries both so that problem of hunger can be resolved and India will not remain dependent on other countries. Self-sustainability to harness the requirement of people was taken in priority. Till 1991 these five year plans continued with the aim of developing domestic industries but in the year 1991 Indian government brought necessary reforms in its economic policy which transformed India from a socialist economy to free market economy. These reforms were done under the vision of Dr. Manmohan Singh when P.V. Narsimha Rao was the Prime Minister. These reforms were done to save the country from the coming stage of bankruptcy but these were also the necessary reforms at that time which open the door of Indian market to the foreign investors. These reforms were mainly in the form of liberalization, privatization and globalization. These reforms attracted the foreign companies and investment in Indian economy which proved milestone for Indian economy.

It was the eighth five year plan which laid the foundation of modern India as it laid a comprehensive vision of reforms including reduction of poverty, population control, developing infrastructure, employment generation, boost to local self-governments, technology exchange, etc. Through these measures economic growth was sought to be achieved and these reforms also remained successful. It was the time when India achieved growth rate more than its target. Local self-government were promoted to develop the rural and urban areas equally.

CHALLENGES FOR INDIA

Indian policy planning have always focused on sustainable, inclusive economic and social development. There are many challenges which the policy makers and the executers find in implementing the developmental policies such as widening income inequality, overcapacity in many industries, an inefficient financial system, rising corporate debt, red tapism at local level, social security, regional imbalance, environmental sustainability, large population size, corruption and many more to count. Apart from all these one new factor which has evolved as biggest challenge in India's development path is the lack of sincere and dedicated political approach for serious reforms. Be it any government of any party in any state or in center, with the passage of time scams are reported in their ruling period. What does this show, this only means with dirty hands you cannot clean your surroundings. It appears that we need only a strong and dedicated leadership, instead of much more plans, which can execute the plans in real sense. India has large potential in terms of human resource and demographic dividend along with lot of diversities. In ancient times also we had many researchers and discoveries but now when we have the biggest opportunity out pace in scientific research is not up to the mark. We need good research centers free from administrative formalities and political interference so that scientists and researchers can achieve what they are supposed to do, otherwise our intellectual wealth will be drained in developed countries as it is happening now a days. We also need public and private sector partnerships in research where resources are provided without any red tapism. According to a World Economic Forum report published in 2019 we need training of skill development to our youth to meet the expectations of industries. We need to check the regional disparity in terms of employability and industrialization. Further there are cultural issues such as women participation in jobs is very low, which also needs to be checked. There is huge gap between formal and informal economy practices. According to National database of Unorganized Workers

(NDUW) there are 27.69 crore unskilled workers registered in India which include migrant workers, street vendors, domestic workers and many more are there. This is a big number which if trained properly can do much for Indian economy even in informal economy. The tyranny is that these workers are registered only after the intervention of the Supreme Court otherwise the government had no serious vision for them. It is estimated that 90% of the workers in India are in informal sectors and they contribute half of the Gross domestic Product (GDP). If these vendors and local players get attached with local industries they can promote Indian products. One thing to be mentioned here is that till date we are targeting just the Indian consumer market but we have to explore the global market we have to boost our economy. We need big exporting houses like China which can compete with global brands and for this one way is to form conglomerates with global entities. Exports can improve the per capita income, foreign exchange and the brand value of Indian firms, for this the small and medium scale industry have to be provided with loans, training and the exposure. Traditional occupations have to be changed which has lost significance, specially in rural areas. The social factors like cast, religion etc. also put hindrances in development of people in general. Many times people remain engaged in petty jobs associated with their castes and don't explore their capabilities. Such social issues also needed to be tackled through counseling's, education and awareness. So these are few challenges which obstruct the oath of development in India which need to be worked upon.

CONCLUSION AND SUGGESTIONS

India has to develop its own centers of new technology and innovations to maintain its economic growth. Further we have to implement new economic plans for pan India as well as region specific. Investment and acquisition of foreign brands provides international recognition and it is the method to get the global technology and management skills. We also need to check accountability of responsible agencies who have been assigned the task of regulating the market and enacting the rules. Political interference in appointments and decision making of these agencies has to be seriously minimized so that the policies, objectives, process on paper can also be ensured in practice. Red tapism at local level has to be worked upon for promoting the business. Corruption is one of the major challenges in Indian scenario and this challenge is growing day by day. This issue is infecting the mind of youth and has been accepted as fair practice by the society. Here we need to strengthen the nationalism as well as social awareness. In such situation only the strong nationalist people with vision can move the country in right direction and for this they have to come in power as it was done by political leadership of China in 1979.

REFERENCES

1. Anant, Hardeep (2015), "Challenges facing India in the 21st century: An HRD perspective," International Journal of Applied Business and Economic Research, Vol-13, 2015, PP. 1367-1375.

2. Chand, Ramesh and jaspal Singh (2022), "Workforce Challenges and Employment: Some Findings from PLF Data Series", NITI Aayog Discussion Paper, New Delhi, 1/2022.

3. Christopher, King (2013) "China's Success Story", GRIN Verlag, Munich, https://www.grin.com/document/262781

4. Kattumurri, Ruth (2016) " Top 10 economic and Development Challenges for India in 2016" South Asia @ LSE Blog, January13, 2016.

5. Moak, K., Lee, M.W.N. (2015). "History of Chinese Economic Development 1949–78," China's Economic Rise and Its Global Impact, Palgrave Macmillan, New York. https://doi.org/10.1057/9781137535580_5

6. UNDP (United Nations Development Programme), OPHI (Oxford Poverty and Human Development Initiative) (2022). "Unpacking Deprivation Bundles to Reduce Multidimensional Poverty", 2022 Global Multidimensional Poverty Index (MPI): New York.

7. M. Morrison (2019), "China's Economic Rise: History, Trends, Challenges, and Implications for the United States," Congressional Research Service, June 25, 2019.

8. World Economic Outlook Database, April 2019, IMF

9. https://www.toppr.com/guides/economics/comparative-development-experiences/development-path/#:~:text=so%20in%201978.,Development%20Strategy%20of%20India,called%20the%20import%20substitution%20strategy. Visited on 22/3/2023

LITERATURE REVIEW ON ACADEMIC STRESS AMONG INDIAN STUDENTS

Dr. Sumit Sheoran*[1] and Ms. Parul Singh[2]

*[1]Asstt. Professor (Corresponding Author), [2]Asstt. Professor

[1,2]Home Science Department, D.A.V. College for Girls, Yamuna Nagar, Haryana

ABSTRACT

Stress is definitely a big word with an even bigger impact; however, this can be addressed with small changes we make in our daily lives. Everyone experiences stress at some point in their lives, but nowadays it is most prevalent among students. It is essential to identify the cause of stress so that it can be carefully addressed and effective interventions outlined. Stress is always perceived as a subjective process and involves the individual's personal analysis and struggle against a threatening event. Stress can lead to depression, anxiety and many other dangerous conditions. The increase in the number of stress management workshops conducted, various articles published, research reports, etc. is a result of the escalation of stress-related cases in the last few decades. This study deals with the conceptual framework of stress, the causes of stress in students and ways to manage stress. In this research article, emphasis was therefore placed on the review of the literature, where work was published on the burden of examining school children.

Keywords: Academic stress, Indian students, causes, impact, stress management.

INTRODUCTION

Stress is the perception of emotional or physical tension. There are a number of incidents in a person's life that lead to negative emotions such as anger, frustration and nervousness, which further develop stress in an individual. Stress is the body's response to a challenge or demand. Sometimes it can be positive; however, long-term stress can lead to serious health conditions. Stress is considered a negative, behavioral, physiological process that occurs when a person tries to adapt or compromise stressors. Examination stress is a special type of stress that almost everyone experiences in life, but the causes of such a feeling can be numerous in different situations and environments. The degree to which such stress is felt may also vary from individual to individual.

When a student's aspirations are too high to achieve, but his skills, interests, attitudes, and abilities do not match, a person may experience stress. An individual may excel in limited areas, but sometimes when he wants to excel in every area of life regardless of his own abilities or underestimating his own self, he may suffer from stress. When students do not plan their studies and set their life goals at the beginning of the academic year, they may face difficulties and stress before the exam starts. Many students perceive examinations as a threatening event. Their attitude towards examination is negative instead of working hard and developing confidence in them; they develop fear and remain tensed for one reason or the other which can lead to examination stress. Students learn more and more to achieve excellence. However, when they fail to achieve their goals, they have chosen wrong study methods such as rote memorization etc. which lead to stress.

Psychologists and educators focus their research proposals on the area of stress. They remained mainly in the areas of work stress, stressful life events and stress from some chronic diseases, etc. However, less attention was paid to the issue of investigative stress, which is aware of the current need in the field of education, where the emphasis is on mobilizing and channeling the inner possibilities of students in order to cope with difficulties and achieved better results. Hence, the variable of investigative stress was chosen for investigation mainly because it exists in relation to human cognitive functioning. Other variables selected for this study are personality, intelligence, and performance motivation. Stress levels can vary depending on how a person reacts to a certain situation. Some people just don't care and don't bother; they perceive stress as a trivial knock and move on in life daily. Others actually worry more than they need to, affecting their health. It can vary with different levels of personality, intelligence and motivation to succeed. The examiner therefore took this study into account with the problem of examination stress.

LITERATURE REVIEW

A literature review is an important part of any research. It helps the researcher to know the areas that have been focused on by earlier studies and certain aspects that have not been touched by them.

Reddy *et al.* (2018) in their study suggests that academic streams have no effect on the amount of stress. However, stress should be addressed on a personal, social and institutional level. Various interventions such as psychotherapy, yoga, life skills training, mindfulness, meditation, and the feedback method have been found to be helpful in dealing with stress.

In his study, Dimitrov (2017) suggests that student well-being can be addressed through recreation, regular exercise, and dietary habits, which in turn help manage stress. His study also shows that the current education system places more

emphasis on academic qualifications and does not contribute enough to the holistic development of students. This competitive academic focus makes students more fearful of failure. Fresh graduates need more development of communication skills for better placement.

Subramani and Kadhiravan (2017) assessed the association between academic stress and students' mental health. Their study shows a good correlation between academic stress and mental health. Students face a lot of pressure from parents and school for academic performance, but they don't get the same good guidance. Students are mentally healthy when they speak constructively and consistently in academic forums. The study also describes that there is a significant difference in the mental health of private and public school students. He argued that private school students have a different upbringing and a lot of exposure compared to public school students who come from poor socio-economic backgrounds and don't have enough exposure. This is one of the reasons for the escalation of stress.

Sharma *et al.* (2016) in their study outlined different methods to deal with stress. These methods included exercise, time management, leisure activities, etc. The importance of a supportive environment for reducing stress was also mentioned. Changing the delivery style from teachers to providing mentors can also help in creating a stress-free environment.

Prabu (2015) in his study on senior secondary school students found that students are more stressed than students. The academic stress of urban students is greater than that of rural students. The stress of a public school student is less compared to that of a private school student. Science stream students are more stressed than Arts stream students.

Deb *et al.* (2014), studied 400 male students from five private high schools in Kolkata who were studying in grades 10 and 12. 35 percent of students had high academic stress and 37 percent had high levels of anxiety.

Struthers *et al.* (2010) investigated the effect of test stress on grades and measured students' perception of anxiety.

According to Denscombe (2012), it is possible to consider examinations as stressful based on their own characteristics or functions, without having to refer to perceived anxiety and excitement. Denscombe (2012) also suggested that exams are stressful for this group of students for a variety of reasons, such as self-esteem cues, judgments from others, and teachers' appeals to fear.

Putwain (2008) indicated how stress is also used as an umbrella term for any negative affect associated with exams: time constraints, exhaustion from having to take several exams in a single day, preparing for exams while still finishing the course, and interfering with relationships and social activities. The test anxiety construct is too narrow to capture these features of investigative stress, but at the same time, due to its lack of specificity, this broad concept of investigative stress is not always useful.

Kaur (2014) acknowledged that the mental health of teenagers is affected by academic stress. Girls with academic stress have been found to have poorer mental health compared to boys. It was explained in the study that parents sometimes put pressure and burden on students, which leads to deterioration of mental health.

In his study, Bataineh (2013) measured academic stressors experienced by students at university. The results of the analyzes showed that the reasons for the stress include an unreasonable academic overload, a lack of time to study due to the extensive content of the courses, high family expectations and a low level of motivation. Fear of failure is also a major cause of stress. No significant difference was found between students from different specializations.

Khan and Kausar (2013) concluded that stress definitely negatively affects academic performance, although no significant gender difference was found. The difference was noticeable between younger and older pupils. Of course, stress affects the ability to learn and manage time effectively. Studying regularly is important; it helps reduce academic pressure and helps them achieve their goals.

Intelligence is one of the most elusive concepts. Looking at it one way, everyone knows what intelligence is, no one does. Implicit theories of intelligence differ from explicit theories, and the Western perspective on intelligence differs from the Eastern perspective. Concepts of intelligence between different cultures also tend to differ in their emphasis on different characteristics. However, an examination of earlier and newer definitions of the concept shows that common themes in earlier definitions of intelligence seem to be with respect to the ability to adapt to the environment and the ability to learn.

Pahuja (2004) noted that an individual is said to be intelligent in proportion to how successful he is in ordinary life situations. An analysis of the modern concept of intelligence points to these interpretable factors, such as verbal intelligence, problem-solving ability, and practical intelligence.

Kaur *et al.* (2004) found a positive and significant relationship between students' intelligence and science attitudes. Highly intelligent students showed less stress due to their positive attitude. If we look at intelligence in this way, studying it in terms of behavior in real-world settings is of great importance. The investigation is one such case of a real situation.

Student behavior during the exam cannot be taken as a continuation of general behavior in other situations. Different students' perceptions & reactions would vary in this regard. The same would be true of coping and coping strategies.

Busari (2012) found that stress led to depression in high school students and was associated with an effect on academic performance. An introduction to preventive measures, teaching life skills and other therapeutic techniques should be considered.

Nandamuri and Gowthami (2011) studied stress among vocational students and claimed that curriculum and instructional parameters were most responsible for stress with 86 percent, followed by placement-related issues at 63 percent, assessment and teamwork accounted for 41 percent and 24 percent of the percent, respectively. . The study further identified various micro-problems responsible for stress and listed twelve sub-problems related to curriculum and instruction. Once the sub-problems of each parameter are identified, it has provided academic administrators with a better vision for initiating efforts to reduce the severity of academic stress.

Saklofske *et al.* (2016) examined the associations between personality, coping, locus of control, emotional intelligence, and health behaviors in Canadian students. Consistent associations with health behaviors were found for conscientiousness, whereas the pattern of correlations for the other measures was more variable. The emotional intelligence, coping, and health locus of control scales were inter correlated, and scale-level factor analysis suggested the extraction of a super ordinate coping factor. This was found to mediate the relationship between personality and regular exercise and healthy eating strategies. These findings suggest that the links between coping and emotional intelligence and the ways in which emotional intelligence may function as a coping resource should be further investigated.

Austin *et al.* (2010) examined the associations between emotional intelligence, stress management, personality-related stress, and examination in Canadian university students. Stress was measured at the beginning of the semester and again in the pre-examination period. Higher levels of stress were associated with lower scores on emotional intelligence components and higher scores on emotion-focused coping and neuroticism. Factor analysis at the level of the emotional intelligence scale and the coping subscale produced three composite factors, each of which had high loadings on at least one emotional intelligence and one coping subscale. The associations of the emotion regulation factor and the task focus factor with personality, stress and subjective well-being, emotional intelligence were investigated using structural equation modeling. The results showed that these factors mediated the effect of personality on stress, subjective well-being and emotional intelligence.

Personality is the whole integrated pattern of behavior that distinguishes one person from another as uniquely as fingerprints and as distinctively as a photograph. It does not consist of secondary, emotionally neutral features, but of the most important thing we can say about a person. Everyone has a unique personality.

Pahuja (2004) expressed that our personality is a unique organization of the many things that belong to our self. The personality construct can be thought of as a psychological system of structures and functions. It is not a jumble of unrelated properties and different behaviors, but a tightly woven organization of stable structures and coordinated functions. Because of the continuity in man's constitutional makeup and the narrow bending of experience for learning alternatives to behavior, this system develops an integrated pattern of traits and dispositions that are deeply rooted and not easily eradicated, permeating every fact of life. This system means the concept of personality. For each of us, this configuration, representing the interconnectedness of various psychological processes, would determine the disposition that is, how to react to the given situation, behave and cope in both normal and crisis times. Here it would reflect a dynamic pattern of adaptive competencies. It means that the same environmental stimuli tend to induce different reaction tendencies in people. The exam represents one such typical psychological situation that each student takes differently, in some it provokes competition and healthy enthusiasm, in others it prevents, avoids or frightens.

Most of us develop a strong desire to push ourselves to achieve, to gain recognition in some shape or form. This has been called the achievement motive or the mastery motive. When a person expects their performance to be evaluated against some standard of excellence, such behavior is achievement-oriented. Panda and Jena (2000) defined performance motivation as a drive to improve or a psychological factor that provides an internal drive to excel. Desmukh (2000) considered a sense of achievement, self-realization or self-realization as a positive aspect of performance motivation. The term performance motivation has been defined by various psychologists as a tendency to maintain and increase an individual's expertise in a specific work area. It's the urge to improve. It means dissatisfaction with the current state of affairs. Singh (2011) compared the school achievement motivation of adolescents from aided and non-aided schools. The results showed that there is a significant difference in academic performance motivation between assisted and unassisted secondary school boys, a significant difference in academic achievement motivation between assisted and unaided secondary school girls, and no significant difference in academic achievement motivation among boys from assisted secondary schools. and unsupported high school students.

A success-oriented person is one who sincerely tries to improve his life conditions. Reber and Emily (2001) explained achievement motivation as a socially characterized need with two critical components, a set of internalized standards that represent personal achievement or fulfillment, and a theoretical emergent or motivating condition that compels one to attempt to meet those standards.

According to Agolla (2009), stress has become an important topic in academic circles. Many philosophers have done considerable research on stress and have come to the conclusion that this topic needs much more attention. Radcliff and Lester (2003) studied anticipated stress among final year undergraduate students and recognized that classroom assignments, lack of guidance, and pressure to mix and match were the causes of increased stress.

McKean *et al.* (2000) argue that college students experience higher stress at expected times in each semester. Academic commitments, financial pressures and lack of time management skills lead to the creation of stress. Excessive stress can affect well-being, emotional attitude, and academic performance. This is where it becomes crucial for college students to develop methods to deal with stressful situations.

CONCLUSION

Previous studies have suggested that the level of stress experienced by students is influenced by the characteristics of the education, the teachers, and the students themselves. They remained mainly in the field of work stress, stressful life events and stress from some chronic diseases, etc. However, less attention was paid to the issue of burden during examinations, he is aware of the current need in the field of education. Some students want to achieve a standard of excellence in every area of life, but exam stress plays its role everywhere. It can vary with different levels of intelligence, personality and motivation to succeed. Investigators thus have great opportunities for research in the field of investigative stress.

A major source of stress for students is lack of proper support. There is a standard assessment procedure that does not give students enough room to experiment and push the boundaries of excellence. There are many personal and social factors that lead to stress among students. Ambiguity and unavailability of proper career counselors lead to misdirected goals and even after graduation, students are clueless about their careers and unsure of employment. The pressure of studying on academics, extracurricular activities, assignments, etc. has increased incomparably. Parents expect their children to be part of the rat race and outshine their competitors, strengthening their own social status in society.

Running by the numbers is the new fad in this era of cut throat competition, a sad reality but true. Every child is different, so it's important for parents to make their children realize the importance of identifying their strengths and encouraging them to pursue careers within their abilities. It is important to do what you love or love what you do. Effective time management and ensuring that at least one physical exercise is done daily can discourage stress and improve attention span, thus becoming productive issn academics.

REFERENCES

1. Agolla, J.E. (2009). Academic Stress among School Going Students. *The case of Botswana Police service, Res. J. Bus. Manage,* 2 (1), 25-35.

2. Austin, Y.T., Agarwal, S.C., Jasmine and Singh, S. (2010). Achievement Motivation of Co-Educational and Single Sex Educational Secondary Students. *Indian Journal of Psychometry and Education*, 35(1), 26-31.

3. Bataineh, M.Z (2013). Academic Stress among Undergraduate Students: The Case of Education Faculty at King Saud University. *International Interdisciplinary Journal of Education,* 2(1), 82-88.

4. Busari, A.O. (2012). Evaluating the Relationship between Gender, Age, Depression and Academic Performance among Secondary School Students. *International Journal of Interdisciplinary and Multidisciplinary Studies,* 4(2), 6-12.

5. Deb, W.N., Kantha, S.K., Cullain, J.K. and Dash, M. (2014) Cognitive Patterns of Good and Poor Readers Varying in Intelligence. *Indian Psychological Review*, 53 (3-4), 109-122.

6. Denscombe, M. (2012) Social Conditions for Academic Stress. *British Educational Research Journal*, 26 (3), 259-265.

7. Desmukh, I.S. (2000) Impact of Religious Beliefs Leisure TimeActivities on Stress of Elderly. *Psycho-Lingua*, 34(2), 132-134.

8. Dimitrov. G. (2017). A Study on the Impact of Academic Stress among College Students in India, *Ideal Research.* 2(4), 87-92.

9. Kaur, M.L., Bhatia, S., Sharma, I.L. and Reddy, A.S., (2004) Stress Management in the Work Place. *Praachi Journal of Psycho-Cultural Dimensions,* 15, (12), 111-114.

10. Kaur, S. (2014). Impact of Academic Stress on Mental Health: A Study of School going Adolescents, *Global Journal for Research Analysis,* 3(4), 167-172.

11. Khan, M.J. and Kausar, H. (2013). Effect of Perceived Academic Stress on Students' Performance, *Journal of Social Sciences,* 7(2), 146-151.

12. McKean, M., Misra, R., West, S, and Tony , R.(2000).College Students' Academic Stress and Its relation to Their Anxiety, Time Management, and Leisure Satisfaction. *American Journal of Health Studies,* 16, 41-51.

13. Nandamuri, P.P. and Gowthami, C.(2011). Sources of Academic Stress-A Study on Management Students, *Journal of Management and Science,*1(2), 31-42.

14. Pahuja, T. (2004). Use of the Myers-Briggs Type Indicator in Psychology Courses and Discussion Groups. *Teaching of Psychology*, 5(3), 140-142.

15. Panda, L., & Jena, R. (2000). Knowing Student Personality canHelp School, Classroom, Activity Participation. *NASSP Bulletin,* 2(4), 39-45.

16. Prabu, S. P. (2015). A Study on Academic Stress among Higher Secondary Stress. *International Journal of Humanities and Social Science Invention,*4(10), 63-68.

17. Putwain, J. P. (2008). Intelligence and Personality in School and Educational Psychology. *International Handbook of Personality and*

Intelligence, 621–650.

18. Radcliff, C. and Lester, H. (2003). Perceived Stress during Undergraduate Medical Training: A Qualitative Study. *Medical Education,* 37(1), 32-38.

19. Reber, G.D. and Emily, M.L. (2001). Examining Relationships between Academic Motivation and Personality among Students. *Learning and Individual Differences*, 20 (1), 19-24.

20. Reddy, K.J., Menon. K., Anjanathattil (2018). Academic Stress and Its Sources among University Students, *Biomed Pharmacol Journal*, 11(1), 531-537.

21. Saklofske, M.N., Choudhary, U. C., Nirmala, and Singh, W.R., (2016). The Effects of Social Stories on Anxiety Levels and Excessive Behavioral Expressions of Elementary School-agedChildren with Autism. *Dissertation Abstracts International*, 62, (7), 2002.

22. Sharma, B., Kumar, A. and Sarin, J. (2016). Academic Stress, Anxiety, Remedial Measures Adopted and Its Satisfaction among Medical Student: A Systematic Review. *International Journal of Health Sciences and Research*, 6(7), 368-376.

23. Singh, S.L., (2011). Achievement Motivation Differences Among Adolescent Boys and Girls of Various Birth Position. *Indian Psychological Review*, 50, 1, 70-75.

24. Struthers, B.K., Block, J., Weiss, D.S. and Thorne, A (2010). How Relevant is a Semantic Similarity Interpretation of Personality Rating? *Journal of Personality and Social Psychology*. 37, (10), 55-74.

25. Subramani, C. and Kadhiravan, S. (2017). Academic Stress and Mental Health among High School Students. *Indian Journal of Applied Research*, 7(5), 465-469.

मानव निर्माण और आर्यसमाज

डॉ. विश्वप्रभा

हिन्दी विभाग, वरिष्ठ एसोसिएट प्रोफेसर, डी.ए.वी. कॉलेज फॉर गर्ल्ज़, यमुनानगर ।

सार

मानव सृष्टि की सुन्दरतम् रचना है। मानव ही समाज, राष्ट्र एवं विश्व की सर्वांगीण ईकाई है । इस हेतु जब सृजनहार ने विश्व की रचना की तो वेद वाणी से उसका पथप्रर्दशन कर उसे सही मायनों में मानव एवं इन्सानियत का सन्देश दिया । समय–समय पर धरा को सुन्दर स्वर्ग बनाने के लिए प्रयासशील युग निर्माता, सच्चे योगी एवं ऋषि स्वामी दयानन्द जी ने मानव निर्माण को सभी निर्माणों की आधारभूमि मान आर्य समाज की स्थापना की । वे सारे भारत को कृण्वन्तों विश्वमार्यम् का सन्देश दे सारा जीवन आर्य संस्कृति के प्रचार–प्रसार करने में लगे रहे । युगदृष्टा ऋषि दयानन्द तत्कालीन समय में व्याप्त अविद्या, अज्ञान, आलस्य, पाखण्ड एवं छुआछूत जैसी कुरीतियों का नाश कर समाज का उत्कर्ष चाहते थे । इसी महत्त उद्देश्य हेतु 7 अप्रैल 1875 को मुम्बई में ऋषि दयानन्द ने आर्य समाज की स्थापना की । निसन्देह इस समय ऐसे प्रकाश स्तम्भ की आवश्यकता थी जो राष्ट्र निर्माण के लिए स्फूर्तिदायक तथा भारतवासियों को राष्ट्रीय एकता के सूत्र में पिरोकर उनका मार्ग प्रशस्त कर सके। स्वामी दयानन्द जी ने आर्य समाज के दस महत्वपूर्ण नियम दिये । यह नियम आर्य समाज की नींव हैं। ऋषि दयानन्द जी ने 'सत्यार्थ प्रकाश' ग्रंथ लिखकर आर्य जाति के उन्नयन का मार्ग प्रशस्त किया । आज समय की महत्ती आवश्यकता है कि जब जनता वेद विमुख होती जा रही है तो हम आर्यवर्त की खोई हुई गरिमा को वापिस लाने के लिए कटिबद्ध हों तथा स्वार्थ और अहंकार को छोड़कर निष्काम भाव से आर्यसमाज के प्रचार–प्रसार के कार्यों में तत्पर हों। आज विश्व में धर्म, संस्कृति एवं परम्पराओं को सही स्वरूप कोई दे सकता है तो वह केवल आर्य समाज है ।

सूचक शब्द

अभ्युदयशील, गुम्फित, सर्वांगीण, संशोधन, स्वान्तर्यामी, संगठित, वर्णाश्रम व्यवस्था।

सुसंस्कृत एवं सुसभ्य मानव ही परमपिता परमात्मा के इस संसार रूपी वाटिका का सुन्दरतम् सौरभतम पुष्प होता है । इसी की सुवास से सारा संसार महकता है । इसीलिए जब प्रभु ने संसार की रचना की तो मानव कहीं दानव न बन जाए इस हेतु अपनी कल्याणी वाणी वेद का प्रकाश किया जिसका प्रत्येक मंत्र मानव को सही रूप में मानव बनने का सन्देश देना है। आज चारों ओर समाज निर्माण, राष्ट्र निर्माण और विश्व निर्माण का स्वर गूंज रहा है । परन्तु इन बातों का शोर करने वाले यह भूल जाते हैं कि मानव ही समाज राष्ट्र एवं विश्व की सर्वांगीण इकाई है। यदि उसका निर्माण नहीं हुआ तो समाज राष्ट्र और विश्व निर्माण का स्वर धरा का धरा रह जाएगा ।

सर्वप्रथम मानव निर्माण तद्न्नतर राष्ट्र निर्माण जैसे ज्वलन्त एवं कठिन मुद्दे पर ध्यान युग निर्माता, सच्चे योगी एवं ऋषि स्वामी दयानन्द ने दिया । उनकी दिव्य दृष्टि धूमिल अतीत, उलझे हुए वर्तमान एवं रहस्यमय भविष्य को स्पष्ट देख रही थी । मानव निर्माण को सभी निर्माणों की आधारशिला मान उन्होंने आर्य समाज की स्थापना की । आर्य–समाज यानि श्रेष्ठ मानवों का निर्माण कर उन्हें संगठित कर एक श्रेष्ठ मनुष्यों का समाज बनाना । स्वामी जी ने सारे भारत को आर्य बनने की प्रेरणा दी और सिद्ध कर दिया कि आर्य संस्कृति ही विश्व की सर्वश्रेष्ठ संस्कृति है।

उन्नीसवीं शताब्दी में नए तथा अभ्युदयशील भारत के निर्माण में जिन महान विभूतियों तथा संस्थाओं का योगदान रहा । उनमें महर्षि दयानन्द सरस्वती तथा आर्यसमाज की स्थिति सर्वथा स्पष्ट, अग्रणी तथा सर्वमान्य है । वास्तव में ऋषि दयानन्द बहुत उच्च विचार रखते थे और उनमें एक प्रकार की आकर्षणीय शक्ति थी। वे भारत वर्ष को अविद्या, अज्ञान, आलस्य, पाखण्ड एवं छुआछूत जैसी कुरीतियों के नाश एवं पतितावस्था से मुक्त करना चाहते थे । सत्य एवं पवित्रता की जागृति कर इहलोक एवं परलोक की उन्नति के लिए ऋषि दयानन्द ने वैदिक धर्म के आधार पर 7 अप्रैल 1875 के दिन मुंबई में चिरगांव मुहल्ला में डॉ. माणिक राव के घर पर आर्य समाज की स्थापना की । जब वेद, वैदिक, धर्म तथा परमात्मा को लोग भूल चुके थे यदि उस समय ऋषि दयानन्द ने हिन्दुओं की रक्षा, देश रक्षा के लिए उपदेश न दिये होते तो वैदिक धर्म लुप्त हो जाता । किन्तु ऋषि दयानन्द द्वारा स्थापित आर्यसमाज ने भारत को स्वाधीन कराने में एवं वैदिक धर्म की रक्षा के प्रति कई भारत मां के सपूत

पंजाब केसरी लाला लाजपतराय तथा अमर हुतात्मा स्वामी श्रद्धानन्द जैसे अमर शहीद हो गए । उस समय आर्य समाज जागृति ला रहा था। सच में उस समय के भारतीय दुरावस्था के अंधकार के बीच ऐसे प्रकाश स्तम्भ की आवश्यकता भी थी जो राष्ट्र निर्माण के लिए स्फूर्तिदायक तथा भारतवासियों को राष्ट्रीयता के सूत्र में गुम्फित कर उनका पथप्रदर्शन कर सके।

आर्य समाज की स्थापना के समय सर्वप्रथम मुम्बई में आर्यसमाज के 28 नियमों का निर्माण पारिख महाशय ने किया था । इन नियमों में संशोधन की आवश्यकता थी । उस समय यह आवश्यक समझा गया कि समाज की स्थापना के पूर्व समाज के नियमों का नूतन संस्कार किया जाए। इसलिए आर्य समाज के 10 नियमों को संगठित किया गया। वे नियम इस प्रकार हैः–

1. सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सबका आदि मूल परमेश्वर है ।

2. ईश्वर सच्चिदानन्दस्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, अजन्मा, अनन्त, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक सर्वान्तर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है । उसी की उपासना करनी योग्य है ।

3. वेद सब सत्य विद्याओं का पुस्तक है । वेद का पढ़ना पढ़ाना और सुनना सुनाना सब आर्यों का परम धर्म है ।

4. सत्य के ग्रहण करने और असत्य को छोड़ने में सर्वदा उद्यत रहना चाहिए ।

5. सब काम धर्मानुसार अर्थात् सत्य और असत्य को विचार करके करने चाहिए ।

6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है, अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना ।

7. सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य बर्तना चाहिए ।

8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिए ।

9. प्रत्येक को अपनी ही उन्नति में संतुष्ट न रहना चाहिए, किन्तु सबकी उन्नति में अपनी उन्नति समझनी चाहिए ।

10. सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम पालने में सब स्वतन्त्र रहे ।

इस प्रकार स्वामी जी ने लाहौर में नियमों का नूतन संस्कार करके आर्य समाज की नींव एक प्रबल चट्टान पर रख दी ।

स्वामी दयानन्द जी के कार्य जिन्हे स्थूल रूप में हम इस प्रकार देख सकते हैं।

पहले तीन नियमों में परमेश्वर और वेद के बारे में बताया गया है ।

चौथे और पाँचवें नियम में आर्यसमाज का मत स्पष्ट है ।

छटे, सप्तवें, आठवें और नवें नियम आर्यों और उनके कर्त्तव्यों के बारे में हैं तथा दसवां नियम राष्ट्रीय एवम् जातीय निर्माण संगठन से सम्बन्ध रखता है ।

आर्य समाज ईश्वर–जीव प्रकृति, उपासना का स्वरूप वेद और वैदिक साहित्य, धर्म–अधर्म, सृष्टि सर्जन, पुर्नजन्म, अवतार व मूर्ति पूजन, यज्ञ विधान, वर्ण–आश्रम व्यवस्था के सिद्धान्तों पर कार्य करता है । तभी तो ऋषि सत्यार्थ प्रकाश के एकादश समुल्लास में दयानन्द जी कहते हैंः–

"इसलिए जो उन्नति करना चाहो तो आर्य समाज के साथ मिलकर उसके उद्देश्यानुसार आचरण करना स्वीकार कीजिए नही तो कुछ हाथ नहीं लगेगा क्योंकि हम और आपको अति उचित है कि जिस देश के पदार्थ से अपना शरीर बना, अब भी पालन होता है, आगे होगा, उसकी उन्नति तन, मन, धन से सब जने मिलकर प्रीति से करें क्योंकि जैसा आर्यसमाज आर्यवर्त देश की उन्नति का कारण है, वैसा दूसरा नहीं हो सकता।"

कहना न होगा कि यह आर्य समाज दयानन्द जी के त्याग की अमिट निशानी है । इस का इतिहास शहीदों की अमर कहानी है । ऐसे समय में जब की मतवादों की आंधियां प्रचण्ड वेग से चल रही हैं अविद्या, अज्ञान और मिथ्याज्ञान उभर रहा है, जनता वेद से विमुख होती जा रही है। हम वेदालोक को जनता तक पहुंचाने का पुनीत कार्य करें । यह आर्य समाज ही है जो पीड़ितों का सहायक है – गाय आदि पशु रक्षा, स्त्रियों की शिक्षा, विधवा विवाह, अछूतोद्धार और अनाथों की रक्षा को सदा तत्पर रहा है । यह रोगियों का डॉक्टर है – अज्ञानता, अंधविश्वास रूपी रोगों की जड़े काटता है तो यह सोते हुओं का चौकीदार बन कर अज्ञानता की घोर निद्रा में सुप्त हिन्दू जाति को उठाने वाला है । आर्यसमाज प्रारम्भ से ही स्वदेशी, सादगी, सदाचार व शाकाहार की जीवन शैली को अपनाने और भोगवाद को बढ़ाने वाली पाश्चात्य जीवन शैली से बचने–बचाने का आन्दोलन रहा है ।

आर्यसमाज की स्थापना के समय ऋषि दयानन्द जी ने स्पष्ट कहा था कि मैंने कोई नया पन्थ चलाकर गुरू, गद्दी या मठ की स्थापना नहीं की बल्कि लोगों को इन धर्मों के ठेकेदारों और मठाधीशों के चंगुल से आजाद करने के लिए आर्यसमाज की स्थापना की है । इसी उद्देश्य की प्राप्ति के लिए उन्होंने लोगों में वैचारिक चेतना जगाने का प्रचार कार्य किया और समाज में क्रांति का मंत्र फूंक दिया । ऋषि दयानन्द एक मुक्त आत्मा थे जिनको परमात्मा ने संसार के उपकार के लिए ही भेजा था । राष्ट्रीय एकता और अखण्डता का प्रचार आर्यसमाज के जन्म काल से ऋषि दयानन्द ने किया । महर्षि दयानन्द जी आर्यवर्त को उसकी खोई हुई गरिमा वापिस दिलाने के लिए कटिबद्ध थे तथा उनके हृदय में राष्ट्र को समुन्नत देखने की असीम वेदना थी ।

निष्कर्ष :–

अन्ततः कहा जा सकता है कि आज विश्व में देश, धर्म, संस्कृति एवं परम्पराओं को सही स्वरूप कोई दे सकता है तो वह केवल आर्य समाज ही है। आज संगठन पहले जैसा नहीं रहा। किन्तु विडम्बना है कि आज आर्य कहलाने वाला आर्यवर्त्त अपने उद्देश्य तथा कर्तव्य से भटक गया है। जबकि सत्य यह है कि आज वर्तमान वयोवृद्ध अधिकारियों को आर्यसमाजी संस्थाओं की पतवार आगे थमाने के लिए अपेक्षाकृत, अपने से अधिक युवा सुयोग्य, प्रशासन कुशल तथा पद लोलुपता एवं परिवारवाद से मुक्त सेवाभावी एवम् निष्ठावान स्वयंसेवकों की महत्ती आवश्यकता है, ताकि समय रहते वर्तमान अधिकारी इन्हें कुशल संचालन का प्रशिक्षण देकर भावी जिम्मेदारी सौंप सकें । यह सौ प्रतिशत सत्य है कि आर्यसमाज का प्रचार करने से ही कृण्वन्तो विश्वमार्यम् का उद्घोष साकार हो सकता है । आज समय की सबसे बड़ी चुनौती है–आर्य समाज की विचारधारा, आदर्श, सिद्धान्त एवं अस्तित्व की रक्षा करना । इन उद्देश्यों की पूर्ति हम उस समय ही कर सकेंगे जब मिल–बैठकर महर्षि की भावना को हृदय में रखकर अपने स्वार्थ एवं अहंकार को छोड़कर निष्काम भाव से आर्यसमाज के प्रचार–प्रसार में संलग्न हो जाएगें। यद्यपि आज लगभग 6000 आर्यसमाजों की स्थापना हो चुकी है फिर भी अंधविश्वास और पाखण्ड, भ्रष्टाचार, हिंसा, जातिप्रथा आदि निरन्तर बढ़ रहे हैं। आज के युग में आवश्यकता है कि आर्य स्वयं निरीक्षण करें और लगन पूर्वक ऋषि दयानन्द द्वारा दिखाए मार्ग पर चलने के लिए एकजुट हो जाए । यही ऐसा आन्दोलन है जिसके जरिये सम्पूर्ण जगत में सुख शान्ति का साम्राज्य स्थापित किया जा सकता है और तभी हमारे प्यारे ऋषि दयानन्द का सुख स्वप्न साकार होगा ।

सन्दर्भ ग्रंथ सूची

1. कपूर धर्मपाल, महर्षि दयानन्द, श्री धर्मपाल कपूर प्रकाशन, यू.आर.वी प्रिंटिंग प्रैस, पंचकूला ।

2. स्वामी अनुभवानन्द 'शान्त', आर्य समाज का सैद्धान्तिक परिचय–लेखक श्री स्वामी अनुभवानन्द 'शांत' सम्पादक ओमप्रकाश आर्य, प्रेमनगर करनाल ।

3. पं. महेन्द्र पाल, मस्जिद से मनोव्यथा इमाम पं. महेन्द्र पाल इमाम बड़ी मस्जिद अरवाला, जिला बागपत, उत्तरप्रदेश ।

4. आर्यजगत – महात्मा हंसराज दिवस विशेषांक आर्य प्रादेशिक प्रतिनिधि सभा ।

5. मधुर लोक, दिसम्बर 2004, मधुर लोक कार्यालय गली, आर्यसमाज, बाजार सीताराम ।

6. मधुर लोक, मई 2006, मधुर लोक कार्यालय गली, आर्यसमाज, बाजार सीताराम ।

IMPACTS OF COVID-19-POSITIVE, NEGATIVE AND COPING STRATEGIES

*Mrs. Shalini Chhabra **Dr. Suman Kumari ***Ms. Aashima Arora

*Associate Professor, Department of Psychology, D. A.V. College for Girls, Yamunanagar

**, ***Assistant Professor, Department of psychology, D.A.V. College for Girls, Yamunanagar

ABSTRACT

Beckground-Covid-19 Pandemic has disrupted the lives of people throughout the world. It has adversely affected all the aspects of our lives but the one way to deal with this pandemic is to build resilience and accept the challenge. For building resilience we need to focus on the positive impacts of Covid-19 and at the same time acknowledge its negative impacts too. It will help us to accept the situation clearly and think positively. **Aim and Objective**- Keeping this in mind it becomes imperative to study the impacts of Covid-19- positive, negative and coping strategies.**Methodology-**A purposive sample of 1107 participants was collected randomly by online survey which was developed on Google Form. The statistical analysis was done. **Findings**- It can be said COVID-19 pandemic has both positive and negative impacts. By being panic about this current situation won't help, only the calm thoughts and positive strategies can handle this situation. We all need to allow space for new and informative ideas and a conscious shift to growth mindset to notice some silver linings at this time. Collective efforts, determination and psychological resilience at government, non-government community and individual level will definitely help us to combat this war like situation and win.

Keywords: Resilience, Positive impacts, Negative impacts, Strategies.

INTRODUCTION

"Can we install 2020" this message is getting viral on social media".

Corona virus disease-19 or COVID-19 has been declared officially a pandemic on March 11,2020 (World Health Organisation, 2020). The countries and cities all over the world are experiencing the impact of COVID-19. Due to this pandemic people, cities and countries have faced severe challenges in the last six months. The lockdown, the physical distancing for survival, the unsheltered and homeless people (40 millions on internal migrant's livelihood in India are badly affected and 50,000-60,000 moved from urban centres to rural areas of origin within few days(Economic Times, April, 2020), manifold increase in mental health problems (Wang, et.al., 2020) 53.8% rated the psychological impact of outbreak as moderate to severe, 16.5% agreed that moderate to severe depressive symptoms, 28.8% reported moderate to severe anxiety symptoms, ever increasing death rate (globally till 7th July 2020confirmed corona cases 11, 500302, deaths 535,759 (World Health Organisation, July, 2020). The economic, social and educational crisis (more than 91% students are out of school at least in188 countries and India is going to be highest as far as dropout rate is concerned (Karsan, June, 2020), the domestic violence between March 20-31, the CHILDLINE 1098 helpline in India received over92,000 SOS calls from across the country and the National Commission for Women, India (NCW) received 315 complaints in April (Suri, May 2020) have brought our country, the world and the lives of people to standstill.

It is quite natural to feel disheartened and to lose hope and think of negatives especially when we are dealing with a pandemic. As every coin has two sides, this pandemic also has two sides – low and high.

Like every pandemic this too shall pass. Ifwe manage to focus on the positive impacts, it will be easier for us to build resilience and work on negative impacts of COVID-19. Looking and thinking about positives will help the world to see the ray of hope and a silver lining in dark clouds.

There are few positive impacts of COVID-19that the world will be remembering for years to come suchas building strong and genuine family ties, moving to practice better hygiene (Bhat, BA, Khan, S, Manzoor,S, et.al.,2020),innovative ideas to feel connected such as online breath and meditation workshop, live global meditationby Sri Sri Ravishankar, founder of Art of Living organization and many more, opened doors to new online tools and software, remote working is becoming in thing, e learning and teaching, many e resources have been launched by government of India such as NPTEL, Digital LibraryInflibnet, DIKSHA, SWAYAM etc, better environment conditions. While COVID-19pandemic is tragically affecting health of the people, their lives and livelihood, it has shown positive impact on environment in just few months. It has resulted in cleaner air, reduced carbon emissions and less noise, reduced criminal rates and rejuvenation of wild life and the undying spirit of human raceto be together and fight back. When we focus on positives, it gives us zeal and energy to cope up and many coping strategies have already been adopted and many are coming up to deal with the negative impacts of COVID-19. We may see a paradigm shift in people concerned about their mental well being and adopting counselling as a copingstrategy (Awasthi, 2020), launch of Aarogya Setu app is a step forward for the people to become alert and cope up with COVID-19 pandemic. The awareness campaign "MainSurkshit, Hum Surakshit, Bharat Surakshit"

(April, 2020) is required in the present scenario. Another campaign "Vocalfor Local, Made in India" and AatmaNirbhar Bharat Abhiyan (May, 2020) is bound to make a powerful impact. Keeping in mind the positive and negative psychological impact of COVID-19 and the coping strategies being adopted, the present survey was framed to study and know the opinion of general public regarding positive and negative impacts and how much the coping strategies are going to help us in our fight against COVID-19 pandemic.

AIMS AND OBJECTIVES

To assess the positive impact of COVID-19 during lockdown

To assess the negative impact of COVID-19 during lockdown.

To assess the coping strategies being useful after the lockdown period of COVID -19.

METHODOLOGY

Sample

A purposive sample of 1107 participants was collected randomly by online survey which was developed on Google Form.

Procedure

An online five point scale was developed on Google Form. It was classified into three sub scales i.e. positive impact, negative impact and coping strategies.The intention of the research was described to the participants by taking their consent. The scale was forwarded through the social media (whatsapp). The data was tabulatedin MS excel which was collected through the online survey and calculated and interpreted statistically.

RESULTS AND DISCUSSION

The aim of the study is to examine the positive and negative impactsand coping strategies during and after COVID-19 lockdown. To fulfil the purpose of the investigation the data was collected of 1107 participants and analysed. 22% males and 78% females were participants in this study. It is clearly depicting that females participated more in the study as compare to the males. The percentage of age group of 17-30 years is 68%, 31-44 age group is 19% and 45-58 age group 11% and 59-60 only 2%. It can be observed that the respondents of the age group of 17 - 30 were more and the least were from the age group of 59- 60.Around 64% respondents were urban and 46% respondents were from rural background.

The present investigation is intended to investigate the positive and negative impacts and coping strategies to overcome the negative impacts during COVID-19. Different occupations such as teachers, students and others were considered.

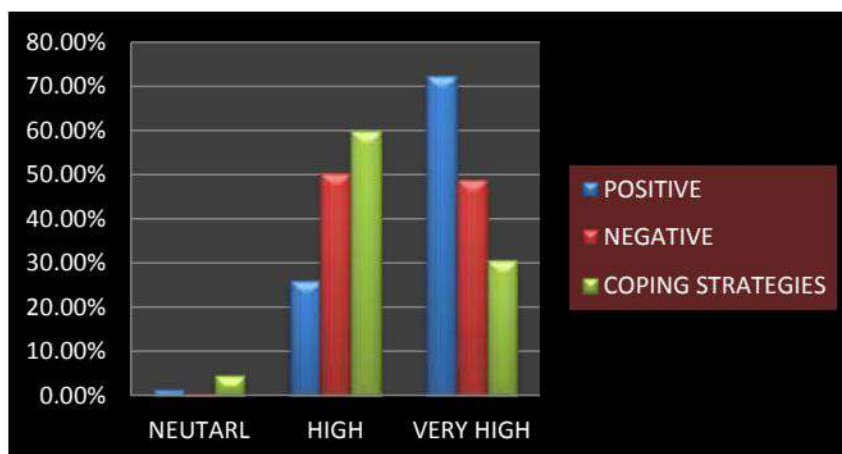**Figure 1.1: showing the percentage of teachers consent on positives, negatives and coping strategies.**

Figure 1.1 shows that the 73% teachers reported very high and 26% reported high positive impacts. The 49%reported very high and 50% high negative impacts. As far as coping strategies are concerned 31% teachers agreed that these strategies will help in very high amount and 60% reported that it will help in high amount.
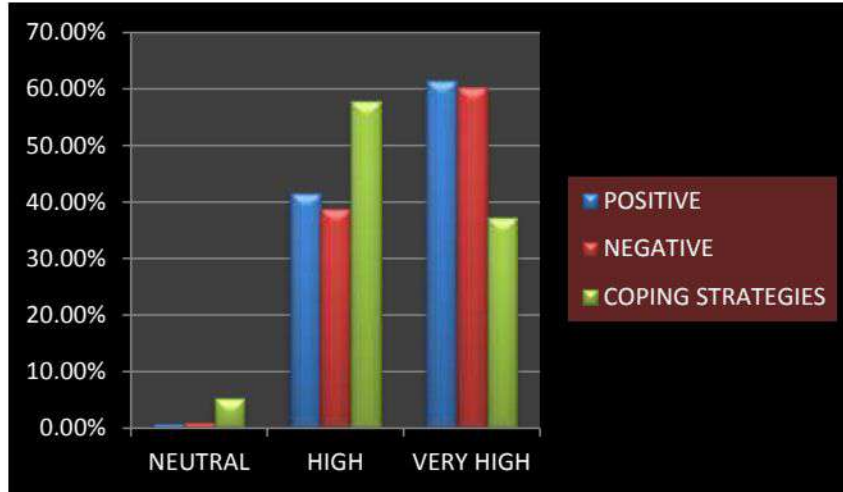
Figure 1.2: showing the percentage of students consent on positives, negatives and coping strategies.

Figure 1.2 illustrates that 61% of students reported very high and 41% reported high positive impacts. 60% of the students reported very high and 39% reported high negative impacts of COVID-19. The 37% of the students very highly and 58% highly believed that the coping strategies are going to help us to overcome the negative impacts.
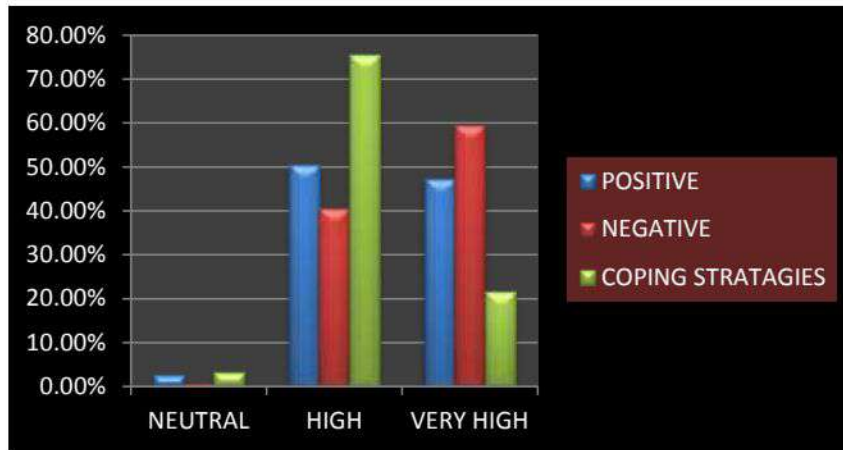
Figure 1.3: showing the percentage of other occupations consent on positives, negatives and coping strategies.

Figure 1.3 is showing that 47% people of other occupations reported very high positive impacts and 50% reported high. In the negative impacts 60% have reported very high and 40% reported high response. The 21%of participants of other occupations have reported their very high consent regarding coping strategies and 75% of them are of this view that coping strategies will help in high manner. So, it is quite evident that students, teachers and others all highly and very highly agree that COVID-19 has impacted our lives in both positive and negative manner and at the same time they are hopeful that if we adopt coping strategies we will overcome adverse affect of this pandemic.
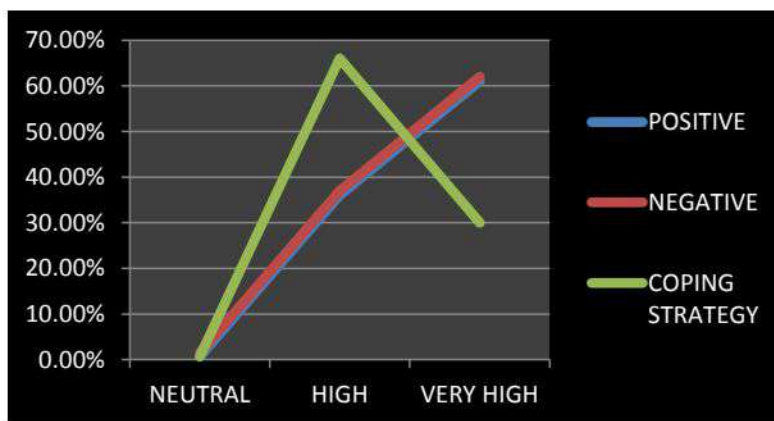
Figure 1.4: showing the percentage of urban participantsconsent on positives, negatives and coping strategies.

Figure 1.4 shows that 61% of urban participants responded on very high and 36% replied on high positive impact and 62% of participants responded on very high and 37% participants responded on high category on negative impacts. 30% of urban participants very highly agreed and 66% of participants highly agree that coping strategies will surely help to get rid of the negative impacts.
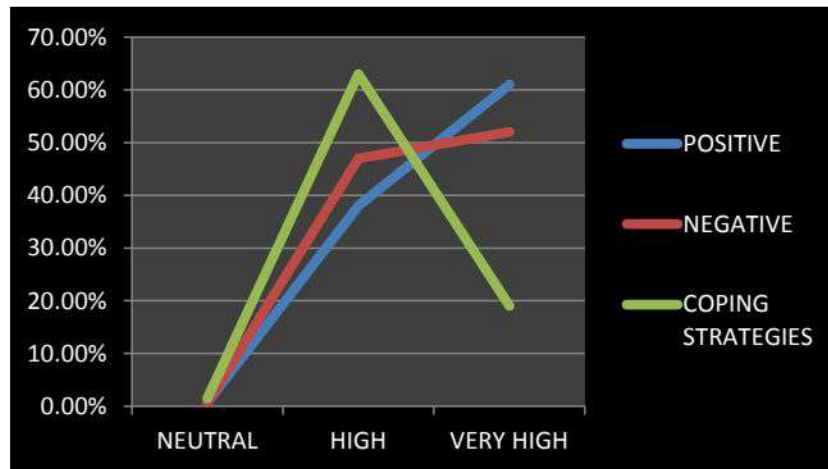
Figure 1.5: showing the percentage of rural participantsconsent on positives, negatives and coping strategies.

Figure1.5 showsthat 61% of rural participants reported very high and 38% of participants reported high on positive impacts and 52% of rural participants reported very high and 47% reported high impact of negative impacts. 19% of rural participants reported very highly and 63% highly reported that coping strategies can help us to overcome the negative impacts.
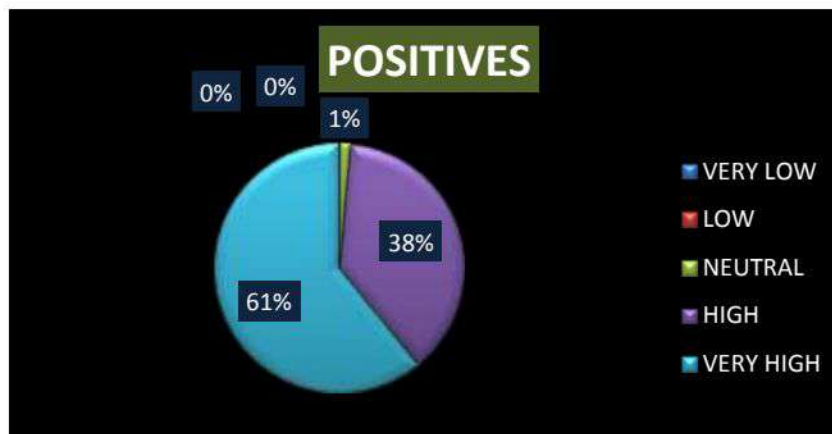
Figure1.6: shows percentage of positive impactsin COVID-19 pandemic

Figure 1.6 is depicting the positive impacts of the COVID-19 pandemic. It reveals that about 61% of participants very strongly and 38% strongly believed that due to this pandemic they are spending more quality time with the family members and AQI (Air Quality Index) is increasing and water is cleaner now.

Participants have agreed that crime rate is decreasing and they also reported that they are getting more opportunities to learn new techniques and skills. Participants have agreed that they have become health conscious, giving importance to physical fitness, hygiene, nutritious diet, yoga and meditation. Only 1% of participants are uncertain for the positive impacts. So, it can be assumed that people areacknowledging the positive changes in their surroundings.
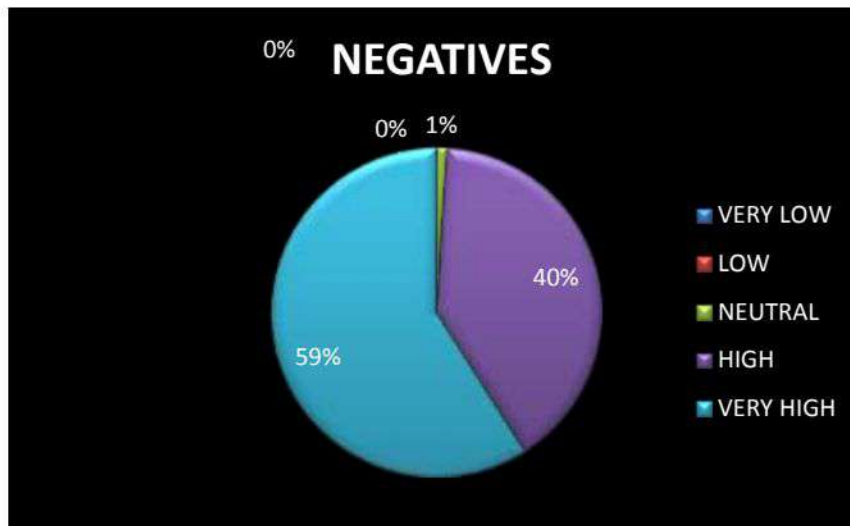
Figure 1.7: Shows percentage of negative impacts in COVID-19 pandemic.

Along with the positive impacts, participants also admit that current situation is showing lots of negative impacts. Figure 1.7 is showing that 59% of participants have reported very high and 40% of participants reported high on negative impacts of COVID-19 pandemic. Only the 1% of respondents is there who are uncertain for the negative impact. Undoubtedly, participants believe that people are suffering from lots of anxiety, fear, uncertainty, domestic violence, unemployment, migrants and daily wagers have suffered a lot and the nation is going through the economic crisis. COVID-19 pandemic has raised numerous troubles where people are encountering countless difficulties in day today life. Along with the positive impacts, participants also admit that current situation is showing lots of negative impacts.
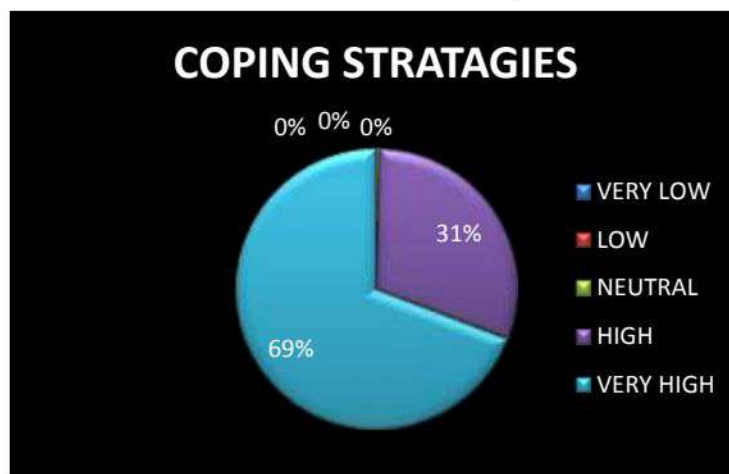
Figure1.8: showspercentage of consent on coping strategies in COVID-19 pandemic.

The results show that participants are agreeing in large number that both positive and negative impacts are there and coping strategies will help to overcome negatives. Figure 1.8 describes the percentage of coping strategies to deal with the negative impacts of COVID-19 pandemic. The 69%of participants have very high percentage and 31% of participants show high percentage on coping strategies. This depict that they have the faith that they can defeat any difficult situation with the combined efforts.

Respondents reported that together they can face any challenge at family, society and national level. Awareness programmes at national level can be fruitful for the people to come out of the misery. Upgrading the new skills and techniques can help everyone in this scenario and "Vocal for Local"/"Be Indian and Buy Indian" campaign will help the nation to improve the economy crisis.

In this survey, one open ended question was there, where participants were encouraged to give their suggestions to cope up with the negative impacts of COVID-19. Some valuable suggestions are that participants think that limit media time and check covid status only from reliableresources can help,adapt to new normal, work regularly on boasting immunity, reach out to people and give them hope and it has been emphasised that we should follow"one district one product production" policy and it can be a game changer. Protection and precaution is the only mantra to cope up. It is also important to keep in

our mind that recovery rate of COVID-19 is increasing day by day and that is really a ray of hope and silver lining in dark clouds.

CONCLUSION

It can be said COVID-19pandemic has both positive and negative impacts. Most of the participants are also of this point of view and opinion. By being panic about this current situation won't help, only the calm thoughts and positive strategies can handle this situation. Everything that happens in this universehas positive and negative impacts and it is the time to take this time positively. It's the combined responsibility of individuals, communities and nations to help more and more, take responsibilities and do positive actions to conquer and vanquish this pandemic crisis.

SUGGESTIONS

Like every pandemic, this too shall pass, but at the same time we have to understand that it has disturbed psychological, mental and social well-being of many people. Countries are facing economic crisis and education related challenges too. The need of the hour is to calm ourselves, take positive energy from the positive impacts and be ready to deal with the stressors, anxieties, uncertainties and fear by adopting new strategies, measures and practices. We all need to allow space for new and informative ideas and a conscious shift to growth mindset to notice some silver linings at this time. Collective efforts, determination and psychological resilience at government, non-government community and individual level will definitely help us to combat this war like situation and win.

REFERENCES

1. AarogyaSetu app. (2020).https://www.mygov.in/task/aarogya-setu-app-covid-19-tracker-launched-alert-you-and-keep-you-safe-download-now/

2. Awasthi, P. (2020, April 23). How counsellors are helping people deal with mental wellbeing amid COVID-19 lockdown. https://www.theweek.in/news/india/2020/04/23/how-counsellors-are-helping-people-deal-with-mental-wellbeing-amid-covid-19-lockdown.html

3. Bhat, B. A., Khan, S. , Manzoor, S., Niyaz, A., Tak, J. H., Anees, S. U. M., Gull, S., & Ahmad, I. (2020, April- June). A Study on Impact of COVID-19 Lockdown on Psychological Health, Economy and Social Life of People in Kashmir. *International Journal of Science and Healthcare Research, 5 (2)*.

4. https://blogs.lse.ac.uk/southasia/2020/04/08/chronic-crisis-migrant-workers-and-indias-covid-19-lockdown/ Karsan, J. (2020). https://yourstory.com/mystory/impact-covid-19-education-sector.

5. Suri, R. (2020, May12). Domestic Violence study, *Hindustan Times*. http://timesofindia.indiatimes.com/articleshow/76786107.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst.

6. The Economic Times. (2020, April 23).Lockdown in India has impacted 40 million internal migrants: World Bank.https://economictimes.indiatimes.com/news/politics-and-nation/lockdown-in-india-has-impacted-40-million-internal-migrants-world-bank/articleshow/75311966.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst

7. The New India Express. (2020, July 11). Self-reliant India: The bounce of vocal for local.https://www.newindianexpress.com/opinions/2020/may/26/self-reliant-india-the-bounce-of-vocal-for-local-2147966.html

8. Wang, C. (2020). A novel coronavirus outbreak of global health concern. Lancet,*395*, 470–473.

9. World Health Organization. (2020). Director-General's opening remarks at the media briefing on COVID-19 –11th March. World Health Organization. www.who.org.

10. World Health Organization. (2020, July 7). WHO Coronavirus Disease Dashbord.

AN ANALYSIS OF EMPLOYEE PERCEPTION TOWARDS CSR AND PERCEIVED ORGANIZATIONAL PERFORMANCE - A STUDY OF INDIAN CORPORATE SECTOR

*Dr. Kritika **Dr. Vishal Anand

*Associate Professor, Commerce Department, Dr. B. R. Ambedkar Govt. College, Jagdishpura Kaithal, Haryana

**Assistant Professor, Department of Commerce, RKSD College, Kaithal, Haryana

ABSTRACT

CSR is gathering significant attention in the academic community, as it has a considerable impact on company progress and accomplishments. CSR is basically giving back to the society by the corporates. There is an approach called TBL (Tripple Bottom Line) in corporate social responsibility which supports this study. TBL, which connects CSR to profit, people, and the environment, is fundamental for the success of any organization. Present study made an attempt to analyze employees perception towards CSR and perceived Organizational performance. An investigation has been made to highlight the corporate social responsibility initiatives that had been executed and its influence on perceived organizational performance. Data was collected from the 343 respondents out of twenty selected companies from five diverse sectors through a structured questionnaire in five point Likert scale. As per the findings it can be interpreted that, employees have positive and favorable perception towards CSR initiatives conducted by their company and CSR initiatives predict the perceived organizational performance in significant manner. Descriptive analysis, Karl Pearson correlation, and linear regression were applied to draw inferences form the underlying hypothesis.

Keywords- CSR, Perception, Organizational performance, Indian corporate sector, CSR initiatives

INTRODUCTION

The Chairman of Infosys, Mr. Narayana R Murthy, defined CSR as "Corporate Responsibility is really about ensuring that the company can grow on a sustainable basis, while ensuring fairness to all stakeholders".

CSR was first investigated in the 1930s, in a Harvard Journal's Paper that proposed for the company's societal obligations (Dodd 1932). In today's scenario where everyone is environmentally and socially concerned, corporate social responsibility (CSR) is a prominent topic on the global business agenda. It gives back to society through charitable giving and discretionary business practices (Porter and Kramer, 2006; Kotler and Lee, 2005). It is a primary concern for all corporate to incorporate sustainability in their strategic policies so that they can achieve their objectives. Environmental preservation and sustainability are gaining societal and business attention (Eweje, 2011; Dahlsrud, 2008; Bansal, 2005). The CSR approach of triple bottom line (TBL) is fundamental and desperately needed for the generations to come. It motivates commercial enterprises to incorporate environmental and social consciousness into their operations in order to achieve economic and financial performance (Orlitzky, 2011).

Indian Companies Act 2013 has been modified to make Corporate Social Responsibility (CSR) as a mandate. As a result, India was the first country in the world to legitimize CSR. The Government of India is the first in the world to mandate Corporate Social Responsibility (CSR) in Companies Act 2013. As per this amendment, All big companies (having either net worth more than 500 crores, or sales revenue more than 1000 crores, or net profit more than 5 crore in a given year) have to contribute 2% of their average annual profits towards well being of the stakeholders. Companies are also required to create proper CSR policy, constitute CSR committee, and should have CSR projects in yearly report. Managers must use tools and approaches to make their organizations more socially responsible, ecologically sustainable, and competitive (Baron, 2001). They should concentrate on the development, execution, surveillance, and refinement of company sustainable development plans (Marcus & Fremeth 2009; Turban & Greening 1997; Aguinis and Glavas, 2012). As a result, this research provides a deeper understanding of this vital aspect of corporate social responsibility (CSR) and organizational performance.

Furthermore, managers should implement CSR in their operations for economic, social and environmental sustainability in order to improve their organizational performance and corporate image (Hannon and Callaghan, 2011; Siegel, 2009; McGee, 1998).

REVIEW OF EXISTING LITERATURE

There is a massive body of literature on CSR that defines and conceptualizes the term. (Bowen 1953, Friedman 1970, Carroll, 1979, 1991, Freeman 1984, Wood 1990 and so on). Present paper have used the conceptualization used by World Business Council on Sustainable Development (WBCSD), which defines CSR as "the continuing commitment by business to behaving ethically and contributing to economic development while improving the quality of life of the workforce and their families, as well as the community and society at large" (Holmes and Watts, 2010). According to World Bank experts, the role of India is increasing in addressing environmental concerns and improving environmental quality (Chopra, 2016).

The advantages of CSR can be internal as well as external to the firm. Internal benefits promote organizational culture, while external elements influence how the wider community views the enterprise (Branco and Rodrigues, 2006).

Dartey and Amoako (2021), in their study entitled "Global CSR, drivers and consequences: a systematic review", made an attempt to systematically examine the determinants and repercussions of corporate social responsibility (CSR). A systemic literary evaluation was employed in this study. A considerable number of studies have included which are not sensitive to sectoral impacts. More crucially, CSR emphasizes activities that show social responsibility, in comparison with ethical assertions of social responsibility, connected with inferior business performance and results, more closely links to overall economic performances and company value.

Hohnen (2007) presented an expanded description of CSR as "an organization's responsibility for the effects of its actions and operations on human society and the natural environment by means of accountable and moral conduct that is in accordance with sustainable development and the betterment of society while fulfilling the expectation of the various stakeholders and complies with global standards of conduct; and is integrated throughout."

Mishra, S. (2019) in her research paper entitled "Evolution of corporate social responsibility: two sets of explanation" investigated the history of CSR from two different perspectives. It's one thing to talk about an established country like the United States and another thing to talk about a developing country like India. India's required CSR regulations are also included in the debate. CSR's chronological history was examined in her conceptual study on historical evolution of CSR in the United States and India.

Shin et al., (2016) in their research paper entitled "Employee Perception of corporate social responsibility and job performance- A sequential mediation Model" invented a scale to measure employee perceptions of corporate social responsibility, and then developed a model to find out the relationship between perceived CSR and job performance using two mediating variables of Organizational identity and Job satisfaction.

Archie B. Carroll et.al (2010) in their research work entitled "The Business Case for Corporate Social Responsibility: A Review of Concepts, Research and Practice" discussed the notion of Corporate Social Responsibility (CSR) and emphasized the basic economic and other incentives for companies for adopting CSR practices and policies. Companies who engage in CSR policies, initiatives, or practices see a variety of immediate and long-term impacts.

Besides this, there are various studies who considers the impact of CSR on Organizational performance (Bhuiyan et. al. 2020; Yang, C. S. 2018; Asante Boadi et al. 2020; Carlini & Grace 2021; Yahya & Ha 2013; Barakat et al. 2016, Brammer et al. 2007, Orlitzky et al. 2011; O'Connor & Gronewold 2013; Halme et al. 2020; Henriques, A. 2013; Sardana et al.2020; Kramer et al. 2006; Werther & Chandler 2005; Jamali & Mirshak 2006).

OBJECTIVES

(a) To evaluate the association between employees perception regarding CSR initiatives and perceived corporate performance in the selected companies understudy.

(b) Determine the influence of Different CSR Activities on the perceived performance of the Organization.

HYPOTHESIS

H01: There is no significant association among employee perception regarding Corporate Social Responsibility initiatives and perceived corporate performance in selected companies understudy.

H02: There is no significant influence of various CSR activities on the perceived performance of the Organization.

RESEARCH METHODOLOGY

A comprehensive investigation was carried out to assess worker opinions of CSR activities and percieved organizational performance. The data was collected from employees through a structured questionnaire on five point likert scale. The employees are from twenty noteworthy companies in five varied sectors: automobile, banking, petroleum and natural gas,

FMCG, and information technology. The hypothesis was tested using descriptive statistics, one-way ANOVA, Karl Pearson correlation, and linear regression.

DATA ANALYSIS AND RESEARCH FINDINGS

Table-1 Karl Pearson coefficient of Correlation among perception regarding CSR Initiatives and Organizational Performance

Pearson Correlation		CSR Initiatives	Organizational Performance
Overall CSR Initiatives	Pearson Correlation	1	0.744**
	Sig. (2-tailed)		0.000
Organizational Performance	Pearson Correlation	0.744**	1
	Sig. (2-tailed)	0.000	

(Source –Author's Compilation from collected Data, significant because p<0.05)

The above table presents the Karl pearson coefficient of correlation which presents the association between the above two determinants. It has been found that there is strong and significant association between employees' perception regarding CSR activities and perceived organizational performance. R comes out to be 0.744 with p=0.000 from 343 observations of employee responses, indicating a high degree of positive and significant association. So, the null hypothesis H_{01}: There is no significant association among employee perception regarding Corporate Social Responsibility initiatives and perceived corporate performance in selected companies understudy is rejected, and the alternate hypothesis was accepted.

To estimate the value of Percieved Organizational performance with the help of CSR initiatives

Table -2.1 Regression modeling to determine the influence and Impact of overall CSR initiatives on Perceived Organizational Performance

Regression	R	R^2	Adjst R^2	Change Statistics				
				R^2 Change	F Change	df1	df2	Significant F Change
1	0.744	0.554	0.553	0.554	423.247	1	341	0.001

(Source –Author's Compilation from Primary Data)

Table- 2.2 ANOVA statistics for Regression

		Sum of Square	df	Mean Sq.	F	Significance
1	Regress	25.038	1	25.038	423.247	0.001
	Residual	20.173	341	0.059		
	Total	45.211	342			
DV: perceived organizational performance						

(Source –Author's Compilation from collected Data)

Table-2.3 Beta Coefficients with t value and p value

		Coefficients Un-standized			
		B	S E	T	Sig
1	Constant	1.759	0.121	14.552	0.001
	Overall CSR Initiatives	0.595	0.029	20.573	0.001

(Source –Author's Compilation from Collected Data)

Tables 2.1, 2.2, and 2.3 presents the regression model, Anova and Beta values which anticipates the values of the dependent variables using independent variables. In the table 2.1 it has been presented that R2=0.554 which shows significant and positive relationship between constructs. It interpreted that perception regarding overall CSR initiatives provided 55.4% variation in perceived organizational performance. Individual contributions of Independent constructs towards dependent variable (Perceived organizational performance) were measured using Beta and can be elaborated using p or t values. Collective CSR actions with beta values (Beta=0.595, t=20.573, and p=0.01) contribute significantly to dependent variables as p < 0.05. Equation of regression model was expressed as follows:

Perceived Organizational Performance= 1.759 + 0.595 (Consolidated CSR Initiatives)

To find out the significance of regression model, ANOVA statistics was calculated and it summarizes that, with $F(1,341)$ = 423.247, p=0.000, model is significant and consolidated CSR initiatives predicted perceived organizational performance.

CONCLUSION

CSR is a critically important ideology in today's corporate world. Every organization wants to achieve long-term survival, economic success, and good corporate image. All this can be achieved by developing an integrated and comprehensive business strategy which includes CSR at its center. Organizations not only focus on increasing their profits but also should prioritize their activities towards people, planet and profit. This holistic approach of CSR has been crucial for company's existence and development. An organization can become effective when they device strategies for social and environmental concern. CSR should not be considered as legislation to comply only by force rather it should be the philosophy of the organization. CSR initiatives, on the other hand, should be a discretionary strategy that should be continuously documented and examined in order to lessen firms' negative influence on the ecosystem. Organizational CSR approaches are divided into three categories: Organizational generosity (Bansal 2005; Porter and Kramer, 2006), incorporating stakeholder views (Carlini & Grace 2021; Asante Boadi et.al. 2020; Barakat et. al 2016; O'Riordan and Fairbrass, 2008), and environmental sustainability as company strategy (Beckeman 1994; Eweje 2011; European Commission, 2011) which contributes towards the positive organizational performance. Finally, it is reasonable to infer that CSR is a strategically relevant ideology in today's industrial culture.

REFERENCES

1. Aguinis H, Glavas A. (2012). What we know and don´t know about corporate social responsibility: A review and research agenda. Journal of Management 38(4): 932–968.

2. Archie B. Carroll and Kareem M. Shabana, (2010). The Business Case for Corporate Social Responsibility: A Review of Concepts, Research and Practice. International Journal of Management Reviews: 85-105.

3. Arora, B., Puranik, R., (2004). A review of corporate social responsibility in India. Development 47, 93e100.

4. Asante Boadi, E., He, Z., Bosompem, J., Opata, C. N., & Boadi, E. K. (2020). Employees' perception of corporate social responsibility (CSR) and its effects on internal outcomes. The Service Industries Journal, 40(9-10), 611-632.

5. Bansal P. (2005). Evolving sustainably: A longitudinal study of corporate sustainable development. Strategic Management Journal 26(3): 197–218.

6. Barakat, S. R., Isabella, G., Boaventura, J. M. G., & Mazzon, J. A. (2016). The influence of corporate social responsibility on employee satisfaction. Management decision.

7. Baron, D. P. (2001). Private politics, corporate social responsibility and integrated strategy. Journal of Economics and Management Strategy, 10, 7-45.

8. Beckerman, W. (1994). Sustainable development—Is it a useful concept? Environmental Values, 3, 191-209.

9. Bhuiyan, F., Baird, K., & Munir, R. (2020). The association between organisational culture, CSR practices and organisational performance in an emerging economy. Meditari Accountancy Research.

10. Biswas, A., Roy, M., (2015). Green products: an exploratory study on the consumer behaviour in emerging economies of the East. J. Clean. Prod. 87, 463e468.

11. Bowen, H. R. (1953). Social responsibilities of the businessman. University of Iowa Press. Carroll, A. B. (1996). Business and Society: Ethics and Stakeholder Management. Cincinatti: Southwestern Publishing.

12. Brammer, S., Millington, A., & Rayton, B. (2007). The contribution of corporate social responsibility to organizational commitment. The International Journal of Human Resource Management, 18(10), 1701-1719.

13. Branco, M. C., & Rodrigues, L. L. (2006). Corporate social responsibility and resource based perspectives. Journal of Business Ethics, 69(2), 111-132.

14. Carlini, J., & Grace, D. (2021). The corporate social responsibility (CSR) internal branding model: Aligning employees' CSR awareness, knowledge, and experience to deliver positive employee performance outcomes. Journal of Marketing Management, 37(7-8), 732-760.

15. Carroll, A. B. (1979). A three-dimensional conceptual model of corporate social performance. Academy of Management Review, 4, 497-506.

16. Carroll, A. B. (1991). The pyramid of corporate social responsibility: Toward the moral management of organizational stakeholders. Business Horizons, 34(4), 39-48.

17. Chopra, S. (2016). Eco-activities and operating performance in the computer and electronics industry. European Journal of Operational Research, 248(3), 971-981.

18. D. Jamali and R. Mirshak (2006). Corporate Social Responsibility (CSR): Theory and Practice in a Developing Country Context Journal of Business Ethics (2007) 72:243–262 _ Springer 2006 DOI 10.1007/s10551-006-9168-4

19. Dahlsrud A. (2008). How corporate social responsibility is defined: An analysis of 37 definitions. Corporate Social Responsibility and Environmental Management 15: 1–13.

20. Dartey-Baah, K. and Amoako, G.K. (2021). Global CSR, drivers and consequences: a systematic review. Journal of Global Responsibility, ISSN: 2041-2568. Emerald Publishing Limited https://doi.org/10.1108/JGR-12-2020-0103

21. Dodd, E. M., Jr. (1932). For whom are corporate managers trustees? Harvard Law Review, 45(7), 1145−1163.

22. European Commission (2011). Communication from the commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions: A renewed EU strategy 2011–2014 for corporate social responsibility. Brussels, Belgium: European Commission.

23. Eweje G. (2011). A Shift in corporate practice? Facilitating sustainability strategy in companies. Corporate Social Responsibility and Environmental Management 18(3): 125–136.

24. Freeman, R. E. (1984). Strategic management: A stakeholder approach. Marshfield, MA: Pitman.

25. Friedman, M. (1970). The social responsibility of business is to increase its profits. New York Times Magazine.

26. Gladwin, T. N., Kennelly, J. J., & Krause, T. S. (1995). Shifting paradigms for sustainable development: Implications for management theory and research. Academy of management Review, 20(4), 874-907.

27. Halme, M., Rintamäki, J., Knudsen, J. S., Lankoski, L., & Kuisma, M. (2020). When is there a sustainability case for CSR? Pathways to environmental and social performance improvements. Business & Society, 59(6), 1181-1227.

28. Hannon A, Callaghan EG (2011). Definitions and organizational practice of sustainability in the for-profit sector of Nova Scotia. Journal of Cleaner Production 19(8): 877–884.

29. Henriques, A. (2013). CSR, sustainability and the triple bottom line. In The triple bottom line (pp. 48-55). Routledge.

30. Hohnen, P., & Potts, J. (2007). Corporate social responsibility. *An implementation guide for business.*

31. Holmes L, Watts R. (2010). Corporate Social Responsibility: Making Good Business Sense. World Business Council for Sustainable Development: Geneva.

32. Kotler, P., & Lee, N. (2005). Corporate social responsibility. Doing the Most Good for Your Company and Your Cause, New Jersey.

33. Kramer, M., Kania, J., & Mcbreen, M. (2006). Game changing CSR. Corporate Social Responsibility Initiative Working Paper, 18.

34. Marcus, A. A., & Fremeth, A. R. (2009). Green management matters regardless. Academy of Management Perspectives, 23(3), 17-26.

35. McGee J. (1998). Commentary on 'corporate strategies and environmental regulations: An organizing framework' by A. M. Rugman and A. Verbeke. Strategic Management Journal 19(4): 377–387.

36. McWilliams A, Siegel D (2000). Corporate social responsibility and financial performance: correlation or misspecification? Strategic Management Journal, 21(5):603-9.

37. Mishra, S. (2019). Evolution of corporate social responsibility: two sets of explanation. Social Responsibility Journal.

38. Mishra, S., Suar, D., (2010). Does corporate social responsibility influence firm performance of Indian companies? J. Bus. Ethics 95, 571e601.

39. O'Connor, A., & Gronewold, K. L. (2013). Black gold, green earth: An analysis of the petroleum industry's CSR environmental sustainability discourse. Management Communication Quarterly, 27(2), 210-236.

40. O'riordan, L., & Fairbrass, J. (2008). Corporate social responsibility (CSR): Models and theories in stakeholder dialogue. Journal of business ethics, 83(4), 745-758.

41. Orlitzky, M., Siegel, D. S., & Waldman, D. A. (2011). Strategic corporate social responsibility and environmental sustainability. Business & society, 50(1), 6-27.

42. Porter, M., & Kramer, M. R. (2006), Strategy & society: The link between competitive advantage and corporate social responsibility. Harvard Business Review, 84(12), 78–92.

43. Sardana et al.(2020). CSR 'sustainability' practices and firm performance in an emerging economy. Journal of Cleaner production,258, Science direct

44. Shin, I., Hur, W.M., & Kang. S., (2016). Employees' Perceptions of corporate social responsibility and job performance: A sequential mediation Model. Sustainability (Switzerland). https://doi.org/10.3390/su8050493.

45. Siegel, D. S. (2009). Green management matters only if it yields more green: An economic/ strategic perspective. Academy of Management Perspectives, 23(3), 5-16.

46. Turban, D. B., & Greening, D. W. (1997). Corporate social performance and organizational attractiveness to prospective employees. Academy of Management Journal, 40(3), 658–672. https://doi.org/10.5465/257057

47. Werther Jr, W. B., & Chandler, D. (2005). Strategic corporate social responsibility as global brand insurance. Business Horizons, 48(4), 317-324.

48. Wood DJ, (1990). Business and Society. London: Scott, Foresman/Little, Brown Higher Education.

49. Yahya, W. K., & Ha, N. C. (2013). THE RELATIONSHIP BETWEEN ENVIRONMENTAL ISSUES AND ORGANISATIONAL PERFORMANCE. International Journal of Business & Society, 14(1).

50. Yang, C. S. (2018). The effect of CSR practices on organizational performance in the container shipping in Taiwan. International Journal of Shipping and Transport Logistics, 10(2), 181-201.

तनाव पर प्राणायाम के प्रभाव का अध्ययन

डॉ० रंजना काम्बोज

ऐसिस्टैंट प्रोफैसर, हैड ऑफ दा डिपार्टमैंट ऑफ योग, डीएवी कॉलेज फॉर गर्ल्ज, यमुनानगर।

सार

असंख्य घटनाएँ तनाव को पैदा करती है तनाव प्रतिदिन के जीवन का हिस्सा बन चुका है क्षण भर के लिए भी तनाव से पीछा छुड़ाना मुश्किल होता जा रहा है। कोई भी किसी को समझने के लिए तैयार नहीं है। तनाव का कारण दैनिक जीवन की छोटी-छोटी घटनाएं बन जाती है और ये ही छोटी-छोटी घटनाएँ अन्त में बड़े रूप पर तनाव कहलाती है। कभी घर के छोटे-छोटे झगड़े और कभी कामकाजी जगह पर छोटी-छोटी बातें हो जाने से व्यक्ति के मस्तिष्क पर इतना नकारात्मक प्रभाव पड़ता है। उस समय बहुत बड़े बदलाव बहुत बड़ी संख्या में मनुष्यों को प्रभावित करते है जैसे लड़ाई की स्थिति, न्युक्लेयर दुर्घटनाएँ, भूकम्प, शादी के बाद लड़कियों में तनाव आदि बहुत सारी घटनाएँ है जो तनाव का कारण बनती है अगर बात करें तो तनाव भी दो प्रकार का कहा गया है एक तो तीव्र तनाव या (Acute) यह कुछ समय के लिए पैदा होता है जब आप कभी-कभी जाम में फंस जाते है या आप बीमार हो जाते हो। जॉब के साक्षात्कार के समय आदि।

विषयसूचक शब्दः– प्राणायाम, तनाव, योग, दैहिक, मानसिक रोग।

प्राणायाम से तनाव की चिकित्सा

योगशास्त्र का हेतु रोगों के लिए चिकित्सा या उपचार करना यह नहीं है। लेकिन गत दो दशकों में हुए योग-अनुसंधान में यह पाया गया कि योगोपचार से असाध्य रोगों में भी राहत मिल रही है और अस्थि संधी (ज्वाइंट्स) तथा पेशियों के (मसल्स) विकारों में बहुत फायदा हो रहा है। यह भी समझ में आया कि जो व्यक्ति नित्य नियम से योगाभ्यास करता है वह सामान्य सर्दी-जुकाम, बुखार जैसे रोगों से कोसों दूर रहता है। ऐसी व्यक्ति की जीवन यात्रा भी 80 से 90 सालों तक और सुखावह रहती है। अब तो यह स्पष्ट हो चुका है कि उच्च रक्तदाब, दमा, मधुमेह जैसे व्याधियों में योगोपचार बहुत महत्त्वपूर्ण भूमिका निभाता है।

सन् 1818 में डॉ. जे.सी.एच. हेनरॉथ ने सबसे पहले 'सायमोसोमैटिक' इस शब्द का प्रयोग किया। बाद में सन् 1945 में डॉ0 जेम्स हैलिडे ने उसको विस्तृत रूप से समझाया।

'सायको' याने मानसिक या मन और सोमेटिक का मतलब है शारीरिक, शरीर का। इसलिए मनोकायिक (सायकोसोमेटिक) का अर्थ है ऐसा रोग जिसमें मन की भूमिका अंह है। कुछ शारीरिक व्याधियों में देखा जाता है कि मानसिक तान-तनाव से रोगी की अवस्था और भी खराब हो जाती है। इसीलिए इन रोगों को पहले त्रासदी की व्याधियाँ (स्ट्रेस डिसॉर्डस) कहते थे। मन की उत्तेजनापूर्ण अवस्था, उल्हसित अवस्था या नैराश्य की अवस्था, दुःखी अवस्था का शारीरिक स्थिति पर गहरा प्रभाव होता है यह हमें मालूम है। तनावग्रस्त मन, अशांत, अस्वस्थ मन का शारीरिक क्रियाओं पर विपरीत परिणाम होता है। ऐसा काफी दिनों तक चलता रहा तो प्रतिक्रिया के स्वरूप, शरीर में कोई ना कोई परेशानी, पीड़ा या तकलीफ शुरू हो जाती है। मनोकायिक रोगों का दौर शुरू हो जाता है।

अर्थात्, सभी को यह व्याधि नहीं होती। कुछ व्यक्ति जीवन में आह्नात्मक परिस्थितियों का या त्रासदी का मुकाबला नहीं कर सकते और अपना मानसिक संतुलन खो देते हैं। उनका मन स्वास्थ्य बिगड़ जाता है। उदाहरण के लिए, अपमानित होने की भावना दृढ़ होने से गुस्सा आता है। गुस्सा व्यक्त हुआ और हम उस प्रसंग को भूल गये तो ठीक है लेकिन काफी दिनों तक जब मन में खलबली या अस्वस्थता हो तो उसका असर शरीर के अपने आप चलने वाली क्रियाओं पर होता है। मन की बिगड़ी हुई स्थिति यही कारण बहुत सारी बीमारियों में पाया जाता है। बड़ी आंत की एक बीमारी में (इरिटेबल बॉयल सिन्ड्रोम) तो भावनात्मक और मानसिक तनाव यही प्रमुख कारण होता है। संधीवात, हृदय विकार, मधुमेह, निद्रानाश, दमा, उच्चरक्तदाब जैसे रोगों की उत्पत्ति में मानसिक तनाव यही मुख्य रूप से कारण है। इनके लिये कोई जीवाणु, कीटाणु, वायरस आदि जिम्मेदार नहीं होते। मतलब, ये विकार संसर्गजन्य (इन्फेक्षियस) नहीं होते।

हमारा शरीर हर तरह के आपातकालीन परिस्थितियों का मुकाबला करके स्वस्थ रहने के लिए प्राकृतिक क्षमताओं से भरा हुआ है। 30-35 वर्ष की आयु के बाद वयस्कता के कारण कुछ मानसिक तथा शारीरिक बदलाव होने लगते हैं। इसी आयु में मानसिक तथा भावनिक (इमोशनल) तनाव ज्यादा बलवान होते हैं। हम सतर्कता से हमारी प्राकृतिक क्षमताओं को उचित स्तर पर कायम नहीं रख पाते। हमारी आज की जीवनशैली जिसमें असुरक्षितता की भावना, स्पर्धा तथा संघर्ष है, खानपान की आदतें बिगड़ गयी हैं, चिंता

ज्यादा और व्यायाम का अभाव है, इसके लिए जिम्मेदार है। हमारा मनोशारीरिक तंदुरूस्ती की (फिटनेस) तरफ ध्यान नहीं रहता। साथ ही साथ अस्थिर मन, असमाधान, काम का तनाव आदि हो तो व्यक्ति की मानसिक शान्ति ढल जाती है। गुस्सा, अक्रामकता, चिड़िचिड़ापन जैसे लक्षण दिखाई देते हैं। भविष्य की व्यर्थ की चिंता और आमदनी तथा खर्चे को लेकर आपातकाल जैसी चिन्ता इन सबका परिणाम मानसिक असंतुलन निर्माण करता है। इसी कारण स्वयंचलित नाड़ी तंत्र (ऑटोनोमिक नर्व्हस सिस्टम) के द्वारा नियंत्रित कई क्रियाएं जैसे संप्रेरकों का (हार्मोन्स) संतुलन, रक्तचाप, रक्तपरिभ्रमण, पाचन आदि बिगड़ने लगती है। ऐसे व्यक्ति को यदि घराने की परंपरा से व्याधियों का बीज माता-पिता से मिला हो तो ये मनोकायिक व्याधि जल्दी ही प्रकट होती हैं।

मानसिक दबाव (प्रेशर) या तनाव (टेंशन) के कारण हमारा केन्द्रीय नाड़ी तंत्र (सेंट्रल नर्व्हस सिस्टम) भी ठीक तरह से काम करने में असमर्थ हो जाता है। जैसे, योग्य निर्णय लेना, स्मृति (मैमोरी) ठीक तरह से रहना, विचारशक्ति आदि। शरीर में सामान्य रूप से काम करने वाले रासायनिक तत्व भी उचित मात्रा में पैदा नहीं हो पाते। रक्तदाब कम -ज्यादा होते रहना, खून में कोलेस्ट्रॉल की मात्रा बढ़ना, रक्तवाहिनीयो में खून परिक्रमा में अवरोध उत्पन्न होना आदि बिगड़ उत्पन्न होते हैं। यकृत का और वृक्कों का (लीवर तथा किडनी) कार्य ठीक तरह से नहीं चलता और शरीर में विषैले (टॉक्सिन्स) पदार्थ ज्यादा जमा होना ये सारे बदलाव दिखाई देते हैं। शरीर की रोग प्रतिकार शक्ति भी (इम्यून पावर) कमजोर हो जाती है। इन सभी के कारण मनोकायिक व्याधि अपनी जड़ पक्की करती है।

1. हृदय गति तेज होती है। धड़कन महसूस हो सकती है।

2. श्वास की गति बढ़ती है। श्वसन उथला पुथला होना।

3. रक्त वहन करने वाली सूक्ष्म रक्त नलिकाएं सिकुड़ जाती हैं।

4. रक्तदाब बढ़ता हैं।

5. संप्रेरकों (हार्मोन्स) के कार्य में बाधा (असंतुलन) उत्पन्न होती है।

6. निद्रा और जागृति का तालमेल बिगड़ना, आम्लता बढ़ना।

सकारात्मक भावनाएं मनः स्वास्थ्य उचित स्तर पर रखती है। नकारात्मक भावनाओं के (निगेटिव इमोशन्स) कारण मन में द्वंद उत्पन्न होता है। गुस्सा या फिर नैराश्य आ सकता है और स्वास्थ्य ढलता है। मन में दौर्मनस्य आता है। एक शास्त्रीय अनुसंधान में तो यह भी देखा गया है कि गुस्से जैसे नकारात्मक भावना के कारण आमाशय के मृदुपेशियों का पेशीतान बिगड़ता है और आमाशय का आकार भी सिकुड़ा हुआ लगता है। दूसरे एक अनुसंधान सर्वेक्षण के अनुसार जिन महिलाओं के घर में आपस में झगड़े या तनावपूर्ण सम्बन्ध हैं उनमें जोड़ों का दर्द (आर्थ्रायटीस) ज्यादा पाया गया जबकि जिन के पतिदेव और घर के अन्य सदस्यों के साथ प्यार और सौहार्द्रपूर्ण सम्बन्ध हैं उनमें संधी या जोड़ों का दर्द नहीं के बराबर है। अब आप सोच सकते हैं कि पीठ या कमर का दर्द, गर्दन की शिकायत इनके पीछे मानसिक अस्वास्थ्य का कारण कितना होगा।

योग का दृष्टिकोण

योगशास्त्र की मान्यता यह है की कि उत्पत्ति के लिए वह व्यक्ति खुद जिम्मेदार है। आलस्य, अति निद्रा, बहुत ज्यादा सुखचैन की जीवन शैली का स्वीकार, शरीर को कोई कष्ट या व्यायाम नहीं और साथ ही साथ सहनशक्ति का अभाव इसके कारण हमारी प्राकृतिक क्षमताएं कमजोर होती हैं। महर्षि पातंजली ने अष्टांग योग में कहा है कि अविद्या, अस्मिता, राग, द्वेष और अभिनिवेश ये पांच क्लेश हमारी ऊपर निर्दिष्ट गलतियों के कारण उत्पन्न होते हैं। क्लेशों के कारण हमारी मानसिकता, बर्ताव तथा आदतें विशेष दिशा में बदल जाती हैं जैसे आक्रामकता, अहंकारीवृत्ति, चिड़चिड़ापन। योग प्रक्रिया द्वारा तथा योग युक्त जीवनशैली को अपनाने से क्लेश नियंत्रित हो जाते हैं और व्यक्ति में सुधार दिखाई देता है। मधुमेह के रूग्णों पर किये गये एक अनुसंधान से यह स्पष्ट हुआ कि योग चिकित्सा में श्वासन (शिथिलीकरण - रिलैक्सेशन) का उपयोग करने से उनकी इन्सुलीन लेने की मात्रा भी कम हो गयी, रक्त कार्यों में संतुलन आ जाता है। हमारे शरीर में ऐसे 20 प्रकार के विरूद्ध कार्य हैं जिनमें संतुलन कायम रहना जरूरी है। उदाहरण के लिए शरीर का तापमान बढ़ाना-कम करना, रक्त शर्करा बढ़ाना-कम करना, पानी की मात्रा बढ़ाना-कम करना आदि।

योग महर्षि पातंजली ने इसके लिये अभ्यास और वैराग्य ये दो मार्ग बताए हैं। अभ्यास और अनासक्ती से मन पर नियंत्रण आ जाता है। यम नियमादी योगागों का नित्य अभ्यास करने से शरीर फिर से तंदुरस्त हो सकता है। वैराग्य की भावना हमें निराशा, असमाधान तथा असंतुष्टि से दूर रखती है। बाहरी आकर्षणों के कारण हम विचलित नहीं होंगे। क्लेश कम हो जाते हैं। मनः स्वास्थ्य ठीक हो जाने से शरीर में सुधार आता है।

योग चिकित्सा कैसे काम करती है

हर व्यक्ति व्याधि के लिए शुरू में दवाईयां लेता ही है। दवाईयां किसी हद तक शरीर के कार्य सामान्य स्तर पर लाती है। लेकिन उनका असर 10-12 घण्टे तक रहता है। इसलिए बार-बार लेनी पड़ती है। उनके लगातार इस्तेमाल से कई अनचाहे दुष्परिणाम होते हैं। उदाहरण, रक्त दाब की गोली भले ही रक्तदाब सामान्य कर देगी लेकिन उसका मूल कारण दूर नहीं कर सकती। इसलिए रोज दवा लेनी पड़ती है। कई साल दवाई का सेवन करते रहने से उसके गंभीर परिणाम अन्य भागों पर दिखाई देते हैं। जैसे जोड़ों पर, यकृत पर, अब इन लक्षणों के लिये और भी दूसरी दवाईयां खानी पड़ती हैं। योग इसके विपरीत, मूल कारण तनाव को दूर करने का काम करती है। सहन शक्ति बढ़ाती है। निराशा, अवसाद, त्रासदी कम होते ही शरीर खुद को संभालता है। पाचन तंत्र, नाड़ी तंत्र, श्वसन प्रणाली ठीक तरह से काम करना शुरू करते हैं। मन शांत और सक्षम होने से व्यक्ति धीरे-धीरे ठीक हो जाते हैं। मन खंबीर हो, सशक्त हो, संतुलित हो तो कोई तनाव हमें परेशान नहीं कर पाता। तनाव उत्पन्न ही नहीं होगा।

योग चिकित्सा इस प्रकार से काम करती है।

1. शुद्धि क्रियाओं की मदद से शरीर की नाड़ियों की शुद्धि करती है।

2. आसन और प्राणायाम से मनोकायिक शिथिलीकरण होता है। मन और शरीर दोनों की विभिन्न क्षमताएं बढ़ती हैं। तेज और ओज दोनों बढ़ते हैं।

3. ओंकार जप तथा ध्यान से मन की धारणा बढ़कर, वृत्तियों पर नियंत्रण आता है। वर्तन में सुधार होता है। मन की सकारात्मकता, संतुलन, प्रसन्नता के कारण तनाव दूर हो जाते हैं।

   योगचिकित्सा रोग-प्रक्रिया को रोक सकती है। हमारी रोग-प्रतिरोधक शक्ति को बढ़ाती है। वैराग्य की भावना के साथ हम ओर एक प्रयोग कर सकते हैं। हम हमारी जरूरतें, मांगे कम कर सकते हैं। इससे आगे का चक्र जैसे ज्यादा मेहनत करना, ज्यादा पैसा कमाना, उसको लेकर चिंता करना आदि रूक जायेगा। निराशा और दुःख होगा ही नहीं। समाधान बढ़ेगा। हम शरीर और मन के लिए समय दे पायेंगें। भगवद्गीता में श्रीकृष्ण कहते हैं,

सुखदुःखे समेकृत्वा लाभालभौ जयाजयौ। (भ.गीता 2:36)

ध्यान प्रक्रिया से हमें यह सम्यक दृष्टि मिलती है। यदि हम सुख-दुःख, लाभ-नुकसान, जय-पराजय को एक ही समान दृष्टि से देखते हैं तो त्रासदी पैदा ही नहीं होगी। मन स्थिर होगा, आत्म विश्वास बढ़ेगा। इसके साथ ही, सात्विक वृत्ति, सच्चाई, उदारता, क्षमाशीलता इन गुणों का संवर्धन करने से मानसिक स्वास्थ्य उत्तम रहेगा।

हमारी बढ़ी हुई मांगे, जरूरतें, बिगड़ी हुई आदतें, जीवन शैली इन पर हमारा नियंत्रण न होने से हमारी सभी क्षमताएं कम हो जाती हैं। तनाव बढ़ता है और रोगप्रतिकारक शक्ति भी कमजोर हो जाती है। मन स्वास्थ्य बिगड़ने के कारण हमारी जीवनदायी नाड़ी तंत्र, पाचन तंत्र आदि असंतुलित होती है। शरीर का जो भाग कमजोर होगा और पारिवारिक रूप से किसी रोग का बीज माता-पिता से आया हो तो फिर वह व्याधि प्रकट हो जाती है।

शुरू में दवाईयों के साथ-साथ योग चिकित्सा शुरू करने से धीरे-धीरे हमारी प्रकृति फिर से नवचैतन्य और तंदुरूस्ती के साथ सुदृढ़ हो जाती है। हमें मनोकायिक रोगों से मुक्ति मिलती है। धीरे-धीरे दवाईयां कम हो जायेगी और एक दिन उनसे भी मुक्ति मिलेगी। हां नियम एक ही है, योग का अभ्यास रोज नित्य नियम से करना होगा। अब वह योग चिकित्सा के रूप में न होकर हमारी नित्य योग साधना बनेगी। हम रोगमुक्त तथा आनंद से भरपूर, सुखी जीवन लम्बे समय तक व्यतीत करेंगे।

उपसंहारः-

समाज उन्नति के रास्ते प्रतिदिन निकाल रहा है। विश्व की उन्नति जहाँ आधुनिक संसाधनों में हो रही है नई तकनीकी युग का निर्माण हो रहा है वही शारीरिक व मानसिक स्वास्थ्य बिगड़ता जा रहा है। मानसिक स्वास्थ्य तो हर दूसरे व्यक्ति का बिगड़ा हुआ है। आगे बढ़ने का होड़ में एक-दूसरे का गला काटने की, अपनी गलतियों को छुपाकर दूसरे की गलतियों को उठाना, इन सबके चलते मानसिक, तनाव तथा नौकरी आदि करते समय तनाव आदि की स्थिति बनती रहती है। इसके समाधान की अगर बात करे तो एलोपैथी, होमोपैथी, और आयुर्वेद आदि में इसका इलाज इतना सफलता पूर्वक नहीं हो पाया है। जितना हम योग के माध्यम से कर सकते है। योग के विभिन्न आयामों को जीवन का हिस्सा बनाकर व्यक्ति मानसिक व्याधियों से निजात पा सकता है। मानसिक रोग सभी समस्याओं की जड़ है जब प्राणायाम का प्रयोग करके हम पिट्युटरी ग्रन्थि के कार्यों को संतुलित कर सकते हैं। सन्तुलित दिमाग ही सही विचारों को जन्म देते हैं।

संदर्भ ग्रन्थ सूचीः–

1. शर्मा, आचार्य पं. श्रीराम, साधना पद्धतियों का ज्ञान और विज्ञान वाड्मय–4, अखण्ड ज्योति संस्थान, घीयामण्डी, मथुरा–1998।

2. शर्मा, आचार्य पं. श्रीराम, विचार सार एवं सूक्तियाँ, अखण्ड ज्योति संस्थान, मथुरा, 1998।

3. पण्ड्या डॉ. प्रणव, आध्यात्मिक चिकित्सा एक समग्र उपचार पद्धति, श्री वेदमाता गायत्री ट्रस्ट, शान्तिकुंज, हरिद्वार, 2006।

4. जिन्दल राकेश, प्राकृतिक आयुर्विज्ञान, केन्द्रियोग एवं प्राकृतिक चिकित्सा अुसंधान परिषद् नई दिल्ली।

5. सरस्वती स्वामी निरंजनान्द, घेरण्ड संहिता, बिहार योग भारती, मुंगेर, बिहार, 1997।

6. सरस्वती स्वामी दिव्यानन्द, वेदों में योग विद्या, यौगिक शोध संस्थान, योगधाम, आर्यनगर, हरिद्वार, 1999।

7. सरस्वती स्वामी सत्यानन्द, मुक्ति के चार सोपान, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, 1994।

ORGANIZATIONAL RESILIENCE AS A TOOL IN SUCCESSFUL ENTREPRENEURSHIP: A LITERATURE REVIEW

Dolly Mehta

Assistant Professor, Department of Psychology, DAV College for Girls, Yamuna Nagar, Haryana

ABSTRACT

The concept of resilience originated from positive psychology is now being used in different fields including psychology, sociology, disaster management and business administration. With the dawn of 21st century the topic of organizational resilience has become an area of focus for many researchers as more recently, there has been a shift in interest toward healthy ways of adjustment and coping. The Organizational resilience is basically an ability to survive and adapt in the face of sudden shift or change. This paper will provide a narrative review on the link between organizational resilience and successful entrepreneurship and how employees can be benefitted. Along with it, the review accounts on how organizational resilience can be inculcated with the help of counselling strategies. Data has been synthesized using different tools and search engines. The paper synthesis reveals that resilient organizations can better support their workforce to cope with this newly altered work environment. It affects the organizational factors by making people more motivated, capable of dealing with change, and less susceptible to burnout which in turn leads to improved work productivity. This paper also shows that resilience can be taught in organizations through counselling the employees with the help of counselling strategies and resilience training which equip the working individuals with skills that they can use to curb the problems which are faced by organization and improves employees' mental health and in turn improves people's performance throughout the workplace.

Keywords: Resilience, Organizational Resilience, Counselling, Employee Resilience, Successful Entrepreneurship, Workplace

INTRODUCTION

The majority of research into organizational resilience is focused on its conceptual understanding, resilience and entrepreneurships across academic discipline and organizational resilience models. The concept of counselling and its role in building workplace resilience has not been explored before. This research attempts to fill that gap by developing a understanding of the role of counselling in building resilience in organizational settings.

Several researchers have argued about the growing importance of resilience studies, due to the speed of changes in the economy, society, and technology. Because of this changing pace endurance is now viewed as a pivotal aspect of business, and resilience is crucial trait for such survival. The organizations are subject to unexpected and sudden shifts and never ending cut throat competition. To survive and adapt to the changes, at the same time making lucrative decisions for the success of the organization one needs to be resilient.

The part resilience plays in workspace is critical. It is the ability to anticipate, survive in and recover from a turbulent environment with the ability to return to original or an improved state. Resilience has three main aspects—anticipation, avoidance and adjustment which, respectively, focus one predictability, immunity and recovery.

There is a substantial corpus of research on why organizations fail when viewed from the perspective of disaster, as well as several studies proposing models of crisis causation and management (Hwang and Lichtenthal 2000; Pearson and Mitroff 1993; Pearson and Clair 1998; Shrivastava et al. 1988; Smith 1990; Turner 1976). Less focus is placed on what causes organisations to thrive in the face of calamity. However, organizational resilience literature is beginning to fill this gap and to focus on the characteristics of organizations that survive and thrive (Corey and Deitch 2011; Kendra and Wachtendorf 2003; Seville et al. 2008).

As Mitroff (2005) has stated, organizational resilience is a changing target that influences performance in both routine and emergency situations. It requires organizations to adapt and to be highly reliable (Weick and Sutcliffe 2007) and enables them to manage disruptive challenges (Durodie 2003). Seville et al. (2008; p. 18) discuss organizational resilience as an organization's "...ability to survive, and potentially even thrive, in times of crisis."

Organizational resilience is a newer tradition in organizational theory that incorporates insights form both coping and contingency theories. It is important to realize that resilience arises from a complex interplay of many factors at different levels of analysis (Van Der Vegt et al., 2015). It is important to understand that organizational resilience is influenced by many factors and have many levels. A multi- level and multi-factors model is depicted in Figure 1.

Figure 1. Theoretical model of organizational resilience (Lei XIAOa , Huan CAOb, ITA 2017)
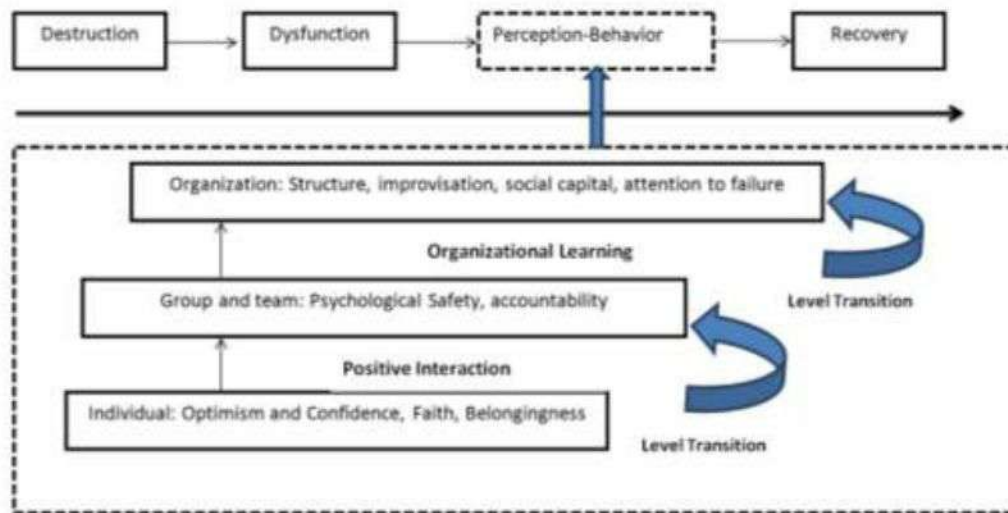
In the field of human endeavour known as guidance and counselling, the main goal is to help a person better understand their attitudes, emotions, values, feelings, needs, strengths and shortcomings (Adeoye 1998; Yahaya, 2002). Guidance and Counselling is universal and an age long practice (Makinde, 1983; Okon, 1984) useful in all human endeavors (education, family, religion, politics and even economy). Yahaya (2002) opines that, counselling is an important activity that basically assists people to understand themselves and the environment they found themselves and help them to take effective decisions necessary for their personal growth and development.

Resilience is an active, dynamic process. The Centre for Confidence and Wellbeing (2006) states that:

'*the good news is that although some people seem to be born with more resilience than others, those whose resilience is lower can learn how to boost their ability to cope, thrive and flourish when the going gets tough*'. Hence resilience can be improved.

There are many ways to build resilience at work. Through counseling, a good counselor try to help individuals find the building blocks of resilience already in themselves. If the foundation is not there a client can still work on the building blocks of resilience.

Workplace counselling is a type of employee support intervention that is often of a brief duration and offers a resource that is autonomous and specialized to persons working in various industries and work settings. Giving all employees access to a free, confidential, workplace counselling service can potentially be viewed as part of an employer's duty of care (Rick Hughes, 2015).

Because they primarily serve two clients—the person in front of them and the organization as a tangential client—workplace counsellors have a specialized perspective and skill set. Counselors at work are aware of the milieu in which their clients operate and have a critical grasp of the setting they will be returning to. (Rick Hughes, 2015).

METHODOLOGY

This paper includes information collected through existing research literature, and articles in Google, and Google Scholar and manually searched the reference lists of selected papers and reviewed.

DISCUSSION

Overall synthesis of the existing literature reveals that organizational resilience is a complex interplay of different factors of which employees are the foundation. Successful entrepreneurship is a result of joint efforts of resilient employees working toward the betterment of themselves and their organization. Diversity, connectedness, learning, social engagement, and inclusive policy making are all elements of a sustainable and resilient workplace that help it endure and recover from crises without sacrificing its sustainable values (Choi et al. 2021; Shamout et al. 2021).

Resilience is a trait of personality however one can develop resilience through guidance and resilience training. Counselors and psychologists working in the field of positive psychology and organizations can be a great help in building skills and behaviors which make them resilient.

Following are some characteristics that are associated with resilient individual: ability to manage stress, positive thinking, problem-solving skills, trusting connections with others etc. Studies show that such characteristics can be developed in an individual through workplace counselling.

The body of studies on counseling's effectiveness is expanding, and among professionals, workplace counseling has received a lot of attention.

Workplace counseling programmes have been found to lower sickness absence rates in firms by as much as 50%, according to a 2010 systematic analysis of the research evidence by McLeod.This fact alone demonstrates the cost-effective nature of counseling, and the positive impact it can have on an organization's productivity.

Over 28,000 EAP counseling interventions were evaluated for this UK Employee Assistance Professionals Association (EAPA) study. The results show how effective EAPs are in engaging with clients, matching client issues with counselors who can help, and providing quick interventions that reduce the amount of time employees must wait for professional assistance.

One important conclusion from the aforementioned study is that 70% of the EAP participants clearly recovered or got better after receiving counseling.

The personality trait of hardiness has been found to buffer or lessen the negative effects of stressful events or adversity (Jackson, Frito, & Edenborough, 2007).It is feasible to pick up habits and techniques that will make you more resilient. It is also possible to enhance and develop human resilience by creating techniques that lower vulnerability to stress and the effects of adversity.

Resilient employees build strong connections and relationships with others (Davis Laak, 2014) Connections are characterized by effective communication in which an individual listens actively and is responsive to their colleague and their emotions (Davis Laak, 2014).To build strong connections, it is important to communicate supportively, be an effective listener, build trust, and have moments of play (Dutton, 2014)

Social support plays an important role in workplace resilience (Jackson, Firtko, & Edenborough, 2007). Resilient employees are able to manage stress effectively so it is not overwhelming and detrimental (Davis Laak, 2014).Resilient workers prevent "burnout" by regularly practising self-care and nourishing themselves in the wake of a stressful event, no matter how minor.Employees that exhibit resilience are aware of specific thought patterns that may be restricting their chances of achieving professional success by acting consciously (Davis Laak, 2014). This awareness promotes a capacity to cope with stress and unexpected challenges.

Another characteristic of a resilient employee is that the individual is true to their 'real' self (Davis Laak, 2014). They are content to be vulnerable (Davis-Laack, 2014). Resilient workers have a meaning or purpose in their lives. They achieve this in a number of ways, such as through giving back to the community, being proactive in addressing issues, achieving their goals, and seeking out chances for self-discovery (American Psychological Association).the

The favourable impact of time-limited counselling (seven sessions on average) on disturbed clients was strongly demonstrated by a 2012 Cambridge University study. Evidence gleaned from a sizable treatment sample revealed that such counselling results in an elevated level of wellbeing. In accordance with another study, workplace counselling led to "substantial gains on most attitude-to-work criteria, including opportunity for control, skill utilization, job demand, clarity, feeling valued, interpersonal contact, competence, work spillover, adequate pay, and job satisfaction." Another way to say it is that happier, more upbeat, more secure employees are the result of counselling.

Research focused on expressive counselling reveals the effectiveness of expressive therapies in enhancing Emotional Wellbeing and Resilience. Expressive Therapy (ET) is an approach to counselling that utilizes an emotion-focused, growth-promoting way and promotes client wellbeing through offering a range of interactive, creative arts-based, projective techniques. ET aims to help clients access more resilient tendencies. To support the development of resilience ET therapists concentrate initially on promoting a warm accepting relationship with clients. Nurturance for the self of the client is encouraged through offering self-esteem building activities, self-discovery opportunities, supporting a client's more positive self and fostering their creativity for formulation of problem-solving steps (Pearson & Wilson 2007).

Resilient workers are able to maintain perspective and reject illogical ideas, such as exaggerating problems or assuming that no one likes them. Additionally, employees that exhibit resilience reframe unpleasant events and capitalize on challenges when they occur. They also accept change, have hope for the future, yet are also able to learn from the past (American Psychological Association).

The four-step Strengths-Based Cognitive-Behavioral Therapy (CBT) paradigm developed by Padesky and Mooney is intended to assist clients in developing positive character traits.The success of CBT across such a wide range of disorders has led to speculation that CBT therapy models also might be employed to help people develop positive qualities and attributes (Mooney & Padesky, **2002**; Fava & Ruini, **2003**; Padesky, **2006**). These ideas germinated in early years of this

century in the context of an increased interest in positive psychology, the study of positive human qualities and experiences (Seligman & Csikszentmihalyi, **2000;** Fredrickson, **2001**; Snyder & López, **2002**).

While the popular view of resilience is that we can and should *bounce back* from adversity, this may not be a helpful approach in resilience counselling. It implies that a person who is resilient overcomes challenges with ease and quickly gets back to "normal" without skipping a beat (Neenan, 2018). Coming back demands time for adaptation and recuperation, whether dealing with traumatic adversity or something less severe but yet significant (like job layoffs or a difficult customer) (Neenan, 2018).

Overall, resilience is a positive quality and provides a useful set of skills for employees. However, there is a turning point whereby employees can possess too much resilience. This can lead to employees tolerating toxic environments such as an abusive supervisor because they have high levels of resilience and resist the urge to leave (Chamorro-Premuzic & Lusk, 2017).

FINDINGS AND SUGGESTIONS

Review of literature reveals that, for entrepreneurship to be successful it is crucial to work on employees' level. This will enable them to build decision making skills, manage stress, and motivate them to face challenges with determination, all of these are the factors which make individuals resilient.

The role of counselling is salient for guiding the employees building resilience which ultimately works in favour of the organization as a whole. The helps in increasing job satisfaction, reducing the burnout rates, managing the work stress, make them able to anticipate, prepare and manage the unknown and sudden situations, develop effective communication, build trust and maintain strong connections and relationships, getting engage in self-care, in developing a positive viewpoint towards life and events, and to be mindful which are some key characteristics of a resilient person. Entrepreneurial counselling is simply a tool to raise an entrepreneur above average (Mamarou, 2012).

Entrepreneurial counselling is highly necessary in any entrepreneurial empowerment programmes, be it at the local, state and especially at the federal level. Without entrepreneurial counselling, the whole purpose of empowerment is often jeopardized. No matter how worthwhile or attractive an entrepreneurial policy may be, if entrepreneurial coaching and counselling are not prioritized and given appropriate attention by being made a crucial component of the empowerment process, the entire empowerment exercise is likely to be fruitless. This is so because awakening brings about empowerment (Trump and Donald, 2006).

Hence it can be concluded on the basis of reviewed literature that the organizational resilience is a predictor of successful and effective entrepreneurship. It is also clear that the role of counselors and counseling interventions is major in the organizational and business setting to develop resilient employees which then contribute to the team level which in turn affect the whole organization.

This research will also open avenues and attract future researchers to study the usefulness of counseling in this area. As this paper is based on limited researches so possibility is some important points would have been remain untouched. Because this topic has not been explored in previous researches that is why there are not enough empirical evidences. Although it also ensures that there is need to delve into this topic more and explore the vastness and the scope of counselling in developing resilience in helping develop organizations.

REFERENCES

1.　Pearson, M., & Wilson, H.(2008). Using Expressive counselling Tools to Enhance Emotional Literacy, Emotional Wellbeing and Resilience: Improving Therapeutic Outcomes with Expressive Therapies. Counselling, Psychotherapy, and Health, 4(1), 1-19, Regular Peer Reviewed Submission.

2.　Stefan Korber, Rod B. McNaughton, (2017) "Resilience and entrepreneurship: a systematic literature review", International Journal of Entrepreneurial Behavior & Research, https://doi.org/10.1108/ IJEBR-10-2016-0356

3.　XIAO,L., & CAO,H.(2017). Organizational Resilience: The Theoretical Model and Research Implication. Economic and Business School, University of Electronic Science and Technology of China, Chengdu,China,*DOI: 10.1051/ 7120*

4.　Setiawati,D.(2021). Guidance and Counseling Services to Improve Student Resilience *Advances in Social Science, Education and Humanities Research, volume 618*

5.　OKPENGE, E., Grace,E., IGBO, & Ihuoma (2013). Relationship Between Counselling And Entrepreneurship Development Skills Of Nigerian Final Year Undergraduates. *Procedia - Social and Behavioral Sciences 84 (2013) 120 – 127(*Available online at www.sciencedirect.com)

6.　Khan,N., Oad,L., & Aslam,R.,(2021). ENTREPRENEURSHIP SKILLS AMONG YOUNG LEARNER THROUGH PLAY STRATEGY: A QUALITATIVE STUDY. Humanities & Social Sciences Reviews *eISSN: 2395-6518, Vol 9, No 2, 2021, pp 64-74*https://doi.org/10.18510/hssr.2021.927

7.　Lee, A.V., Vargo,J., & Seville, E.(2013). Developing a Tool to Measure and Compare Organizations' Resilience. *DOI: 10.1061/(ASCE)NH.1527-6996.0000075.*

8. Abdulganiy,O,.(2012) THE RELEVANCE OF GUIDANCE AND COUNSELLING IN ENTREPRENEURIAL EMPOWERMENT. *Sokoto Journal of the Social Sciences Vol. 2: No.2 December 2012* (https://www.researchgate.net/publication/328860532)

9. Duchek,S.,(2019).Organizational resilience: a capability-based conceptualization | SpringerLink

10. Towler,A., (2020). Resilience in the workplace: What it is and how to build it.CQnet. https://www.ckju.net/

11. Craig,H.(2019).Resilience in the Workplace: How to be More Resilient at Work .positivepsychology.com. https://positivepsychology.com/

12. Padesky,C.A., Mooney,K.A.,(2012). Strengths-Based Cognitive–Behavioural Therapy: A Four-Step Model to Build Resilience. https://doi.org/10.1002/cpp.1795

13. Hughes,R., (2015).How Workplace Counselling helps Employees and Employers. https://www.personneltoday.com/

14. Martin,C.R., Paredes,A.L., &Wainer.G.A., (2018). What we know and do not know about organizational resilience.*DOI:10.4995/ijpme.2018.7898.https://www.researchgate.net*

15. Rai,S.S., Shivam Rai ,S., & Singh,N.K., (2021). Organizational resilience and social-economic sustainability: COVID-19 perspective.doi: 10.1007/s10668-020-01154-6. Epub 2021 Jan 22.https://pubmed.ncbi.nlm.nih.gov/

16. Prince,D.(2018).Manager Resilience: Preventing burnout and thriving in crisis.https://www.ckju.net/en/dossier/manager-resilience-preventing-burnout-and-thrving-in-crisis.

पाचन तंत्र की समस्याओं पर योग के प्रभाव का अध्ययन

नीलम देवी

व्यावहारिक योग एवं स्वास्थ्य विभाग, डी0ए0वी0 कॉलेज फॉर गर्ल्स यमुनानगर

सार

आज के आधुनिक जीवन मे हर एक व्यक्ति अपने आपको जीवन के सरल किंतु अत्यंत सुखद अनुभव से वंचित किए हुए हैं। वह आनंददायक अनुभव है. एक स्वस्थ एवं निरोग पाचन और निष्कासन प्रणाली का होना।स्वस्थपाचन हमारे जीवन को सुखपूर्वक बिताने का एक मूलभूत आधार है क्योंकि इससे हमारे सभी अनुभवों को करने तथा उनके रसास्वादन करने पर प्रभाव पड़ता है एक स्वस्थ पाचन व निष्कासन संस्थान की आवश्यकता शारीरिक व मानसिक स्वास्थ्य का आधार स्तंभ है क्योंकि इस संस्थान की लंबे समय तक रहने वाली गड़बड़ियों से अथवा इसके दुरुपयोग के फलस्वरूप अनेक बीमारियाँ उत्पन्न होती देखी गयी है। इन बीमारियों में दमा, मधुमेह, गाठिया, हृदय रोग, चर्म रोग, कैंसर, सिर दर्द मानसिक रोग समस्याएँ तथा अंतःस्रावी ग्रन्थियों के रोग शामिल हैं।

इन गंभीर रोगों का उपचार करते समय प्रायः प्रारंभ में यह आवश्यक हो जाता है कि प्राथमिक रूप से पाचन प्रणाली को पुनः संतुलित एवं शक्तिशाली बनाया जाए क्योंकि यदि हम शक्ति या प्राण ऊर्जा को जागृत एवं संतुलित करे तो पुनरुत्थान और सुधार की प्रक्रियाएं स्वचालित ढंग से कार्यरत हो जाती है ।

सूचक शब्दः– पाचन, रोग, उपचार, स्वास्थ्य

पाचन शक्ति की भूमिकाः– एक आदर्श स्वास्थ्य तथा जीवन ऊर्जा को बनाए रखने के लिए यह आवश्यक है कि हम एक ऐसे सूक्ष्म किंतु अत्यंत आवश्यक क्षमता में वृद्धि करें जो अधिकतर लोगों में नहीं पाई जाती तथा उन्हें कष्ट दुख एवं रोग के जंजाल में खींच ले जाती है वह क्षमता है इस ज्ञान की कि हमें किस प्रकार का भोजन करना चाहिए । इसका अर्थ है. कि हमें यह जानना होगा कि हम कैसे उपयुक्त भोज्य पदार्थों को उचित मात्रा में केवल निर्धारित समय पर ही ग्रहण कर अपने भौतिक शरीर को स्वस्थ एवं उच्च जैविक प्रतिरोध क्षमता इनकी अवस्था में बनाए रख सकते हैं यह सुनने में लगता तो बहुत आसान हैं मगर ऐसा व्यक्ति सचमुच बिरला ही मिलता है जो इसे समझकर उसके सभी पहलुओं पर दक्षता हासिल कर चुका हो।पाचकअंगों में मुख्य रूप से पाचक नली होती है जिसे पोषण नाल भी कहा जाता है। जिसमें पाचक रसों की सहायता से पाचन क्रिया सम्पन्न होती है पाचक नली का डायाफॉर्म के नीचे वाला भाग जठरांत नली कहलाता है पाचक नली या पोषण नाल मुँह से

लेकर गुददवार तक फैली हुई लगभग नौ मीटर यानी 30 फिट लंबी नली होती है इस नली की भीति अनैच्छिक पेशियों से बनी होती है।

पाचन प्रणाली के अंग, मुख, ग्रसनी, ग्रास नली, आमाशय, छोटी आंत, बड़ी आँत, मलाशय, गुदीयनली, गुदा द्वार,

भोजन का पाचनः–

ऊपरीपाचन नलिका

मुँह पाचन प्रक्रिया मुँह से आरंभ होती है भोजन दांतों से चबाया जाता है और छोटे छोटे टुकड़ों में विभाजित हो जाता है । मुँह में स्थित यह टुकड़े लार रस में मिल जाते हैं। लार ग्रंथी से लार निकलता है। लार रस में पाए जाने वाला एमाइलेज नामक एन्जाइम कार्बोज के पाचन में सहायक होता है यह कार्बोज प्रक्रिया करके उसमें आंशिक रूप से परिवर्तन लाता है।

ऊपरी पाचन नलिका के सभी रोग वायु तथा अग्नि तत्वों के असंतुलन से उत्पन्न होते हैं इसमें एसिडिटी तथा अल्प अम्लता से संबंधित रोग जैसे गैस्ट्राइटिस, पेप्टिक अल्सर शामिल है। इन रोगों के लक्षण लगभग एक जैसे होते है। जिसमें डकार आना, गैस बनना, पेट और सीने की जलन, अपचन, उल्टी आना आदि मुख्य लक्षण है।

मध्य पाचन :– मध्य पाचन नलिका पेट के नीचे जहाँ ड्यूडीनम होती है वहाँ से लेकर छोटी आंत की लंबाई तय करती हुई वॉल्व यानी छोटी व बड़ी आंतों के बीच का कपाट उस पर समाप्त होती है। जहाँ से बड़ी आंत शुरू हो जाती है ऊपरी पाचन नली का भोजन को छोटे टुकड़ों में पीसकर पाचक रस रसायन मिलाती है मध्य पाचन नली पोषक तत्वों के अवशोषण और उनको रक्त संसाधन के माध्यम से पूरे शरीर में भेजने का कार्य करती है। इस हिस्से का जो नियंत्रण करता है पंच प्राणों के उस भाग का नाम समान दिया गया है। समान नाभि से लेकर हृदय तक संचालित होता है तथा शरीर के तापमान मेटाबोलिज्म दर को नियोजित करता है।

मध्य पाचन तंत्र में तीन मुख्य अंग शामिल हैं लीवर, छोटी आंत ओर पेनक्रियाज। मध्य पाचन नलिका के रोगों में इन्हीं तीन अव्यवों के रोग यानी लीवर के रोग तथा मधुमेह शामिल हैं।

निम्न पाचन नलिका :–

निम्न पाचन नलिका छोटी आंत के अंतिम छोर से यानी छोटी और बड़ी आंत के इल्यूसी वॉल से शुरू होती है। बड़ी आंत यानी कोलोन शुरू होती है इस हिस्से में भोजन का जो अंश प्रवेश करता है वह लगभग सभी पोषक पदार्थों से विहीन अपशिष्ट पदार्थ मल कहलाने लगता है सभी पोषक पदार्थ पहले छोटी आंत द्वारा पहले ही अवशोषित कर लिए जाते हैं पंच प्राणों का

जो भाग इस हिस्से को नियंत्रित करता है उसे अपान कहा जाता है इसका मुख्य कार्य शरीर से मल व मूत्र के माध्यम से अपशिष्ट पदार्थों का निष्कासन करना है।

पाचन की अधिकता या कमी से निम्न पाचन नलिका की प्रक्रिया असमान्य हो जिससे अनेक एक्यूट एंड क्रोनिक रोगों को जन्म होता है इनमें मुख्य है कब्ज, दस्त, बवासीर, कोलाइटिस रोग शामिल हैं।

पाचन समस्याओं का समाधान :–

उचित मात्रा में सादे सात्विक भोजन को जो शरीर की आवश्यकताओं की पूर्ति और पोषण करेंगे आराम से धीरे धीरे पूर्ण सजगता के साथ खाना चाहिए ऐसी आदत को हमें दैनिक जीवन में अपनाना चाहिए। दैनिक जीवन में यह नया परिवर्तन आपको अतिशीघ्र एक स्वस्थ शरीर और ओजस्वी व्यक्तित्व प्रदान करेगा।

भोजन करते समय आत्म चेतना बढ़ाने का प्रयास करें। यह एक योगिक अभ्यास है भोजन को निश्चित समय पर करें, मुख्य भोजन के अतिरिक्त बीच में बार बार कुछ न खाएं, भोजन धीरे धीरे अच्छी तरह चबाकर खाएं जल्दी खत्म करने के दबाव में न रहे, भोजन को आनंदपूर्वक करें।

भोजन करते समय हमेशा पिंगला नाड़ी यानी दाईं नासिका से स्वर होना चाहिए इससे पाचक रसों के श्रावण की मात्रा बढ़ जाती है।

जब कभी आप तनावग्रस्त हो उस समय खाना न खाएं पाचन क्रिया अच्छी तरह संपन्न नहीं होती। शरीर एवं मन शांत हो। यदि मन तनावग्रस्त, अपने आप में उलझा रहेगा तो जठराग्नि जागृत नहीं होगी, अपचन की शिकायत हो जाएगी खाने के लिए बैठते समय यदि आप तनावग्रस्त हैं तो बेहतर यही होगा कि आप 5-10 मिनट तक शवासन में लेटकर शीतलीकरण का अभ्यास करें।

देर रात में भोजन न करें। सूर्यास्त के पहले तक हल्का भोजन लीजिए यदि इच्छा हो तो सोने के से पहले गर्म दूध लिया जा सकता है।

छोटी आंत व बड़ी आंतों की दीवारों में विशेष संवेदना ग्राहक होते हैं।इनके कारण ही हमें भूख, दाब, वेदना, तापमान, जलन आदि संवेदनाओं का ज्ञान होता है। संपूर्ण पाचन क्रिया सुचारु रूप से हो गई तो हमारा ध्यान उस क्रिया की ओर जाने का प्रयत्न ही नहीं होता। यदि किसी वजह से पाचन में बाधा आ गयी हो तो हमारा ध्यान इन्हीं ग्राहकों के कारण उस तरफ खींचा जाता है। योगाभ्यास से कुछ विशिष्ट पाचन अंगों पर दबाव खिंचाव आदि से हमारा ध्यान अंदर की ओर मुड़ता है योगाभ्यास के प्रारंभ में यह आवश्यक भी है।

पतले पदार्थ यानी रस युक्त आहार, जल युक्त पदार्थ पेट में जाने के बाद आमतौर पर आधे से एक घंटे के बीच में छोटी आंत में प्रवेश करते हैं और उनका शोषण शुरू हो जाता है। ठोस पदार्थों का पाचन अमाशय में दो से ढ़ाई घंटे तथा आंतों में दो से तीन घंटों तक चलता रहता है बाद में बड़ी आंत में प्रवेश करता है इसलिए योगाभ्यास सुबह खाली पेट करना अच्छा होता है।

धोती का संबंध अन्न नलिका तथा आमाशय से है निगली हुई धोती दस मिनट के आसपास अमाशय से छोटी आंत में आने की संभावना होती है इसलिए ज्यादा से ज्यादा दस मिनट तक ही धोती को आमाशय में रखना ठीक है। धोती निगलने के दस मिनट बाद उसे बाहर निकालना शुरू करना चाहिए। बस्ती क्रिया गुदा मलाशय तथा बड़ी आंत को प्रभावित करने के लिए होती है।

अश्विनी मुद्रा से गुदा कासंकोच तथा प्रसार या शीतलीकरण करते हैं।

केन्द्रीय नाड़ी तंत्र का पाचन तंत्र के साथ वैसे तो कोई संबंध नहीं होता लेकिन स्वायत नाड़ी तंत्र के केंद्र हाइपोथैल्मस में होते हैं ।वहीं पर भावनात्मक व्यवहार मानसिक अवस्था नियंत्रित होती है इसी कारण तनावग्रस्त एवं अस्वस्थ मानसिक स्थिति बहुत दिनों तक चलती रही तो एसिडिटी, जलन, अपचन और आगे चलकर अल्सर भी हो सकते हैं। इसलिए अपनी भावनाओं पर नियंत्रण रखिए। खुद को शांत रखें और यह योगाभ्यास से संभव है।

यम नियम का पालन करने से मानसिक प्रसन्नता धैर्य, संतोष आदि गुणों का विकास होता है। जिसके कारण गंभीर तंत्र क्रियाशील होता है जिससे पाचन तंत्र की गतिया अच्छी होती है।

ध्यान के द्वारा भी मानसिक अवैध शांत होते हैं। ईर्ष्या, भय, द्वेष भावनाएँ नष्ट होती है। जिससे भोजन का समुचित पाचन होता है।

बस्ती द्वारा पक्वाशय तक का मल बाहर निकाल दिया जाता है जिससे पाचन संस्थान शुद्ध होता है और अग्नि प्रदीप्त होती है।

न्योली द्वारा पेट की भली भांति मालिश होती है। उदर के अंगों को व्यायाम हो जाता है जिससे आंते सशक्त होती है। लीवर, स्प्लीन आदि अंग निरोग होते हैं।

शंख प्रक्षालन द्वारा मुख से गुदा पर्यंत संपूर्ण पाचन प्रणाली की सफाई हो जाती है। इससे पेट के विकार शांत होते हैं और अग्नि प्रदीप्त होती है।

प्राणायाम जीवनी शक्ति की वृद्धि करता है। प्राणायाम के द्वारा मनुष्य को पर्याप्त प्राणवायु प्राप्त होती है जिससे आमाशय की कोष क्रियाशील होकर अधिक मात्रा में हाइड्रोक्लोरिक एसिड उत्पन्न करते हैं जिससे शुद्ध और पाचन शक्ति बढ़ती है।

वज्रासन, मत्स्यासन, पश्चिमोत्तानासन तथा शीर्ष आसन के नियमित अभ्यास से अग्नि प्रदीप्त होती है।

प्राणायाम :– प्रति दिन नाड़ी शोधन, प्राणायाम दस चक्र दस मिनट करें।

धनुरासन के नियमित अभ्यास से आमाशय के विकार हटते हैं।

शीर्षासन, सर्वांगासन तथा विपरीतकर्णी मुद्रा के नियमित अभ्यास से आंत्र वृद्धि रोग ठीक होता है।

धनुरासन, शलभासन, भुजंगासन, पवनमुक्तासन से पेट की अपच दूर होती है।

भुजंगासन, शलभासन, हलासन का नियमित अभ्यास से पेट के विकार नष्ट होते है।

पवनमुक्तासन के वात निरोधी आसनों का अभ्यास हम रोज़ कर सकते हैं। प्रत्येक भोजन के पश्चात कम से कम 10 मिनट तक वज्रासन में बैठें यह आसन पाचन क्रिया को स्वस्थ बनाता है।

निष्कर्ष :

इस प्रकार हम कह सकते है कि स्वास्थ्य सबसे बड़ा धन है । कहा भी गया है कि स्वस्थ तन में स्वस्थ मन का निवास होता है । मन को स्वस्थ बनाये रखने के लिए पाचन तंत्र का स्वस्थ होना जरूरी है और पाचन तंत्र को स्वस्थ रखने के लिए हमें योग और प्राणायाम करना चाहिए जिससे हम अपना पाचन तंत्र स्वस्थ रख सकते है और अपने जीवन को सुखद बना सकते है।

संदर्भ ग्रंथ सूची :–

1. गोरे डॉक्टर मकरंद मधुकर, डॉक्टर मकरंद मधुकर गोरे विज्ञान और योगाभ्यास विजय कुमार ड्रोलिया पुस्तक भंडार निकट भारत माता मंदिर हरिद्वार. 249410
2. वर्मा डॉ पीएस दूरस्थ शिक्षा संकाय गुरुकुल कांगड़ी विश्वविद्यालय हरिद्वार उत्तरांचल हरिद्वार. 249404
3. गुप्ता डॉक्टर अनंत प्रकाश श्री रचना एवं क्रिया विज्ञान 2005, 4807124 भरतराम रोड दरियागंज नई दिल्ली
4. *सरस्वती स्वामी निरंजनानंद घेरण्ड संहिता योग पब्लिकेशन ट्रस्ट मुंगेर बिहार भारत
5. रामदेव स्वामी, योगसाधना एवं योग चिकित्सा रहस्य दिव्य प्रकाशन पतंजलि योगपीठ महाऋषि दयानंद ग्राम हरिद्वार
6. *सरस्वती स्वामी, सत्यानंद आसन प्राणायाम मुद्रा बंद योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
7. स्वात्माराम स्वामी, हठयोग प्रदीपिकाकैवल्यधाम, श्री मन माधव योग मंदिर समिति स्वामी कुवलयानन्द मार्ग लोनावाला
8. रावत डॉक्टर अनुजा मानव उत्कर्ष एवं योगिक विधि, सत्यम पब्लिशिंग हाउस मोहन गार्डन उत्तम नगर नई दिल्ली

भारतीय स्वतन्त्रता, साम्प्रदायिकता एवं अलगाववाद

श्रीमती दीप्ति शर्मा

सहायक प्रवक्ता इतिहास, एस0 एन0 आर0 एल0 जयराम, गर्ल्स कालेज, लोहार माजरा,(कुरुक्षेत्र)

शोध सार

भारत में साम्प्रदायिकता का विकास अंग्रेजों की 'फूट डालो और राज करो' की नीति का परिणाम थी। इसी नीति के तहत भारत में साम्प्रदायिकता का जन्म हुआ। इसका पहला चरण राष्ट्रवादी साम्प्रदायिकता का, दूसरा चरण उदारवादी साम्प्रदायिकता का एवं तीसरा चरण उग्रवादी साम्प्रदायिकता का था। भारत में भी इन तीन चरणों में साम्प्रदायिकता का विकास हुआ। पहले चरण में ये माना जाता है कि एक धर्म को मानने वाले लोगों के हित भी एक जैसे होते हैं। द्वितीय चरण में यह माना जाता है कि एक धर्म के हित दूसरे धर्म के लोगों से अलग होते हैं और तृतीय चरण में यह माना जाता है कि एक धर्म के हित दूसरे धर्म के हित एक-दूसरे के विरोधी होते हैं। इन्हीं तीन चरणों के तहत भारत में साम्प्रदायिकता का विकास हुआ एवं भारत का विभाजन हुआ और पाकिस्तान का निर्माण हुआ।

विषय सूचक शब्दः साम्प्रदायिकता, चरमोत्कर्ष, पुनरावृति, वैमनस्य, द्विराष्ट्र, वामपंथी, उदारवादी, उग्रवादी व राष्ट्रवादी

भूमिकाः

भारत में मुस्लिम राज की स्थापना दिल्ली सल्लनत की स्थापना के साथ ही हो गई थी। दिल्ली सल्तनत ने व मुगलों ने कई सदियों तक भारत में राज किया परन्तु भारत में धर्म के नाम पर कभी भी कोई साम्प्रदायिकता दंगे नहीं हुए। भारत में मुस्लिम साम्प्रदायिकता का आरम्भ ब्रिटिश राज में हुआ था। क्योंकि भारत में राज करने के लिए ब्रिटिश ने "फूट डालो और राज करो" की नीति आरम्भ की थी। इसी नीति के तहत उन्होंने मुस्लिम साम्प्रदायिकता को संरक्षण देना आरम्भ कर दिया था। ब्रिटिश राज के उकसाने पर ही भारत में मुस्लिम लीग की स्थापना हुई थी। परन्तु मुस्लिम साम्प्रदायिकता का विकास भारत में तीन चरणों में हुआ था। इन तीन चरणों के तहत साम्प्रदायिक उदारवादी से साम्प्रदायिक उग्रवाद साम्प्रदायिकता में तबदील हो गई थी। भारत में साम्प्रदायिकता का विकास एवं इसका उग्र साम्प्रदायिकता में तबदील होने में कुछ भडकाऊ नेता एवं ब्रिटिश राज की सोची समझी साजिश थी। इस साजिश के तहत भारत में अल्प संख्यक मुस्लमानों को हिन्दू राज का डर दिखाकर मुस्लिम लीग के झंडे तले इक्कठा होने का षड्यन्त्र किया था। अंत में लीग एवं ब्रिटिश इस साजिश में कामयाब हुए। लीग ने मुसलमानों के लिए अलग देश पाकिस्तान की मांग रख दी। एवं पूरे देश में साम्प्रदायिक दंगे फैला दिए। इन्हीं दंगों का परिणाम था 1947 में भारत की आजादी एवं विभाजन।

भारत में ब्रिटिश राज की स्थापना 1600ई0 में ईस्ट इण्डिया कम्पनी के नाम से हुई। जिस समय ईस्ट इण्डिया कम्पनी की स्थापना हुई उस समय भारत में मुगलों का राज था। उस समय मुगल अपनी शक्ति के चरमोत्कर्ष पर थे परन्तु धीरे-धीरे औरंगजेब की मृत्यु के बाद मुगल वंश पतन की ओर जाने लगा वैसे-वैसे भारत से केन्द्रिय शक्ति का नियन्त्रण ढीला पड़ने लगा और अंग्रेजी साम्राज्य ने अपनी जड़े जमानी शुरू कर दी। सर्वप्रथम 1757 में अंग्रेजों ने प्लासी के युद्ध के उपरान्त अपने आप को राजनैतिक शक्ति के रूप में स्थापित किया। इसके उपरान्त धीरे-धीरे 1857 आते-आते अंग्रेजों ने अपने आप को भारत की सर्वोच्च राजनैतिक शक्ति के रूप में स्थापित कर लिया एवं पूरे भारत को एकछत्र एक राजनैतिक केन्द्रिय सत्ता के अन्तर्गत नियन्त्रित कर लिया। भले ही अंग्रेजों ने राजनैतिक रूप से भारत को अपने नियन्त्रण में ले लिया था परन्तु उन्होंने कभी भी भारत को वास्तविक रूप में नहीं अपनाया था। भारत में उन्होंने अपनी औपनिवेशिक सत्ता स्थापित की थी एवं भारत को अपना गुलाम बना लिया। इसके बाद उन्होंने भारत का हर प्रकार (राजनैतिक, सामाजिक, आर्थिक एवं सांस्कृतिक) से शोषण किया। उनके इस शोषण का परिणाम था 1857 की महान क्रान्ति। इस क्रान्ति में भारत के हर धर्म, वर्ग न जाति ने हिस्सा लेकर यह साबित कर दिया कि ब्रिटिश को भारतीयों ने मन से स्वीकार नहीं किया है। 1857 की क्रान्ति में ना केवल भारतीयों की आंखें खोली अपितु ब्रिटिश राज की आंखें भी खोल दी। उन्होंने इस बात को माना कि इस प्रकार की क्रान्ति की पुनरावृत्ति बर्दाश्त नहीं कर सकते। अतः अब उन्होंने भी भारत में सत्ता चलाने की नीति का पुनरावलोकन करना होगा। अतः 1857 की क्रान्ति के बाद अंग्रेजों ने भारत में तलवार की नीति छोड़कर **फूट डालो और राज करो** की नीति अपनाई। उनकी नीति भारत में कारगर रही क्योंकि भारत भाषा, जाति, धर्म एवं विभिन्न प्रदेशों में बंटा देश है। यहां कई तरह के धर्म, जातियां, भाषाएं एवं विभिन्न प्रकार की विविधताएं विद्यमान है। अतः भारत को धर्म, जाति एवं भाषा के आधार पर बड़ा ही आसान था और यही नीति उन्होंने आने वाले समय पर अपनाई और भारत को विभाजित कर दिया। डॉ. विपिन चन्द्र का इस विषय में मानना है कि "साम्प्रदायिक विचारधारा का यह विश्वास है कि भारत जैसे बहुयामी समाज में एक धर्म के अनुयायियों के सामाजिक, सांस्कृतिक, आर्थिक एवं राजनैतिक हित अन्य किसी भी धर्म के अनुयायियों के सांसरिक हितों से भिन्न है।" परन्तु प्रश्न यह उठता है कि जब एक परिवार,

समाज में भिन्न हितों वाले व्यक्ति साथ रह सकते है तो अलग धर्म के व्यक्ति अलग सांसारिक हितों के बावजूद इकट्ठे क्यों नहीं रह सकते।

ब्रिटिश सरकार ने जान-बूझकर भारत में धर्म के आधार पर खाई पैदा की ताकि वे सुगमता से भारत में स्थाई रूप से राज कर सके। इसी नीति के तहत भारत में हिन्दू और मुसलमान के बीच मतभेद एवं वैमनस्य पैदा किया गया और भारत में साम्प्रदायिकता की शुरूआत की। डॉ. विपिन चन्द्र इस साम्प्रदायिकता को परिभाषित करते हुए कहते है कि साम्प्रदायिकता के तीन चरण है- पहला चरण है राष्ट्रवादी साम्प्रदायिकता का, जिसमें यह माना जाता है कि एक धर्म को मानने वालों के राजनीतिक, सामाजिक, आर्थिक एवं सांस्कृतिक हित एक जैसे होते है। साम्प्रदायिक विचारधारा के उदय का यह पहला आधार है। इसी धारणा से धर्म पर आधारित सामाजिक-राजनीतिक समुदायों का जन्म होता है। वर्गीय-जातीय समूहों, भाषाई- सांस्कृतिक जमायतों, राष्ट्रों या प्रान्तों और राज्यों जैसी राजनीतिक-क्षेत्रीय इकाइयों के स्थान पर धर्म पर आधारित इन समुदायों को ही भारतीय समाज की बुनियादी इकाइयों के रूप में देखा जाने लगता है। ऐसा मान लिया जाता है कि राष्ट्रीय जनता धर्म पर आधारित इन समुदायों के सदस्यों के रूप में ही अपने सामाजिक एवं राजनैतिक जीवन का संचालन कर सकती है तथा अपने सामूहिक हितों की रक्षा कर सकती है। इन विभिन्न समुदायों के अपने अलग-अलग नेता होते है, जो अपने आप को राष्ट्रीय, क्षेत्रीय या किसी खास वर्ग का नेता बताते है।

साम्प्रदायिक विचारधारा का दूसरा तत्व, ये विश्वास है कि भारत जैसे बहुभाषी समाज में एक धर्म के अनुयायियों के सांसारिक हित अन्य धर्म के अनुयायियों के सांसारिक हितों से भिन्न है।

साम्प्रदायिकता अपने तीसरे चरण में तब प्रवेश करती है जब यह मान लिया जाता है कि विभिन्न धर्मों के अनुयायियों या समुदायों के हित एक-दूसरे के विरोधी है। इस चरण में साम्प्रदायिक व्यक्ति जोर देकर यह कहने लगता है कि हिंदुओं और मुसलमानों के सांसारिक हित एक हो ही नहीं सकते, उनमें परस्पर विरोध होना ही है।

भारत में भी साम्प्रदायिकता तीन चरणों में बांट कर देखी जाता है। 1906 में जब भारत में मुस्लिम लीग का जन्म हुआ तो इसका ये मानना था कि भले ही हिन्दू मुस्लिम दो अलग वर्ग है फिर भी इनके राजनैतिक हितों को अलग करके नहीं देखा जा सकता। समग्र भारत का विकास दोनों धर्मों के विकास से ही सम्भव है। इस विचारधारा को तब बल ज्यादा मिला जब लोग मे जिन्नाह जैसे राष्ट्रवादी नेता का प्रवेश हुआ। आरम्भ में जिन्नाह राष्ट्रवादी विचारधारा के थे और उनका मानना था कि हिन्दू मुस्लिम एक ही सिक्के दो पहलू है और दोनों के विकास से ही देश का विकास सम्भव है। इसीलिए वो राष्ट्रवादी विचारधारा के प्रेरक थे। उन्हीं के प्रयत्नों से 1916 में लीग और कांग्रेस का समझौता सम्भव हो पाया था और उन्हीं के प्रयासों में 1920 में असहयोग आन्दोलन हिन्दू मुसलमानों में बढ़चढ़कर भाग लिया परन्तु ये स्थिति ज्यादा समय तक नहीं चल पाई और 1922 में जब असहयोग आन्दोलन को महात्मा गांधी ने अकस्मात् वापिस लिया तो लीग और कांग्रेस एक बार पुनः अलगाव के रास्ते पर चल पड़ी परन्तु फिर भी लीग विभाजन के पक्षधर नहीं थे। लीग का मानना था कि हिन्दुओं और मुसलमानों के हित अलग है। फिर भी दोनों साथ मिलकर ही विकास कर सकते है। ये समय दूसरे चरण की साम्प्रदायिकता का था। इस बात का उदाहरण हमें 1933 में मिलता है जब जिन्नाह कैम्ब्रिज विश्वविद्यालय जाते है। वहां पर रहमत अली के नेतृत्व में छात्रों का एक संगठन जिन्नाह से मिलता है एवं उन्हें **द्विराष्ट्र का सिद्धान्त** से अवगत कराते है। इस सिद्धान्त में पहली बार धर्म के आधार पर अलग राष्ट्रवादी पाकिस्तान की मांग की जाती है। परन्तु जिन्नाह इसे असंगत कहकर सिरे से खारिज कर देते है।

साम्प्रदायिकता का दूसरा दौर यानी नरमपंथी दौर 1937 तक जारी रहा। उसके बाद मुस्लिम लीग तेजी से उग्रवादी या फाँसीवादी तौर तरीके अपनाने लगी। नरम पंथी साम्प्रदायिकता में उग्रवादी साम्प्रदायिकता में बदलने के कई कारण थे। इसका सबसे बड़ा कारण था 1930-34 में चले सविनय अवज्ञा आन्दोलन के दौरान राष्ट्रवाद का विकास होना एवं राष्ट्रवाद के विकास के कारण ही 1937 के होने वाले चुनावों में कांग्रेस देश की सबसे बड़ी राजनैतिक पार्टी के रूप में उभरी। मुस्लिम लीग समेत बड़ी-बड़ी राजनैतिक पार्टियों को बड़ी हार का सामना करना पड़ा। इसके साथ ही देश में वामपंथी विचारधारा का विकास भी तेजी से हो रहा था। देश के मजदूर एवं किसान वामपंथी विचारधारा से आकर्षित हो रहे थे। ऐसी स्थिति जमींदारों एवं बुद्धिजीवी वर्ग के वर्चस्व वाली मुस्लिम लीग के पास केवल दो ही विकल्प बचे थे या तो वे अपने आप को समाप्त कर दे या फिर अपने वर्ग के स्वार्थ के लिए उग्र साम्प्रदायिकता की ओर मुड़े। अतः लीग ने पहले विकल्प की बजाय दूसरे विकल्प को चुनना ज्यादा बेहतर समझा। दूसरी ओर 1937 के चुनावों ने यह स्पष्ट कर दिया था कि उपनिवेशवाद के सभी सामाजिक एवं राजनैतिक आधार ध्वस्त हो चुके है। अतः औपनिवेशिक ताकतों के हाथ में एक ही विकल्प था- साम्प्रदायिकता एवं उन्होंने सब कुछ इस दांव पर लगा दिया। उनकी सम्पूर्ण राज्य शक्ति मुस्लिम साम्प्रदायिकता का साथ देने लगी।

द्वितीय महायुद्ध आरम्भ होने के बाद ब्रिटिश सरकार और अधिक मुस्लिम साम्प्रदायिकता का साथ देने लगी। युद्ध में साथ देने के बदले पूर्ण स्वाधीनता की मांग एवं मांग पूरी ना होने पर कांग्रेस के मंत्रियों का इस्तिफा देने से ब्रिटिश सरकार ओर भी अधिक लीग के करीब आ गई और लीग को भारतीय मुसलमानों का एकमात्र प्रवक्ता मान लिया। उन्हें ये

अधिकार दे दिया गया कि वे किसी भी राजनीतिक समझौते के खिलाफ अपना 'वीटो' का प्रयोग कर सकती है। इस प्रकार लीग ने उग्र साम्प्रदायिक राजनीति का कार्ड खेलते हुए 1940 में पाकिस्तान प्रस्ताव पारित कर दिया। मार्च 1941 में अलीगढ़ में उन्होंने सम्बोधित किया कि, "पाकिस्तान ना केवल हासिल किया जा सकता है, बल्कि अगर आप इस देश में इस्लाम को पूरी तरह खत्म होने से रोकना चाहते है, तो एकमात्र मकसद यही हो सकता है।" 1946 में जिन्नाह मुसलमानों को लीग को वोट देने की अपील करते हुए कहते है कि, "अगर हम आज अपना फर्ज अदा नहीं करते, तो आपकी हालत शूद्रो जैसी कर दी जाएगी और भारत से इस्लाम की विदाई हो जाएगी।" वही जिन्नाह पाकिस्तान की मांग को जोर देते हुए ये नारा देते है कि "लड़कर लेंगे पाकिस्तान, बंट कर रहेगा हिन्दुस्तान।" उनके इस नारे से कलकता में कत्लेआम होता है। इस प्रकार से लीग पाकिस्तान की मांग को जिहाद का नारा देती है और पूरे भारत में कत्लेआम शुरू हो जाता है। इस बढ़ती हुई साम्प्रदायिकता के माहौल में ब्रिटिश सरकार भारत छोड़ने की घोषणा कर देती है। इस घोषणा के बाद भारत का बंटवारा निश्चित हो जाता है। एक बार फिर से लीग बंटवारे के नाम पर जंग का एलान करती है और पूरे भारत में कत्लेआम शुरू हो जाता है। इस बार स्थिति सोच से भी ज्यादा भयावह थी और भारत जहां सदियों से हिन्दू मुस्लिम इकट्ठे रह रहे थे। वहीं आज एक दूसरे के लहू के प्यासे होकर एक दूसरे की जान लेने को उतारू थे। इस प्रकार से हम देखते है कि मुस्लिम साम्प्रदायिकता किस प्रकार से नरमपंथी दोर से चरमपंथी दौर में प्रवेश करके भारत में विभक्त घृणा एवं डर का माहौल पैदा करती है। लीग की यही विभाजनकारी मानसिकता भारत के विभाजन का कारण बनती है।

निष्कर्षः इस प्रकार से हम देखते हैं कि भारत में साम्प्रदायिकता का विकास अंग्रेजों की सोची-समझी साजिश का परिणाम था। उन्होंने भारत में लम्बे समय तक टिके रहने के लिए भारत को धार्मिक आधार पर हिन्दू-मुस्लिम में बांट दिया और स्वयं भारत में लम्बे समय तक राज किया। अन्त में उनकी इसी नीति के परिणामस्वरूप भारत में साम्प्रदायिक दंगे हुए एवं भारत का विभाजन हुआ।

सहायक सन्दर्भ ग्रन्थ सूची

1. Ali Mohamad - Muslim, The Real History – Rupa Publication

2. Ahluwalia B.K. -   Muslim and India Freedom movement - Generic 1987

3. शान्तिमय रे-आजादी का आन्दोलन और भारतीय मुसलमान - National Book Trust India

4. Anand Arun - The Forgotten History, History of India   –   Prabhat Prakashan

5. Chandra Bipin - Indian Struggle for Independence – Penguin Random House India

6. Habib Irfan - The National Movement – Tulika Books, Edition 25 June 2020

7. Jayapalan N. - History of India – Atlantic Publisher and Distri 2001

8. Sujata - History of Modern India – G.K. Publication

9. सरकार सुमित- आज का भारत - के.पी. बागची एंड कम्पनी

10. Qurashi Humara - The Indian Muslim – Aakar Books : First Edition (01 January 2021)

संगीत और धर्म

डॉ. अनीता शर्मा

सहायक प्रवक्ता, संगीत गायन, एस.एन.आर. जयराम गर्ल्स कॉलेज,
लोहार माजरा, कुरुक्षेत्र

शोध सार

संगीत को ईश्वर प्राप्ति का मार्ग माना गया है । इसकी साधना से हम ईश्वर की प्राप्ति कर सकते हैं। संगीत को आध्यात्मिक अभिव्यक्ति का साधन मानकर भी इसकी साधना की जाती है। संगीत और धर्म दोनों एक ही सिक्के के दो पहलू हैं। ईश्वर संबंधी कोई भी बात गणनात्मक तथा तार्किक रूप से नहीं की जा सकती क्योंकि यह केवल मनःस्थिति संवेदना एवं आस्था का विषय है। इसलिए संगीत को ईश्वर की आराधना एवं मन को एकाग्र करने का सशक्त माध्यम माना जाता है। धर्म का लक्ष्य मनुष्य को सत्य का मार्ग दिखाकर उसकी आध्यात्मिक और सांसारिक उन्नति ही करना है। जीवन का कोई पहलू ऐसा नहीं है जहाँ धर्म की धारणा न हो । धर्म एक सामाजिक विचार है जो मानवीय व्यवहार, नैतिकता, परस्पर सद्भाव ईश्वरीय मान्यता इत्यादि सभी बातों का आदर्श प्रस्थापित करके मानव द्वारा धारण किया जाता है। भजन और कीर्तन जो भी परमात्मा की आराधना की जाती है वे सभी गेय रूप में उसके मन को एकाग्र करके मोक्ष प्राप्ति का साधन ही बनते हैं । अतः संगीत ओर धर्म का अटूट सम्बन्ध है। दोनों एक दूसरे से जुड़े हुए हैं । धर्म में संगीत भगवान का मनुष्य के लिए अद्वितीय आशीर्वाद है अतः किसी भी संस्कृति का संरक्षण एवं विकास संगीत और धर्म दोनों में ही विद्यमान है ।

विषय सूचक शब्द : संगीत, धर्म, साध्य एवं साधक, संस्कृति, ऋचाएं, मनःस्थिति, संवेदना, आध्यात्मिक, अभिभूत ।

भूमिका :

संगीत की महिमा अनन्त है। जिसे संगीत का वरदान प्राप्त है वह इसकी महिमा से अभिभूत रहा है। संगीत विभिन्न धर्मों के भक्ति मार्गों को अंतिम लक्ष्य की ओर जाने में सहायक है। संगीत द्वारा साध्य और साधक दोनों ही परम सुख प्राप्त करते है जहां एक ओर भारतीय परम्परा में परमानन्द की प्राप्ति है। संगीत का प्रयोग दार्शनिकों, योगियों और भक्तों ने किया है वहीं दूसरी ओर जनसाधारण ने भी उसको अपने धार्मिक तथा सामाजिक उत्सवों तथा व्यक्तिगत मनोरंजन का साधन बनाया। संगीत को हृदय की विषय वस्तु मानते हुए श्री रिगे जी लिखते है कि "संगीत मानव मात्र की आत्मा का ऐसा भोजन है जिसके अभाव में मानवाचित गुण फल–फूल नहीं सकते। जिसे मानवता के विकास की उत्कृष्ट इच्छा है उसे भी कोई महात्मा अथवा योगी चित की स्थिरता के लिए संगीत का ही आश्रय लेने का परामर्श देता है। संगीत का ज्ञान परमावश्यक है। संगीत भारतीय संस्कृति का दर्पण है। भारतीय संगीत कला के अंग–प्रत्यंग से आध्यात्मिक की अमिट छाप स्पष्ट रूप से अंकित होती है।

उद्देश्य :

संगीत कला का प्रधान लक्ष्य और उद्देश्य है– आत्मसन्तोष अथवा आत्म–तृप्ति। संगीत में स्वर, लय मन को एकाग्र करके इतना अधिक तन्मय एवं तल्लीन तथा स्थिर कर देते है कि हृदय की अन्य समस्त चंचल वृतियां तिरोभूत होकर अन्तर्मुखी हो जाती है। अतः चंचल चितवृत्ति के निरोध साध्य के साथ एकीकरण और भक्ति में तन्मयता लाने के लिए संगीत को अपनाना अनिवार्य है। संगीत आत्मा की सात्विक खुराक है। मानव जीवन के मानसिक तथा सांस्कृतिक विकास में संगीत सफल तथा सशक्त भूमिका निभाता है। संगीत कला मानव के धार्मिक सांस्कृतिक, आध्यात्मिक एवं कलात्मक पक्षों की संजीव अनुभूति कराने में सक्षम है। इतिहास में संगीत को कही तो ईश्वर प्राप्ति का मार्ग माना गया है तो कहीं उसे साक्षात् ईश्वर का पर्याय। इसी कारण संगीत को आध्यात्मिक अभिव्यक्ति का साधन मानकर उसकी भी उपासना की गई है। ईश्वर संबंधी कोई भी बात अथवा चर्चा गणनात्मक तथा तार्किक रूप से नहीं की जा सकती, क्योंकि यह केवल मनःस्थिति, संवेदना एवं आस्था का विषय

हैं इसी कारण संगीत को ईश्वर की आराधना एवं मन को एकाग्र करने का सर्वाधिक सशक्त माध्यम माना जाता है। भारतीय परम्परा में धर्म का लक्ष्य मनुष्य को सत्य मार्ग दिखाकर उसकी आध्यात्मिक और सांसारिक उन्नति ही करना है। मूल रूप से धर्म का मुख्य उद्देश्य मनुष्य का कल्याण करना ही रहा है। जीवन का कोई पहलू ऐसा नहीं है जहां धर्म की धारणा न हो। धर्म की रक्षा करना हो। मनुष्य का परम कर्त्तव्य माना जाता है । धर्म के सहारे ही प्रत्येक पदार्थ की सत्ता स्थिर रहती है। संगीत का आरम्भ धार्मिक भावनाओं के स्फुरण एवं उनकी अभिव्यक्ति से ही हुआ है। विश्व की सभी प्राचीन संस्कृतियों में धर्म और संगीत का गहरा सम्बन्ध रहा है। धर्म एक सामाजिक विचार है, जो मानवीय व्यवहार, नैतिकता, परस्पर सद्भाव, ईश्वरीय मान्यता इत्यादि सभी बातों का आदर्श प्रस्थापित करके मानव द्वारा धारण किया जाता है। धर्म का अर्थ, एक विश्वास, एक भावना और संकल्प की व्यवहारिक क्रिया है। धर्म की परिभाषा करने पर हमारे मस्तिष्क में मन्दिर–मस्जिद, प्रार्थनाएं, प्रवचन, शब्द, कीर्तन व जप–तप आदि विषयों का भाव उत्पन्न होता है। किन्तु ये सब तत्व धर्म नहीं है ये केवल एक मार्ग है और ये मार्ग ही उसे मोक्ष की ओर ले जाते है।

भजन और कीर्तन जो भी परमात्मा की आराधना के लिए किए जाते है। वे सब गेय रूप में ही है। लगभग सभी देवताओं के लिए गीतों की रचना हुई। इसके अतिरिक्त कुछ देवी देवताओं के गीत अपना अलग स्थान और महत्त्व बनाए हुए है। इन आरतियों की एक विशेष शैली प्रचलित है। संगीत और धर्म आधुनिक युग में दो पृथक परम्पराएँ भले ही बन गई है, लेकिन संगीत को धर्म से अलग करना असम्भव ही जान पड़ता है। धर्म ऐसी ही वस्तु है जिसको केवल अनुभव किया जाना चाहिए। भारत में अनेक धर्म है लेकिन सभी धर्मों का अपना अलग संगीत नहीं होता उनकी अपनी अलग–अलग शैलियां जरूर होती है। जैसे– यज्ञ गान, कीर्तन तथा पदगान आदि ।

भारतीय संगीत का उद्भव सामवेद की ऋचाओं से हुआ है। नाद परावाक् का पर्याय ब्रह्म भी शक्ति है। नाद की उपासना करने वाले को भी नाद और ब्रह्म की अत्यधिक निकटता के कारण ब्रह्म की प्राप्ति सहज ही हो जाती है। मतंग आदि मुनियों ने भगवान शंकर की आराधना के लिए वेणु से सुषिर वाद्यों का निर्माण किया तथा उसका नाम सम्प्रदाय विशेष का बोध कराने के लिए "वंश" रखा। पं॰ ओंकार नाथ ठाकुर ने नाद को ब्रह्म का सगुण रूप कहा है। ब्रह्म की अनुभूति प्रणव की साधना से तथा नाद की उपासना से ही सिद्ध होती है। हिन्दू धर्म में तो संगीत को भगवान् का मनुष्य के लिए अद्वितीय आशीर्वाद समझा जाता है। हिन्दू धर्म में संगीत को धर्म, कर्म, अर्थ और मोक्ष सभी प्रकार के सुख देने वाला बताया है। नाद को "ब्रह्मानन्द सहोदर" माना जाता है। हिन्दू धर्म में मनुष्य के जन्म से लेकर मरण तक के सोलह संस्कारों में संगीत उसकी छाया के समान उसके साथ ही रहता है। प्रातः से लेकर सायं तक मन्दिरों और घरों में संगीत गुंजता रहता है। संगीत के धार्मिक और आध्यात्मिक रूप के साथ–साथ श्रृंगारिक और मनोरंजनात्मक संगीत का भी समाज में प्रमुख स्थान है। इस्लाम धर्म के लोग भी संगीत को काफी चाहते है। ये अपने अल्लाह खुदा का गुणगान नृत्य एवं संगीत के माध्यम से करते है। सूफी लोग अपने इष्ट को अपनी प्रेमिका व प्रेमी के रूप में उसका गुणगान संगीत के माध्यम से करते है। इस्लाम धर्म की मजारों व मस्जिदों में संगीत गुंजायमान रहता है। सिख धर्म में गुरु ग्रन्थ साहिब के जितने भी पद है वे सभी रागों और तालों में बद्ध है। पूरे गुरु ग्रन्थ साहिब को समस्त पदों को संगीत के माध्यम से गाकर ही उस परमात्मा तक पहुंचने की प्रयास रहता है। ईसाई धर्म का भी संगीत एक मुख्य अंग है। गिरिजाघरों में सामूहिक गान की ध्वनि हमेशा ही गुंजती रहती है। संक्षेप में संगीत और धर्म एक ही सिक्के दो पहलू है।

विश्लेषण :

धर्म से सम्बन्धित होना ही संगीत की वह शक्ति है, जिसके आधार पर संगीत विश्व की संस्कृति की एक अभिन्न एवं महत्त्वपूर्ण अंग रहा है। धर्म और संगीत दोनों एक दूसरे से जुड़े हुए है। दोनों का अस्तित्व एक दूसरे के बिना नहीं है। संगीत के माध्यम से ही साधक अपने स्वरों के द्वारा अपने मन को उस परमात्मा में विलिन कर देता है और बड़े–बड़े योगी लोग इन्हीं स्वरों की साधना से ही उस परमात्मा तक पहुँच जाते है। संगीत और धर्म दोनों एक दूसरे से भिन्न नहीं है।

निष्कर्ष :

अतः संगीत और धर्म का अटूट सम्बन्ध है। दोनों एक दूसरे से जुड़े हुए है। धर्म में संगीत भगवान का मनुष्य के लिए अद्वितीय आशीर्वाद है। योगशिखों उपनिषद के अनुसार नाद से बड़ी कोई पूजा नहीं मानी गई हैं । देवताओं से हमारे संगीत को जोड़ने का प्रयोजन संगीत में श्रृंगार रस के बाहुल्य एवं अश्लीलता का निराकरण करना है। इसी प्रयोजन को ध्यान में रखकर हमारे विद्वानों ने संगीत कला को धर्म से सम्बन्धित किया है क्योंकि धर्म ही वह तत्व है जो मानव मात्र को अनुचित और उचित का ज्ञान कराकर समाज और संस्कृत की परम्पराओं को निरन्तर विकसित करने के साथ—साथ पतन से बचाता है। अतः यहाँ पर किसी भी संस्कृति का संरक्षण एवं विकास संगीत और धर्म दोनों में ही विद्यमान है।

सन्दर्भ ग्रन्थ सूची :

1. व्यास, डॉ॰ रामनारायण, धर्म दर्शन

2. सचदेव, डॉ॰ रेनु, धार्मिक परम्पराएँ एवं हिन्दुस्तानी संगीत

3. शर्मा, डॉ॰ सुनीता, भारतीय संगीत का इतिहास, आध्यात्मिक एवं दार्शनिक

4. पण्डित अहोबल, संगीत पारिजात भाष्यकार कलिन्द

5. उपाध्याय, आचार्य बलदेव, भारतीय धर्म और दर्शन, चौखम्बा आरिएण्टल, वाराणसी, सन् 1977

6. यमन, अशोक कुमार, संगीत रत्नावली, अभिषेक पब्लिकेशन

7. गर्ग, लक्ष्मी नारायण, संगीत निबन्ध—संगीत कार्यालय, हाथरस

8. शर्मा, भगवतशरण, भारतीय संगीत का इतिहास

9. गर्ग, लक्ष्मीनारायण, संगीत—सम्पादक, 2004

10. शास्त्री, के॰ वासुदेव, संगीत शास्त्र, हिन्दी समिति सूचना विभाग, उत्तर प्रदेश

SOCIAL PARADIGM SHIFTS IN GLOBAL ECONOMY POST- PANDEMIC

*Ms. Shivani Dawer **Dr. Anju Bala*

Assistant Professor in Commerce, DAV College, Ambala City, Arya Girls College,   Ambala Cantt

**Associate Professor in Commerce, DAV College, Ambala City, Arya Girls College, Ambala Cantt*

ABSTRACT

The COVID-19 pandemic has had an enormous impact on humanity and industries across the globe, and India is no exception. The crisis has led to an unprecedented economic collapse, causing immense hardship for people and businesses alike. The conversation around COVID-19 has primarily focused on the challenges posed to human lives and global economies. With social distancing and stay-at-home orders in place, daily life has been disrupted, and individuals are facing pressure from both the fear of contracting the virus and the need to earn a livelihood. Lockdown measures have further unsettled lives, halted the economy, and pushed Indian income deeper into crisis, with widespread unemployment adding to the difficulties. These struggles are only magnified for millions of migrant workers and those without a financial safety net. Lockdowns have been implemented across the world to minimize person-to-person contact, but India can take steps to overcome the challenges and emerge as a leader in the global economy. This paper discusses potential strategies for India to rebound from the crisis and prosper in the aftermath of COVID-19.

Keywords: COVID-19, Global Economy, Remote Work, Social Welfare, Globalization, Pandemic Myths, Pandemic Realities

INTRODUCTION

The global COVID-19 pandemic has caused a significant disruption to the world's social and economic systems. Governments and businesses around the world have had to rapidly adapt to new and unpredictable circumstances, resulting in significant changes to the way we live, work, and interact with one another. As a result, many experts predict that the pandemic will lead to significant shifts in social and economic paradigms in the years to come.

The study of social paradigm shifts is a well-established field in sociology and economics, and there is a growing body of research that explores how changes in technology, demographics, and global events can lead to significant shifts in social and economic paradigms (Kuhn, 1970; Castells, 2000). The COVID-19 pandemic is a unique event in that it has impacted nearly every aspect of society and is likely to have long-term effects on the global economy.

This paper seeks to explore the social paradigm shifts that have emerged as a result of the pandemic's impact on the global economy. Specifically, we will examine the changes that have occurred in areas such as remote work, digital communication, social welfare, and globalization. Through our analysis, we aim to identify the most significant shifts and provide insight into how these changes may impact future social and economic systems.

OBJECTIVES:

- To understand the concept of COVID-19 and lockdown measures implemented globally.
- To explore the impact of social paradigm shifts on the global economy post-pandemic.
- To differentiate between pandemic myths and realities.
- To identify the challenges and opportunities faced by the global economy post-pandemic.
- To suggest ways through which India can overcome the challenges and emerge as a frontrunner in the global economy.

RESEARCH METHODOLOGY

For writing this research paper, the following approach was adopted:

1. **Research design:** The research design for this study was done using exploratory research. This is because the study aims to explore potential strategies for India to recover from the COVID-19 crisis and prosper in the aftermath. The research design involved collecting data from a variety of sources to gain insight into the current situation in India and potential strategies that can be implemented.

2. *Data collection:* The data collection for this study involved both primary and secondary data sources. Primary data was collected through an online survey administered to Indian citizens to gather their opinions and experiences related to the COVID-19 crisis and the impact on their livelihoods. The survey was designed to gather information on the challenges faced by the respondents and their suggestions for potential strategies to rebound from the crisis.

    Secondary data sources included academic research papers, reports from government agencies and international organizations, and news articles related to the COVID-19 crisis in India. The secondary data sources were used to gain a better understanding of the current situation in India, the impact of the COVID-19 crisis on the economy, and potential strategies that can be implemented.

The paper aims to explore the impact of the COVID-19 pandemic on the global economy and the resulting changes in social and economic paradigms. It aims to analyse how remote work, digital communication, social welfare, globalization, and pandemic myths and realities have changed because of the pandemic. The paper also suggests strategies for India to rebound from the crisis and emerge as a leader in the global economy.The paper highlights that the COVID-19 pandemic has caused a significant disruption to the world's social and economic systems, resulting in significant changes to the way people live, work, and interact with one another. It argues that the pandemic will lead to significant shifts in social and economic paradigms in the years to come. It also draws from the well-established field of sociology and economics to frame the study of social paradigm shifts and argue that the COVID-19 pandemic is a unique event that has impacted nearly every aspect of society and is likely to have long-term effects on the global economy.

PANDEMIC MYTHS AND REALITIES

The COVID-19 pandemic has caused significant disruptions to daily life worldwide, leading to many myths and rumours surrounding the virus. Despite efforts to educate the public about the virus, many individuals continue to believe in falsehoods about COVID-19, which can have serious consequences on public health. According to a study by Roope et al. (2021), the COVID-19 pandemic is anticipated to disproportionately impact older people in the "baby boomer generation" – those aged between 55 and 74. To curb the spread of the virus, lockdowns and other measures have been implemented in many countries worldwide. Evidence shows that COVID-19 can be transmitted in all areas, including hot, humid, and cold climates (World Health Organization, 2020).There are several myths surrounding COVID-19 that have been debunked by health experts. For example, garlic is a healthy food with many antibacterial properties, but there is no evidence that it protects from COVID-19 (World Health Organization, 2020). Similarly, there is a myth that spraying alcohol and chlorine all over the body can kill the virus, but this is not true. Alcohol and chlorine can be useful to disinfect surfaces but spraying them on the body will not kill the virus (World Health Organization, 2020).Other myths surrounding COVID-19 include the belief that the virus can be spread through flies or mosquito bites, which has been debunked by scientists and doctors (World Health Organization, 2020). There is also no evidence that taking hot water baths can prevent COVID-19 (World Health Organization, 2020).It is crucial to wear masks and practice social distancing in public places to prevent the spread of the virus (Centers for Disease Control and Prevention, 2021). Hand washing with soap and water is the most effective way to kill germs, but hand sanitizer can also be used when hand washing is not possible (Centers for Disease Control and Prevention, 2021).

It is important to stay informed about COVID-19 and avoid spreading misinformation about the virus. To protect ourselves and our communities, we should follow the guidance of health experts and take necessary precautions, such as wearing masks, practicing social distancing, and washing our hands frequently. By working together and following recommended guidelines, we can help prevent the spread of COVID-19 and save lives.

IMPACT OF SOCIAL PARADIGM SHIFTS ON GLOBAL ECONOMY

The COVID-19 pandemic has had a profound impact on the global economy. With the virus spreading rapidly across the world, governments have been forced to take drastic measures to slow its spread. These measures have included lockdowns, travel restrictions, and business closures, which have had significant economic consequences.One of the most visible impacts of the pandemic has been the loss of jobs. As businesses have closed their doors or reduced operations, millions of people have been left without work. In the United States alone, over 20 million jobs were lost in April 2020, leading to an unemployment rate of 14.8%. The impact has been felt globally, with the International Labour Organization estimating that over 25 million jobs could be lost worldwide.
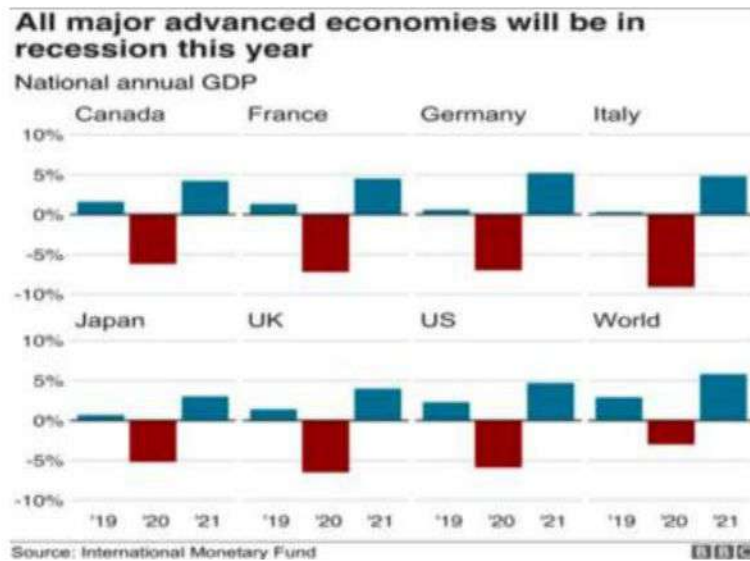
Fig: Recession in advanced economies

Small businesses have been particularly hard hit by the pandemic. Many have been forced to close their doors permanently, while others have struggled to survive with reduced revenues. Governments have introduced a range of measures to support small businesses, including loans, grants, and tax relief, but the scale of the crisis has meant that many have still been forced to close.
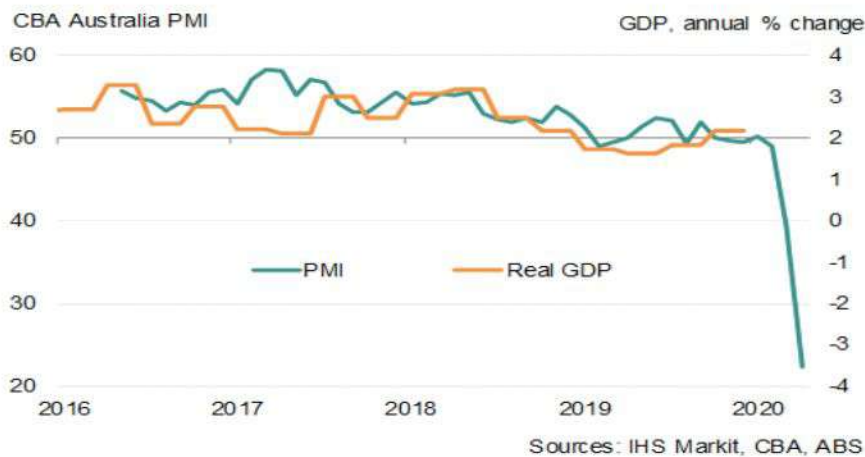

Fig: Slumping business activities

The impact on the travel and tourism industry has been particularly severe. With borders closed and travel restrictions in place, airlines and hotels have seen a dramatic drop in demand. The World Travel and Tourism Council has estimated that the pandemic could result in the loss of 75 million jobs in the travel and tourism sector.The pandemic has also highlighted the vulnerabilities of global supply chains. As countries have closed their borders and factories have shut down, the flow of goods and services has been disrupted. This has led to shortages of essential goods, such as medical supplies, and highlighted the need for greater resilience in global supply chains. Despite the challenges, there have been some positive impacts of the pandemic on the global economy. The shift to remote working has led to increased productivity in some sectors, while the acceleration of digital transformation has opened new opportunities for businesses. Governments have also responded with unprecedented levels of fiscal and monetary stimulus. The United States alone has injected over $6 trillion into the economy through a range of measures, including stimulus checks, expanded unemployment benefits, and small business loans. This has helped to support businesses and individuals through the crisis but has also raised concerns about long-term fiscal sustainability. The pandemic has also accelerated the trend towards sustainable investing, as investors look to companies that are better prepared for crises and have stronger social and environmental credentials.

POST COVID-19: CHALLENGES AND OPPORTUNITIES

The COVID-19 pandemic has caused unprecedented economic and social disruptions around the world, affecting both developed and developing countries. The World Bank and the IMF have warned of an economic recession worse than the one after the 2008 financial crisis, with developing countries facing several economic challenges such as volatility in

financial markets, fall in commodity prices, and financing gaps due to shrinking fiscal revenues and COVID-19 expenditure (UNCTAD, 2020). These challenges have been amplified by the disruptions in international trade, transportation, and depletion of foreign exchange reserves (IMF, 2020). Despite these challenges, the pandemic also presents opportunities for managing systemic challenges and building back better. The crisis has shown the importance of innovation and adaptation in dealing with global challenges that threaten everyone, such as pandemics and climate change. There is an opportunity to reset economic approaches in a way that maximizes the chances of developing more resilient and sustainable globalization. The United Nations Secretary-General, Antonio Guterres, has emphasized the importance of investing in a green and sustainable recovery, stating that "we must act decisively to protect our planet from both the coronavirus and the existential threat of climate disruption" (UN, 2020).

Furthermore, the pandemic has highlighted the need for collective action in addressing global challenges. It is essential to strengthen international cooperation and coordination to ensure a more effective response to future crises. The pandemic has also brought to the fore the importance of governance systems and democracies in managing crises and shaping the post-pandemic world. In this regard, it is essential to identify and address the gaps and weaknesses in governance systems and develop strategies to build more resilient and responsive systems (OEC,2020).

CONCLUSION

The COVID-19 pandemic has caused significant disruptions to the global economy and has led to social paradigm shifts in various areas such as remote work, digital communication, social welfare, and globalization. The pandemic has also given rise to myths and rumours, and it is crucial to stay informed and follow recommended guidelines to prevent the spread of the virus. The impact of the pandemic on the global economy has been severe, with millions of job losses and small businesses struggling to survive. The travel and tourism industry has been hit hard, and global supply chains have been disrupted, highlighting their vulnerabilities. To overcome the challenges and emerge as a frontrunner in the global economy, it is essential to identify the opportunities presented by the pandemic and adapt to the changing circumstances. By working together and following recommended guidelines, we can mitigate the impact of the pandemic and create a more resilient and sustainable future.

REFERENCES

1. Centers for Disease Control and Prevention. (2021). How to protect yourself and others. Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

2. Roope, L. S. J., Buckner, S., and van der Loeff, M. F. S. (2021). COVID-19 and age: A tale of two pandemics. Epidemiology and Infection, 149:e71. doi: 10.1017/S0950268821000161

3. World Health Organization. (2020). Coronavirus disease (COVID-19) advice for the public: Myth busters. Retrieved from https://www.who.int/emergencies/disease-outbreak-news/item/2020-DON-27-myth-busters

4. International Monetary Fund. (2020). Policy responses to COVID-19. Retrieved from https://www.imf.org/en/Topics/imf-and-covid19/Policy-Responses-to-COVID-19

5. OECD. (2020). COVID-19: Protecting people and societies. Retrieved from http://www.oecd.org/coronavirus/policy-responses/covid-19-protecting-people-and-societies-e5b3abf3/

6. UNCTAD. (2020). The COVID-19 shock to developing countries: Towards a "whatever it takes" programme. Retrieved from https://unctad.org/webflyer/covid-19-shock-developing-countries-towards-whatever-it-takes-programme

7. United Nations. (2020). UN chief calls for 'decisive' action to protect planet from both coronavirus and climate disruption. Retrieved from https://news.un.org/en/story/2020/04/1062272

GLOBAL WARMING-A THREAT TO ECOSYSTEM

Navneet Kaur

Assistant Professor, Department of Physics, DAV College for Girls, Yamuna Nagar

ABSTRACT

Rise in industrialisation is usually associated with income and improved living standards .It is associated with both pros and cons .Although ,industrialisation is need of an hour but should be managed and controlled in such a way that it should not harm the flora and fauna of our ecosystem .Upcoming paragraphs illustrates how reckless release of unwanted gases and pollutants like carbon monoxide and chlorofluorocarbons released in the atmosphere gives rise to temperature which gives rise to a serious issue of global warming which is not only affecting the natural phenomenon also which is responsible for the extinction of various species and wildlife like bids ,polar bears ,marine and aquatic sea life. This is also a serious problem for human beings too as our ecosystem is interlinked with each other .Even a small change in an ecosystem give rise to a major impact on all the living creatures if there is rise in sea level of about 50 cm only than turtles have to lose their nesting grounds .There is already a decrease in the population of fishes.Moreover,many respiratory problems like asthma and pre-term birth as well as cardiovascular diseases, kidney diseases as well as cancerous diseases are increasing due to ecological imbalance .Not only this ,increase in temperature signifies increase in mosquitoes population and thereby increasing the risk of malaria, dengue and many more virus too .Prolonged exposure to heatwaves result serious issue on the health of old elderly and sick people .This has a major impact on agriculture sector too as production in yield automatically decrease due to major rise in temperature. So ,global warming is a serious worldwide problem due to which weather has changed a lot and has many negative impacts on flora and fauna .Change in temperature cause change in rainfall also due to which more frequent and severe storms occur .As upcoming paragraphs also depicts causes and its effects as well as measures to prevent global warming. The approach of paper is descriptive with some references and data from various research papers as well as online surfing so as to inculcate the interests of people towards nature ecological imbalance due to human activities like global warming due to increase in earth's temperature. I found that each and every being on atmosphere how gets affected due to mismanagement or reckless use of resources which if one use eco-riendly resources and show love towards nature then definitely it would prove a boon for nature as well as human beings as well.

Keywords Extinct, Enhancement, Remarkable, Reckless, Prevent, Alarming, Soot

INTRODUCTION

In modern era ,industrialisation has a remarkable positive as well as negative impact on human life and to our ecosystem .Burning of fossil fuels to produce electricity like thermal power plants as well as many coal run industries directly leads to produce gases like carbon dioxide ,methane and nitrous oxides increases the temperature of the planet which is a serious issue which ultimately leads to global warming .Sunlight from sun after reaching the earth's surface ,gets absorbed by water bodies .About 29% of sun's energy that arrive at the top of atmosphere by waterbodies and ozone and 48% pass through atmosphere and absorbed by earth's surface .Thus ,about 71%of total solar energy is absorbed by earth system .Any matter on earth that absorbs heat and gets excited and move quickly .Due to this, temperature of material gets increased and this process further go on thereby increasing the earth's atmosphere .Also the amount of heat radiated is fourth power of its temperature .Many thermal plants run day and night on an average about 40%of carbon dioxide gets released into the atmosphere due to combustion of fossil fuels to produce electricity which is one of the primary heat trapping greenhouse gas which is major cause of greenhouse gas.In addition to this ,many nitrogenous and sulphur oxides ,methane ,soot also released in the atmosphere too.

These greenhouse gases behave like a blanket for earth as they trap the sun's heat there by causing the earth warm and this increases the percentage of temperature which is alarming .Due to this ,there is a huge change in the climate .Due to increase in temperature as sea level rises due to melting of glaciers ,on some parts there are droughts .some countries are based on agriculture as in some parts of India due to change in climate there is less rainfall which directly has a major impact on the yield .The rate of increase in the temperature is now has been increased at a much higher rate than the recorded history which is undoubtedly a serious threat for all the living species on earth as well as marine life too .Now forest fires are increasing at a much higher rate .for an instance ,bush fires in Australia is one of the major reason due to global warming .Due to this, millions of species got died every year .Furthermore ,if this bushfire increases than it impacts on community as well as nearby residents too resulting in huge loss of wildlife as well as human life too .Due to decrease in sea ice polar bears suffer a lot as they have to travel to remote distance for their proper food .If in case they don't get than they ultimately die due to malnutrition .If this problem keeps on going than that day is not far that polar bears will also got extinct one day due to global warming.

OBJECTIVES

1. To analyse the causes of global warming.

2. To create awareness to prevent global warming.

3. To discuss preventive measures and techniques to solve this problem.

METHODOLOGY

The approach of paper is descriptive with some instances from media and reports as well as some online research papers and some newspapers too. This paper covers causes and effects and also some measures to prevent this problem. The main sources of information are related websites,books and magazines.

The paper is discussed as per the following parts

DISCUSSIONS/ANALYSIS

Causes and Its Effects

Power Generation: Almost 29% of renewable energy comes from renewable resources and rest is generated by burning fossil fuels which means the resources which are not eco-friendly are in more use than the environment friendly resources which ultimately releases more toxic gases into the air thereby trapping the heat into the earth's atmosphere and thereby increasing the temperature on earth leading to the problem of global warming.

Reckless Production of Manufacturing Goods : In order to cope up with modern world and looking smart ,many industries are being set up which are producing goods unnecessarily to meet the demands of young generation as well as age of every people which is adversely releasing the toxic gases into the atmosphere on a very large scale as more plants run simultaneously and are making the environment temperature high day by day .Carbon dioxide is one of the major pollutant released in the atmosphere which is one of the major pollutant in the atmosphere causing the increase the temperature on earth and thereby disturbing the ecosystem on earth .

Deforestation: Forests plays a crucial role in maintaining ecological balance as well as maintain temperature on earth surface .If more and more trees are cut in hilly areas to construct any plant or any industry than it will have devastating bad effects on the ecological balance as carbon-di-oxide level will automatically enhance and ultimately increases the threat of global warming .Some species's body is designed in such a way that it cannot bear the much heat and finally they are extincting but due to human race of industrialisation ,temperature is increasing at a rate greater than their capability to resist the heat due to which many species are dying day by day .Now a days ,glaciers are also melting at a very high rate which results in floods and damage to nearby habitat too .For an instance , Joshimath , a gateway to Badrinath and a well-known tourist place was a well-known religious as well as resting place for many tourists is one of the best example of human selfishness against nature(Tribune- India, Mongbay-India)As there too many heavy buildings and many multi storey hotels have been built up more than the strength of base of the building due to which now roads are sinking and cracks are appearing in the houses of people due to which now people are forced to leave their property and houses too .Some hotels have also shed down completely due to which too much loss occurred to life as well as nearby residents too .People are cutting trees without consulting government but excess of everything is bad so now people are paying for what they have sown.

Increased Drought: Due to global warming, as temperature is increasing, some areas have also become deficit of water .Due to which deserts are expanding and making more land unfit for cultivation .Almost 55million people are affected globally due to drought .Some are also Facing Hunger And Malnutrition Problems Due To Less Yield.(World Health Organization)

Health Impact: The rise in temperature has caused soil degradation and acidifications of oceans causing non communicable diseases like injuries during natural disasters, and mortality rate has increased due to heat strokes .After floods increase in water borne pathogens and cases of leptospirosis .Tick borne diseases have been increases from past few years as cycle of laying of eggs become faster in more temperature regions which definitely give rise in the cases of malaria ,typhoid ,dengue and many more .so increase in temperature has adverse effects on the health of human beings.

MEASURES TO PREVENT GLOBAL WARMING

Use Of Ecofriendly And Renewable Sources Of Energy: If one uses the nature friendly resources to produce energy than it will not release toxic gases in the atmosphere and it will definitely help in the reduction of emission of harmful gases. And ultimately will decrease the level of carbon dioxide gas level as well as other toxic gases level. Government has already taken many initiatives to resolve this issue as government is providing subsidies in bill as well as in installation of solar power plants too .This will definitely decrease the concentration of carbon dioxide gas in the atmosphere and thereby solving the issue of global warming.

Afforestation : If an individual plant only one tree like on a birthday or any special occasion than only a single tree can absorb one tonne of carbon dioxide over its whole lifetime .So this effort by everyone on a same day will results in billion trees in one day approximately which definitely will prove a boon for ecosystem and will maintain ecological balance on earth .Each and every individual on the earth should learn their importance of forests in our life as they maintain ecological balance as well as protect us from various harmful problems also and maintain water cycle too .Adding further, in case of heavy floods ,trees act like a shield for us as they hinder the flow of water current level also and ultimately saves our shelter as well as our life too.

Use of Electric Bikes and Cars: with the advent of technology and mankind, human brain and hardworking has developed those sources by using which human purpose can be solved without harming nature. These inventions have advantage that they produce almost zero pollutant emissions which directly reduce the greenhouse impact and thereby reducing the global warming problem too. Furthermore, by using e-bikes an individual health can be sustained too. If an individual will use electric bikes and cars than it will reduce the poisonous gases emissions due to burning of petroleum .If an individual uses these vehicles than almost zero pollutants are released which is definitely a golden boon for human beings as well as animals too .Now a day ,with the enhancement in technology electric cars are also brought up in the market with greater efficiency and very less harmful emission in the atmosphere. We should use these eco-friendly resources if we want to get rid of dangerous diseases .This will not only preserve the natural resources like coal and petroleum but will definitely make the air free from poisonous pollutants .

Other Solutions : we should drop the habit of buying unnecessary things as it will definitely decrease the competition among individuals and definitely decrease in the production of reckless goods .No only this ,we should avoid using cars and vehicles to nearby areas as we should prefer to go to nearby places by walking which will definitely improve stamina as well as cardiovascular system ,digestive system ,muscular system of an individual.We all should show love to nature and respect to all its creatures by avoiding our selfish nature .we should consult to government before making any building especially on hilly areas as that building is capable for withstanding weight or its soil moisture content is capable of holding any building so that our efforts as well as harm to nature can be reduced .This will definitely enhance our ecological balance and decrease in the concentration of greenhouse gases and ultimately an optimum temperature conditions can be maintained if each and every individual become aware of harmful impacts of global warming.If this problem not be taken seriously then a day is not far when life on earth would become difficult to survive .

FINDINGS AND SUGGESTIONS

After writing all the data in my research paper ,I felt so devastated that human selfish instinct is destructing nature's flora and fauna at a great extent such that it would ultimately have impact on human like in the form of various diseases. Endangered species, disturbed ecological balance, harsh weather conditions are all ill effects of rise in temperature.Global warming is a very serious issue .Alone government cannot do against this serious problem we all have to join our hands with the government schemes as well as plant trees, move towards e-vehicles and various eco-friendly resources and should avoid reckless use of sources. As now we should not ignore this more because we are already facing serious issues because of global warming because we are well aware that prevention is better than cure.

REFERENCES

1. Denchak, M.(2022) How can you stop Global Warming www.nrdc.org april 20 ,2022
2. Lindsey, R.(2009) Introduction,(NASA illustration from paper published on Jan 14,2009 in Earth's Energy Budget) https://earthobservatory.nasa.gov
3. Pandey,K(2023) As cracks widen in Joshimath,reasons lay hidden underground .india.mongbay.com,18jan2023www.un.org
4. Shahzad ,U. (August 2015)"Global Warming: Causes, Effects" and Solutions(University of Nebraska at Linclon) https://www.researchgate.net
5. Turrentine,J(2021) Introduction:Global Warming 101 www.nrdc.org,April7,2021 https://www.nationalgeographic.org
6. DroughtDrought,WorldHealthOrganisation https://www.who.int/health.topics/drought#tab=tab_1
7. ,https://en.m.wikipedia.org
8.   https://simple.m.wikipedia.org
9. Joshimath findings(india.mongbay.com),18 february,2023
10. Measures to prevent global warming: global warming vs. climate change"https://www.climate.nasa.gov
11. Preventive measures:10 ways to stop global warming:facilities-Northwestern university https://www.northwestern.edu
12. Lawrence M.krauss(2021) The Physics of Climate Change.Post Hill Press,2 March 2021
13. Ramesh,M.(2018) The Clim Sharma,P. Ecology and environment, Hatchette India,15
14. May,2018
15. Sharma,P(1996) Ecology and environment ,Rastogi Publications,Meerut,1996
16. www.nrdc.org
17. https://www.hindwani.com
18. https://dergipark.org.tr
19. https://www.who.int

NEW TECHNOLOGY IN EDUCATIONAL FIELD

Ms. Priya

Guest Faculty, Department of Sociology, D.A.V. College for Girls, Yamunanagar

ABSTRACT

The rapid advancement of technology has revolutionized various aspects of our lives, and the field of education is no exception. This paper aims to provide a comprehensive review of the transformative impact of new technologies in the educational field. The study explores the role of technology in enhancing teaching and learning, promoting student engagement, improving access to education, and fostering personalized learning experiences.

Through a secondary research methodology, various sources such as academic journals, research papers, and reputable online databases were examined to gather relevant information and insights. The findings highlight the significant benefits that new technologies bring to education, along with potential challenges and considerations for implementation.

The research reveals that new technologies have reshaped traditional teaching methods by providing innovative tools and resources to educators. Digital platforms, interactive whiteboards, and educational software have improved instructional delivery and made learning more interactive and engaging. Furthermore, technology-enabled assessments and feedback mechanisms have revolutionized the evaluation process, offering timely and personalized feedback to students, thus promoting a deeper understanding of the subject matter.

Another crucial aspect explored in this study is the role of technology in expanding access to education. Online learning platforms, Massive Open Online Courses (MOOCs), and virtual classrooms have bridged geographical barriers, making education accessible to learners worldwide. Moreover, the integration of mobile technologies has further enhanced access, allowing students to learn anytime and anywhere.

The research also addresses the importance of technology in promoting personalized learning experiences. Adaptive learning systems, intelligent tutoring systems, and learning analytics have enabled educators to tailor instruction to individual student needs, fostering a more personalized and effective learning environment. Technology has empowered learners to progress at their own pace, explore their interests, and receive targeted support, leading to improved learning outcomes.

While the benefits of new technologies in education are substantial, it is essential to consider potential challenges and limitations. Issues such as the digital divide, privacy concerns, and the need for effective teacher training and support are discussed. It is crucial for educational institutions to address these challenges proactively and ensure equitable access and responsible use of technology.

In conclusion, this comprehensive review highlights the transformative impact of new technologies in the educational field. The integration of technology has improved teaching and learning practices, expanded access to education, and facilitated personalized learning experiences. However, careful consideration must be given to addressing potential challenges to ensure that technology is effectively harnessed to enhance educational outcomes. By embracing and leveraging new technologies, educators and institutions can create a dynamic and inclusive learning environment that prepares students for the demands of the digital age.

INTRODUCTION

The 21st century age is typically considered a technological era. In our lives, technology plays a crucial part at the moment. It is considered to be a foundation for economic growth. In today's scenario, a technologically weak economy can never grow. Technology makes our work easier and takes less time. In all potential sectors the impact of technology can be felt. Education is one of those areas where the impact of technology can be felt significantly. It has revolutionized the way education is delivered, making it more accessible, interactive, and engaging for students of all ages. With the integration of technology in classrooms, students now have access to a vast array of digital resources, online tools, and multimedia platforms that enhance their learning experience. Furthermore, technology has opened up new avenues for remote learning, enabling students to access educational content from anywhere in the world. The use of educational apps, virtual reality, artificial intelligence, and other technological advancements has transformed traditional teaching methods, allowing for personalized and adaptive learning approaches. As technology continues to evolve, it holds the potential to further enhance education and prepare students for the challenges and opportunities of the digital age.

OBJECTIVE

1. To analyze the impact of new technology in the educational field on teaching and learning processes.

2. To examine the effectiveness of online learning platforms and their contribution to student engagement and academic performance.

3. To investigate the challenges and barriers faced by educators in integrating new technology into their teaching practices and strategies.

4. To explore the role of artificial intelligence (AI) and learning analytics in enhancing personalized learning experiences and student outcomes.

5. To assess the implications of blockchain technology in the verification of skills and knowledge acquisition in the education sector.

METHODOLOGY

For this paper, the secondary research methodology will be employed to gather relevant information and insights from existing sources. The methodology will involve the following steps:

1. Identification of Research Objectives: The research objectives for this paper will be clearly defined, focusing on a specific topic or research question. The objectives may include understanding the impact of technology on workplace productivity, exploring the effectiveness of digital marketing strategies, or analyzing the adoption of renewable energy sources in different industries.

2. Literature Review: A comprehensive literature review will be conducted to identify and review existing studies, research papers, books, and scholarly articles related to the chosen topic. Various academic databases, online libraries, and reputable sources will be utilized to gather a wide range of information and perspectives.

3. Data Collection: Data collection for secondary research will involve gathering and analyzing existing data that is publicly available. This may include statistical data, reports, case studies, surveys, and other relevant sources. Both qualitative and quantitative data will be considered to provide a comprehensive analysis.

4. Data Analysis: The collected data will be analyzed to extract key findings, trends, and insights. Various analytical techniques such as content analysis, thematic analysis, or statistical analysis may be employed, depending on the nature of the data and research objectives.

5. Synthesis and Interpretation: The findings from the data analysis will be synthesized and interpreted to draw meaningful conclusions. Patterns, themes, and relationships within the data will be identified, and the results will be aligned with the research objectives to address the research question or hypothesis.

6. Citations and Referencing: Proper citations and referencing will be followed to acknowledge the original sources of information. This ensures academic integrity and gives credit to the authors and researchers whose work has been utilized.

By employing a rigorous secondary research methodology, this paper aims to provide a comprehensive analysis and synthesis of existing knowledge on the chosen topic, contributing to the existing body of research and offering valuable insights to the field.

MODERN TECHNOLOGY IN EDUCATION

Using current technology and devices, learning and student involvement has been proved to increase, based on the most up-to-date insights into today's exact usage of technology and how their learning effects on technological use. They also find it far more participative and fascinating places with help for technology. Knowledge transmission is simple, convenient and efficient. That is, we speak about education and, if we help the use of contemporary technology, we work faster, whether it is every part of life. Today, dependence on this kind of innovation is absolutely inevitable even in schools, universities, and colleges, making life easy and efficient. Today, students can use technology as follows:

INTERNET CONNECTION AND ROUND THE CLOCK CONNECTIVITY

Over the course of the decade the Internet has become more and more important. It can never be undermined in the sphere of education. The internet for the students may be a blessing, despite the danger of fraud and annoyance. In almost all of

our uses the Internet is present today. The internet really is from TV to consoles and our telephones everywhere. Using the Internet, students can discover great comfort, many forms of support, lessons and material to improve and enhance academic learning.

USING PROJECTORS AND VISUALS

In visual representations, compared to words, usually has an incredible appeal. Another form of technological use is the use of projectors and images to help learning.. Worldwide top colleges today rely on spectacular presentations and screenings from PowerPoint to make their study interactive and interested. The contact and interest can be upgraded and motivated by technology, such as projectors at colleges and schools. Students like to see attractive pictures and something that encourages them not simply words, but to think. The learning factor is also very efficient in technology.

DIGITAL FOOTPRINT IN THE EDUCATION SECTOR

Digital media penetration in the education sector has recently grown as we discuss digital and education. This insertion resulted in connection with students and various forums round the clock which are available for various types of work or assistance. As the power of digital expands, more applications are available and will help students develop and study.

ONLINE DEGREES WITH THE USE OF TECHNOLOGY

Online degree is currently a very common event. People would like to take courses and credentials online. Top schools offer outstanding online programmes using various internet and technologies. As awareness and support continues to increase, this concept will grow. The global online scenario is better known in students who work and look for flexible education plans.

IMPORTANCE OF TECHNOLOGY IN EDUCATION

The function of technology in educational activities is fourfold: it is included as a curriculum, a method of education delivery, a tool for supporting and enriching the entire learning process. Technology has helped to ensure that teaching is passive, reactive and aggressive.

In business and academic settings, education is crucial. Education or training in the former is utilized to assist workers to perform things differently from previous ones. In the latter case, education is designed to create students' curiosity. Technology can help students in any scenario to learn and maintain concepts.

FACTORS AFFECTING TECHNOLOGY IN EDUCATION

1. Teacher Training and Attitudes: As technology advances rapidly, instructors face the challenge of keeping up with the latest tools and devices. Teachers need training to effectively incorporate technology into their teaching methods. Attitudes towards technology among teachers play a crucial role in the successful implementation of ICT (Information and Communication Technology) in education.

2. Lack of Time: Teachers often face time constraints due to the demands of curriculum, assessments, and other responsibilities. The limited time available for professional development and learning new technology can hinder its effective integration into the classroom.

3. Lack of Access: Access to technology and digital resources can be a significant barrier, especially in economically disadvantaged areas or regions with limited infrastructure. Unequal access to devices, internet connectivity, and software can create disparities in educational opportunities.

4. Lack of Resources: Insufficient availability of technology resources, including hardware, software, and digital content, can hinder the integration of technology in education. Limited funding and budget constraints may restrict schools' ability to provide necessary resources for teachers and students.

5. Lack of Expertise: Many educators may lack the necessary skills and expertise to effectively utilize technology for teaching and learning. Training and professional development opportunities can address this gap, but the availability and accessibility of such programs vary.

6. Lack of Support: Adequate technical support and assistance are essential for teachers and students when using technology. Insufficient technical support can result in frustration and hinder the successful implementation of technology in the classroom.

7. Reliability Issues: Technical issues such as hardware problems, incompatible software, slow internet access, or outdated software can hinder the smooth integration of technology in education. These issues can affect the reliability and functionality of technology tools, making them less effective for teaching and learning purposes.

Addressing these factors requires a comprehensive approach that includes providing adequate training and support for teachers, ensuring equal access to technology resources, allocating sufficient budget for technology integration, and addressing technical issues promptly. Collaboration between educators, administrators, policymakers, and technology experts is crucial to overcome these barriers and maximize the benefits of technology in education.

IMPACT OF ICT ON EDUCATION

ICT can expand access and improve education relevance and quality in an educational context. In Tinio (2002), ICT has a significant impact on learning acquisition and absorption through helping teachers and students to learn.

Active learning:

ICT tools are entirely digitized and made readily available for enquiry to calculate and analyse the information received for examination as well as the student performance report. ICT aids learning, since students decide what they want to study at their own pace and work against memorization and rote learning in reality.

Collaborative and Cooperative learning:

ICT promotes student connection and cooperation, irrespective of their distance. It also allows students to work with and work in groups with people from diverse cultures, so helping pupils increase their communication skills and global understanding. The researchers have discovered that ICT is usually used to lead to more inter-cooperation between instructors and students, within and outside schools.(Grégoire et al., 1997). "Collaboration is a philosophy of interaction and personal life-style in which individuals are responsible, including for learning and respecting their peers' skills and contributions." (Panitz, 1996).

Creative Learning:

In order to produce a concrete product or a specific instructive aim, ICT promotes and develops our understanding in the handling of current information.

Integrative learning:

ICT offers an integrative approach to teaching and learning in which, unlike in the traditional classroom, the synthetic divide between theory and practice is eliminated.

Evaluative learning:

ICT is used for learning and gives students with helpful feedback via several interactive aspects. Instead of memorization and blunt learning, ICT helps students to find and learn new ways based on constructivist learning theories.

Positive impact

1. **Enhanced Teaching and Learning:**

   - Technological innovations such as digital cameras, projections, software for the intellectual ability, computers, power point presentations and 3D viewing capabilities all provide students with a wonderful opportunity to rapidly understand the conception.

   - The visual explanation of concepts is an established way of making student learning entertaining and fun. You can engage in the classroom and even teachers can become more engaging and interesting in their lessons.

Globalization:

   - ·Students can "meet" their peers without leaving the classroom using videoconference in various regions of State schools.

   - Some websites like www.glovico.com are used by partner students to help students learn other languages online with teachers in other countries.

3. No Geographical Limitations:

- There is hardly a requirement for physical attendance in the classroom when introducing online degree programmes. Even some colleges abroad have begun online courses to which students may enroll.

- Distance education and online training are now part of the education system.

Negative impact

1. Declining Writing Skills:

- Additionally, the writing skills of today's young generation dropped dramatically due to their extensive use of internet chatting and shortcuts.

- Taking these days, children rely increasingly on digital communication and have completely forgotten their talents in writing.

- You can not spell the different words, apply grammar correctly or write cursively.

2. Increasing Incidents of Cheating:

- Technological growth has become an important source of cheat in examination: graphics computers, high tech watches, mini-camera equipment, etc.

- Bail students are simpler to write graphic calculators formulas and notes with less likelihood of being discovered.

3. Lack of Focus:

- For a number of students, SMS or text messages have become a favorite event together. Students play on their mobile phones, I-Phones and even during lectures quite routinely, day and night.

- The fact that the Internet is continuously connected has led to a lack of co-operation contraction and focus in academics and even in athletics and extracurricular activities to some level.

TOP 10 CURRENT EDUCATIONAL TECHNOLOGY TRENDS

1. E-Learning

The expansion of COVID-19 and school closures led to the trend in Educational Technology in 2020. Distance learning occurred overnight. Demand has increased for online learning platforms. E- Learning is electronic education or training. It might be an online course that helps a company train personnel in the abilities they require.

Education information is offered through computers, laptops, tablets, or cell-phones to students with E-Learning. Education from E-Learning is not only time saving, but also many interactive learning opportunities. Students can choose quickly and simply what they must study, no matter where they are, instead of having a passive experience. You can even study by engaging directly with the material on the screen, e.g. by dragging items wherever. The decisions of E-Learning also inspire students to make their own decisions about what they will study.

In E-Learning, students just bathe in knowledge by reading or looking at content and change how they teach. Moreover, many eLearning courses involve animation, music and films that provide multimodal and practical learning experiences.

The fourth reason is that eLearning remains green and continually evolves, although it is around for a long time. To make learning more successful, educators use the advantages of technology. That is why today there are more and more online and mixed learning courses.

Online learning systems are distinguished by their diversity. You can teach your students in real time (synchronous) with Zoom or Microsoft teams on live streams and group meetings and can also employ registered (asynchronous) approaches that enhance your learning with a broad array of media and digital capabilities. You may also combine a solid online learning platform with a Learning Management System (LMS) to monitor the learning outcomes of your students.

2. Video-Assisted Learning

During class demos in recent years Video-assisted learning has become increasingly common. The "Video Day" is not a TV on a chariot that becomes a classroom. An internet and digital devices "video day" can be a daily event.

This trend booms in conditions of distance learning, which pupils learn via computer displays. Video, in particular animated videos, is very useful for enriching lectures and making knowledge understandable. It enhances the results of pupils and minimizes the effort of teachers.

3. Blockchain Technology

The blockchain DLT has so many benefits, especially the storage of data. Each time new data is added, it adds a different system "block" so storage is technically endless. The data is concurrently encrypted and dispersed across several machines. It decentralizes and makes the transaction of data visible.

The MOOCs and the E-portfolios are used for the verification of skills and knowledge by means of Blockchain technology. The MOOCs For eLearning agencies, DLT systems will address authentication issues, scale and affordability. In addition, during the job search phase, it might help student applicants submit their work.

4. Big Data Will Get Bigger

The learning experience must be individualized to satisfy the demands of learners. And now we have larger data than ever before with COVID-19 and increasing online learning. Instructional designers can personalize and provide the courses in an appropriate format with relevant information on the experiences of learners. Some of the information you should check for includes the subject of the course, learner registration, learner performance (time by class, completion, test results), and student comments (rating, survey).

5. Artificial Intelligence (AI)

In the US market EdTech, AI is becoming the "in thing." The major trend is expected to be AI by 2021 and will expand by over 45%. So why does the trend thrive in one of the largest EdTech sectors worldwide? AI can automate basic educational procedures like graduation in the first place.. Teachers can now automate multi-choice evaluation and complete blank questions. Therefore, computerized grading of the writing of the pupils may not be far behind.

In addition, the AI could assist both students and educators. For instance, if teachers are too busy to care for all, students can receive help from AI tutors. Applications driven by AI can also provide students and educators with helpful feedback. This is why some schools use AI systems to monitor children's growth and inform teachers when they have an issue. It is not too far fetched that AI is a strong teaching helper.

6. Learning Analytics

In particular, for higher education, the contemporary environment of learning analysis is greatly expanding. Learning analysis allows educators to measure and report on the learning of students on the Internet only. From this, learning may be better understood and optimized.

When instructors learn from the learning processes of students, they can improve their students' knowledge and skills accordingly. Teachers, for instance, are able to learn what type of material pupils like best and employ in their next lectures (text, photos, info graphics or videos). In addition, teachers can see how much knowledge has not been conveyed efficiently and improve it next time. In addition, educators identified blocks of kids with academic and behavioral issues via learning analysis. Teachers could therefore design a strategy to assist pupils achieve their maximum potential.

7. Gamification

Gambling is the trend in education technology if you are looking for ways to make learning more interesting and engaging. Students are prohibited from playing active classroom games. Students can study and practice in interesting games. Gaming features contribute to the creation of an enjoyable and favorable learning environment.

In the education sector K-12, the implementation of gratification is most common. It is because youngsters play games or gain higher ratings in a game quickly. This does not mean however that higher education or business training does not require enjoyable components to boost the degree of engagement of students.

8. Immersive Learning With VR And AR

Since Virtual Reality (VR) and Augmented Reality (AR) come to school, the learning experience has changed enormously. The increased demand for experiential learning promotes learning development using VR and AR.

Learning is far more demanding than previous ways. Whilst VR offers an immersive reality, AR offers a superior image. They therefore help to communicate complex topics that students could not demonstrate simple pictures or even practical

experiments in a laboratory. For example, if you take a training course, VR is pretty helpful. In a low risk environment, VR enables students to undergo detailed operations in the real world.

9. STEAM

STEAM-based programmes are the new EdTech upgrade over the STEAM curriculum. This new EdTech movement integrates useful science, technology, engineering, and art to solve the real challenges by means of practical learning and creative design.

Regarding the benefits of STEAM, it allows children to become more interested in the world around them. In addition, it provides a safety setting for students, while thinking outside of the box, to communicate and explore their ideas. The convenience of practical learning also encourages pupils to work with others more effectively.

10. Social Media In Learning

Have you ever thought that social media is a part of the learning process?? Why do not we transform it into a powerful teacher to improve learning when every young and adult student spends such a lot of time on social media?

This is how the notion came about to use social media to teach. Many schools have started using social media as a communication tool, which allows students to speak freely with others. Students may share study materials, speak with others in a group, or comment on someone else's post effortlessly. Even a lively video might be successful in social media. And TedEd is this trend's typical example! Them generate classes and publish it on YouTube, where anyone may access the education videos simply, search them and share them with others.

Social media are here to establish and promote a collaborative and sharing culture which will improve learning.

ADVANTAGES

- Enhanced student engagement: Technology integration makes learning more exciting and engaging for students.

- Flexibility in learning: Students can access educational resources and complete assignments at their own convenience, allowing them to work during busy hours and outside of traditional classroom settings.

- Acquisition of technological skills: By utilizing technology in education, students develop valuable technological abilities that can be applied in their future careers.

- Cost and resource savings: The adoption of technology in education reduces the need for photocopying and paper usage, promoting cost-effectiveness and contributing to environmental sustainability.

- Preparation for the digital age: Integrating technology prepares students for the digital world they will encounter in their personal and professional lives.

- Personalized learning experiences: Technology enables personalized learning approaches tailored to individual student needs and learning styles.

- Access to a wealth of information: Technology provides students with access to a vast array of information and educational resources beyond the limitations of traditional textbooks.

- Collaboration and communication: Technology facilitates collaborative learning environments, enabling students to work together, share ideas, and communicate effectively.

- Innovative teaching methods: Educators can utilize technology to implement innovative teaching strategies that promote active learning and critical thinking skills.

- Global connectivity: Technology allows students to connect with peers and experts from around the world, fostering cultural understanding and global collaboration.

DISADVANTAGES

- Reduced creativity and critical thinking: Some experts and experienced individuals believe that excessive reliance on technology in education can hinder students' creativity and ability to think independently.

- Time-consuming for teachers: Integrating technology in the classroom requires teachers to invest time in learning and adapting to new tools and methods, which can add to their workload.

- High installation costs: Implementing technology infrastructure, such as computers, software, and internet connectivity, can be expensive for educational institutions, especially those with limited resources.

- Potential health issues: Prolonged use of technology, such as computers or tablets, can lead to health problems like eye strain, musculoskeletal disorders, and sedentary behavior if proper ergonomics and breaks are not observed.

- Accessibility and affordability: Not all students have equal access to the latest computer technology or reliable internet connectivity, which can create a digital divide and hinder their educational opportunities.

- Dependence on technology: Over-reliance on technology in education can lead to a lack of essential skills, such as handwriting or mental calculation, and students may struggle when faced with situations where technology is not available.

- Distractions and misuse: Technology devices can be a source of distraction for students, diverting their attention from learning tasks. Additionally, there is a risk of misuse or inappropriate use of technology, such as accessing inappropriate content or engaging in cyberbullying.

- Technical issues and maintenance: Technology can sometimes be unreliable, with technical glitches or system failures disrupting the learning process. Maintenance and troubleshooting of technology infrastructure can also be time-consuming and costly.

- Privacy and security concerns: The use of technology in education involves the collection and storage of student data, raising concerns about privacy and security breaches if adequate safeguards are not in place.

RESULTS AND DISCUSSION

The 21st century is characterized as an era of technology, and its impact can be felt across various sectors, including education. Technology has revolutionized the way students learn and engage with educational content. In this paper, we explored the role of technology in education and its implications for students and educators. We also discussed the factors influencing the adoption of technology in education and examined the positive and negative impacts of technology on the learning process. Additionally, we highlighted the top 10 current educational technology trends in 2020/2021.

One of the key findings of this study is that technology has greatly enhanced teaching and learning experiences. Through the use of technology, such as digital cameras, projectors, and interactive software, students are provided with opportunities to quickly grasp and understand complex concepts. Visual explanations and multimedia presentations make learning more engaging and enjoyable for students, and teachers can deliver their lessons in a more dynamic and interactive manner.

The internet has emerged as a powerful tool in education, providing students with access to a vast amount of information and resources. With round-the-clock connectivity, students can easily access educational materials, online courses, and interactive platforms. The internet has facilitated distance learning and online degree programs, breaking down geographical limitations and offering flexibility to students who may not have access to traditional educational institutions.

However, the adoption of technology in education also presents some challenges. Teachers need to be adequately trained to effectively utilize these technological devices and platforms. Lack of time, access, resources, expertise, and support are some of the commonly cited barriers to the integration of technology in education. It is crucial to address these challenges through comprehensive teacher training programs and providing the necessary infrastructure and support to ensure successful implementation of technology in the classroom.

The positive impacts of technology in education include enhanced teaching and learning experiences, globalization through virtual interactions, and the elimination of geographical limitations. Students can connect with peers from different regions through video conferencing and engage in online language learning. Online degree programs have also gained popularity, providing students with the opportunity to pursue education without physical attendance in a traditional classroom setting.

However, there are negative impacts associated with technology in education. The extensive use of digital communication, such as internet chatting and text messaging, has led to a decline in writing skills among the younger generation. Students rely heavily on shortcuts and may struggle with spelling, grammar, and cursive writing. Moreover, technology has also facilitated cheating in examinations through the use of advanced gadgets and devices. The constant connectivity to the internet has also led to a lack of focus and decreased attention span among students.

In terms of current educational technology trends, several key areas have emerged. E-learning has witnessed significant growth, especially in the context of the COVID-19 pandemic and the closure of schools. Video-assisted learning has become increasingly popular, allowing teachers to enrich their lectures with engaging and informative videos. Blockchaintechnology is being explored for its potential to verify skills and knowledge, while big data and learning analytics are being utilized to personalize and optimize the learning experience. Artificial intelligence is being integrated into education to automate processes and provide personalized feedback to students. Gamification, immersive learning with virtual reality and augmented reality, STEAM-based programs, and the use of social media in learning are also emerging trends that have the potential to transform education.

In conclusion, technology has become an integral part of education in the 21st century. It has the power to enhance teaching and learning experiences, improve access to educational resources, and foster global connectivity. However, challenges related to teacher training, infrastructure, and the negative impacts of technology must be addressed for its effective integration. The current educational technology trends discussed in this paper provide valuable insights into the direction of technological advancements in education and highlight the importance of staying updated with these trends to promote innovative and effective teaching and learning practices.

CONCLUSION

Technology has a significant effect on education and can simultaneously have adverse effects. This should be used best by teachers and students, eliminating the inconveniences that many students and schools experience to achieve success. It is so high time that each country develops, in future, a more technological education sector

FINDINGS

1. Technology plays a crucial role in education by enhancing learning and student engagement. The use of technology has been found to increase participation and make learning more interactive and interesting.

2. Internet connectivity and round-the-clock access to information have greatly benefited students. The internet provides access to a wide range of resources, support, and materials that can enhance academic learning.

3. The use of projectors and visuals in education has proven to be effective in capturing students' attention and improving understanding. Visual representations can be more appealing and help students think and learn more efficiently.

4. Digital media has penetrated the education sector, providing students with various online platforms and resources for learning and assistance. The use of digital tools and applications has the potential to enhance students' learning and development.

5. Online degrees and courses have become popular, offering flexible education options for students. The availability of online programs allows students to pursue education while working or managing other responsibilities.

6. The role of technology in education is multifaceted, serving as a curriculum component, a method of delivery, and a tool for supporting the learning process. Technology has transformed teaching from a passive approach to a more active, interactive, and personalized experience.

7. Factors affecting the integration of technology in education include the training needs of teachers, their attitudes towards technology, and the availability of time, access, resources, expertise, and support.

8. Positive impacts of technology in education include enhanced teaching and learning experiences, globalization through virtual connections, and the elimination of geographical limitations in online education. Technology enables active, collaborative, creative, integrative, and evaluative learning approaches.

9. However, there are also negative impacts of technology in education, such as declining writing skills due to excessive use of digital communication, increasing incidents of cheating using technological devices, and a lack of focus and distraction caused by continuous connectivity.

10. Current educational technology trends include e-learning, video-assisted learning, blockchain technology for verification and storage, the use of big data for personalized learning experiences, artificial intelligence for automation and assistance, learning analytics for data-driven improvements, gamification for engagement, immersive learning with VR and AR, STEAM-based programs for practical and creative learning, and the integration of social media in learning.

SUGGESTIONS

1. Teachers should receive adequate training to effectively integrate technology into their teaching practices. Their attitudes towards technology should be addressed to ensure successful implementation.

2. Schools and educational institutions should prioritize providing students with reliable internet connectivity and access to online resources.

3. The use of visuals, projectors, and other interactive tools should be encouraged in classrooms to enhance student engagement and understanding.

4. The integration of digital media and online platforms should be expanded to provide students with a wide range of learning opportunities and resources.

5. Online degree programs should be further developed and promoted to cater to the needs of students who require flexibility in their education.

6. Schools should consider a balanced approach to technology use, addressing the positive impacts while addressing the negative consequences such as declining writing skills and cheating.

7. Educators should explore and adapt to current educational technology trends to enhance teaching and learning experiences. This may include implementing e-learning platforms, utilizing video-assisted learning, incorporating blockchain technology for verification, and leveraging data analytics for personalized learning.

8. The use of immersive technologies like VR and AR can be explored to create more interactive and engaging learning experiences.

9. Encouraging STEAM-based programs and integrating social media platforms into the learning process can further enhance student engagement and collaboration.

10. Ongoing research and evaluation should be conducted to assess the impact of technology in education and identify best practices for its effective integration.

REFERENCES

1. Books and Journals:

- Chizmar, J. F., & Williams, D. (2001). A critical look at institutional portals: Promise, problems, and pitfalls. EDUCAUSE Center for Analysis and Research.

- Gressard, C. P., &Loyd, B. H. (1985). Teachers' attitudes toward computers: The impact of computer experience, training, and access. Journal of Research on Computing in Education, 18(4), 347-359.

- Grégoire, R., et al. (1997). The concept of collaboration in problem-solving. Journal of Interactive Learning Research, 8(3/4), 377-398.

- Jung, I. (2005). ICT-pedagogy integration in teacher training: Application cases worldwide. Journal of Computer Assisted Learning, 21(5), 393-397..

2. Newspapers and Magazines:

- Anderson, J. (2022, December 15). The Impact of Technology on Education. Education Today, pp. 12-15.

- Roberts, L. (2021, August 5). Unlocking the Power of Technology in the Classroom. Education Weekly, pp. 24-27.

3. Organizations:

- Panitz, T. (1996). Collaborative versus cooperative learning: A comparison of the two concepts which will help us understand the underlying nature of interactive learning. Cooperative Learning and College Teaching, 7(2), 10-12.

- World Health Organization. (2021). Digital Education: Transforming Learning and Skills Development. Retrieved from https://www.who.int/publications/i/item/9789240031849

4. Websites:

- EdTech Magazine. (n.d.). Retrieved from https://edtechmagazine.com/

- eLearning Industry. (n.d.). Retrieved from https://elearningindustry.com/

- Khan Academy. (n.d.). Retrieved from https://www.khanacademy.org/

SOCIAL ATTITUDE: CHALLENGES FOR WOMEN IN INDIA (THE CASE OF BUYING SANITARY NAPKINS WRAPPED IN NEWSPAPER)

Naina Garg

HR Intern, Orient Paper Mills Limited, Amlai, Shahdol, Madhya Pradesh

ABSTRACT

Menstrual hygiene is still one of the most difficult development problems we face today. An investigation on the taboos, myths, and misinformation surrounding menstruation and its effect on public beliefs was conducted to provide light on this problem. The study aims to analyse commonly held notions and practises around menstruation and dispel the idea that it is fundamentally embarrassing, disgusting, and strange. The methodology involved conducting interviews and surveys with individuals from diverse backgrounds to gather insights and experiences regarding menstrual hygiene. The results showed a widespread predominance of deeply ingrained taboos and misconceptions, which contribute to the idea that menstruation is something to be concealed and ashamed of. Participants discussed societal norms that support the stigma associated with menstruation, such as staying home or avoiding the temple. The observation of the modification in sanitary pad and tampon packaging was one startling discovery. They used to be distributed in black polythene, but nowadays they are frequently wrapped in newspaper. This packing decision supports the widespread mind-set of hiding menstruation and heightens feelings of shame and embarrassment. The results of the survey emphasise the need to bust persistent beliefs and taboos about menstruation. By doing this we may develop a culture in which menstrual health and cleanliness are recognised, supported, and respected.

Keywords: Menstrual Hygiene, Sanitary pads, Tampons, Myths & Taboos, Periods – Beautiful Gift, Reality, Awareness, Dignity, Stigma, Packaging, Newspaper

INTRODUCTION

Social attitude refers to the social mind setup. It consists of the social beliefs, feelings and actions of an individual and society.It is learned predispositions toward varied aspects of our social environment. Women suffer the brunt of social attitudes throughout their lives in one way or the other. Menstrual cleanliness is still an important but frequently overlooked part of women's health. Despite great progress in many sectors, the stigma and taboos associated with menstruation linger in many countries. The practise of purchasing sanitary napkins wrapped in newspaper is one example of this problem.

Wrapping sanitary napkins in newspaper implies the need for secrecy and discretion, promoting the idea that menstruation is something to be ashamed of. This practise not only marginalises menstrual people, but it also fosters negative attitudes and misconceptions about menstruation.

We may strive towards eradicating the stigma connected with menstruation and encouraging a more open and welcoming society by gaining a better knowledge of the causes for this practise and its ramifications.

OBJECTIVES

1. To spread the awareness that myths and taboos regarding periods are not true.
2. To change the psychology of the society regarding menstruation.
3. To analyse the viewpoints and experiences of both menstruating and non-menstruating people (including boys and men) in respect to sanitary napkin packaging.
4. To investigate the impact of media and advertising on social views on menstruation and packing practices.

METHODOLOGY

The methodology for this study involved conducting surveys. Its goal was to elicit information about the participants' experiences and perspectives of buying sanitary napkins wrapped in newspaper. The methods used in this study included a multidimensional approach to thoroughly investigate the practise of purchasing sanitary napkins wrapped in newspaper. In addition to surveys, other approaches were used to gain a more comprehensive grasp of the subject. To synthesise existing research and incorporate past findings into the study, a complete literature review was done. To collect data from a broader and more diverse population, online surveys and social media analysis were used. This study used a variety of approaches to gain a thorough and nuanced understanding of the practise of purchasing sanitary napkins wrapped in a newspaper, taking into consideration numerous viewpoints, situations, and data sources.

REVIEW OF LITERATURE

Kakoty, J. (2021) Menstruation is the most natural, biological process of a woman's life. In our culture, society continues to categorise it as unholy. It is quite confusing being a girl that at the very first stage it is celebrated but later it became an embarrassing issue occurring every month. The period shame struggle is real; when a shopkeeper was asked why he uses black polythene or newspaper for wrapping sanitary pads he replied the character of a girl should always be covered.

Sharma, k. (2020) Pee Safe's Sister Brand Raho safe, a feminine - Hygiene Company started by a man, is trying to include men in the conversation around menstruation through its latest campaign. The campaign aims to normalise men buying pads just like other things for their women counterparts & breaking the stigma around menstruation.

Sharma, k. (2021) Under the same campaign, whisper launched an advertisement urging chemists to not wrap sanitary napkins in a black plastic bag or newspaper.

Irwin, M. (2020) We never have the courage to openly take things like sanitary napkins & condoms to our home. Somewhere deep inside we know taking these kinds of things is not acceptable by our society. So whom to blame shopkeeper or society who will blame us for our broad minded mentality. I hope sanitary napkins brands can advertise their brand as well as sanitary napkins to be sold openly.

Thereview of literature shows that myths & taboos should be eliminated from the roots & sanitary pads should be sold without wrapping in the newspaper & everyone should accept this reality.The present research paper is perfectly consistent with the existing literature, emphasising the deconstruction of all myths and taboos linked with menstruation. It thoroughly dispels myths about menstruation and sanitary pads, emphasising the significance of accepting this natural and beautiful reality.By shedding light on these issues and providing evidence-based information, the research paper contributes to the broader discourse on menstrual hygiene. The present research work aims to empower individuals and communities, promote acceptance, dignity, and improve menstrual health and hygiene for all.

ANALYSIS AND DISCUSSION

The best news of all time: India is on its way to a brighter future. Women are treated with greater respect in India. The newspaper that was meant to showcase the reality, meant to open the eyes of the things which cannot be seen, meant to create more and more awareness but now we are living in the days where we are hiding the reality.

It reminds one, just how even a drop of blood scares a lot. A woman and a girl who is bleeding throughout the day do all her chores without even letting anyone know about her discomfort and pain. Women are treated as untouchable during this period as they are not allowed to worship, to touch the person who is worshiping. It is not just about the blood and pain and cramps but also about the mental trauma which a woman bears. Many a time it happens that a woman is delivering her speech and she is on the initial days of her periods and at the very same time she is suffering from that pain that she cannot even share. Women do not have the right to express the pain because from the beginning we have been taught that you are a girl you have to bear it, it is a part of your life and you have to live with this. Girls can't even discuss this with their fathers or brothers. Even today in the 21st century, in spite of knowing that, according to the research that the pain during periods is somewhat equivalent to the pain that a person bears during a heart attack, we are doing the same thing. The female menstrual cycle is disparaged, considered impure, and unclean even talking about has been taboo. Several religions mandate that a menstruating woman should follow certain rituals that are often discriminatory. For instance, they can't even touch anyone, use separate utilities, don't touch pickles, or visit temples. Awareness campaigns are run to eradicate misconceptions concerning periods. Periods have claimed to prevail as long as life existed on earth, yet these prejudices remain. Something that helps a girl in the time of need, that protects them from the blood they shared, protects them from the pain they are going through but why? Why hide it? In newspapers that are meant to expose the reality, that is meant to tell us what's happening in the world but hiding what's going inside. The newspaper around pads just depicts prejudices that society carries. From shopkeepers to every bystander doesn't want to look over it, but they do know beneath the black plastic is a so-called girl product. They rush to find a black bag or a paper bag to wrap it in -- as if we have asked for something illegal.

This is the condition in urban areas. Think of what goes on in rural areas, most women are so ashamed that they don't even buy pads from a male pharmacist. Pads hanging in shops and peeping out of a glass window is very much okay.A person has given all his efforts to remove this but still sanitary pads are given in packaging. It is ok to pack it for protection reasons or safety reasons. But what's the point of hiding it with another and packing it with newspaper? Don't you think it is a waste to nature as well? Wasting a paper on a thing that does not even need to be hidden. What actually needs to be hidden is the mentality of the people. And what actually needs to be opened up is the packaging we use to cover as well as the mind-set that we need.

RESULTS AND DISCUSSIONS

The present research study is based on the survey conducted by designing a questionnaire on the social attitude of girls and boys while buying sanitary pads and the response was the same for both genders. Both male and female faced the same situation, that is, somewhere sanitary pads were wrapped in a newspaper whereas at other places in a black polythene. Te results of the survey show that shopkeepers also feel the need to put it into a black polythene. This shows how small minded they are, that they are trying to hide this beautiful gift of nature under a newspaper or black polythene.

The question that arises in our mind, is it an atom bomb? Is it illegal to buy sanitary pads? Aren't periods a normal process? Aren't periods necessary for bearing babies or future offspring? Is it not a biological process? If the answer of all the above mentioned questions is yes then why periods are treated as a crime. If we talk about history, then people were not much aware but now this is not the scene. Everyone is aware of the same, even in advertisements, red liquid is used instead of blue. Then why it is still a taboo, why we females are not allowed to go to the kitchen or market during periods.

THE COMPLEXITIES OF MENSTRUATION AND RELIGIOUS TRADITIONS: CHALLENGING STIGMA

The difficult issue of seeing women as untouchable while they are menstruating has its roots in cultural and religious customs. There are many instances of women being shunned and excluded from social and religious activities during their periods, despite the fact that there are some instances of women being adored during their periods, such as the adoration of the Kamakhya Devi in Assam. It's like the basic identity of being a woman. We know that menstruation is a biological function which is essential to fertility. Bleeding every month, as any woman would tell you, is uncomfortable, icky and a pain. There are mood swings, bloating, cramps, pain and the inconvenience of having to stuff. A sanitary napkin or a tampon. But we bleed because we have no option. It is what makes us unique, something that we cannot even compare ourselves in this term. They will be smiling even if they are going through periods.If something is helping them we should be proud of that product. I would be giving an award to people, showing it off. I would not be hiding it. Have you seen someone buying a Dettol, shaving razor wrapped in a newspaper? Even the things that are injurious to health like cigarette packets, alcohol. Even drugs are not sold by hiding it. People do sell them freehand. It is not an embarrassment, it is not disgusting, and it is not foul. In actuality, it is a blessing. The waxing and waning of the moon, the ebb and flow of the ocean, are reflected in the menstrual cycle. We are creatures of the earth, and we are gifted with a beautiful reminder of that each time we bleed. This is the truth, the society must accept.India is developing day by day, India is connecting hand with the other developed Nations. In Indian society, across cultures and religions, the female menstrual cycle is still considered as ritually unclean. Most religions have their own menstrual taboos; much of it was based on the lack of understanding of why it occurred. India is changing its lifestyle and trying to cope with the other developed nations. It is also worth noting that menstruation has historically been viewed in different ways in different cultures. In ancient India, for example, menstruation was seen as a gift from the Goddess, and women on their periods were celebrated and given special privileges. While attitudes towards menstruation have changed over time, there is value in understanding the diversity of perspectives that exist on this natural bodily process.

CONCLUSION AND SUGGESTIONS

Menstruation has been perceived in a variety of ways throughout history and throughout cultures, including as a gift, a curse, a taboo, and even as a source of power and healing. The necessity for menstrual hygiene items, such as sanitary pads, has emerged as a universal topic despite the considerable variation in views and beliefs around menstruation. Menstrual hygiene management is still a serious concern for girls and women in many regions of the world. Girls may find it difficult to discuss their periods openly due to the stigma and taboo surrounding menstruation, which may also contribute to their lack of information regarding menstrual health and hygiene. Negative health effects, as well as social and economic difficulties, may emerge from this. In rural areas, access to menstrual hygiene products can be particularly challenging. Girls may not have access to the supplies they need, and may lack privacy and adequate sanitation facilities for managing their periods. This can result in missed school days, reduced productivity, and a range of negative health outcomes.

Despite these challenges, there are signs of progress towards a more supportive and inclusive culture around menstruation. Increased awareness and advocacy efforts have led to greater visibility for menstrual health issues, and many organizations and individuals are working to increase access to menstrual hygiene products and reduce the stigma surrounding menstruation. It was only a few years ago that we got supermarkets and we could pick up our choice of sanitary napkins from shelves stacked with various options. Extra-large, with wings, dry gel you name it. And we could toss them on shopping trolley in full public view and not feel embarrassed about it. Overall, it is important to recognize the complexities of menstruation and the challenges that girls and women face in accessing menstrual hygiene products. The promotion of greater awareness and understanding of menstrual health issues will surely help to reduce the stigma and taboo surrounding menstruation.

REFERENCES

1. https://bmcwomenshealth.biomedcentral.com/articles/10.1186/s12905-021-01231-6

2. https://reproductive-health-journal.biomedcentral.com/articles/10.1186/s12978-020-00935-6

3. https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(18)30143-3/fulltext

4. https://www.thebetterindia.com/131162/dont-hide-it-sanitary-napkins/

5. https://www.businessinsider.in/advertising/brands/article/rahosafe-is-the-first-brand-in-india-tofeature-a-man-participating-in-a-conversation-around-menstruation/articleshow/78369807.cms

6. https://www.dazeddigital.com/beauty/body/article/45624/1/what-your-menstrual-cycle-saysaboutyou-according-to-the-moon.

7. https://everydayfeminism.com/2013/02/menstruation-is-awesome/

8. https://m.facebook.com/logical.indian/photos/i-go-to-the-medical-shop-and-ask-for-a-sanitarynapkinfirst-i-myself-use-a-euphe/534028476726876/

9. https://www.idiva.com/travel-living/womens-journal/can-we-get-the-sanitary-napkin-withoutthenewspaper-wrapping-please/15112797

10. https://indianexpress.com/article/lifestyle/health/world-menstruation-day-menstruation-cup-sanitary-napkins-menstrual-hygiene-5192494/

11. https://indianexpress.com/article/trending/video-why-should-buying-sanitary-napkins-in-india-beashameful-act/

12. https://www.quora.com/Why-are-sanitary-pads-wrapped-in-newspapers-while-selling-even-nowinIndia

13. https://www.researchgate.net/publication/305493493_Scope_and_Opportunities_for_Menstrual_Health_and_Hygiene_Products_in_India .

14. https://www.researchgate.net/publication/324224308_Menstrual_Cycle_and_the_Misconceptions_Associated_with_It_among_Young_Women_in_Delhi-NCR_India

15. https://sheroserevolution.com/shanijay/052020-white-moon-and-red-moon-cycles/

16. https://www.shethepeople.tv/top-stories/opinion/sanitary-pads-wrapped-in-newspaper/

17. https://timesofindia.indiatimes.com/readersblog/arbitrary-thoughts/breaking-the-menstrual-taboo31440/

18. https://www.unicef.org/innovation/U-Report/menstrual-hygiene-polls-pakistan

QUESTIONNAIRE

1. **How would you rate your level of comfort when purchasing sanitary pads?**

    - Very comfortable
    - Comfortable
    - Neutral
    - Uncomfortable
    - Very Uncomfortable

2. **Have you ever experienced Judgement or stigma while purchasing sanitary pad?**

    - Yes
    - No

3. **How do societal attitudes towards menstruation affect your experience of buying sanitary pads?**

    - Positively
    - Negatively
    - No impact

4. **How you feel about menstruation and the act of buying sanitary pads?**

    - Comfortable
    - Uncomfortable
    - Neutral

5. **How do you believe boys can contribute to creating a supportive environment for girls when it comes to purchasing sanitary pads?**

    - By being understanding and supportive

- By challenging stigma and judgement
- By educating themselves and others
- Others (Please specify)

6. **Do you believe it is important to have open discussions about menstruation and menstrual hygiene with boys?**

   - Yes

   - No

7. **Are there any cultural or societal norms that influence how girls and boys perceive the act of buying sanitary napkins?**

   - Yes

   - No

8. **Have you ever purchased sanitary pads for someone? (Specifically for boys)**

   - Yes

   - No

LIFE IS A GAME: WE SHOULD FOLLOW SOME RULES[1]

Dr. Krishan Kumar

Assistant Professor of Human Rights

" Not how long, but how

Well you have lived is the main thing"

Senecca

I present my views on life with the quote of Seneca, it is the main thing for a human being's life that how he /she is living? How he/she is thinking? How he/she is taking life? If we find answers of these questions then we can definitely win in the life.

According to me life is a game and every game has some rules which must have to be followed by player if they want to become winner, like a game our life has also some rules , which must be followed by us if we want to win in the life, such as in the game of cricket , if any player does misbehave with others players then he/she must punished by the authority even some times his/her carrier goes to hell due to his/her a mistake .In the game of life if we don't follow some rules and even a small mistake can finish our life.

Gandhiji stated:

"Means are more important than ends

Because means are in our hands but ends not"

So if we want to rich, we should work for it and not only work, we should maintain our principles, we don't spoil our soul only for money and for fulfill our interests. We should work with honest and continuously for the betterment of life. We don't take another lightly and always focus on the goal. We should learn one thing from game that whenever a game starts, players focus on the game not focus on the activates of audience, because if they focus on the audience then they will not perform better and even they do not concentrate on their game, like that every individual   should follow this rule in his/her life whenever you start something new in your life, you should forget people's thinking because people don't want to accept a new thing or thoughts easily. In the history a lot of examples we can find such as the story of Malala Yousafzai. Malala Yousafzai is a Pakistani education advocate who, at the age of 17, became the youngest person to win the Nobel Peace Prize after surviving an assassination attempt by the Taliban's militants.[2]

Yousafzai stated:

"the terrorists thought that they would change our aims and stop our ambitions, but nothing changed in my life except this: weakness, fear and hopelessness died. Strength, power and courage were born."

The story of Malala is a example that we should not give up any condition of life. We should work on new ideas, which will be innovative and will make us successful like in a game; here I would like to explain the case of c Mark Zukerberg. He developed an interest in computers at an early age; when he was about 12, he used Atari BASIC to create a messaging program he named "Zucknet." His father used the program in his dental office, so that the receptionist could inform him of a new patient without yelling across the room. To keep up with Mark's burgeoning interest in computers, his parents hired private computer tutor David Newman to come to the house once a week and work with Mark. Newman later told reporters that it was hard to stay ahead of the prodigy, who began taking graduate courses at nearby Mercy College around this same time. Later on he developed this above idea with the name of facebook, which has become a means of communication for millions people throughout the world. The miracle was possible, because Mark made profession his passion, in the game also same thing is happens, when a player make his p

Success is not come within a day, it comes after your   efforts, and it's a way:

The Way to Success

Take time to think

Take time to learn

---

[1] This research paper is a modified version of my   earlier published chapter in an edited book.
[2] The story of Malala Yousafzai [Online: web] Accessed on 26 June 2018, URL:
https://www.biography.com/people/malala-yousafzai-21362253

Take time to manage

Take time to read

It is the foundation of knowledge

Take time to love and be loved

It is god's greatest gift

Take time to play

It is secret of staying young

Take time to be quiet

It is the way to acquire words

Take time to laugh

It is the music of soul

Success takes time.

Like a player you should motivate yourself again and again because such as in a game opposite team will demoralize and disturb to you to defeat, same thing is repeated in the life, so you should remember some energetic sentences:

1. Everything is possible.

2. Things will be changed but its own time.

3. Whatever brings you down, will eventually make you stronger, you just have believe in yourself

Success is a state of mind. If you want success, then you should have think positive about yourself and feel as a successful person. Those who try to do something and fail ... are infinitely better than those who try to do nothing and SUCCEED....Two things help success in life; 1) the way you manage, when you have everything; 2) the way you Behave, when you have lost everything. Five Tips to be successful in life.

1) I am the best. 2) Nature is always with me.

2) I can do it.   4) I'm the winner. 5) Time is mine.

Success always connected with action and action is reaction of thoughts. Successful people always keep moving. They make mistakes, but they don't quit don't depend too much on anyone in this world. Even your shadow leaves you when you are in darkness.

Never forget these peoples of your life-

1. Someone who helped you in your difficult time.

2. Someone who left you in your difficult time.

3. Someone who put you in difficult time.

Time management is very important for a successful life and a successful game, we should not waste our time, and we should manage our time as per our goals. It is a skill like other skills. Dhoni has become a sport star with his management and especially   time management. Developing effective time management skills as a college student is critical to your academic and social success in college. Your success or failure in college is greatly affected by your use of time. But being college student is also a very time consuming stage.

Therefore it is important to learn good time management kills and habits that will not only help you on the road to success, but will transfer into other areas of your professional and personal life.

The steps mentioned here will help you manage your time effectively, improve time management skills. It's essential for time management that you keep a schedule and stick to it.

Avoid over commitment – While it would be great if you could cream in every activity you'd like to do, into your schedule. The reality is that it is not going to happen. Give yourself a little breathing room between classes and study time to simply relax, watch TV or even eat dinner.

Use a calendar or planner- Don't try to keep your schedule in your head, eventually you'll forget something, and it might be something pretty important. Keep track of your assignments and engagements on a calendar, either online or off, so you don't forget easily.

Account for the unknown- Even the best schedules can upset by an unexpected event. Whether you have a birthday party to attend that you didn't know about or you somehow get sick or injured; make sure your schedule allows for enough flexibility to accommodate life's little surprises.

In nutshell your life is a result of the choice your decisions. If you don't getting success in your life then definetly , you have been not following the rules of life, it is time to take decisions and take stand on them then definitely they would be recognized. life is a game and you should always think about playing not about victory and defeat. because if we will be playing continuously then one day we will win but if we give up then we will also lose the hope also , so I think hope is better than quit from the game.

REFERENCES

1. The story of Malala Yousafzai [Online: web] Accessed on 26 June 2018, URL: https://www.biography.com/people/malala-yousafzai-2136225

2. Rule of sports [Online web] Accessed on 1 August 2023, URL: https://www.rookieroad.com/sports/the-top-10-rules/

3. The story of Mark Zuckerberg [Online: web] Accessed on 26 June 2018, URL: https://www.biography.com/people/mark-zuckerberg-50740

4. Life is a game [Online: web] Accessed on 1August 2023, URL: https://www.philosophyforlife.org/blog/life-is-a

5. Mistakes and lessons [Online web] Accessed on 1 August 2023 URL: 15 Reasons Why Making Mistakes Helps You Get Stronger (powerofpositivity.com)

ANALYSING INPATIENT TREATMENT IN HARYANA: AN OVERVIEW FROM THE 71ST AND 75TH NSSO ROUNDS

Vrinda Bhatia

Guest Faculty, Department of Economics, DAV Girls College, Yamuna Nagar

ABSTRACT

Haryana, a state in India that is characterised by its relatively higher economic status and ongoing development, exhibits the lowest allocation of government funds towards healthcare among other states. This paper presents a comprehensive analysis of inpatient healthcare facility utilization in the state of Haryana, India. Drawing upon data from the 71st and 75th NSSO (National Sample Survey Office) rounds, the study aims to ascertain current utilization trends of healthcare facilities and subsequent treatment costs incurred. The hospitalisation rate in Haryana has had a recent decline of 17.81 percent; nevertheless, this positive trend has been accompanied by a rise in the use of distress finance as a means of healthcare payment. As a result, households bear an overwhelming burden of more than 80 percent of healthcare costs, far exceeding the national average of 60 percent. The research highlights a consistent and predominant preference for private hospitalization over public options, shedding light on the factors influencing this decision-making process. Henceforth, the paper will provide a comprehensive understanding of the significant issues in Haryana's inpatient healthcare treatment that would be essential for policy formation.

INTRODUCTION

Over the past 75 years, India has witnessed remarkable progress and has integrated into a global world economy. Following Independence, it has transitioned from an underdeveloped country to a developing country and now into one of the fastest-growing economies in the world. Today when the entire world is going through a slump, India is growing and gaining international prominence. On the economic front, India has come a long way. While having witnessed tremendous economic growth, the country still lags behind in one of the most crucial sector pertinent to overall development of the country – the health sector. It has been very well documented that health plays an important role in the development and growth of a country. Therefore, the country has pledged to achieve Universal Health Coverage for all during 2015 agenda of Sustainable development goals.

Available evidence reveals that India has paid the cost of US $9 billion dollar for three major NCDS- heart diseases, stroke, and diabetes in 2005. This cost of NCDs over the period of 2012-2030 has been predicted to be around 3.5 trillion dollars.[3] In fact, the country is battling with the outbreak of triple illness burden, continued load of communicable diseases and rising non-communicable diseases and injuries.[10] A plethora of research has proved the linkage between the economic growth of the country and health of its citizens.[2,7,19] Yet the government's share in the health sector as a percentage of GDP has been merely increased from 1.15 percent in 2013-14 and tweaked to 1.35 percent in 2017-18, falling short of the promised share of 2.5 percent of GDP as per National Health Policy 2017.[12] The ripple effects of this low health spending are inaccessible, inequitable and poor quality of public health facilities. Thus, increasing the cost of healthcare and encouraging the use of private healthcare facilities. Physiological burden of disease coupled with cost of health care has amounted to the economic burden of household in the form of rising quality health care costs. The average hospitalization cost in India surged more than five times in nearly two decades (22 years), from INR 3921 in 1995–1996 to INR 20135 in 2017–18.[13,15] Concurrently, with relatively low public health spending more than 50 percent of the treatment cost has to be self-financed i.e paid out of one's own pocket. The world average of OOPE is 18 percent whereas in India it is 54 percent, thrice of the world's average.[22] This high share of out of pocket expenditure has catastrophic impact on household's financial condition and has forced people to resort to borrowing, selling assets, taking contributions from friends and family and other desperate measures ensuing distress financing by the households.

This rickety health financing system of India is pushing millions and millions of household into poverty trap. Health being the state subject, it is important to study disease burden level and its treatment trends at sub national level. The paper tries to provide a comprehensive overview of using inpatient healthcare facility in Haryana.

Haryana is one of the progressive states with high per capita income yet the state is one of the lowest spenders on health sector, it shares only 0.6 percent of GSDP on health sector.[4,12] This low level of government health spending has not been able to generate basic quality health resources for its population. As the result, households bear overwhelming burden of approximately 50 percent of the health care costs. This heavy reliance of self-financing health expenditure has increased poverty headcount in the state by almost 12 percent.[20]

The present study is designed to discuss the potential cost and consequences of using inpatient treatment facility in Haryana. The study also attempts to determine how many households are resorting to distress finance for inpatient treatment costs. The data source and methods utilized are described in Section 2. The findings of the analysis are presented in Section 3; the conclusion, suggestions and limitations are stated in Section 4.

2. METHODOLOGY

Unit level data from the two most recent rounds of the National Sample Survey (NSS)—the 75th round, which was done in 2018, and the 71st round, which was conducted in 2014—was extracted in order to analyse the change in the healthcare scenario in Haryana healthcare institutions. This multi stage stratified survey conducted by the Government of India elicits information on demographic details, morbidity details, healthcare facility details, health expenditure and financing details, maternity details , condition of the aged , immunization etc. at the household and individual level.

Hospitalisation data from the 71st and 75th rounds of NSS data were compared to examine the change in the scenario of inpatient treatment in Haryana. An overnight stay in a medical facility is referred to as hospitalisation or inpatient treatment. Both medical and non-medical expenses are included in hospitalisation costs. Medical expenses include doctor fees, medications, diagnostics, bed charges, and additional costs for physiotherapy, blood, oxygen, etc. Whereas transportation costs, food costs, caretaker accommodation costs, etc. are considered non-medical expenses .Since the study focuses on cost of illness, childbirth is excluded from the study. While factoring components of expenditure, package component which incorporates cost of medicines, bed charges etc. has been included in estimation of hospitalisation components. STATA software tool was employed to analyse treatment costs, percentage share of self-funded expenditure, and other descriptive statistics.

3. RESULTS/FINDINGS

The results of the NSSO's 75th round (2018) and 71st round (2014) are displayed below in contrast to one another to provide a clear picture of the areas that have improved, remained unchanged, or deterred and require attention.

3.1 Rate of ailment and treatment facility used

Individuals seeking treatment in a health facility will reflect the disease's prevalence. Table 1 outlines the rate of disease per 100000 populations vis-a-vis the treatment facility sought in Haryana in 2014 and 2018.

Table 1: Hospitalisation rate per 100000 population by type of health facility used in Haryana , 2014-18			
	2014	2018	Percent change
Public	933	885	-5.1
Private	2523	1911	-24.3
All	3456	2841	-17.81

Overall, a decline of 17.81 percent has been observed in the hospitalisation rate of Haryana from 2014 to 2018. As per NSSO 71st round, overall hospitalisation rate was 3456 per 100000 population. The hospitalisation rate in private facility (2523) was almost thrice than in public facility (933) of Haryana. While in 2018, state wide, there were 2841 hospitalised cases per 100000 people of which 67 percent treated in the private sector and 33 percent in the public sector. This clearly demonstrates the continued preference for private healthcare facility over public healthcare facility for inpatient treatment.

Reason for predominance of private health facility over public health facility

For inpatient treatment, the main factors driving nearly two times as many patients to choose private hospitals over public ones are the dissatisfactory quality of healthcare services (41 percent) and lack of access of physicians in public hospitals. This can be ascribed to the Haryana government's poor investment in health sector, which has led to reduced facilitation of medical resources in public health facilities. Long waiting time (24 percent) and preference for a trusted doctor (19 percent) were cited as another key deterrent to using public health facility. The least important reason for avoiding use of government hospital was financial limitations (Figure 1).
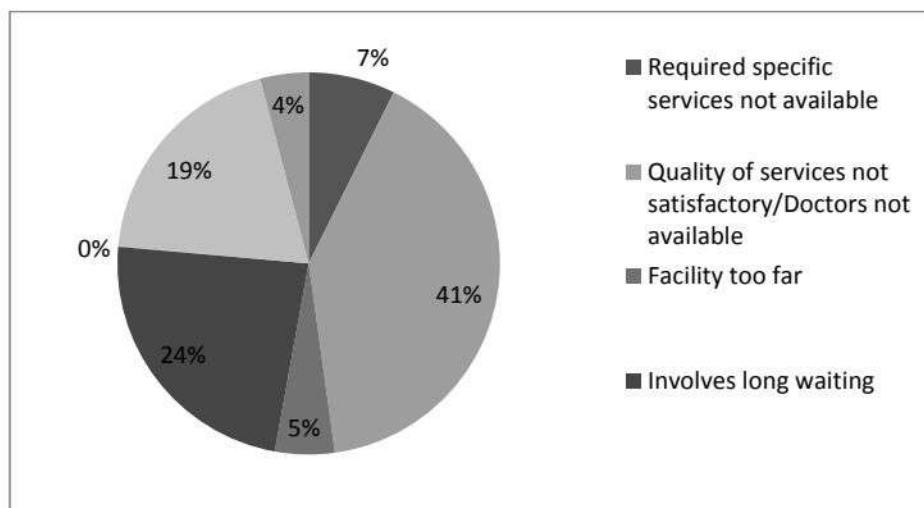

Figure 1: Reason for non-preference of public health facility for inpatient treatment.

3.2 Average inpatient treatment cost and share of expenditure components in Haryana's healthcare facility.

The average cost of expenditure incurred while using hospitalisation facility for all diseases except childbirth in Haryana was INR 26918 and reduced by 6 percentage points to INR 25300 in 2018 .The average share of these expenditure self-funded by the patient was 88 percent in 2014 and dropped to 84.34 percent in 2018. While a drop has been observed but the aforementioned statistics clearly demonstrate the large share of treatment's financial burden falls onto the patient itself due to lack of health insurance, inflationary cost of treatment and lack of quality services in public health facility enforcing households' preference for private health care facility wherein the inpatient treatment cost is thrice than public health facility.

In order to disentangle the drivers of high health costs it is important to calculate the extent to which components of medical expenditure contribute to treatment cost. The components of medical expenditure are medicines, user fees, bed charges, diagnostics and other medical expenditure such as physiotherapy, blood etc. Hospitals now provide packages for certain ailments that cover the costs of all the aforementioned components. Therefore, while evaluating the proportionate share of medical components in inpatient treatment cost, package component is also taken into account.

There has been a growing tendency of package components when utilising hospitalisation services in Haryana. Apart from that, medicines hold the highest share in all health facilities in both years.it was found that the share of user fees and bed charges is higher in private health facility than in public health facility. Expenditure share of medicines, diagnostic tests and other medical expenses is more in public than in private health facility in case of hospitalisation.

3.3 Source of financing hospitalisation treatment cost in Haryana

Household income has consistently been the main and most popular way to pay for healthcare expenses, followed by borrowing and contributions from friends and family as the third most popular way to pay for healthcare expenditure. Even though a decline has been observed in average treatment cost over the years, but a rise has been observed in distress ways of financing their health expenditure.

Distress financing is the process of paying for medical expenses through borrowed money, the sale of physical possessions, and contributions from friends and relatives. In 2018, 39.12 percent of all hospitalization cases in Haryana were paid through distressed finance methods, up from 33.69 percent in 2014. These distress ways of financing healthcare treatment has put a strain on household's finances.

4. Conclusion

The Indian government promised to spend 2.5 percent of its GDP on health to achieve Universal Health Coverage for all, but it only spends 1.2 percent of its GDP on health care, forcing people to rely on private healthcare services, which are used twice as much as public healthcare for inpatient care. As a result, healthcare research is vital because it may assist in identifying the major areas that increase healthcare costs so that relevant policies and programs can be devised and appropriate measures can be made in that direction. As health is a state matter, our research focuses on inpatient treatment in the state of Haryana, which is one of the lowest spenders on healthcare. This article attempted to highlight the economic burden of inpatient healthcare suffered by households in Haryana households using standard cost approach.

The study's findings also indicated that Haryana's inpatient healthcare costs substantially above the national average of INR 20124 in 2018. While the average treatment cost in Haryana has decreased somewhat over the previous four years from INR 26918 to INR 25300, but the treatment cost for non-communicable diseases such as cancer, cardiovascular, musculoskeletal, blood, gastro intestinal disorders, and traumas has grown.

 Another observation from the survey is the growing trend of employing package components not only in private but also in state hospitals while using an inpatient treatment facility in Haryana. Aside from package components, medications and user fees are the primary drivers of healthcare prices .The likely cause for this high pharmaceuticals share might be due to lack of availability of medicines in public healthcare facilities, steering people to purchase from private pharmacies, who are encouraged by profit motives to sell at higher costs. Because the private sector is a profit-driven industry, the percentage share of user fees and bed charges are also comparably quite high in private healthcare facilities as compared to public healthcare facilities.

According to the NHA, the Haryana government has spent only 0.6 percent of its GSDP on health in 2017-18, one of the lowest in the country. As a consequence, the percentage of self- funded expenditure in Haryana is 84 percent in 2017-18, much higher than the national average of 54 percent. Contradictory to this, the households using distress financing methods has climbed by 18 percentage points. This increase in incidence of distress financing by households can be ascribed to high healthcare costs, decreased financial ability to pay and lack of health insurance or social security.

The data and graphics presented in the study have a few limitations. The first and most significant difficulty is that the data is self-reported and subject to human perspective. Furthermore, the data is collected over a 365-day period and hence cannot be correctly recalled. There is a possibility of over reported information and recall bias by the individual, giving skewed results. Due to the lack of a system for cross-checking reported data, this biasedness cannot be ruled out. Secondly, the patients who did not seek treatment for the disease are excluded from the study and hence, can lead to underestimation of disease prevalence in the state.

The study's findings plainly indicate that we have a long way to go before reaching the goal of universal health coverage for all. In public hospitals medicines are the major driving factor of high healthcare costs while in private hospitals user fees and bed charges accommodate the highest share of inpatient healthcare cost. In this context, the state and central government need to formulate policy and planning that are more inclusive and less exclusive. The findings have significant implications for healthcare policy and resource allocation, emphasizing the need for targeted interventions to improve public healthcare facilities and address the underlying reasons driving the prevailing trend of private hospitalization.

REFERENCES

1. Berman, P., Ahuja , R., & Bhandari, L.(2010). The impoverishing effect of healthcare payments in India: New methodology and findings. Economic and Political Weekly, XLV (16), 65-71.

2. Bloom, D.E., Canning, D. & Sevilla, J. (2004). The Effect of Health on Economic Growth: A Production Function Approach. World Development,32(1),1-13.

3. Bloom, D.E., Cafiero-Fonseca E.T., Candeias V, Adashi E., Bloom L., Gurfein L., Jané-Llopis E., Lubet, A., Mitgang E, Carroll O'Brien J, Saxena A (2014). Economics of Non-Communicable Diseases in India: The Costs and Returns on

Investment of Interventions to Promote Healthy Living and Prevent, Treat, and Manage NCDs. World Economic Forum, Harvard School of Public Health, 2014.

4. Central Bureau of Health Intelligence.(2019).National Health Profile 2019. Ministry of Health and Family Welfare, Government of India.

5. Dash, A., Mohanty, S.K. (2019). Do poor people in the poorer states pay more for healthcare in India? . BMC Public Health ,19.

6. Garg, Charu & Karan, Anup. (2009). Reducing out-of-pocket expenditures to reduce poverty: A disaggregated analysis at rural-urban and state level in India. Health policy and planning. 24(2). 116-28.

7. Gill, H.S. (2012). Health Status, Labour Productivity and Economic Growth: A Production Function Approach. Arthshastra Indian Journal of Economics & Research,1(1-2).

8. Goyanka R., Garg , C.,& Prasad, S.(2019). Impoverishment due to out of pocket health expenditures: Measurement and Comparison Across Different Surveys in India . Indian Journal of Human Development,13(2),121-134

9. Hooda,D.S.(2019). Public Healthcare Spending in Haryana: Trends and Growth. International Journal of Scientific and Technology, 8(11).

10. Indian Council of Medical Research, Public Health Foundation of India , and Institute of Health Metrics and Evaluation. India: Health of the Nation's state – The India State Level Disease Burden Initiative. New Delhi, India: ICMR , PFHI and IHME ; 2017.

11. Kastor, A., & Mohanty, S.K. (2018). Disease-specific out-of-pocket and catastrophic health expenditure on hospitalization in India: Do Indian households face distress health financing? PLoS ONE, 13.

12. National Health Account Technical Secretariat. National Health Accounts, Estimates for India 2017-18. Ministry of Family and Health Welfare (MoHFW), Government of India, 2021.

13. National Sample Survey Office. Survey on Health care, NSS 52nd round: 1995-96. New Delhi, Ministry of Statistics and Programme Implementation, Government of India.

14. National Sample Survey Office. Key Indicators of Social Consumption in India : Health, NSS 71st round: January-June 2014. New Delhi, Ministry of Statistics and Programme Implementation, Government of India; 2019.

15. National Sample Survey Office. Social Consumption: Health, NSS 75th round: July 2017 –June 2018. New Delhi, Ministry of Statistics and Programme Implementation, Government of India; 2019.

16. Prinja S., Bahuguna P., Gupta I., Chowdhury S., Trivedi M.(2019) Role of insurance in determining utilization of healthcare and financial risk protection in India. PLOS ONE 14(2): e0211793.

17. Prinja, S., Kaur, G., Gupta, R., Rana, S.K., Aggarwal, A.K.(2019). Out-of-pocket expenditure for health care: District level estimates for Haryana state in India. Int J Health Plann Mgmt. 2019; 34: 277– 293.

18. Rajpal, S. & Joe, W. (2018). Measuring Catastrophic Healthcare Expenditure. Economic and Political Weekly. 53(32)

19. Sengupta, Keya. (2017). Health and its Impact on Labour Productivity and Labour Market. International Journal of Health and Medicine,2(1),13-16.

20. Sharma, D., Prinja, S., Aggarwal, A. K., Bahuguna, P., Sharma, A., & Rana, S. K. (2017). Out-of-pocket expenditure for hospitalization in Haryana State of India: Extent, determinants & financial risk protection. The Indian journal of medical research, 146(6), 759–767.

21. Sriram,S. & Albadrani,M.(2022). A study of Catastrophic Health Expenditures in India- Evidence from Nationally Representative Survey Data: 2014-2018.F1000Research 2022, 11:141

22. World Health Organisation. Available from : https://data.worldbank.org/indicator/SH.XPD.OOPC.CH.ZS

23. Xu K, Zeramdini R., Kiavas J et al. (2003). Household Catastrophic health expenditure: a multicountry analysis. The Lancet. 362:111-117

Call For Papers

We are currently focusing on publishing original Research works, Review papers, Short communications only. Authors submit the articles with journal name only to email or the submission form. Every effort will be made to respond to submissions within five weeks. Authors are advised to submit the articles only with the Copyright Declaration duly signed, scanned, attached which may be downloaded form **www.npajournals.org**

We publish original research and review articles in the developing in all areas of our journals which are fully described in the form of qualitative and quantitative methods of collecting & analyzing information after peer review process.

We invite all Scientists, Engineers, Researchers, Academia, Students and Industry personnel who have review and research manu scripts which are related to the scope of our journals ready and are looking for opportunities for getting them published, Please get in touch with us.

We are glad about the quality in content and the presentation of the journals we produce. On our part, we assure you of quality production, wider distribution and publicity.

Authors Can Submit Their Articles by E-Mail to info@npajournals.org

Manuscript preparation

A Submission check list is available to help authors for relevant data and information
File Formats

1. Microsoft Word (.doc or .docx)

General Formatting

1. Document should be single-colomn text without manual hyphenating at the breaks.
2. Use double line spacing throughout the manuscript.
3. Font type should be (Times New Roman) 10pt.
4. Use "symbol" font type for greek/special characters.
5. Numbers, either at the beginning of the paragraph or within the text should be elaborated, If it is less than ten

Research Papers

Full length research papers should be formatted as given below :

1. Title
2. Author name and Affiliations
3. Keywords
4. Introduction
5. Materials and Methods
6. Results and Discussion
7. Conclusion
8. Acknowledgements, If any
9. References

Title

The title should be clear, short and informative. As far as possible, abbreviations should be avoided. If used, the name should be first indicated in full; by the short form.

Authors names and affiliations

Provide names of all authors who have made substantial contributions to the work with their first name and last (family) name and designate the corresponding author with an asterisk. Below this, the complete institutional address should be given. Arabic numerical should procede the address and the place them as superscript after the respective author's name.

Running Title

A running title is mandatory and should not exceed 60 characters and spaces.

Abstract

The abstract should not exceed 350 words. The abstract should not be structed and clearly describe the major findings reported in the manuscript. Avoid using citations or references in the abstract. Standard abbreviations such as ATP or DNA need not be defined; However, a list of non-standard abbreviations is encouraged and should be elaborated in parentheses the first time it is used in the text.

Keywords

Authors are requested to supply 3 to 6 keywords separated by a semicolon that will provide indexing references to the article.

Introduction

The introduction should outline the background of the research, purpose, significance and should include the rationale of the work being reported.

Materials and Methods

Author should describe the experimental methods employed in the work in sufficient detail. Use of subheadings is encouraged. The statistical method and level of significance, if any, should be stated clearly.

Results and Discussion

Results and Discussion should be clear and precise. The results should be explained with respect to the findings in author's experiments. Information provided in tables or figures should not be reiterated in the text. Include subheadings for proper explanation of results.

Conclusions

Present the major interpretations and conclusions of the paper.

Tables

Table should be kept to a minimum, inserted at appropriate places in the text and it should have only top header and bottom borders. Each table should be numbered consecutively in Arabic numerals and supplied with a heading on the top of the table

Figures

Figures should be high resolution (300dpi) and attach them as separate files either in GIF or JPEG formats or embed at appropriate places in the text. Use Arabic numerals to designate figures (For example, Figure 1: Heading…) when referring figures in the text, authors are encouraged to cite them as Fig.1 and so on. Description of the figure should be given below each figure.

References

References should be numbered in square brackets (For example:[4], [7-9], 6,12]) and

Subscription Form

NATIONAL PRESS ASSOCIATES

All subscriptions are payable in advance and all rates include postage and taxes. Subscribers are requested to send payment with their order whenever possible. Issues will be sent on receipt of payment. Subscriptions are entered on an annual basis, i.e. January to December and are subject to renewal in subsequent years. Prices are subject to change without notice. Whenever the Payments is received by the Subscriber Invoice copy will be sent to the Subscriber given Address.

HOW TO ORDER

There are Several ways to order our Research Journals:
1. Journal Subscription For "**National Research Journal of Social Science**".
2. Journal annual Subscription Price Rs3500.00 (Price Inside India)
3. Fill up the form properly and post to our given address along with Cheque/DD/Pay orders.
4. You can E-mail us your order at
   info@npajournals.org , npajournals@gmail.com

SUBSCRIBER TYPE: (Check one) Library / Institution / Personal

Name: ....

Affiliation:...Dept...

Address: ....

City/State/Zip:..Country...................................

Phone:...Fax..

Email:...Signature.............................Date...........................

PAYMENT OPTIONS (Check one)

Cheque / DD is enclosed (Payable to **NATIONAL PRESS ASSOCIATES**)

Cheque/DD No. :........................... Amount…………………….Dated………………………

Drawn on Bank :..

SUBSCRIBERS ARE REQUESTED TO SEND THEIR COMPLETE FILLED FORM ALONG WITH CHEQUE/DD AND INSTITUTION COVER LETTER TO THE GIVEN ADDRESS:

Admin Office: C-24, Ground Floor, Panchsheel Vihar, Malviya nagar, new Delhi – 110017, India.

Regional Office: #1580, Phase-2, Urban Estate, Dugri, Ludhiana – 141002, Punjab, India.

For More Information Please E-mail us info@npajournals.org

Website: www.npajournals.org